

AGEING WELL IN GLENELG

Latest news & announcements From The Glenelg Shire Community



Knitting for the Kids

Over recent months some of the ladies in the Social Support program - Kurrajong and Riverwood have been knitting in preparation for the winter months. In addition to supplying a fantastic collection of blankets, booties and beanies for the Royal Children's Hospital, the ladies have been knitting a number of children's beanies for the local Kinders and Child Care centres across the shire. This month, to the children's great delight they received a special delivery that was just in time for winter.

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ANNOUNCEMENTS**

Glenelg Shire Council Services



Personal Care



Respite Care



Property Maintenance



Home Care



Shopping Bus

Service Suspensions

If you do not require a service due to being away from home or unwell, please notify the A&D office at least one day prior to your service, to avoid a late cancellation fee.

Public Holidays

Only personal care will be performed on public holidays. If your home care, respite care or property maintenance service falls on a public holiday, you may either suspend the service for that week or you can reschedule.

For more information about our services and eligibility call us on (03) 5522 2204 or visit My Aged Care - www.myagedcare.gov.au



Planned Activity Groups

Kurrajong

Every Monday &
Wednesday
10am-3pm
Fawthrop
Community Centre

Riverwood

Every Tuesday &
Thursday
10am-3pm
Heywood Senior
Citizens Centre

If you are interested in attending, please call (03) 5522 2204 or email HACCEnquiries@glenelg.vic.gov.au for more information

Kurrajong



We recently hosted a Cancer Council Australia's Biggest Morning Tea event. Even though we have had a number of challenges in recent times that has limited gatherings, it didn't stop a wonderful fundraising effort from the Kurrajong and Riverwood groups. We were able to have small morning tea events just before restrictions commenced again. Not only did we raise money to support research, prevention and support for people impacted by cancer, but we also enjoyed a lovely morning tea.

Riverwood

The group at Riverwood were excited to get back after a lengthy lockdown. Here some of the ladies showing off the wonderful mosaic they have been working on.

Bernie showing off his amazing talents – 'I started making rope from hay bale twine a couple of years ago after a chap showed me the basics. He didn't know much but I spent a fair bit of time experimenting until I got to where I am now.

Hay twine is incredibly strong. Two hold a one-tonne bale together. It is usually a waste product that most farmers burn. The 'rope' is made by using a four or six strand plait. The plait is spliced together to join into usable lengths'.

In this instance Bernie has made macrame style plant hangers.



General News

Local Public Transport Connections

Australian Red Cross Medical Transport

Transport to specialist medical appointments, treatments and tests. A medical referral is necessary. Transport is for a maximum of six weeks. Contact the numbers below for more information:

Portland 0417 149 482

Mount Gambier (08) 8725 3622

DWECH

Transport for elderly, disabled, isolated indigenous community members; preference given to eligible HACC clients. Contact 5521 7535 to discuss transport to and from medical appointments.

Community Transport

Transport for those who cannot access other means of transport. Some services require assessment for eligibility. At least 3 days notice is requested. See contact numbers below:

Casterton (03) 5554 2555

Merino (03) 5579 1303

Portland (03) 5522 1402

Merino Community Health Centre Bus Service

A community bus service providing weekly visits to Casterton and one trip per month to Hamilton. Bus trips occur on Thursdays. Contact (03) 5579 1303 for enquiries

Portland to Hamilton Bus Service

\$21.20 return for concession. Contact (03) 5523 5811 for enquiries and bookings. Tickets available on the bus

Winda-Mara Aboriginal Corporation

Transport to and from medical appointments for indigenous community members. contact 5527 0000 for enquiries

Vline

Buses and train route services across Victoria. Contact 1800 800 007 or visit www.vline.com.au for more information



Victorian Seniors Festival 2021

The 2021 Victorian Seniors Festival is fast approaching! It is traditionally held in the month of October, with local and statewide events held all over Victoria. This year's theme is 'Keep on Keepin' On' and will feature the logo above. Usually the festival features a large opening and closing act, with community events scheduled in between. It also involves a ceremony at parliament house in Melbourne and free public transport for seniors with Vline. Glenelg Shire Council has already begun planning this years festival, so keep an eye out for more information over the coming months!

2021
VICTORIAN SENIOR
OF THE YEAR
AWARDS

Nominate
someone today!



Senior Citizens



On Wednesday 12th May, Portland Senior Citizens celebrated their 53rd birthday in the Thistle room at the Richmond Henty Hotel. With 30+ members in attendance, it was a great day with great meals and great company. The Henty allowed the club to hold some raffles which was appreciated by its members; a big thank you to all who donated. The club secretary Mavis Jennings made a beautiful fruit cake for the occasion, which was enjoyed by all. We had one of our life members Greta (pictured) cut the cake. The Portland Senior Citizen's group would like to thank all who attended the day and are looking forward to hosting a Christmas event in December.

Portland AGM will be held on Friday 13th August - time to be announced

Casterton

Casterton Senior Citizens meet every 1st and 3rd Wednesday of the month at 1:30pm

Cards is every Monday at 1:30pm and Bowls is every Friday at 1:30pm

Everyone is welcome to come along and the group encourages new members

Portland

Portland Senior Citizens meetings are held on the 2nd Friday of every 2nd month at 11am.

Membership is \$5.00 per annum and due each August.

Cards is every Tuesday & Thursday at 2pm, Bowls is every Monday & Saturday at 1:30pm and Pantry Bingo is every Friday at 1pm.

Everyone is welcome to come along and the group encourages new members

All enquiries to the Secretary Mavis Jennings 55231556

Puzzle Page



WINTER



F P A M O T I U S W O N S Q B S
 R X G O Y D S H O V E L Z J N C
 Q T L B N K L W R S M A G O U F
 V G S R A P E N G U I N W Y H D
 I W N T E J G X M Q S B R E O Z
 U C E A Y T N D P I O H F K L R
 M S I Z G Q A V B A T L X C I J
 Y H K C F G W E R N U T P O D G
 S J M V L S O D W R X Q E H A N
 E N T G K E N B R S F M C N Y I
 V L O I N H S I O X J U Q A S D
 O F I W P E E R S T O O B M C D
 L N X U B S Z J Y P N I H W K E
 G I P E T A L O C O H C T O H L
 B S C A R F L D R E M Z U N J S
 H R E T N I W L X F P G Y S O K



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|----------|---------------|-------------|-----------|
| boots | hot chocolate | shovel | snowboard |
| flurries | icicle | skates | snowman |
| frozen | igloo | skiing | snowsuit |
| gloves | mittens | sledding | sweater |
| hockey | penguin | snow angels | toboggan |
| holidays | scarf | snowball | winter |

Community Notices

Casterton Community Walking Group

A great opportunity to catch up with locals in a relaxed & healthy way that is suitable for people of **ALL** fitness levels

When: Every Friday morning 9am
Where: Island Park
Cost: \$2 donation

ALL WELCOME
Enquires Lucinda at CMH
on 555 42 555 or just come along!



A free community hotline for Glenelg Shire residents requiring support during the Coronavirus pandemic.

The hotline will direct community members to local support services such as:

- Food and hygiene support and deliveries
- Medication deliveries
- Phone check in and support

The hotline will be monitored by the friendly staff at Portland District Health.

You can contact the hotline between the following hours:

- **Monday - Thursday:** 10am - 3pm
- **Friday:** 10am - 4pm

Call: 1800 512 461

Email: 1800GlenelgTogether@swarh.vic.gov.au

During these difficult times it is important to reach out if needed. Feel free to contact us on 5522 2204. We have compiled a list of numbers below that may be useful.

Red Cross Telecross

Friendly volunteers make calls each morning, 365 days a year. If the call is not answered, Red Cross will take action to make sure you are okay.
Red Cross on 1300 885 698

Salvation Army Financial Hardship

COVID-19 Emergency Relief Assistance and COVID-19 Financial Counselling Government funding is now available through The Salvation Army Doorways teams for individuals and families who are experiencing financial hardship caused by the COVID-19 shutdown and economic downturn. Online web referrals or call 13 SALVOS (13 72 58)

Older persons COVID-19 Support Line

Call 1800 171 866 8.30am – 6pm Monday to Friday

Older Persons Advocacy Network

For older persons, family member, or carer's with questions and concerns about the implications of COVID-19 please call us on 1800 237 981, 6am-10pm (AEDT), 7 days a week or email us at covid@opan.com.au

Friends for Good

FriendLine is a national support service ready for a cuppa and a conversation.
1800 4 CHATS (1800 424 287)
The support line is open
6pm – 8pm, Tuesday to Thursday
2pm – 5pm, Saturday & Sunday

Beyond Blue

Beyond Blue offers practical advice and resources at beyondblue.org.au.
The Beyond Blue Support Service offers short term counselling and referrals by phone and webchat on 1300 22 4636.

Lifeline

Offers tips, resources and advice, as well as crisis and suicide support.
Phone: 13 11 14 (24 hours/7 days)
Text:
0477 13 11 14 (6pm – midnight AEDT, 7 nights)

Please submit any feedback or additions to the next issue to
HACCEnquiries@glenelg.vic.gov.au before August 1st 2021