



Positive Ageing Together Newsletter

June—July 2025 Edition

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See you there

Winter's well and truly here in Melbourne, and while the days are chilly, we're feeling all the warmth thanks to the amazing people in our community—especially our volunteers. This edition is all about shining a light on the legends who give their time, energy, and heart to help out behind the scenes.

Thinking about getting involved?

We've got plenty of ways you can jump in and lend a hand.

Whether it's a little or a lot, every bit counts.

Also in this issue check out highlights from our Cultural Diversity Day Event!

You will find some great snaps below, and if you're after more info, head over to page 6.

Don't forget to check out the [Positive Ageing Together](#) webpage.

Search Positive Ageing at www.frankston.vic.gov.au

If you are a Senior Group there is now a [Community Groups webpage](#)—information on grants, funding, support, training and resources—head to www.frankston.vic.gov.au



Frankston City Council acknowledges and pays respect to the Bunurong people of the Kulin Nation, the Traditional Custodians of these lands and waters.



If you have any ideas you would like to submit or have events and activities you would like to promote, please contact Positive Ageing by emailing PositiveAgeing@frankston.vic.gov.au or call 0482 691 444

Hot Tips for Seniors



Moneysmart, by the Australian Government, helps you make confident money decisions with free tools, tips and calculators.

The Moneysmart website offers guidance for all Australians, whatever their situation and wherever you find yourself in life.

MoneySmart can help you: manage your money, reduce your debt, plan for the future and grow your wealth.

When it comes to getting on top of debt, the most important thing is to get started.

- Find out what you can do to manage mounting bills and where to go for help.
- Know your rights when you owe money and how to deal with debt collectors.
- Understand the risks before signing a debt agreement or declaring bankruptcy.
- Find out how to check—and fix—your credit score for free.

If you don't know where to start call the free [National Debt Helpline](https://www.nationaldebtline.gov.au) on 1800 007 007.

The helpline is open Monday to Friday 9.30am to 4.30pm.

Aboriginal and Torres Strait Islander peoples can call the free [Mob Strong Debt Helpline](https://www.mobstrongdebtline.gov.au) on 1800 808 488. The helpline is open Monday to Friday 9.30am to 4.30pm



My Post Concession account

If you're a concession card holder, you may be eligible for a free MyPost Concession account, which entitles you to concession stamps and other benefits.

You can apply if you hold any of the following Australian Federal Government concession cards:

- Pensioner Concession Card
- Health Care Card
- Commonwealth Seniors Health Card
- Department of Veterans Affairs Card
- Veterans Repatriation Health Cards

Benefits include:

- Concession stamp—pay just 60c a stamp instead of \$1.50
- Free document certification
- Reduced mail redirection rates

How to apply - Ask for application form at the Post Office or call 13 76 78



Local Volunteers

Lets shine a light on the individuals who give up their time and energy to make our community stronger. Here's what some of our locals are up to—and why they do it.

Rhonda—Positive Aging Ambassador, Social Inclusion Action Group member and Community House. I have lived in the Frankston area for over 40 years. Love the area, it is such a great place to live and raise a family. I have been working since I was 16 and always worked in the not for profit sector. I retired from work about 3 years ago, earlier than I anticipated as my mum needed additional supports. I try to keep myself busy and consider myself very fortunate to be able to be a local volunteer.

I am a member of the council committee called the Social Inclusion Action Group. This is an incredible group of Frankston locals, all volunteers who work towards an inclusive Frankston.

I am a committee member for a local community house, a Positive Aging Ambassador with Frankston and also on the committee who selected the Frankston Citizens of the year.

Personally I love to swim and do some of the amazing walks in Frankston, with the boardwalk at the beach a favourite.

Looking forward to many more years volunteering in Frankston.



L2P Mentor Colin

After I retired in October 2024, I decided to use my 'spare' time to contribute to the community by joining the Frankston L2P program. I recognised the opportunity and obvious benefits of putting my years of driving experience to good use, by assisting young drivers to develop good driving practices.

I liked that it allows you to 'choose your own hours', to drive at times that suit you and your learner. I also liked that it was funded by the TAC and supported by the Frankston City Council. But by and large, it was the opportunity to make a huge difference in others' lives that appealed to me the most.

The biggest highlight for me so far has been taking an active role in developing a learner with literally no driving experience and seeing them grow into a confident driver, who, as a result of my involvement, recently obtained their driving licence! It just doesn't get better than that.

I see volunteering as a way to give back to the community and make a positive difference to individuals' lives. I would recommend the L2P program to any potential volunteer without hesitation.

Its great fun and very rewarding.

Interested—1300 322 322 or email l2p@frankston.vic.gov.au



Spotlight - Calling all Volunteers

Volunteering is awesome for seniors — it's a great way to stay active, meet new people, keep your mind sharp, and feel good by giving back. Plus, you get to share your skills, learn new things, and stay connected with the community!

There are heaps of opportunities to volunteer with Council, plus some you might not have even thought about with local groups in the community too!

Check out www.frankston.vic.gov.au



Frankston Meals on Wheels

Help prepare and deliver fresh, nutritious meals to local residents!

- Kitchen Helpers
- Delivery Drivers

Interested?

Contact
Frankston City Council's Volunteer Officer on
9768 1624 or 0439 427 500 to apply.

Age Friendly Frankston Ambassadors

Help and support the planning of key events and resources for older residents in our community.

Interested?

Contact
Email positiveageing@frankston.vic.gov.au
or call [0438 902 205](tel:0438902205).

Seniors Exercise Park Champions

Looking for an exciting way to stay active and connect with others?

You will be trained to lead community members to exercise using the equipment at Wingham Park.

Interested?

Email positiveageing@frankston.vic.gov.au
or call [0438 902 205](tel:0438902205)

TAC L2P Program

Become a driver mentor and make an impact in a young persons life in as little as 1-2 hours a week.

Full training provided

Vehicle and insurances are provided by Frankston City Council

Interested?

Email L2P@frankston.vic.gov.au
Or call [1300 322 322](tel:1300322322)

Spotlight— Volunteering something a bit different

Unique opportunities tailored for seniors that allow you to share your skills, make connections and have fun.

Fishcare

FREE fishing clinics and education programs across Victoria, promoting responsible fishing and caring for our aquatic environments.

Volunteer as a FishAbility helper!
Support people with disabilities to enjoy fishing.
Learn, teach and have fun outdoors!

Interested?
Visit www.fishcare.org.au
or email info@fishcare.org.au

Cycling Without Age!

Stay fit, give back, and bring joy to others by piloting a trishaw e-bike for those who can no longer ride.
Full training and flexible hours provided!
Help extend the service across the peninsula.

Interested?

Email cwawesternport@gmail.com
or visit www.cyclingwithoutage.org.au

Knit4Charities Inc

Love to knit, crochet or sew?
Donate your handmade items to charities in need!

Share skills, make friends, and help communities across Australia.

Interested?

Visit www.knit4charities.org.au
or email knit4charities@gmail.com

Discover Volunteering with Frankston City Council!

You might be surprised at the opportunities available:

Hot Arts Volunteer at Cube
Community Centres
Gardens for Wildlife
Library
Bus Outings & Excursions
Wingham Park Exercise Champions
Visitor Information Centre

Senior News

Cultural Diversity / Harmony Week

The Frankston CALD network and Multicultural Communities along with Frankston Libraries partnered during Cultural Diversity Week (17-23 March 2025) to deliver a community group celebration event.

Local multicultural dance groups were invited to perform in recognition of [Cultural Diversity](#) / [Harmony Week](#) on Saturday 22nd March in the Frankston City Library Forecourt.

Many people came along to celebrate, including dancers, friends, families, and local community members. Performances included the Chinese Senior Citizens, Frankston Malayalee Inc, Filipino Senior Citizens and T'HONI Kapa Haka.

Keep up to date with the CALD network www.frankston.vic.gov.au

I absolutely love this photo.



Vaccination saves lives—prepare and protect

Protect yourself and help your older community, book in for a vaccination.

Older age is one of the biggest risk factors for serious illness from infections like COVID-19 and flu.

Regular vaccination is the best way to reduce the risk of getting really sick or needing hospital care from COVID-19 or the flu.

Vaccines are a safe and effective way to protect yourself, your family and others in the community.

If you're aged 65 years or older you can get a free vaccine, contact your:

- GP
- Pharmacist
- Community health centre
- Aboriginal health service.
-

If you have a family member, friend or loved one living or working in an aged care home, please help them to get their vaccines.

You can find a health service at www.healthdirect.gov.au or call 1800 022 222.

Read how to prepare and protect against respiratory infections at www.myagedcare.gov.au/protect-from-infection



Senior Group News

Carrum Downs Sri Lankan Seniors

"The Carrum Downs Sri Lankan Seniors celebrated the Sri Lankan Tamil/Sinhalese new year. We started the evening by lighting the traditional oil lamp followed with servings of Sri Lankan sweets. We played games such as marking the elephant eye (blindfolded) on the picture of an elephant and musical chairs. These are usually what we do back in Sri Lanka on this day. We also had a representative from the Multicultural Association attending. The evening continued with a delicious rice and curry dinner being served. We continued with traditional dancing and singing. Usually we end with fireworks but we're not in a position to that here." Rohini Dalpathadu



Frankston Friendship Club

Welcomes all seniors to their non denominational club.

Become a member and join the fun.

Meetings are held on the first Wednesday of the month at 10.30am

Where: Xavier centre, St Francis Xavier Church, Davey St Frankston.

Contact

Suzy Baddock 0419 367 778

Rae Higman 0417 538 830

Mary Ukosich 0427 783 829



Bonsai Society

The Club meets in the Moorooduc Hall, the third Wednesday of the month at 7.30pm They are always open to new members young or old who may have a passion for Bonsai. Open Workshops are held during the year where members bring along their own trees to work on in the company of other enthusiasts.

Further information can be obtained at

www.bonsaimornington.com.au

Email jillian24@bigpond.com Or call 0407 61989



Frankston Library



HANDS-ON HELP: HOW TO USE GOVERNMENT WEBSITES

Which government websites might benefit you.
How to set up a MyGov account.
Linking government services to your MyGov account.
Keeping your personal details safe & secure.

THURSDAY 12 JUNE 2025

3pm - 4.30pm 🕒

 **Be Connected**
Every Australian online.

 **Frankston
City Libraries**

Bookings required: <https://library.frankston.vic.gov.au/Whats-On/Hands-On-Help-How-to-use-government-websites>

Visit the website or call to speak to a library team member on 039784 1020



HANDS-ON HELP: HELPFUL APPS FOR YOUR SMART DEVICE

What an app is.
Where to find and download an app.
Which apps might be helpful.
Tips for managing your apps.

TUESDAY 17 JUNE 2025

3pm - 4.30pm 🕒

 **Be Connected**
Every Australian online.

 **Frankston
City Libraries**

Bookings required: <https://library.frankston.vic.gov.au/Whats-On/Hands-On-help-Helpful-apps-for-your-smart-device>

Visit the website or call to speak to a library team member on 039784 1020

Frankston Art Centre

Elvis Forever: Damian Mullin Big Band and Dancers

This highly acclaimed tribute show is headlined by award-winning Damian Mullin and backed by an 11-piece live band, including a powerhouse brass section and dazzling Vegas Showgirls. *Elvis Forever!* delivers all the glitz, glamour, and rock 'n' roll magic of Elvis at his Vegas best. Available as a matinee or evening performance, with your choice of dinner and show or show-only tickets

When: Saturday 14 June 12.00pm to 3.30pm second session 6.30pm to 10.00pm

Where: Frankston Art Centre 37 Davey St Frankston

Cost: Ticket price \$50-\$85

Contact: Box Office 9784 1060 or book online www.artcentre.frankston.vic.gov.au



Daytime Music and Theatre Series 2 for 2025 now on sale

This beloved monthly program brings you a sparkling line-up including Rhonda Burchmore, Tenori, a tribute to The Gershwins, and a stirring classical piano concert — all at affordable prices and right on your doorstep once a month on Fridays.

Enjoy a warm welcome with complimentary tea and coffee before each show and let the golden era of entertainment whisk you away.

Tickets are only \$22 - \$25.

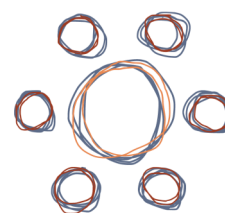
Browse the Series and book at thefac.com.au or call 03 9784 1060.



See you There

Free Walking Football Tryouts for Seniors— Walking Football 4 Health Victoria

Thanks to a grant from the Social Inclusion Action Group (SIAG Frankston) and support from Frankston City Council, seniors are invited to join a new walking football program facilitated by Walking Football 4 Health Victoria. This modified version of football is designed to be low-impact and accessible, making it ideal for older adults looking to stay active and social.



Social Inclusion
Action Group
FRANKSTON

The program offers four free tryout sessions.

When: Fridays, June 13, 20, 27 and Friday 4 July.

Time: 10.30am till 11.30am

Where: Jubilee Park Netball Stadium

85 Hillcrest Rd Frankston

Cost: Free

Contact: info@wf4hvictoria.org.au

More information www.wf4victoria.org.au

SIAG Frankston www.frankston.vic.gov.au



Grandmothers for Refugees—Dunkley

Is a non political community group which began in Victoria 2014. It is a grass roots advocacy group, organised by federal electoral boundaries, which supports people seeking asylum in Australia. The Dunkley group formed in 2022 and they are seeking new members.

They meet on the first Friday of each month at 10am (next meeting 4 July) at Frankston Library.

They strive for fair, compassionate, and inclusive approach to refugee policy that encompasses the following key principles:

No mandatory detention

Permanent protection

Comprehensive support

Family reunion



To find out more visit www.grandmothersforrefugees.com or

contact Maryanne 0400 201 689 via email at maryannebarclay5@gmail.com

See you there.

Frankston Recreation Tuesday Group

You are invited to a weekly recreation program in Frankston, where you can participate in enjoyable activities and meet new people with similar interests.

Experience a full day of engaging activities including; low intensity chair based exercises, crossword Puzzles, quizzes, music bingo, card games, cribbage and scrabble, crafts and much much more.

When: Every Tuesday, except public holidays 10am—2pm

Where: 20 Ebdale Street Frankston

Cost: The program can be funded through NDIS plan, My aged care, Home Care Package (HCP), the Commonwealth Home Support Program (CHSP), or privately funded.

There is a \$10 attendance fee for CHSP participants

Contact: Dandenong Office 8791 0200 , call Pratixa 0476 356 611

or email pratixa.patel@visionaustralia.org

Free Legal Information Session

Come and learn about wills, medical decision making and what to do when a loved one dies.

Morning tea and **transport provided**

When: Thursday 5 June 10am—1pm

Where: Safety Beach Community Centre

185 Marine Drive Safety Beach

Register via QR code below

Bookings and Information 9783 3600

or email pclc@pclc.org.au

**transport bookings limited and available only for

those who may have difficulty attending

Mornington Peninsula 5950 1605

Frankston 1300 322 322



USA FRANKSTON

CHOIR



Under the direction of our
Musical Director, *Jill Linley*
& Pianist, *Heather Wickes*



Invites you to join us for our 30th
Birthday Celebration Concert

Thursday 26th June, 2025

10.00am to 11.30am

at

The Uniting Church,
16 High Street, Frankston.



EVERYBODY WELCOME!

(No booking needed, gold coin donation welcomed)

Important Contact Numbers

Friendline

FriendLine is for anyone who needs to reconnect or just wants a chat.

All conversations with FriendLine are anonymous and friendly volunteers are ready for a yarn.

Contact: 9663 2740 or visit <https://friendline.org.au/>

When: Support line is open 10am - 8pm everyday

Online chat is open 6pm - 8pm Monday – Friday

Lifeline

Lifeline is Australia's largest crisis support service, there to ensure you'll never face your darkest moment alone.

The service is confidential and you'll be connected to a trained Lifeline Crisis Supporter who will be there to listen, without judgment

If you or someone you know is going through a hard time and needs someone to talk to, contact

Lifeline on 13 11 14

Financial counselling

Times are tough, if you are experiencing financial hardship, speak to a financial counsellor today

Good Shepherd: 1300 015 500

Better Place Australia: 1800 639 523

Older Persons Advocacy Network

If you need support accessing aged care services, require advice or would like to speak to someone about your rights, Older Persons Advocacy Network (OPAN) is there to help and offers free, independent and confidential support

Older Persons Advocacy Network (OPAN): 1800 700 600

Seniors Rights

Everyone deserves to be treated with respect and dignity. For confidential support and advice regarding elder abuse please contact:

The Orange Door: 1800 319 353

Seniors Rights Victoria: 1300 368 821

Domestic and Family Assistance

If you or someone you know is experiencing family violence you can get support via the following support services:

The Orange Door (Frankston) 1800 319 353

Men's Referral Service 1300 766 491

Djirra 1800 105 303

Frankston City Council Positive Ageing Team

Mail – Frankston City Council, Positive Ageing, 30 Davey Street, Frankston 3199

Email – PositiveAgeing@Frankston.vic.gov.au or call 0482 691 444