



Positive Ageing Newsletter

Whitehorse Seniors Festival 2025

Connect. Create. Celebrate.

Get ready for 200+ fun activities this October as we bring the Whitehorse Seniors Festival to life!

See page 2 for more information.



Spring edition 2025



Welcome to Positive Ageing in Whitehorse

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



Dementia Action Week Roadshow

Informative. Empowering. Supportive.

Expert talks and hands-on workshops are being held across the eastern metro region during September. Whether you're living with dementia, caring for someone who is, or simply want to learn more, these events offer practical tools, local support options and inspiring insights.

Whitehorse is hosting an event where we can learn about helping to slow the onset and progression of dementia through lifestyle interventions we can all do at home. Hear from leading experts from Eastern Health about:

- Leading research – empowering your journey, with Professor Peteris Darzins (Clinical Director Geriatric Medicine)
- Empowering your journey through movement, with Peter Mellow (Exercise Science and Director of Learning)
- Empowering your journey through nutrition, with the Eastern Health Dietetics team

When: Wednesday 24 September, 2pm to 4pm

Where: The Round (behind the Whitehorse Civic Centre), 379 Whitehorse Road, Nunawading

Cost: FREE, registration required



To register:  www.trybooking.com/DCFBW or  9262 6333

Whitehorse Seniors Festival 2025

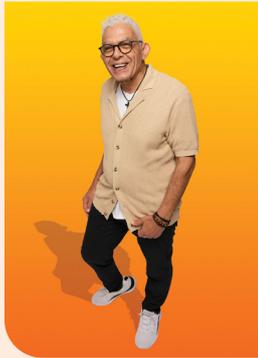
Special thanks to all the amazing local community groups who have helped shape this year's vibrant program.

Whether you're keen to meet new people, express your creativity, or simply celebrate ageing well, there's something for everyone.

Plus: Free public transport for Seniors Card holders from 5 to 12 October across Victoria

The Whitehorse Seniors Festival program will be available in late August.

Scan the QR code to subscribe to our monthly Community Connect e-news and receive information on events, including the Seniors Festival program.



Whitehorse One Voice A Celebration for All

Get ready to raise your voice in song!

Whitehorse One Voice is a vibrant, all-ages singalong open to everyone – a joyful celebration of music, community, and connection.



This special event is part of the upcoming Seniors Festival. The full festival program will be released in late August, with bookings for Whitehorse One Voice and all other events opening at the same time.

Mark your calendar and join voices from across Whitehorse!

When: Wednesday 29 October, 10am to 12pm

Where: Box Hill Town Hall
1022 Whitehorse Road, Box Hill

New Carer Services and Supports Directory

We recognise and want to support you as a carer in our community.

This directory offers information about services in Whitehorse that can work with you to support your health and wellbeing as well as support you in your role as a carer.

Who are carers?

A carer is someone who provides unpaid care and support to a family member, neighbour or a friend who is:

- living with a disability
- frail-aged
- living with mental illness and/or alcohol or drug dependency
- living with an ongoing medical condition

This directory offers information about carer support services, carer financial supports, local carer support groups and carer specific services. From mid-August, you can pick up a copy of this directory at the Whitehorse Civic Centre and Box Hill Town Hall.

Order a printed copy

Simply scan the QR code or contact our Connect and Support team:

☎ 9262 6333 or ✉ ConnectandSupport@whitehorse.vic.gov.au



View the directory online at

 www.whitehorse.vic.gov.au/carers-information-hub

Whitehorse Connect and Support Service

Do you, or someone you care for, need information or help accessing services?

Our Connect and Support team is here to listen, connect and support you.

- Connect to community groups and programs
- Learn about the aged care system
- Find out about local service providers
- Find carer support services
- Refer you directly to advocacy and support services

Contact our team:

☎ 9262 6333

✉ ConnectandSupport@whitehorse.vic.gov.au

🌐 www.whitehorse.vic.gov.au/positive-ageing



Aged Care Act changes delayed until November

The Australian Government has deferred the rollout of the new Aged Care Act to 1 November 2025 to allow providers, workers and older people more time to prepare for upcoming changes.

The new Act will introduce the Support at Home program, which will replace the Home Care Packages Program and Short-Term Restorative Care Program from 1 November 2025. The Commonwealth Home Support Program will transition to the new program no earlier than 1 July 2027.

If you think this will impact you or your loved one's access to support and services, please contact **Whitehorse Connect and Support:**

☎ 9262 6333

✉ ConnectandSupport@whitehorse.vic.gov.au



National Stroke Week 4 to 10 August 2025

National Stroke Week encourages the community to learn about stroke prevention and support recovery.

It raises awareness about stroke, its signs, and the importance of acting F.A.S.T.:

Face: Check their face. Has their mouth drooped?

Arms: Can they lift both arms?

Speech: Is their speech slurred? Do they understand what you are saying?

Time: Is critical. If you see any of these signs call 000 straight away.

Find out more by visiting the web links below:

🌐 <https://strokefoundation.org.au/about-stroke/learn/signs-of-stroke>



Prostate Cancer Awareness Information Session



This is a time to learn about the most diagnosed cancer in Australian men and the importance of early detection.

Join the Box Hill Prostate Cancer Support Group for a free information evening. Hear from medical experts, specialist nurses, exercise physiologists, and prostate cancer survivors. Everyone is welcome to learn and ask questions in a supportive space.

When: Wednesday 10 September, 6.30pm to 8.30pm

Where: Box Hill Town Hall – Matsudo Room
1022 Whitehorse Road, Box Hill

Cost: FREE

Bookings: Phone ☎ 0494 191 819
or email: ✉ info@prostateboxhill.org



Neighbourhood Houses in Whitehorse



Neighbourhood Houses bring people together to connect, learn and contribute in their local community through social, educational and recreational activities. Find your local Neighbourhood House here: www.whitehorse.vic.gov.au/things-do/neighbourhood-houses-and-community-centres

Seniors Tech Workshop – Google Maps

Learn how to navigate with Google Maps and how to shop online. Bring your smart phone or device for this hands-on workshop.

When: Friday 22 August, 10am to 11am

Where: Box Hill South Neighbourhood House
47 Kitchener Street, Box Hill South

Cost: \$5

Bookings: ☎ 9898 8270

Enquiries: ✉ info@bhsnh.org.au

Justice of the Peace – Document Signing Facility

When: Commencing Tuesday 22 July to 16 September, 1.30pm to 3.30pm

Where: Vermont South Neighbourhood House
1 Karobran Drive, Vermont South

Cost: FREE

Enquiries: ✉ info@vsnh.org.au ☎ 9803 2335

Please note – International certifications are unable to be completed.

Boost Your Digital Skills at Whitehorse Manningham Libraries



Whitehorse
Manningham
Libraries



Looking to build your digital confidence?

Whitehorse Manningham Libraries offer free digital learning programs to help you get the most out of technology – whether you're a beginner or just want to sharpen your skills.



Bring the Library to Your Doorstep

The Home Library Service is a free program available to Whitehorse residents experiencing barriers to visiting their local library.

Ready to start reading, listening or watching? Contact Box Hill library today by phone on ☎ **9896 4300**



Visit wml.vic.gov.au to explore the Spring Programs Guide

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**



**POSITIVE
AGEING**



whitehorse.vic.gov.au/positiveageing



PositiveAgeing@whitehorse.vic.gov.au



03 9262 6333