

Creating an age-friendly shire

Ageing Well

FREE

Edition 24 — June 2026



Fusion Festival 2026: A celebration of culture, community and connection

Seniors are warmly invited to join the 2026 Fusion Festival – a vibrant celebration honouring the strength and contributions of refugee and asylum seeker communities.

The event is run by local community organisations with support from Cardinia Shire Council and brings people together to hear stories, enjoy music and dance, and experience cultural performances.

Browse food and craft stalls and connect with groups and services. With plenty of seating and a friendly atmosphere, the event is accessible and enjoyable for everyone.

Whether attending with friends, family, or on your own, the Fusion Festival is a great chance to meet new people and celebrate the cultures that make our community special.

When: **Sunday 21 June 2026**

Time: **2–6pm**

Where: **Cardinia Cultural Centre,
40 Lakeside Blvd, Pakenham**

Cost: **Free (bookings not required)**

Enquiries:

Barat info@hazara.org.au or

Cardinia Cultural Centre **1300 887 624**

Welcome to edition 24 of our Ageing Well newsletter.

We're proud to support Cardinia Shire residents aged 55-plus to stay active, connected and informed. Find local programs and events at:



www.cardinia.vic.gov.au/ageingwellevents

Celebrating Maureen Timms – Senior Citizen of the Year 2026

Maureen Timms' lifelong commitment to helping others began when her son joined Cub Scouts. Inspired by the program's fun, challenges and discipline, she became a cub leader, sparking her passion for volunteering.

Since 2012, Maureen has been an outstanding volunteer with Palliative Care South East, contributing more than 150 hours through the companionship program. In 2025 alone, Maureen gave more than 30 hours supporting clients and the team with compassion and care. Her volunteer efforts also include Relay for Life, Monash Health and St John of God.

A strong advocate for mental health, Maureen completed the Black Dog Institute's One Foot Forward challenge, walking 150km in one year, and participating again this year. She encourages others to support this cause close to her heart.

Reflecting on the award, Maureen said, "It means so much. Just being nominated is an honour. I'm still in shock!"

Her compassion and selflessness make her a true role model and a deserving 2026 Senior Citizen of the Year.



cardinia.vic.gov.au/ageingwellnewsletter



ageingwell@cardinia.vic.gov.au



1300 787 624



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Cardinia

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Neighbourhood houses and community centres

Neighbourhood houses are places for people of all ages and backgrounds to connect, learn and have fun.

There are eight neighbourhood houses across the shire that offer a range of programs, with costs kept as low as possible for the community.

Explore the many programs on offer:

- Strength and fitness classes
- Card games
- Easy to follow tech sessions
- Walking groups
- Carer support groups
- Cooking classes and much more



U3A in Pakenham and Emerald both provide welcoming

spaces where learning brings people together and curiosity keeps them young at heart. Created for retirees and semi-retirees, U3A offers opportunities to share skills, discover new interests and enjoy a relaxed, friendly environment.

Classes range from art and craft to history, languages, technology, gentle exercise and social groups, all guided by passionate volunteers who share their knowledge and experience.

Beaconsfield Neighbourhood Centre

8-18 O'Neil Rd, Beaconsfield

Ph: **8768 4400**

Web: www.bncinc.org.au

Cockatoo Community House

Located in Cockatoo Community Complex, 79 Pakenham Rd, Cockatoo

Ph: **5968 9031**

Web: www.windana.org.au/services/cch

Fernlea Community House

356 Belgrave Gembrook Rd, Emerald

Ph: **0424 147 364 / 5968 3895**

(select option 1)

Web: www.fch.org.au

Lang Lang Community Centre

7 Westernport Rd, Lang Lang

Ph: **5997 5704**

Web: www.langlang.net/llcc.html

Living and Learning Pakenham

6B Henry St, Pakenham

Ph: **5941 2389**

Web: www.livinglearning.org.au

Moy-Yan Neighbourhood House

(operate from two nearby venues)

1 Beswick St (Garfield Scout Hall) and 2B Beswick St (pool building) Garfield

Ph: **0428 372 686**

Web: www.mnhouse.au

Outlook Community Centre

24 Toomuc Valley Rd, Pakenham

Ph: **1300 617 649** (select option 2)

Web: www.outlookaust.org.au

Upper Beaconsfield Community Centre

10-12 Salisbury Rd, Upper Beaconsfield

Ph: **5944 3484**

Web: www.ubcc.org.au

Building connections through learning at your local U3A

University of the Third Age (U3A) groups are volunteer-led groups offering adult learning, social activities and meaningful connection.

U3A in Pakenham and Emerald both provide welcoming

spaces where learning brings people together and curiosity keeps them young at heart. Created for retirees and semi-retirees, U3A offers opportunities to share skills, discover new interests and enjoy a relaxed, friendly environment.

Classes range from art and craft to history, languages, technology, gentle exercise and social groups, all guided by passionate volunteers who share their knowledge and experience.

For many members, U3A offers more than activities, it is friendship, laughter and a sense of belonging. It's a place to rediscover creativity, build confidence, and stay active in both mind and body.

Find your local U3A group

U3A Cardinia (Pakenham)

Ph: **5941 4164**

Email: info@u3acardinia.org.au

Web: www.u3acardinia.org.au/memberships

U3A Emerald

Ph: **0490 805 743**

Email: emeraldu3a@gmail.com

Web: www.u3aemerald.org.au



Abuse in older relationships

Family violence among older couples is a serious issue that often goes unnoticed. While elder abuse is commonly linked to adult children mistreating parents, intimate partner violence in later life affects many older Australians.

Older women may face added challenges – health concerns, financial dependence, and social isolation that make seeking help or leaving an abusive relationship difficult. Many experience abuse quietly, feeling trapped by fear, shame or loyalty.

Support from family and friends can be life changing. If you are worried about an older person, start by checking in gently. Listen without judgement, reassure them, and avoid pressuring them to act before they are ready. Encourage them to contact support services like Seniors Rights Victoria or 1800RESPECT, offer practical help such as transport or companionship. Most importantly, remind them they are not alone and that their safety, dignity and wellbeing are important.

Support services

Safe Steps 24/7

Ph: **1800 015 188**

Web: www.safesteps.org.au

Elder Rights Australia

Ph: **1800 700 600**

Web: www.elderrights.org.au

1800 ELDERHelp

Ph: **1800 353 374**

Seniors Rights Victoria

Ph: **1300 368 821**

Web: www.seniorsrights.org.au

1800RESPECT

Ph: **1800 737 732**

text **0458 737 732**

Web: www.1800respect.org.au

In an emergency, call 000

Speak Up



FREE



Join us for an information session that supports older people to stay informed, feel confident and listened to. This event supports World Elder Abuse Awareness Day, recognised globally on 15 June each year. An opportunity for communities to stand together against the abuse, mistreatment and neglect of older people.

At the session, Safe Steps and Elder Rights Australia will help you:

- Understand family violence, financial abuse and the misuse of powers of attorney.
- Recognise signs of elder abuse and how to help.
- Understand your rights and stay in control of your care.
- Speak up with confidence and know where to get support.

After the presentations, guests can enjoy refreshments, browse information stalls and talk with presenters.

When: **Tuesday, 16 June**

Time: **10:30am–12:30pm**

Where: **Deep Creek Reserve Centre,
62 Cameron Way, Pakenham
(Function Room)**

Cost: **FREE (light lunch included)**

Bookings are essential:

Ph: **1300 787 624**

Email: ageingwell@cardinia.vic.gov.au

World Elder Abuse Awareness Day

National Reconciliation Week 27 May to 3 June

Cardinia Shire Council's Reconciliation Action Plan outlines how we will build stronger relationships, deepen respect and create meaningful opportunities for Aboriginal and Torres Strait Islander peoples across the shire. Read the plan on our website: www.cardinia.vic.gov.au/rap

Council proudly celebrates National Reconciliation Week each year, recognising the deep and continuing connection of the Bunurong and Wurundjeri peoples to the lands and waterways across Cardinia Shire. Everyone is invited to our free events. Bookings not required.

When: **Thursday 28 May**

Time: **12:30–2pm**

Where: **Cardinia Cultural Centre,
40 Lakeside Blvd,
Pakenham**

When: **Monday 1 June**

Time: **12:30–2pm**

Where: **Emerald Hills Hub,
400A Belgrave-Gembrook Rd,
Emerald**

Visit the Portraits exhibition at the Hills Hub in Emerald, on display throughout National Reconciliation Week in the Level 1 Art Space.

NAIDOC week 5 – 12 July

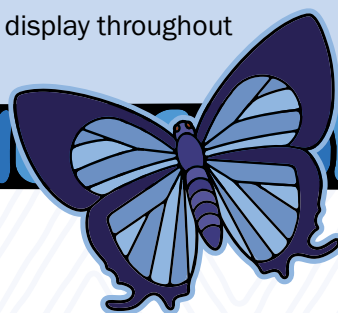
Join us at Koo Wee Rup Aboriginal Meeting Place and Indigenous gardens to celebrate NAIDOC Week.

When: **Sunday 5 July**

Time: **11am–2pm**

Where: **Kooweerup Hospital,
235 Rossiter Rd, Koo Wee Rup**

Cost: **Free** (bookings not required)



Aged care supports

My Aged Care supports independence at home, access to respite and residential aged care.

Support is available for people aged 65-plus, or 50-plus for Aboriginal or Torres Strait Islander people and those who are homeless or at risk of homelessness. To start your journey, you will need an aged care assessment.

 www.myagedcare.gov.au

How to apply

- Call: **1800 200 422**
- Online application:
myagedcare.gov.au/Apply-Online
- In person: book an appointment with an Aged Care Specialist Officer by phone **1800 227 475** or visit
www.servicesaustralia.gov.au/my-aged-care-face-to-face-services

If you need help to apply

Care finders

Provide free support for vulnerable older people who cannot navigate aged care alone and have no one to help them. Call one of the three local providers and ask to speak to a Care finder team member.

Better Place Australia

Ph: **1800 934 299**

Email: **carefinder@betterplace.com.au**

Web: **www.betterplaceaustralia.com.au**

Each

Ph: **1300 003 224**

Email: **connectos.vic@each.com.au**

Web: **www.each.com.au**

Mentis Assist

Ph: **1300 636 847**

Email: **carefinder@mentisassist.org.au**

Web: **www.mentisassist.org.au**

Need communication support?

- Interpreting: Call **131 450**, tell the operator the language you speak, and ask them to call **1800 200 422**
- Aboriginal and Torres Strait Islander languages: Call **1800 200 422**
- Deaf, deafblind, or hard of hearing, visit Deaf Connect: **www.deafconnect.org.au**

Elder Care Support program

Provides culturally safe support for older First Nations people throughout their aged care journey.

Dandenong and District Aborigines Co-Operative Ltd

Ph: **8902 9700**

Web: **[www.myagedcare.gov.au/
Elder-Care-Support-Program](http://www.myagedcare.gov.au/Elder-Care-Support-Program)**



Advocacy support

Finding the process hard? An advocate can help you; register for aged care services, understand fees, apply for financial hardship and discuss other concerns.

Aged Care Advocacy line:

Ph: **1800 700 600**

Web: **[www.myagedcare.gov.au/
seeking-support-from-advocate](http://www.myagedcare.gov.au/seeking-support-from-advocate)**

Complaints and feedback

If you feel your rights have not been met or have concerns about care received, you can make a complaint.

Aged Care Quality and Safety Commission:

Ph: **1800 951 822**

Web: **www.agedcarequality.gov.au**

Your Councillors



Cr Brett Owen (Mayor)

0418 993 370

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Cr Liz Roberts (Deputy Mayor)

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Council contacts

Cardinia Shire Council

Civic Centre

20 Siding Avenue, Officer

Postal address:

P0 Box 7, Pakenham 3810

Phone: **1300 787 624**

Email: **mail@cardinia.vic.gov.au**

Web: **www.cardinia.vic.gov.au**

After-hours emergencies:

1300 787 624

National Relay Service (NRS):

Customers who are deaf or have a hearing or speech impairment can call through the NRS. This is a free service.

TTY users phone 133 677
then ask for 1300 787 624.

Speak and Listen

(speech-to-speech relay)

users phone 1300 555 727
then ask for 1300 787 624.