



SNIPPETS

August 2016 Edition 174

Seniors Enquiry Line
*Linking Seniors with
Community Information*

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Joke for the Month:

What is the world's
smartest animal?

A snake, because you
can't pull its leg.

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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.

Census 2016

It is Census time again on Tuesday August 9, 2016. The Census provides information about the Australian population and is used to distribute government funds and plan services for communities. Everyone in Australia at Census time is required to be counted in the Census.



From August 1, most households will receive a letter from the Australian Bureau of Statistics, addressed 'To the Resident'. This letter will include your household's unique Census Login and instructions on how to complete the Census online, as well as directions on how to order a paper form. To order a paper form, you will need to have your

12-digit Census Login (from the letter).

For more information about the Census, contact the Census Inquiry Service on **1300 214 531**, or phone **1300 820 275** to order a paper form.

Electricity Deregulation

July 1 saw electricity prices deregulated in South East Queensland. Deregulation means that energy retailers have the freedom to compete on power prices, which should be good for consumers as it may increase competition, leading to lower prices.

Consequently, now is a good time to compare prices to ensure that you are getting a good deal. Comparing electricity offers can be difficult, but the Australian Government has a price comparator website: [Energy Made Easy](#) that makes it easier to find an energy plan that suits your needs. The Queensland Council of Social Service also has some fact sheets to make it easier to compare electricity offers and these can be downloaded from their [website](#). If you do not have access to the internet, contact Seniors Enquiry Line on **1300 135 500** to have the fact sheets sent out.



Free Tax Help

Tax Help is a network of Australian Tax Office trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.



Tax Help is available from 1 July to 31 October in capital cities and many regional areas. You may be eligible for Tax Help if your income was around \$50,000 or less and you have simple tax affairs. To find your nearest Tax Help centre, phone **13 28 61**.

Your Wellbeing Your Plan

COTA Queensland are presenting "Your Wellbeing, Your Plan" information sessions to clubs and groups of older people.

The 1 hour sessions are delivered at no cost and provide practical information about: wellbeing and the benefits of staying well, identifying and achieving your goals and wishes, and getting the most out of support services. To book a session for your club or group, call **1300 738 348** or email bookings@cotaqld.org.au.

Scams Booklet

Seniors Enquiry Line has copies of the ACCC booklet "The Little Black Book of Scams" about the top 10 most common scams and how to protect yourself. If you would like a free copy sent out, phone **1300 135 500**.

Scamwatch is warning Australians to beware of scams, particularly those delivered by phone. The ACCC received over 105,000 scam-related contacts in 2015 and almost \$85 million was reported as having been lost to scams.

These financial losses are of major concern and police say online and telephone scammers are targeting senior citizens because they are accessible and hold a large portion of Australia's wealth.

Be cautious of callers claiming to be from the government or a well-known company that request personal details or up-front payments. Also, do not respond to unexpected "too good to be true offers", keep the data on your computer protected and credit cards in sight.

To report scams; visit the [Scamwatch website](#) or phone **1300 795 995**. If you have internet access, you can sign up for regular updates on the Scamwatch website.

Seniors Week

Seniors Week, 13-21 August, is an opportunity for Queenslanders of all ages to join together and celebrate the valuable contribution of older people. The theme is 'It's on for young and old'.

The aims of Seniors Week include; improving community attitudes towards older people and ageing, and facilitating community participation and activity by older people.

For information about events in your area, contact Seniors Enquiry Line on **1300 135 500**.

What's On

Morning Tea and Movie - Rockhampton

13th August 2016 9:30am - 12pm

Enjoy free morning tea and the movie "Absolutely Fabulous".



Venue: Birch Carroll & Coyle,
Aquatic Place, North Rockhampton
Phone: 4921 4486

Seniors' Information Expo and Open Day - Cairns

16th August 2016 10am - 2pm

Learn about services available to seniors at the expo. Lunch and entertainment will be provided.

Venue: The Marlin Coast Neighbourhood Centre,
205 Reed Road, Trinity Park
Phone: 4055 6440

Concert and Morning Tea - Brisbane

19th August 2016 10am - 12pm

Enjoy morning tea and performances from leading school ensembles. Tickets are \$14 and can be purchased at any state MP's office.

Venue: Premier's Hall, Parliament House, Brisbane
Phone: 3535 1100

Over 50's Lifestyle Expo - Lockyer Valley

19th August 2016 1pm - 4pm

Discover lifestyle, travel, health, accommodation and more for over 50's. Afternoon tea and entertainment will be provided.

Venue: 34 Lake Apex Drive, Gatton
Phone: 5481 0760

Other events on Seniors Enquiry Line's 'Events' page include: Dalby's Delicious and DeLIGHTful Festival; Hervey Bay Seafood Festival; Lifeline Bookfest - Ipswich; Seniors Concert and Morning Tea - Gympie; Seniors Expo - Bundaberg; Cooking on a Budget - Mitchelton and many more.