



Positive Ageing Newsletter



Caring for Yourself Workshop

Do you provide unpaid care and support to an older family member, friend or neighbour?

Join us at this workshop to learn about:

- Why caring for yourself is essential
- Barriers to self-care
- Practical tips you can use right away
- Services and supports to promote your wellbeing



When: Tuesday 28 April, 1pm to 3.30pm

Where: Willis Room, Whitehorse Civic Centre, 379-399 Whitehorse Road, Nunawading

Cost: FREE. Bookings essential. Light afternoon tea provided.

Booking: trybooking.com/DIHZF

More information: Whitehorse Connect and Support Service
 9262 6333 connectandsupport@whitehorse.vic.gov.au



Autumn edition

March – May 2026



Welcome to Positive Ageing in Whitehorse

This newsletter promotes healthy ageing and social connection for those who live, work or visit Whitehorse.

Invitation to participate in the 2026 Beyond Age Project



Image: Beyond Age project website.

This year, Whitehorse City Council's Positive Ageing team is inviting residents aged 60 years and over to participate in the Beyond Age project. The project challenges ageist attitudes and promotes respect for older people. The project asks members of the community to reflect upon their lives to showcase different experiences of ageing. By shifting attitudes and emphasising the value of age, we can work towards a safer and more inclusive society for older people and combat ageism as one of the significant drivers of elder abuse.

Express your interest here:

<https://forms.office.com/r/532FHn4m1d>

Find out more about the project here:

elderabuseawarenessday.org.au/weaad-2025-beyond-age



HAVE YOUR SAY ON HOW WE CONNECT

You're invited to share your feedback on our Positive Ageing printed newsletter and Community Connect e-newsletter. If you have received the publications, attended our Positive Ageing events or the annual Seniors Festival in the past 18 months, we'd love to hear from you. Your feedback will help us improve how we share information and plan future programs and events. Have your say from 2 March at yoursay.whitehorse.vic.gov.au/positive-ageing-publications Prefer a hard copy? Call the Positive Ageing team on 9262 6333.



2026 Whitehorse Community Grants

Whitehorse Community Grants open on 10 March and close on 3 May.

These grants support groups to improve the health and wellbeing of our local community in Whitehorse and to help deliver Council's goals.

Whitehorse City Council has introduced a new Community Grants and Discounts Policy, bringing:

- Clearer grant categories
- Clearer assessment criteria
- Simpler eligibility and insurance requirements
- New Micro Funds (up to \$1,000) available more than once each year



Image: Community Grants

Information sessions

Tuesday 10 March: 6pm to 7.30pm,
Box Hill Community Arts Centre

Wednesday 11 March: 6pm to 7.30pm, Online

Thursday 12 March, Chinese Interpreter Present:
6pm to 7.30pm, Willis Room – Civic Centre

Tuesday 17 March: 9.30am to 12.30pm:
Positive Ageing Forum, Vermont South Club

Grant Writing Workshops

Thursday 19 March:
6pm to 8pm, Willis Room – Civic Centre

Wednesday 25 March:
6pm to 8pm, Online

Scan QR code or visit www.whitehorse.vic.gov.au/about-council/grants-community or **9262 6333** to learn more and register, and ask for Community Strengthening.



Aged Care – your rights and your options

Join us for an informative community session designed for older people, carers, and those who support them. Services Australia and Elder Rights Australia will speak about aged care rights, navigating the aged care system, care options and associated costs, available supports, and recent changes to aged care services.



When: Wednesday 18 March, 10am to 12.30pm

Where: Willis Room, Whitehorse Civic Centre,
379-399 Whitehorse Road, Nunawading

Cost: FREE – Bookings essential

Bookings: www.trybooking.com/DJGDx or **9262 6333**



Mahjong Program



Mahjong is a traditional Chinese tile game that uses strategy, memory and a bit of luck. It's lots of fun and open to people of all ages and cultures. Ivan, who is originally from Hong Kong, will teach the Eastern style of the game. Places are limited to 16 players.

This program is run in partnership with Whitehorse City Council and Whitehorse Manningham Libraries.

When: Saturday 2, 9, 16 and 23 May, 11am to 1pm

Where: Box Hill Library,
1040 Whitehorse Road, Box Hill

Register your interest:

Scan QR code or visit
<https://forms.office.com/r/cHtJ0q4gKd> or
9262 6333 and ask for Positive Ageing.



Tea for uniTEA: Tea Sharing Festival

Join us for Tea for uniTEA, a welcoming tea-sharing festival exploring shared experiences through the art of tea.

Open to everyone in the community, this event offers a morning of conversation, tea tasting and diverse cultural traditions. Members of the local interfaith community will share teas and stories from their cultures, providing an opportunity to meet new people and discover tea customs and flavours from around the world. Presented in partnership with the Whitehorse Interfaith Network and Whitehorse Manningham Libraries.



When: Saturday 21 March, 10am to 1pm

Where: Nunawading Library,
379 Whitehorse Road, Nunawading

Bookings: Not required

Culture Fest is back!

Celebrate the rich diversity of Whitehorse at this free, family friendly festival.



Enjoy live music, dance, storytelling, hands-on activities and delicious food. Wander through interactive stalls, meet local cultural group, and discover traditions, crafts, language and flavours from around the world. This day is all about bringing people together, building connections, and celebrating the many cultures that make Whitehorse unique. This festival is part of Cultural Diversity week, and this year's theme, **"Culture Connects Us All,"** celebrates how sharing stories and experiences fosters understanding, belonging and connection.

When: Sunday 22 March 2026, 11.30am to 3.30pm

Where: Strathdon House and Orchard Precinct,
449/465 Springvale Road Forest Hill

Scan QR code or visit www.creativewhitehorse.vic.gov.au/whats-on/culture-fest to see the full program for the day or **9262 6333**



Are You Safe At Home? Day – 10 May

10 May is Are You Safe at Home? Day. It's an opportunity to ask someone in your life, 'Are you safe at home?'

If you're worried someone you know might be experiencing family violence, it can be hard to know what to do. You don't need to have all the answers. By just asking, listening, and believing, you can make a huge difference. Older people can experience family violence too, sometimes within a relationship for many years. In other situations, it may be more recent and linked to changes in relationships, health, housing, or reliance on others for support. Everyone deserves to feel safe at home. Scan the QR code for more information about how to start the conversation.

If you need support the following resources can help.

- Call **000** in an emergency
- Elder Rights Advocacy **1800 700 600**
- Eastern Community Legal Centre's Rights of Seniors in the East (ROSE) **0429 697 960**
- Seniors Rights Victoria Helpline **1800 353 374**
- Compass – Guiding action of elder abuse **1800 ELDERHelp (1800 353 374)**
- **1800 RESPECT (1800 737 732)**
- The Orange Door – Box Hill **1800 354 322**

Scan QR code or visit <https://areyousafeathome.org.au/> for more information.

Trust your gut.

**IF SOMETHING
FEELS WRONG,
CHANCES ARE
YOU'RE RIGHT.**



Law Week 2026

Workshop 1: Wills and Powers of Attorney with Eastern Community Legal Centre

Join ECLC for a session that helps older adults take charge of their future. The workshop will explain how to make a Will and appoint a Power of Attorney, so you can feel confident making important decisions.

When: Monday 18 May, 6pm to 7.45pm

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Bookings:

FREE, but bookings essential.
🌐 <https://tinyurl.com/2xf5t4cj>
or ☎ 9872 8600



Workshop 2: Understanding the Roles of Attorneys & Executors with Eastern Community Legal Centre

This workshop is for anyone thinking about, or already acting as, an Attorney under an Enduring Power of Attorney or an Executor of a Will. ECLC will explain the legal responsibilities of these roles and give practical guidance to help you manage them.

When: Wednesday 20 May, 1.30pm to 3.30pm

Where: Doncaster Library, MC Square, 687 Doncaster Road, Doncaster

Bookings:

FREE, but bookings essential.
🌐 <https://tinyurl.com/54w9thy8>
or ☎ 9877 8500



Throughout Law Week, Eastern Community Legal Centre will also have information stalls (unstaffed) at Box Hill, Bulleen, Vermont South and The Pines Libraries.

2026 Whitehorse Seniors Festival

Whitehorse Seniors Festival returns this October, and we're inviting local groups and clubs to host an activity as part of the celebrations.

It's a wonderful opportunity to bring seniors together, showcase what your group offers, and welcome new participants. From gentle exercise, painting, guest speakers, bush walks and more, there are endless ways to get involved. The festival runs throughout October as part of the Victorian Seniors Festival, and we'd love for you to be involved.



For more information and/or expression of interest contact the Positive Ageing team:

🌐 www.whitehorse.vic.gov.au/whitehorse-seniors-festival

☎ 9262 6333

✉ positiveageing@whitehorse.vic.gov.au

Coming soon

Volunteer Information Session (May)

Volunteering doesn't have to be complicated. Find a volunteering role that fits you, your interests, skills, and the time you have available. Whether you're looking to give back, meet new people, or use your skills in a meaningful way, there's something for everyone.

Dementia Information Session (May)

Following the fully booked event for Dementia Action Week 2025 "Empowering your journey through leading research, movement and nutrition", we are hosting an information session about "Empowering your journey through financial and legal planning."

To register your interest for any of these sessions, contact the Positive Ageing team:

☎ 9262 6485

✉ positiveage@whitehorse.vic.gov.au



Connect with Confidence – May Program

Are you thinking about:

- Driving less?
- Learning other ways to get around?
- Want to worry less about parking?

Then Connect with Confidence is for you!

Over four 2-hour sessions, we'll provide practical information about navigating public transport systems, including taking a group journey by bus and train. Registration is essential for this free program as numbers are limited.



Program: 4 x 90-minute sessions, with 30 minutes for Q&A

Time: 10.30am

Dates: Thursday 7, 14, 21 and 28 May

Where: Nunawading Library,
379 Whitehorse Road, Nunawading

More information: ☎ 0478 269 367
✉ PositiveAgeing@whitehorse.vic.gov.au



“For someone who hasn’t used public transport for 20 years and has decided to transition from car to public transport in the next 18 months, this program has been a great help as a starting point.”

Connect with Confidence program attendee.

Neighbourhood House Week – 11 to 17 May

Your Place to Connect

Neighbourhood House Week celebrates the great work happening in local communities across Australia.

It's a time to recognise the people and projects that bring communities together. With 10 neighbourhood and community houses, it's a perfect chance to see what's on at your local house.

This week is great chance to check out what's on at your local house. For more information, visit the website.

🌐 www.whitehorse.vic.gov.au/things-do/neighbourhood-houses-and-community-centres



Avenue Neighbourhood House @ Eley ☎ 9808 2000	Clota Cottage Neighbourhood House ☎ 9899 0062
Bennettswood Neighbourhood House ☎ 9888 0234	Kerrimuir Neighbourhood House ☎ 9899 7660
Blackburn North Neighbourhood House ☎ 9878 6632	Louise Multicultural Community Centre ☎ 0415 280 634
Box Hill South Neighbourhood House ☎ 9898 8270	Mitcham Community House ☎ 9873 4587
Burwood Neighbourhood House ☎ 9808 6292	Vermont South Neighbourhood House ☎ 9803 2335

LGBT+ Friendship Group

Do you identify as LGBT+ and are looking for friendship? We welcome you to this newly formed group. Connect and chat over a cuppa in a safe, inclusive and rainbow friendly space. Together we can decide the direction of these weekly social gatherings.

When: Tuesdays, 11am

Where: Blackburn North Neighbourhood House,
109 Koonung Road, Blackburn North

Cost: FREE

Register your interest: ☎ 9878 6632 or
email ✉ admin@blackburnnorthnh.org.au

Your privacy is respected.



National Volunteer Week – 18 to 24 May



We're celebrating **National Volunteer Week 2026** with the theme **"Your Year to Volunteer."** It's a chance to recognise the incredible impact volunteers make and encourage everyone to get involved in 2026.

Volunteering helps you give back, meet new people, build skills and have fun. Whatever your interests – from sustainability and arts to sport, nature and history – there's an opportunity for you at **Whitehorse City Council**. We welcome volunteers from all backgrounds, including Aboriginal and Torres Strait Islander communities, culturally diverse communities, LGBTIQ+ communities and people with disabilities.

Visit our website to find volunteering opportunities.
More details on how Council will celebrate volunteers are coming soon.



Get involved through:

- Volunteering programs
- Advisory committees
- Reference groups

National 18-24 MAY 2026
Volunteer
YOUR YEAR TO VOLUNTEER **Week**

Acknowledgement of Country

Whitehorse City Council acknowledges the Wurundjeri Woi-wurrung people of the Kulin Nation as the Traditional Owners of the land. We pay our respects to their Elders past, present and emerging.

National Relay Service

For people who are deaf or have a hearing or speech impairment:

- ☎ Voice calls: **133 677**
- ☎ Speak and listen: **1300 555 727**
- ☎ SMS relay: **0423 677 767**
- 🌐 Internet relay: **www.accesshub.gov.au**

Telephone Interpreter Service

Communicate with Council in a language other than English by calling our Telephone Interpreter service and request to be connected to Whitehorse City Council.

☎ **TIS – 131 450**

Information correct at time of printing. This newsletter can be placed in your recycling bin (yellow lid).



**POSITIVE
AGEING**

🌐 whitehorse.vic.gov.au/positive-ageing
✉ PositiveAgeing@whitehorse.vic.gov.au
☎ **9262 6333**