

Cuppa and Connect — Information Sessions

A series of talks and workshops to support the healthy ageing community and carers of all ages in Glen Eira



Age pension your choices

Wednesday 15 July, 10.30am–11.30am

Caulfield Cup Room, Glen Eira Town Hall

Join us to learn more about the Age Pension

– qualifications, asset limits, income limits, working while on age pension and the concessions you may be entitled to if you don't qualify for Age Pension.

This session is presented by Services Australia

Bookings: www.trybooking.com/DMCAP

Accommodation options

Friday 31 July, 10.30am–11.30am

Caulfield Cup Room, Glen Eira Town Hall

Services Australia joins us to provide valuable information about accommodation options as we age – contributing to super, options for downsizing, lifestyle villages, retirement villages and granny flat arrangements.

This session is presented by Services Australia

Bookings: www.trybooking.com/DMTTF

Superannuation

Thursday 13 August, 10.30am–11.30am

Caulfield Cup Room, Glen Eira Town Hall

Understanding Superannuation can significantly impact your retirement lifestyle. Come along to learn more about Superannuation – contributions, caps, understanding how

Superannuation works and how much income you will need in retirement. This session is presented by Services Australia

Bookings: www.trybooking.com/DMTTL



Carers Victoria - services and support

Tuesday 18 August, 10.30am–11.30am

Bentleigh Library and Youth Hub,

Hear from Carers Victoria about:

- What defines a carer?
- Facts about carers and caring
- Government service systems
- Carers Victoria services
- Benefits and entitlements for carers such as Carer allowance and the Victorian Carer Card

Bookings: www.trybooking.com/DNUAM

Income streams

Wednesday 26 August, 10.30am–11.30am

Caulfield Cup Room, Glen Eira Town Hall

Following on from the Superannuation session on 13 August, Services Australia will help us to understand how your Superannuation will give you an income stream in retirement. This session is presented by Services Australia

Bookings: www.trybooking.com/DMTTP

Financial wellbeing workshop

Friday 11 September, 11am–12pm

Caulfield Cup Room, Glen Eira Town Hall

The Smith Family will deliver a free Financial Wellbeing workshop for our community, designed to help us build confidence and security in managing our money. It will cover Scam protection, Digital banking and support in times of need. This workshop is delivered in partnership with ANZ's MoneyMinded program.

Note the presentation will be delivered as a webinar (online presentation) to the group at the Caulfield Cup room at Town Hall.

Bookings: www.trybooking.com/DMTTR



Introduction to dementia

Wednesday 23 September, 11am–12pm

Carnegie Library, The Boyd Room

Join us for an informative and supportive session designed to help you better understand dementia.

This presentation will provide an overview of what dementia is, common signs and symptoms, different types of dementia and how it can affect memory, thinking, behaviour and daily life. This session is presented by Dementia Australia

Bookings: www.trybooking.com/DMTV

Aged Care navigation and support

Friday 2 October, 11am–12pm

Caulfield Cup Room, Glen Eira Town Hall

An Aged Care Specialist Officer from Services Australia will share valuable information with us about My Aged Care including, Commonwealth Home Support Program, Support at Home and Residential care services. Topics covered include:

- How Services Australia can support with aged care matters
- Financial hardship assistance
- My Aged Care Online Account

Bookings: www.trybooking.com/DMTTW



Carer workshop

Tune your nervous system, boost your Caring Superpowers – Session one

Friday 9 October, 10am–11am

Bentleigh Library and Youth Hub, Training Room

Looking at the theme of 'understanding stress and your inner world', this session is practical, realistic, and designed for real-life carers with zero spare time.

Learn how to build your toolkit:

- Prevention (tiny daily habits)
- Grounding (stay calm)
- Crisis mode ("uh oh, I've lost it!" moments)

This session will be delivered by EACH Suitable for Carers of Glen Eira

Bookings: www.stickytickets.com.au/VLUGP6

This is the first session in a series of three carer focussed sessions. You are welcome to attend all or some of the sessions.

Money Check Up

Tuesday 13 October, 10.30am–11.30am
Caulfield Cup Room, Glen Eira Town Hall

Money is such an important part of all our lives. It allows us to access the things we need to survive. It also gives us our independence. It impacts so many areas of our lives, yet we live in a society where there is still a perception that having money trouble is a result of poor choices, rather than something out of our control. Sometimes our money just doesn't stretch far enough, and finding the right help can be difficult.

In this session, presented by Financial Counselling Victoria (FCVic), participants will learn:

- what resources and tools are available to help plan and stay on track with their money
- common risks and trouble to avoid
- what to do when they need help.

Bookings: www.trybooking.com/DMTVM



Gather My Crew

Tuesday 13 October, 11.30am–12.30pm
Caulfield Cup Room, Glen Eira Town Hall

Emily Chadbourne from Gather My Crew will explore why asking for help can feel so hard, what meaningful practical support actually looks like, and how people can better support each other during challenging times. Attendees will also learn how the Gather My Crew app helps coordinate everyday help such as meals, transport, check-ins and household tasks in a

simple, private and organised way, and how this can be especially beneficial for carers.

Bookings: www.trybooking.com/DMTVQ

Carer/Disability support Pensions

Friday 16 October, 10am–11am
Online

We invite carers to attend an online information session about Services Australia, including information and eligibility requirements regarding carer payments, services and concessions. This session will be presented by Services Australia

Suitable for: Carers of Glen Eira
Bookings: www.trybooking.com/DMUDR



Carer Workshop: Tune Your Nervous System, Boost Your Caring Superpowers – Session two

Friday 23 October, 10am–11am
Bentleigh Library and Youth Hub

Looking at the theme of 'prevention and calming the spiral' this session is practical, realistic, and designed for real-life carers with zero spare time. It will help you to catch stress early by teaching you how to:

- Add more low-effort routines for busy carers
- Spot early warning signs of stress
- Learn quick grounding tricks to stay in control

This session will be presented by EACH. This is the second session in a series of three carer focussed sessions. You are welcome to attend all or some of the sessions.

Suitable for: Carers of Glen Eira

Bookings: www.stickytickets.com.au/OSFDJR

Carer Workshop: Tune Your Nervous System Boost Your Caring Superpowers – Session three

Friday 30 October, 10am–11am
Bentleigh Library and Youth Hub

Under the theme of 'mastery and self-kindness' this session is practical, realistic, and designed for carers with zero spare time. You will learn how a three-step framework will result in a simple but often forgotten formula – self-compassion: being kinder to yourself = better care for others.

Learn the three-step framework:

- Prevent
- Ground
- Reset

Suitable for: Carers of Glen Eira

Bookings: www.stickytickets.com.au/3IB4JU



Falls Prevention

Tuesday 17 November, 11am–12pm
Caulfield Cup Room, Glen Eira Town Hall

We all want to remain strong and independent so we can keep enjoying the things we do. One third of people over the age of 65 fall at least once a year, and around half of these are in and around the home. Join us to learn how to reduce the risk of falls and stay active and independent for longer.

This session is presented by Bolton Clarke.

Bookings: www.trybooking.com/DMTVG



Healthy Brain. Healthy Body

Friday 27 November, 11am–12pm

Caulfield Cup Room, Glen Eira Town Hall

Did you know that longevity is 30 per cent due to genetics and 70 per cent due to your environment? Happy people live longer, have stronger immune systems and have improved coping skills. This one-hour information session will introduce you to the six factors of positive ageing so you can learn how to experience happiness and satisfaction at any age. This session is presented by Bolton Clarke.

Bookings: www.trybooking.com/DMTUG

For more information about the sessions visit, www.gleneira.vic.gov.au/seniorswhatson or contact our Healthy Ageing Team
Email: HAgeing@gleneira.vic.gov.au
Phone: 9524 3333

For more information about Healthy Ageing in Glen Eira, join our Healthy Ageing e-newsletter: www.gleneira.vic.gov.au/healthyageingenews

Location addresses

Bentleigh Library and Youth Hub

161 Jasper Road, Bentleigh

Carnegie Library

7 Shepparson Ave, Carnegie

Glen Eira Town Hall

Corner Glen Eira and Hawthorn roads,
Caulfield