

AGEING POSITIVELY IN CASEY *Newsletter*

Highlights in this issue

- Welcome to our first edition
- *Ageing Positively Festival* highlights
- Introducing our Link Worker Program
- Volunteering in Casey
- Accessing a laptop in Casey

Stay informed

Subscribe to our newsletter to receive it by email by scanning the QR code below or by contacting our Senior Positive Ageing and Inclusion Officer on **9705 5200**.



**SCAN ME TO
SUBSCRIBE**

(Use your
smartphone camera
to scan QR code)



By subscribing, you consent to the City of Casey sharing your details with our service provider, Campaign Monitor. We take your privacy seriously.

Read our privacy policy:

casey.vic.gov.au/privacy#caseynewsletters

Copies will also be available from your local libraries and community hubs.

Welcome to our first edition

Welcome to the City of Casey's Positive Ageing Newsletter. Our newsletter will keep you up-to-date with Council and community news and events, and information to help you live well – and age even better.

There's no such thing as a typical older person because everyone is unique. Ageing doesn't have to mean life begins to dim. In fact, you hold the power to decide how ageing looks for you. The aim is to help everyone focus on thriving at any age. The ageing positively philosophy is understanding that this encompasses physical, mental, and emotional wellbeing, and that we can always learn, grow, and change.

The City of Casey is home to a large and diverse population of older residents. An estimated 75,000 people aged 55 years and over call Casey home, which is approximately 21 per cent of the population of Casey. Our older residents are, in many ways, the rich threads that weave our community together. Aside from their life experience and acquired wisdom, many of our older residents have and continue to engage in vital roles in our community.

On behalf of the City of Casey, I would like to acknowledge the great work that many community groups, neighbourhood houses, community centres and senior support organisations are undertaking to support active and healthy ageing in Casey.

Mel Vaz

Head of Ageing and Sector Support

Ageing Positively Festival highlights



Each year, the City of Casey proudly presents the *Ageing Positively Festival*, which is held throughout October, in conjunction with the Victorian Seniors Festival.

The *Ageing Positively Festival* is an opportunity to acknowledge and appreciate the many ways the older generations contribute to our diverse community. After the challenges that the previous years have brought us, we were delighted to welcome seniors from across Victoria to the City of Casey. In person events returned to the *Festival* this year, with more than 50 events on offer, and almost all those events were sold out!

The *Ageing Positively Festival* is a collaborative effort. We would like to thank all the *Festival* event hosts who contributed their time and effort to welcome senior residents, in all their diversity, to join in the activities and events.



Did you attend an Ageing Positively Festival event? We'd love to hear from you!

We value your feedback and would love for you to complete the short survey. Even if you were not able to attend the events that you registered for, we would still love to hear from you.

You can complete the short survey by using either one of the options below:

Scan the QR Code by using your mobile phone camera.

Complete the [Ageing Positively Short Survey Link](#) and click submit.



Staying safe this summer

Summer is a time when we enjoy warm weather and being outdoors. However, every year we can expect a period of days where we get extreme temperatures.

Tips to keeping cool and staying safe:

- If you must go out, try and make it in the cooler part of the day
- Keep curtains and blinds closed to keep out direct sunlight
- Dress in light clothing
- When outdoors wear a sunhat, sunscreen, and drink lots of water
- Check on your friends and neighbours
- Don't forget pets need to keep cool and hydrated so ensure they have access to plenty of water
- Most importantly stay hydrated.

It's easy to become quickly dehydrated and feel unwell, so where can you get help?

- Your doctor
- NURSE-ON-CALL: contact 1300 606 024 for 24/7 health information and advice
- In an emergency, call Triple Zero (000)

Volunteering in the City of Casey



Would you like to make a difference and help others in your community?

Are you someone who puts compassion, connection and caring for other people at the heart of everything you do?

We would love to hear from you. As a volunteer with Community Services at the City of Casey, you'll be part of an experienced and dedicated team supporting older people to remain connected and maintain wellbeing.

You can assist us in any of the following programs:

- **Meals Services.** You will collect prepared meals from either our Cranbourne or Narre Warren kitchens and deliver to clients in your own vehicle.
- **Volunteer Transport.** You will transport clients to health-related appointments in your own vehicle.
- **Community Transport.** You will drive one of our buses (12-seater) to transport City of Casey residents to engage or participate in community activities. People who have an endorsed licence are encouraged to volunteer as we also have access to a 15 and 19-seater buses.



You can volunteer from as little as a few hours a month to several times a week. We will work around your availability and you will be reimbursed for the kilometres used in your vehicle.

All volunteers are required to undergo a selection process and agree to provide checks, including a Police check and Working with Children check. You must hold a current driving licence be up-to-date with your COVID-19 immunisations prior to volunteering in the program.

If you are interested in being involved or would like more information, please contact 9705 5444 or email volunteerscommunitycare@casey.vic.gov.au

Link Worker Program



Would you like to know about local services? Link workers can connect you with services and activities over the phone or in person. Link workers can help you with:

- Joining a local service or exercise group
- Upcoming Casey events
- Linking into carer, mental health, aged and disability services
- Connecting you to housing support agencies, food, and material aid organisations
- Children and family connections
- Referrals to job advocates
- Receiving support for family violence or elder abuse
- Referrals to advocacy support services.

For more information and to make an appointment, contact 9705 5271 or email linkworker@casey.vic.gov.au

Case Management Program



The City of Casey can provide short-term case management for people over 25 who are experiencing significant difficulty with accessing appropriate supports and services which they need to live well.

If you would like more information, please contact 9709 9207 or email casemanagement@casey.vic.gov.au

Multicultural Seniors Support Program



Victoria's multicultural seniors' groups can receive financial help through the *Multicultural Seniors Support 2021–25 Program*. Funding supports activities to benefit their members and build stronger community connections.

Funding can be used for:

- Social and cultural activities
- Improving seniors' digital accessibility and literacy
- Providing practical support
- Purchasing essential equipment and resources
- Running costs.

Grant recipients will also receive Public Liability Insurance (PLI) and Group Personal Accident (GPA) Insurance.

Funding available

Grants of \$2,000 are available each financial year, up to 2024–25. Applications close 28 February 2025.

Who can apply?

Multicultural seniors' groups who have:

- not received funding through the program
- only been set up recently.

For further information, please contact 1300 112 755 or email multicultural.seniors@dffh.vic.gov.au

Study about voice assistants and social connection



Are you aged 55 and over? Do you use a Google Nest or Amazon Echo (Alexa) device in your home? If not, would you like to?

Researchers from the University of Nebraska and the Swinburne University of Technology, with support from the City of Casey, are looking for help understanding how ageing adults currently or could potentially use voice assistants like Google Assistant or Amazon Alexa for social connection.

Participants would be interviewed and complete questionnaires and be compensated for their participation.

If you'd like to be contacted and learn more, sign up at the URL below or scan the QR code with your smartphone:

<https://go.unl.edu/voice>

Your information will only be used by the researchers and will not be shared.

The study will begin in January/February 2023.

For more information, please contact Valerie Jones at the University of Nebraska-Lincoln via email: Valeriejones@unl.ed



Stay connected – did you know Casey Libraries lend laptops?



You can now borrow a laptop or computer from your local library. Casey Cardinia Libraries have more than 40 devices for you to borrow, made up of 19 laptops and more than 20 desktop computers.

Borrowing is simple. To place a hold on the device (laptop or computer) that best suits you, visit cclc.vic.gov.au/borrow-a-laptop-or-computer

or call into your local library and speak with one of their friendly staff members.

Once booked, a staff member will be in touch to get the device safely to you. You can collect it from your local library or have it posted to you.

Please note: devices are only available to Casey Cardinia Library members aged 15 and over.



AUTUMN PLACE COMMUNITY HUB

29 Autumn Place, Doveton

Coffee and Chat

🕒 **Wednesdays, 11.00 am – 1.00 pm**

📞 **Contact: 9705 5200**

💰 **Free**

Come along and enjoy a hot drink, meet new people, and hear about what is going on in your local community in a relaxed and friendly environment. Everyone is welcome.

BERWICK

The Berwick ChirpyPlus Group for over 50s

The group hosts lunches, catch ups and outings. They encourage you to go along and visit and see if you would like to join. An amazing local group, with many new friendships formed. New members are welcome. For more information, contact Wendy on 0417 194 067.

BUNJIL PLACE LIBRARY

2 Patrick Northeast Drive, Narre Warren
8782 3300

Unjumble that jargon: a Tech show and tell

🕒 **Monday 13 February, 11.00 am – 12.00 pm**

📞 **Bookings: 8782 3300**
events.ccl.vic.gov.au/event?id=10181

💰 **Free**

In this modern world we are faced with so many acronyms and symbols – it's tough to understand what they all mean. Join one of our librarians to ask questions and see in real time what all these things actually are.

Meditation for Inner Peace, Balance and Wisdom

🕒 **Friday 10 February, 6.45 pm – 7.30 pm**

📞 **Bookings: 8782 3300**
events.ccl.vic.gov.au/event?id=10182

💰 **Free**

Come along and enjoy a break, meet other people, and relax your mind, body, and soul with this free meditation session. Join Gargi who will introduce you to the meditative practice of Sahaja Yoga. This meditation practice can be done in a sitting position on a chair, or please bring along a mat if you would prefer to sit on the floor.



CRANBOURNE LIBRARY

65 Berwick-Cranbourne Road,
Cranbourne East – 5990 0150

Scan and share your old photos

🕒 **Monday 12 December, 1.00 pm – 2.00 pm**

📞 **Bookings: 5990 0150**
events.ccl.vic.gov.au/event?id=10137

💰 **Free**

Do you have a pile of photo albums sitting at home, untouched, that you'd love to share with your family and friends over the holidays? Come along to this workshop and learn how you can use free apps to scan and share your old photos. The workshop will be run by our Local History Librarian Kate, who will help you through the entire process. Please bring your device and a small selection of photos to the workshop to practice with.



FOUNDATION LEARNING CENTRE

1 Malcolm Court, Narre Warren
9704 7388

Crochet Group

🕒 Every Wednesday until 14 December
9.30 am – 11.30 am

💰 Cost: \$5.00 per session

Join in the fun with this great group. Crochet for yourself or a loved one. Open to all ages and experience levels, so come along and learn to create some fantastic items.

Share & Care for mature adults

🕒 Every Thursday until 15 December
9.30 am – 11.30 am

💰 Cost: \$5.00 per session

Our mature adults support and social group undertake a variety of activities from craft, outings, and special events. New participants are always welcome. It's a great way to make new friends in our community.

LYNBROOK COMMUNITY CENTRE

2 Harris Street, Lynbrook – 9792 7370

Cuppa and Chat

🕒 Tuesdays, 10.00 am – 11.00 am

💰 Free

An open social group for anyone wanting to meet new friends. Drop in and have a coffee and introduce yourself to other residents and chat.

Creating a Difference

🕒 Fridays, 1.00 pm – 3.00 pm

💰 Free

Knit, crochet, or stick as a group or individually. Come together and craft to create a difference for people in need.

Gentle Exercise

🕒 Thursdays, 9.30 am – 10.15 am

💰 \$8.00 per session

This gentle exercise program is a great way to improve and maintain your fitness and support your overall health. Our qualified YMCA personal trainer will tailor a program to suit individuals. For more information, email lynbrookcc@casey.vic.gov.au

Casey U3A Programs at Lynbrook Community Centre

Casey U3A provides a stimulating social and learning environment for senior members in the community. Their programs aim to foster self-development through a process of sharing knowledge, ideas, and skills. There are more than 50 classes at various locations across the City of Casey.

You can attend up to three classes for free to see if you like the class/es before registering with Casey U3A. Visit myu3a.net/Casey to register. Membership for 2022 is \$35.00, with no additional fees for classes.

*The following programs are offered at
Lynbrook Community Centre:*

U3A Pyrographic Art

🕒 Mondays, 10.00 am – 11.30 am

Master the techniques of this decorative art. Learn how to transfer designs into timber by using hot etching method. This technique can be used to produce a wide range of household items such as wall hangings, coasters, clocks, and door signs.

U3A Ukulele

🕒 Mondays, 11.30 am – 12.30 pm

If you've never played a ukulele before but are interested in learning the basics, then this friendly and supportive class is for you. Anyone with some experience are also welcome to join the fun. You will need your own ukulele.



U3A Zumba

🕒 Mondays, 1.00 pm – 2.00 pm

Dance along to Latin inspired rhythms while getting fit and having fun. This low impact class is led by a qualified Zumba instructor and relieves stress, improves heart health, and helps increase balance and coordination.

U3A Table Tennis

🕒 Thursdays, 1.00 pm – 2.30 pm

Combine exercise, laughter, and a little friendly competition. Come along and play to your strengths in a friendly and fun atmosphere, meet new people and improve your game. Any level or player is most welcome.

U3A Line Dancing

🕒 Fridays, 10.30 am – 12.00 pm

A choreographed dance class for all fitness levels and no dancing experience is required. Your movements can be energetic or minimal to suit your abilities. The main emphasis is on having fun.

OAKGROVE COMMUNITY CENTRE

89–101 Oakgrove Drive,
Narre Warren South
9704 2781

Seniors Yoga

🕒 Tuesdays, 8.00 am – 9.00 am

💰 Free (membership fees of \$6.00 per annum applies)

The class is inclusive of Pranayama and relaxing techniques along with postures and sun salutations. Laughter yoga is included too.



Line Dancing

🕒 Tuesdays, 9.30 am – 11.30 am

💰 \$5.00 per session casual (membership fees of \$6.00 per annum applies)

Come and enjoy some boot scooting fun with Meika. Great for beginners and experienced alike. No partner required.

25th Anniversary of Oakgrove Community Centre

🕒 Sunday 4 December, 11.00 am – 2.00 pm

💰 Free

Family fun day for all ages. Lots of activities, including market stalls, food vans and much more.

ONLINE

Learning to Research

Online via Zoom (link will be sent once booking is made)

🕒 Tuesday 21 February, 10.30 am – 11.30 am

📄 Bookings:
events.ccl.vic.gov.au/event?id=10136

💰 Free

Are you interested in crime history? Or maybe you're researching your family history and need to learn more about a place? No matter what area of history you are interested in, this session will give you the tools you need to start. This session will be presented by Charlotte Milkins, a local historian and researcher. Charlotte has a Master's in History, experience in using Victorian and Australian records, and experience in writing history.



Decluttering, waste and recycling



Are you downsizing? Helping someone else to clear out their house? Don't want to see it all thrown into a skip? If you need to check which items can go into each bin, when your next recycling or green collection is, or how to book a hard waste collection, check out the updated Recycling and Waste Guide.

There's also a searchable directory that covers everything, from aluminium foil to zip lock bags.

Did you know?



You can report non-urgent crimes or events 24 hours a day, seven days a week through the Police Assistance Line and Online Reporting service:

Online: www.police.vic.gov.au/police-assistance-line-and-online-reporting

Phone: 13 14 44

If there is an emergency or you are in immediate danger, contact Triple Zero (000).

Useful contacts

Council contacts:

Main Customer Service: 9705 5200

Email: caseycc@casey.vic.gov.au

Customer Service locations:

Bunjil Place

2 Patrick Northeast Drive, Narre Warren

Monday – Friday, 9.00 am – 4.00 pm

Cranbourne Park Shopping Centre

Shop 156, South Gippsland Highway, Cranbourne

Cranbourne

Monday – Friday, 10.00 am – 2.00 pm

My Aged Care

Website: www.myagedcare.gov.au

Phone: 1800 200 422 (Monday – Friday,

8.00 am – 8.00pm and Saturday, 10.00 am – 2.00 pm)

Community Information & Support Service (CISS) Casey North

Suite 2, 30-32 Verdun Drive, Narre Warren

Email: cnciss@caseynorthciss.com.au

Phone: 9705 6699

Community Information & Support Cranbourne

156 Sladen Street, Cranbourne

Email: cisc@cisc.org.au

Phone: 5996 3333

Seniors Online

Information for Senior Victorian to participate in community life, maximise their health and wellbeing and age well. Information on how to apply for a Seniors Card.

Website: www.seniorsonline.vic.gov.au

Seniors Rights Victoria

For information on your rights and resources

Email: info@seniorsrights.org.au

Phone: 1300 368 821



City of
Casey

CASEY.VIC.GOV.AU



TIS: 131450 (Translating and Interpreting Service)

المترجم الفوري 翻译 مترجم شفاهی ਦੁਭਾਸ਼ੀਆ ආහ්ව පරිවර්තක