

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST



EDITION 2: 18th February 2024

MESSAGE FROM EDITOR

Welcome to the

WHITTLESEA U3A "BREAKING NEWS FORTNIGHTLY INFO OF INTEREST" EDITION 2: 18th February 2024.

I would like to thank the members who provided comment on the Breaking News Fortnightly.

Info of Interest:

- **Class and activities availability is increasing. If you live in Mernda, Doreen, Wollert or South Morang drop into the Mernda Community Centre 70 Mernda Village Drive, Mernda**
- **Transport support. We are working with Link Transport to pilot a subsidized transport service to assist members without available transport to attend a wider range of classes.**
- **New classes and activities have commenced at the Greater Beveridge Community Centre**
- **Membership for 2024 over 700 active members.**

Looking forward to hearing your feed back on this initiative.

Glen Wall

PRESIDENT

Whittlesea U3A

Mobile: 0422 852 593 Email: president@whittleseau3a.org.au

OFFICE HOURS for Week beginning 19th February

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY TUESDAY, WEDNESDAY FROM 10.00 TO 2.00 & THURSDAY 10.00 TO 1.00 OFFICE WILL BE CLOSED ON FRIDAY

MAY ROAD CAMPUS

OFFICE WILL BE OPENED: TUESDAY 1.00PM TO 4.00 & THURSDAY - 9.30 TO 4.00PM

DIGITAL LITERACY HELP AND ASSISTANCE CONTINUES IN 2024



Need help with your smart device – PHONE, Android or Apple, iPad or Tablet.

GO TO Lalor Library on Thursdays (1.00pm and 3.00pm), Mernda Senior Support Centre Fridays (10.00 am to 12) and Thomastown Library on Fridays (1.00pm and 3.00pm). with Shoukry – program starting Monday 12th of February.



The Victorian Virtual Emergency Department (VVED) is a public health service to treat non-life-threatening emergencies.

Go to <https://www.vved.org.au/> then Click on **are you Sick/Unwell**

If your situation is life-threatening, please call Triple Zero (000)



LINK COMMUNITY & TRANSPORT DELIVERING EFFICIENT AND SAFE COMMUNITY ASSISTED TRANSPORT SERVICES.

Leading In-Home, Assisted Mobility and Community Services not-for-profit organisation, LINK Community & Transport, is leading the charge in creating and maintaining a user-friendly and reliable community transport service, with a large vehicle fleet, supported by staff drivers and a growing volunteer base.

With over 50 LINK community vehicles ranging from sedans to mini vans, to small buses, more than 700 older Victorians on average are being transported each week to medical and hospital appointments, shopping trips, social visits and outings, as well as educational course venues.

U3As offering popular courses and activities now have a like-minded partner that can help you get to your activity with a door-to-door service, if you are unable to get there yourself. LINK can assist U3A funded (CHSP/My Aged Care, Home Care Package, NDIS or self-funded) clients with the intake and assessment process.

LINK is stepping up to the challenge – already providing support for thousands of older Victorians – and now offering to U3A members, a service enabling them to get where they need to go safely, to access medical services, shopping and social participation at your U3A nominated event.

Through their team of highly accredited drivers and volunteers they pride themselves as a responsive and reliable form of accessible transportation – providing just the transport, or as much help as people need to access basic services and stay connected to the community around them.

*If you or a loved one or your organisation requires **LINK's Assisted Transport services to get to your U3A course or activity**, please contact our friendly staff on **1300 546 528 Ext. 1** or visit us on www.lct.org.au to find out more about our services.*

WellAhead Enrolments open for the WellAhead program

WellAhead is a holistic wellness program, co – designed with consumers, to support and empower those living with and beyond cancer.

Activities include yoga, meditation, volunteer programs such as Old Blokes Shed and Knitting/Craft Support, Northern Health Community Choir and classes and activities for seniors from Whittlesea U3A.

As the name suggests, it is a wellness program designed to encourage progress and positive living, in spite of the challenges of living with and beyond cancer. The WellAhead program begins in March 2024.

WellAhead aligns with Northern Health's Trusted Care Commitment of 'Staying Well'. This involves the delivery of services outside the conventional hospital setting, with a greater focus on health and wellbeing in the community.

Staying safer online

Advice for older Australians on using the internet safely and protecting themselves online.



Scams & Hacks

Please be wary of your Facebook site and account. Keep track of your access, passwords, and who has authority and access to your site.

Keeping yourself safe online

The ACCC's "The Little Black Book of Scams" may be of help identifying and responding to scams: [The Little Black Book of Scams | ACCC](https://www.accc.gov.au/consumers/the-little-black-book-of-scams)

Justice Connect and Telstra have developed a self-help tool to get you "ePrepared" so you can store important documents electronically safely. <https://prepare.apps.justiceconnect.org.au/>

MEET WHITTLESEA USA SUPPORTS

A feature in each Breaking news will be information on the services provided to seniors by the supporters of Whittlesea U3A. The information will include “helpful hints”.



DPV Health is a not-for-profit organisation that offers health care services to people of all ages. We are an inclusive organisation that celebrates the diversity of all people within the community. DPV Health's purpose is to support you to live a happy and healthy life, through the provision of inclusive, locally based health and wellbeing services.

For more information <https://www.dpvhealth.org.au/#>

The services include:

Medical Services

- Women's Health
- Men's Health
- 65+ Medical Services
- Chronic Disease Management
- Health Assessments
- Family Planning
- Immunisation & Vaccinations
- Procedures Offered
- Patient Information & Fees

Dental Services

- > Public Dental Services
- > Affordable Private Dental
- > Smiles 4 Miles Program

Physical Health

- Audiology
- Physiotherapy
- Speech Pathology
- Cardiac Rehabilitation
- Womens Health Nursing
- Exercise Physiology
- Nutrition & Dietetics
- Occupational Therapy
- Podiatry
- Diabetes Nurse Education

Mental Health

- > Head to Health
- > Counselling, Psychology & Social Work
- > Health Psychology
- > Newbold Mental Health Program