

WHITTLESEA U3A BREAKING NEWS FORTNIGHTLY INFO OF INTEREST

EDITION 4:
DATE: 17th March 2024



MESSAGE FROM EDITOR

WHITTLESEA U3A "BREAKING NEWS FORTNIGHTLY INFO OF INTEREST" EDITION 4: 17th March 2024.

Info of Interest:

- *Building Works commences at PLC Campus Robert St Lalor.*
- *Whittlesea U3A partnering with the City of Whittlesea Ageing Well Team to offer Dancing and Morning Melodies in Wollert.*
- *Transport support Pilot Program.*
- *Quarry Hills Seniors Stewards Program commences Monday 18th March at Mernda (1:30 pm)*
- *Cooking for U Club*
- *Classes and activities available at the Greater Beveridge Community Centre*
- *Live Life Digitally Connected program Wednesday 20th March at 10am (ZOOM)*
- *Partnership with Northern Health widening.*

Looking forward to hearing your feed back on these initiatives.

Glen Wall

PRESIDENT—Whittlesea U3A

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

OFFICE HOURS for Week beginning Monday 18th March

PETER LALOR CAMPUS

OFFICE WILL BE OPENED MONDAY, TUESDAY, WEDNESDAY 10.00 TO 2.00 THURSDAY 10.00 TO 1.00PM

CLOSED ON FRIDAYS

MAY ROAD CAMPUS

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

STOP PRESS!!!!!!!!!!!!

**BUILDING WORKING STARTING AT PETER LALOR CAMPUS
ROBERET STREET
ON 21/03/2024**

Peter Lalor Campus
34 Robert Street
Lalor
Opp No 37 (near Gate 2)
Parking in Robert Street



Join us for the first session of the Quarry Hills Senior Stewards Program, where City of Whittlesea's Tim Connell (Unit Manager of Conservation) will share his deep appreciation of Quarry Hills Regional Parkland.



City of Whittlesea



Quarry Hills stands out as the municipality's largest parkland, boasting a diverse landscape that encompasses granitic outcrops, woodlands, grasslands, ephemeral wetlands and more. Come along to this Speakers' Discussion Group session to learn more about this beautiful landscape where manna gums and stringy barks stand, wattles bloom, and the smell of tea-trees fill the air. You will find Gliders in remnant tree hollows, Kangaroos resting in open grasslands, skinks basking on stony rises, and frogs serenading from wetlands.

Afterward, stick around for a discussion on how you can play a part in the conservation and restoration efforts of this remarkable place.

This is the first session of a monthly program, starting with three Speakers' Discussion Group sessions, which will each include a program discussion after each talk. The remaining sessions for the year will include a combination of hands-on conservation activities, guided walks, flora and fauna surveys, plant propagation in a small-scale nursery and citizen science activities.

Location: Mernda Social Support Centre, 70 Mernda Village Road, Mernda, 3754

Date: Monday 18 March 2024

Time: 1.30pm – 3pm

Tutor / Leader: Tim Connell and Erica Hoggett (Conservation Management Unit at City of Whittlesea)

DIGITAL LITERACY HELP AND ASSISTANCE MENTOR PROGRAM



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) PLC Robert St Lalor Mondays 9:30 am.



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)

Technology Corner – Monthly Forum Program

Live Life Digitally Connected Topics

The successful series of Live Life Digitally Connected Forums will continue in 2024. The series is presented by U3A Network Vic supported by U3A Australia and NBN.

The monthly forums will be on ZOOM on the third Wednesday of the month at 10:00 to 11:30am.

The Topic of the March Forum on 20th March is:

March 20 th	Cyber safety and What is Two-factor authentication (2FA)
------------------------	--

Further details regarding dates and times will be provided. Please check regularly our Facebook page "Tech Corner" (<https://www.facebook.com/groups/2957658941217497>) for updates.

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

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/>



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

Transport support package

We are looking for 10 Members who are not able to classes that they would like too due to lack of Transport.

We are now in a position to trail with LINK Community & Transport to pilot a Transport Assistance package.

If you are interested in participating, please contact:

Glen Wall 0422852593 email glen.w@whittleseau3a.org.au

If you or a loved one or a Whittlesea U3A member requires **LINK's Assisted Transport services to get to their 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.

OPPORTUNITY TO BE A VOLUNTEER LINK DRIVER



"Join LINK Community & Transport as a volunteer driver! Help bridge gaps in transportation for those in need by providing rides to medical appointments, shops, and more. Your time can transform lives. Meaningful connections and fulfilling experiences await. Sign up today and drive change in your community!" Contact our Volunteer Manager on 1300 546 528 Ext.5 or email volunteering@lct.org.au

COOKING FOR U CLUB



WU3A and DPV Health Program

Join in the fun cooking quick n' easy meals to support your health and wellbeing with a Dietitian.

When: 4th Friday of each Month

Time: 10 am – 12.30pm

Where: Mernda Social Support Centre.

70 Mernda Village Drive Mernda

Cost of ingredients provided: \$15.



MCG ANZAC EVE 24th April 2024

Epping RSL needs your help to sell badges at the MCG on ANZAC EVE
Wednesday 24th April 2024 starting at 3.30pm till about 7.30pm.

They will meet you at the MCG car park like previous years at 3.00pm.
(They will confirm a gate number opposite car park to meet on the day via text or email)
to give out boxes and tins to sell around the outside of the MCG, Train station and
Bridges.

If you can help the Epping RSL raise money for the ANZAC Appeals this year would be
amazing. Just jump on a train and meet them at the MCG after 3.00pm Please email
Narelle your names and contact phone numbers gm@eppingrsl.com.au
com4@eppingrsl.com.au

*All children must be accompanied by an adult.

LEST WE FORGET

Regards

Narelle Hart

General Manager

Epping RSL

gm@eppingrsl.com.au

M.0438 246 669

W.94081566

Elaine & Greg Eddy

Appeals Officers

Epping RSL

M. 0407 532 519



Dementia care in CALD communities

Whittlesea U3A is supporting NARI in a program to trial support resources for family members supporting family members living with them who have Dementia.

Dementia care in CALD communities is often provided by family members at home. Research with carers by the National Ageing Research Institute (NARI) has shown that carers want practical assistance and information to support them in caring for a loved one living with dementia. Therefore, the Draw-Care study aims to improve the lives of CALD family carers and people living with dementia using short, animated films, and information sheets that are found on a website created for the project. The researchers together with family carers created the resources in 2022 and 2023 and translated them into 9 languages including Arabic, Greek, Spanish, Italian, Cantonese, Mandarin, Vietnamese, Hindi, and Tamil. The researchers are now testing the resources to see if they are effective in supporting family carers and need the help of carers to do this part of the study.

THIS SURVEY IS OPEN TO ANYONE WHO IS:

- over 65 years of age
- a carer for someone over 65 years of age

Please complete this survey if it is applicable to you and share with other people in your networks and community. Complete the survey here: <https://forms.office.com/Pages/ResponsePage.aspx?id=GPhqaB0d3kqwj1ys0XcApElMY9-4EvIKvIAAgmRxZ6NUQTk1MjBVTDRQWU42SjNIUkc3SkVHV1ZJWC4u>



NORTHERN HEALTH AND WHITTLESEA U3A commenced discussions on offering Whittlesea U3A Class and

Activities in the Northern Health Wellness Centre.

Please contact Glen Wall info@whittleseau3a.org.au for more information.

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



Mary Renshaw has been approached to assist COTA Victoria and the Victorian Health Alliance speak with U3A Members who have had Oral Health issues and found the treatment too expensive. The information sought is:

Cost of Dental services

Are you putting Dental Treatment off because of cost.

Concerns regarding Dental Health

If dental care was covered by Medicare would that get you back into the dentist chair?

If you can assist Mary respond to the request, please email president@whittleseau3a.org.au

TRAPS FOR A NEWSLETTER EDITOR!!!!!!!



SOURCE A COLLECTION OF “CHURCH BULLETIN NOTICES”!

These sentences actually appeared in church bulletins or were announced at church services:

The Fasting & Prayer Conference includes meals.

Scouts are saving aluminium cans, bottles and other items to be recycled.

Proceeds will be used to cripple children.

**Ladies, don't forget the rummage sale.
It's a chance to get rid of those things not worth keeping around the house.
Bring your husbands.**

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

**Next Thursday there will be try-outs for the choir.
They need all the help they can get.**

**Irving Benson and Jessie Carter were married on October 24 in the church.
So ends a friendship that began in their school days.**

**At the evening service tonight, the sermon topic will be
'What Is Hell?'
Come early and listen to our choir practice.**

Eight new choir robes are currently needed due to the addition of several new members and the deterioration of some older ones.

**Pot-luck supper Sunday at 5:00 PM -
prayer and medication to follow.**