

YOUR *Voice*

City of Kingston Senior's Newsletter

Summer 2024–25

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Changes in distribution of *Your Voice* newsletter

Your Voice newsletter provides information to seniors in our community on services, activities, new programs, projects, consultations and changes in aged care. It also is a place to share stories and other information relevant to seniors and their carers.

To make our contribution to protecting environment we would like to ask those who are using electronic devices to decide whether they still need to receive printed copy of the newsletter.

If you are able to read the newsletter on your computer, tablet or phone, please provide your email address and you will receive an electronic copy of the newsletter.

Those who are not interested in receiving the newsletter at all can unsubscribe at any time and we will remove you from the mailing list.

If you want to continue receiving the printed copy of the newsletter – you don't need to do anything.

To change to electronic version or unsubscribe, please call ☎ **1300 653 356** or email ✉ **info@kingston.vic.gov.au**

We also would like to remind you that the copy of the current edition of *Your Voice* is available on Kingston's Positive Ageing website page [kingston.vic.gov.au/services/seniors/positive-ageing#section-2](https://www.kingston.vic.gov.au/services/seniors/positive-ageing#section-2)

Memories of Kingston Services Expo

Another year has come to an end and we are looking back at one of our 2024 events, the 'Ask and Connect' Services Expo held on 12 November.

We are happy to say that it was great event with almost 90 different exhibitors. All visitors who attended the event had a chance to meet aged care service providers, allied health services, disability services, other support services including mental health, emergency relief, suicide prevention, palliative care, financial services, housing, employment and care finder providers, as well as medical stores, physio and wellness centres, community centres, neighbourhood houses, men's sheds, and various senior and Probus clubs. The representatives of Australian Government Department of Health and Aged Care were also in attendance. Aged care services were represented by the big organisations, smaller not for profit or private providers and several ethnic and multicultural service providers participated in the Expo. Those who wanted to find disability services had a great opportunity to speak with service providers directly and ask for all details. Our own Kingston AccessCare friendly staff was assisting with enquiries and requests for assistance.

Those who didn't have a chance to attend the event can still see the list of service providers on kingston.vic.gov.au/community/events/upcoming-events/kingston-services-expo or the copy can be posted to you on your request. To receive a copy please call ☎ 1300 653 356.



Updates on Aged Care Reform

The new Support at Home program will replace the Home Care Packages program and Short-Term Restorative Care from 1 July 2025.

Your current service provider will keep you informed, but if you would like to find comprehensive information about the changes, please visit Australian Government Department of Health and Aged Care website page health.gov.au/our-work/support-at-home

By visiting this page you can access the Support at Home Program update webinar, link to the Support at Home program handbook and you can subscribe to the aged care newsletters to receive regular updates on aged care programs and initiatives including open consultations, resources, training, webinars and more.

If you don't have computer, you can visit your local library and ask the librarian for assistance.

Those interested in new Aged Care Act, please visit health.gov.au/our-work/aged-care-act

Interfaith Afternoon Tea

Celebrate harmony and goodwill across all faiths and cultures at a special family-friendly event for World Interfaith Week on Sunday 9 February, from 1-3pm at Zee Cheng Khor Uplifting Society Inc in Clayton South.



This event highlights the importance of unity and mutual understanding. The afternoon will feature inspiring guest speakers exploring their respective faiths, lively entertainment, and refreshments.

It's a celebration of interfaith understanding, connection, and bringing people together in a spirit of learning and togetherness.

Bookings are required. For enquiries and to receive the registration form email community@kingston.vic.gov.au or call ☎ 1300 653 356.

SUNDAY 9 FEBRUARY, 1-3PM
Zee Cheng Khor Uplifting Society Inc

Westall Community Hub new programs

35 Fairbank Rd, Clayton South 📍 9581 3050

Move and Connect Fridays 10–11am | Cost \$5 per session

A moment to connect with your mind and body using various activities from relaxation to expression through movement from a place of ability. No prior experience required.

Friendship Group Wednesday 9–10am, Friday 10am–12pm | Cost free

Meet new people, socialise, connect with community, try activities on offer.

Art Class Tuesday 10am–12pm | Cost \$2 per session

Learn about painting, recycled art, colour mixing, sketching and mediums like acrylic and watercolour.

Chelsea Activity Hub new program

5 Showers Ave, Chelsea 📍 9581 3045

Beginners Tai Chi for Health Day

Mondays 1.30–2.30pm (follows school terms) | Cost \$5 per session

Relax – build physical and mental balance and wellbeing. Can be practiced seated or standing and modified to suit most people.

Country Women's Association (CWA) Dingley Village branch



The Country Women's Association of Victoria Inc.
care empower contribute

The Country Women's Association is a vibrant, volunteer philanthropic organisation for women of all ages and from all places in the country and the city.

It is focused on friendship, supporting women, children and families across Victoria and making a difference in their communities. They achieve this through a wide range of activities and initiatives, including educational programs, fundraising, community engagement, and much more. Dingley Village branch endeavors to create a nurturing and inclusive space for women to connect, socialize, learn, and grow. In addition to their monthly meeting, they also run craft workshops which are optional for members, allowing them to explore their creativity and develop new skills.

The Dingley Village branch is looking for new members. Meetings are held on the 4th Wednesday of each month at the Dingley Village Neighbourhood Centre from 10am till 11.30am, followed up by a cuppa and a shared light lunch. If you would like to come along to see if it is a good fit for you or if you would like more details about CWA, please call Sue on 📞 0434 879 875.

MOIRA®

MOIRA Disability Service Provider

MOIRA is a registered charity based in the southeastern suburbs of Melbourne, supporting people living with disabilities for over 60 years.

MOIRA provides a range of support services for people living with disabilities, those with chronic illnesses, their families and carers, and youth experiencing disadvantage.

MOIRA's Financial Plan Management service helps NDIS participants manage, maximise and protect their funds. The experienced team are experts at navigating the NDIS and work to ensure participants are well-informed, effectively utilising their funds and making every dollar count.

MOIRA's Arliam Allied Health specialises in Occupational Therapy and Speech Pathology, focusing on restoring, enhancing or maintaining the skills needed to help individuals achieve their goals. The team provides in-person assessments for NDIS participants, private referrals, and organisations across Bayside, South, Southeast and Eastern Metro Melbourne.

For more information about MOIRA, visit 🌐 moira.org.au

To contact MOIRA Financial Plan Management call 📞 1300 666 472 or email ✉ fpm@moira.org.au



To contact Arliam Allied Health call 📞 8552 2286 or email ✉ alliedhealth@moira.org.au



SAFETY REMINDERS

Who to call in emergency

- To get immediate assistance in an emergency from, Victoria Police, Ambulance Victoria or Fire Rescue Victoria call **Triple Zero** (☎ 000)
- Need the Police but not the sirens, you can report non-urgent crimes or events 24 hours a day, seven days a week, through the **Police Assistance Line** call ☎ **131 444**
- The **VicEmergency Hotline** provides information during and after major incidents in Victoria. It also offers information to help householders, landowners and small businesses plan for and recover from emergencies. Call ☎ **1800 226 226**
- VicEmergency Hotline also offer **Translating and Interpreting Service** on ☎ **131 450**
- For flood, storm, tsunami and earthquake emergency call **Victoria State Emergency Service** on ☎ **132 500**

Water Safety

Planning to take a swim this summer? Here's how to stay safe around water.

Beach safety

- Swim between the red and yellow flags at a patrolled beach.
- Be aware of conditions and read safety signs.
- If you're not sure, ask a lifesaver about the beach conditions.
- Check local weather conditions before heading out.
- Always swim or recreate with a friend.

Pool safety

- If you are new to pools and aquatic environments, look for a lifeguard and ask for help.
- If you get into trouble, remain calm and raise your arm for help.

For more information on water safety visit:

☞ lsv.com.au/summersafety and
☞ beachsafe.org.au

For comprehensive information visit

☞ kingston.vic.gov.au/community/summer-safety

Summer Safety Spot

Crime Stoppers Victoria and Victoria Police are calling on the community to share footage of high-risk driving. By sharing footage, you can help keep our roads safe!



AccessCare celebrates National Meals on Wheels Day

National Meals on Wheels Day took place in August, and provided a wonderful opportunity to recognise and celebrate the incredible volunteers and team members who help make Kingston's delivered meals service possible.

Run by AccessCare, which is the City of Kingston's own home care provider, this delivered meals service supports those community members who have difficulty accessing nutritious meals at home.

AccessCare's team works hard every day to deliver healthy and delicious meals straight to their clients' front doors, while simultaneously offering a home welfare check for vulnerable community members. Any time a knock at the door goes unanswered when meals are delivered as planned, AccessCare's dedicated team follow this up with a phone call to the clients nominated contact person.

This service offers plenty of variety, with the menu including main meals, soups, salads, sandwiches and sweets, with textured modified meals and minced meals available upon request.

If you are interested in finding out more about delivered meals service, please contact AccessCare on ☎ **1300 819 200**.

City of Kingston

Inclusive Communities Team
PO BOX 1000 Mentone 3194

✉ info@kingston.vic.gov.au

☎ 1300 653 356

For information about activities, or to provide feedback about this newsletter, please contact Alina Urbanczyk, Social Inclusion Officer ☎ 0409 767 438 or P.O. Box 1000 Mentone, VIC, 3194, or email ✉ alina.urbanczyk@kingston.vic.gov.au