



Positive Ageing Newsletter

Festive Season Whitehorse Carols

Enjoy all the Christmas classics by talented performers Rhonda Burchmore, David Hobson, Johanna Allen, Dale Burridge and Whitehorse Churches.

When: Saturday 13 December, from 5pm.
Carols from 6.30pm to 9.30pm

Where: Whitehorse Civic Centre Precinct, Nunawading

Cost: FREE

Enquiries:  www.creativewhitehorse.vic.gov.au/carols



Mont Albert Village Twilight Jazz Carols

Get ready for a magical evening of festive cheer. Santa will make a special appearance to delight families and spread Christmas joy. Enjoy smooth live jazz carols as the sunsets. Don't forget to put on your best festive costume, the most creative outfit will win a small prize from a local retailer.

When: Friday 12 December, 6.30pm to 8.30pm

Where: Mont Albert Village Heritage Plaza
18 Hamilton Street, Mont Albert

Bookings: No Bookings required



Summer edition
December 2025 – February 2026



Welcome to Positive Ageing in Whitehorse

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

Support During the Festive Season

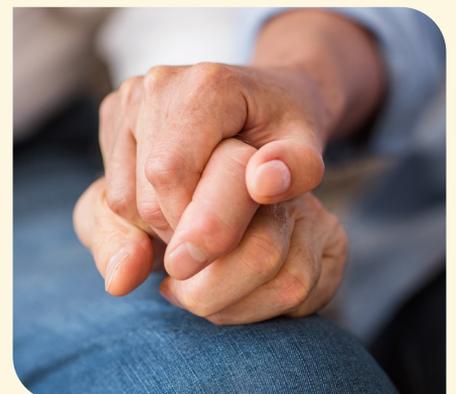
While the festive season is often a time of joy, for some, it can bring up feelings of loss, grief or loneliness. If you're finding this time challenging, remember that support is available, and you don't have to go through it alone.

Services at Council:

- Connect and Support Service:  9262 6333 or  connectandsupport@whitehorse.vic.gov.au
- Youth Services:  8873 9140 or  youth.worker@whitehorse.vic.gov.au
- Maternal and Child Health Services:  9837 1116

Immediate support:

- Beyond Blue:  1300 224 636 or visit  beyondblue.org.au
- Lifeline Australia:  13 11 14 or visit  lifeline.org.au
- Kids Help Line:  1800 551 800 or visit  kidshelpline.com.au



Volunteering made easy

EV Strengthening Communities can help you find a volunteering role that matches your interest, availability, and skill set.

EV in partnership with Whitehorse Positive Ageing supports individuals to find volunteering opportunities in both council and other organisations.

Register your interest in volunteering by visiting <https://site-volunteer-registration.powerappsportals.com>



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



**WELLBEING
CONNECTION
SUPPORT**

Contact our team:

📞 9262 6333

✉ ConnectandSupport@whitehorse.vic.gov.au

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

Understanding My Aged Care – Recent Changes and Support Services

Join us for this informative workshop on My Aged Care and learn about recent changes. Discover who is eligible, how to access, and the range of support options available with presenters from Services Australia.

When: Wednesday 10 December, 11am to 12pm

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

Cost: FREE – Bookings essential

Bookings: 🌐 <https://tinyurl.com/y3wsz5nj>
☎ 9896 4300



Stroke Safe Information Session

Did you know that stroke kills more women than breast cancer and more men than prostate cancer?



Despite this, many people are unaware that up to 80% of strokes can be prevented. That's why we offer free StrokeSafe talks, designed to raise awareness and teach practical steps for prevention.

Topics: How to recognise the signs of a stroke, what to do during a stroke emergency, how to reduce your risk of stroke.

When: Tuesday 24 February 2026, 11am to 12pm

Where: Bennettswood Neighbourhood House
7 Green Street, Burwood

Bookings: ☎ 9888 0234 or

✉ info@bennettswoodnh.org.au

Connect with Confidence in 2026

This program is for you, if you are:

- considering driving less
- thinking about other ways to get around
- don't want to worry about parking



Across four 2-hour sessions, we provide practical information about navigating public transport systems, including taking a group journey by bus and train. The program is 4 sessions, usually 90 minutes, plus Q&A time

Registration required:

February program (on Mondays)

www.trybooking.com/DHHOY

May program (on Thursdays)

www.trybooking.com/DHHPE



2025-26 Multicultural Infrastructure and Security Program Grant

Grants of up to \$400,000 are available to maintain, upgrade, and secure multicultural community infrastructure.

Up to \$400,000 is available for Victorian multicultural and multifaith community organisations to support maintenance works, renovations, and security upgrades to their community facilities.

Applications close: Monday 5 January at 3pm

www.vic.gov.au/2025-26-multicultural-infrastructure-and-security-program



Stay safe this summer



Days of extreme heat and high temperatures can be a dangerous time for some members of the community. When it is hot, it is important that you keep yourself and your family safe, while also checking on people you know who could be vulnerable.

- Never leave adults, children or animals in a hot car.
- Stay indoors during extreme heat.
- Stay hydrated. Drink plenty of water
- Plan your activities during cooler times of day.
- Heat can cause heat exhaustion.
- Download the Vic Emergency app or listen to AM radio for emergency updates.
- Have an emergency plan prepared.
- Stay safe around water.

Learn more at whitehorse.vic.gov.au/extreme-heat



Beat the heat: Summer survival skills

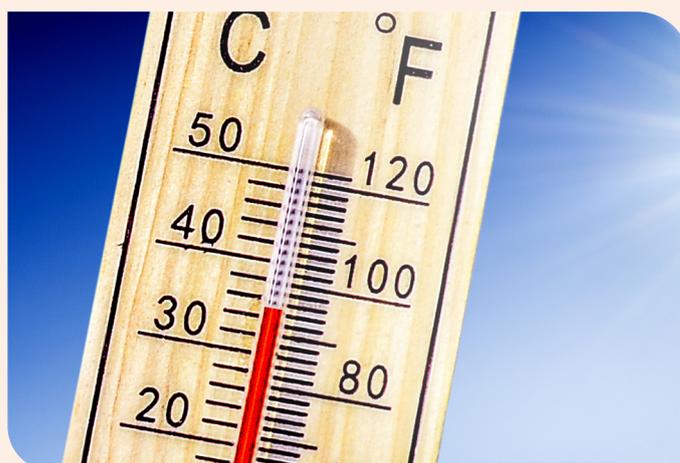
Discover practical summer heat health tips from Ambulance Victoria to help keep your family and home safer in hot weather.

When: Tuesday 9 December, 10am to 11am

Where: Box Hill Library, 1040 Whitehorse Road
Box Hill

Cost: FREE

Bookings: events.humanitix.com/summerheat



Autism and Ageing with Sandra Thom-Jones

Hear author and academic Sandra Thom-Jones share insights into life as an autistic adult.

Sandra will discuss autism, ageing and how you can support older autistic people in your community, plus answer questions. Everyone welcome, especially autistic people. Wear or bring what makes you feel safe and regulated, such as sunglasses, headphones, fidgets, or a support person. This event is held in recognition of the International Day of People with Disability and proudly supported by Whitehorse Positive Ageing.

When: Wednesday 3 December, 10am to 11am

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Cost: FREE – Bookings essential

Bookings:  <https://tinyurl.com/nznezhkh> or  9872 8600



COMMUNITY CONNECT
WHITEHORSE CITY COUNCIL



Subscribe to the
Community Connect e-news

Stay up-to-date on information about
healthy living and social connection

 www.whitehorse.vic.gov.au/connect
 cdenquiries@whitehorse.vic.gov.au
 9262 6333

Tango for Parkinson's & all abilities

Tango dancing is based on walking and helps improve gait, balance, and overall coordination – making it inclusive and enjoyable for everyone, even if you've never danced before. Join us and experience the joy of movement. Come alone or bring a friend, partner, or carer.

Location: Avenue Neighbourhood House @ Eley
87 Eley Road, Blackburn South
Enquiries:  9808 2000



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/positiveageing
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 9262 6333