



SNIPPETS

September 2014 Edition 153

Seniors Enquiry Line
*Linking Seniors with
Community Information*

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International Day of Older Persons

1st October 2014

Oldness. It's everywhere.
And if you're lucky
it could happen to you.

~ Australian Human
Rights Commission

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Seniors Enquiry Line is an information and referral service for Queensland seniors, proudly sponsored by the Queensland Government Department of Communities and operated by UnitingCare Community.

Insurance Tips

Home and car insurance costs seem to be rising each year. It is a good idea when your renewal bill comes in, rather than just paying it, to shop around by contacting other companies. Sometimes you can even get a better deal by cancelling your policy and then buying the same policy from the same company over the internet.

The Australian Government's Money Smart website has various tips on insurance at www.moneysmart.gov.au - type 'insurance' in the top right-hand box. If you don't have internet access, contact Seniors Enquiry Line on 1300 135 500 for information on insurance tips.

Library Tourist Card - Regional Qld

The Tourist Card for regional Queensland allows travellers to borrow and return freely between any of 67 participating libraries. Membership is available free to anyone residing or travelling within regional and outback Queensland. It enables travellers to pick up a book in Cooktown and return it to Cloncurry when they get there a week later.



The Tourist Card is an initiative of Rural Libraries Queensland (RLQ) – a service operated by regional councils in partnership with State Library of Queensland. As well as borrowing books, music, audio and video, Tourist Card holders can do an online course, download eBooks, or listen to downloadable music or e-audiobooks while they are driving.

To see what's available and check participating libraries, visit [RLQ online](http://RLQonline); to join go to how to register. For more information: email pld@slq.qld.gov.au or phone 1800 017 114.

What's On

Seniors Health and Lifestyle Expo – Tweed Heads

11th September 9am to 1pm

Access information on a huge range of interests and concerns for seniors. Free eyesight and hearing checks.

Venue: Twin Towns Services Club, Tweed Heads.

Web: www.goldcoastseniorshealthandlifestyleexpos.com

Phone: 07 5525 0512 or 0409 277 430

Opera in the Swigmore Hall – Stanthorpe

28th September 2:00pm

Opera, song and entertainment from Qrious, five guys from Opera Qld. Cost: \$20, includes a glass of wine.

Venue: 32 Bradley Lane, Stanthorpe

Web: www.robertchannonwines.com

Phone: 07 4683 3260

Other events on Seniors Enquiry Line's 'Events'

pages include: The Magnetic Island Dayz Festival, Flower, Food and Wine Festival – Toowoomba, The Handmade Expo – Rockhampton, Shakespeare Festival – Bulimba, Gourmet In Gundy – Goondiwindi, From Ship to Shore Exhibition – Manunda, Multicultural Festival – Bundall, Brisbane Festival – Southbank.

R U OK? Day

R U OK? Day, on 11th September, 2014, is a national day of action to remind all Australians of the importance of meaningfully asking anyone struggling with life "are you ok?". It is suggested that you: Ask – Listen – Encourage – Follow up.

R U OK? is a not-for-profit organisation dedicated to encouraging all Australians to regularly have face-to-face conversations which ask friends and family "are you OK?". These conversations can help us to build and maintain strong relationships with friends and family. In turn, research shows that people with these strong relationships are more likely to cope with life's ups and downs.

For more information, go to www.ruok.org.au or call Seniors Enquiry Line on 1300 135 500.

Grants for Seniors Christmas celebrations

The Brisbane City Council's Seniors Celebration Donation Program is available for organisations to apply for a grant for a Christmas celebration or social outing for your organisation or group.

To apply, go to www.brisbane.qld.gov.au/community or phone the Council on 07 3403 8888 and ask to speak to the Grants Unit. Applications close on 7 October 2014.



Computer Classes and BSOL

Computer classes for Seniors are available in many areas, and are generally low cost or free. To find details for your area, please phone Seniors Enquiry Line on 1300 135 500.

For seniors in the Greater Brisbane area, an excellent option is Brisbane Seniors Online (BSOL). This is a not-for-profit organisation that helps seniors and over 50's use computers and the internet with confidence.

Volunteer computer mentors provide this service to learners, usually in their own home on their own computers, on a one-on-one basis. The cost is \$60 (comprising \$20 joining fee and \$40 for 1 year's membership). For this, learners get approximately 12 hours of home lessons, with ongoing support for the balance of the year.

More volunteer mentors are needed throughout Brisbane. There is no fee, and the mentors can receive advanced training on current and new technology.

BSOL has four special interest groups: Digital Photography, Video Photography, Apple Group and a Mentor Support Group which all meet monthly in the City Training office.

For more information, contact BSOL on 07 3210 6983 or go to www.bsol.asn.au



Finding Financial Advice

Obtaining financial advice is fraught with difficulties as many seniors have unfortunately discovered, with hidden fees, commission driven advice, etc. The rolling back of the Future of Financial Advice reforms, while welcomed by the financial industry, weakens protections for older Australians, according to COTA Australia.

In 2011, ASIC conducted shadow shopping research which looked at financial advice about retirement. They found that, while the majority of examples reviewed (58%) were adequate, 39% of the advice examples were poor, and only two examples were good quality advice (3%).

If you want to find a financial advisor, you can obtain unbiased advice from www.nicri.org.au (look under 'planning') or www.moneysmart.gov.au If you don't have access to a computer, phone Seniors Enquiry Line on 1300 135 500, and we can post out some information.