



# SNIPPETS

July 2018 | Edition 196

Seniors Enquiry Line

No question is too big or too small

## Your Newsletter

We would like to ensure that Snippets is discussing the topics that you want information about. As such, we are asking for your input into the newsletter. If there are specific topics or themes you would like added, or feedback on the way it is currently presented, please contact **Seniors Enquiry Line** and we will try our best to address them in future issues.

### Contact Details:

Phone: 1300 135 500

Email: [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

[www.seniorsenquiryline.com.au](http://www.seniorsenquiryline.com.au)

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

## Go Via is now Linkt

On the 16th May Go Via changed their name to Linkt. Linkt have advised that your account statements and the login page have a new look but your account and online access details remain the same.

More details regarding the change can be found at [www.linkt.com.au](http://www.linkt.com.au) or by calling Seniors Enquiry Line.

## Single use plastic bag ban

The single use plastic bag ban is upon us. From 1 July 2018 the Queensland Government is enforcing a state-wide ban on single use plastic bags. Retailers will no longer be able to provide or sell single use lightweight plastic shopping bags, including biodegradable bags, which are under 35 microns.

Don't forget to take your reusable bags when shopping instead of using the supermarket style single use plastic bag. Keep a reusable shopping bag in your car or bag, so you are always prepared.

## Boomerang Bags

Boomerang Bags is a community initiative founded in Burleigh Heads, Queensland in 2013, and has since turned into a global movement, engaging with over 700 community groups all over the world.

Boomerang Bags works to reduce the use of plastic bags by engaging local communities in the making of reusable bags using recycled materials. The bags provide a fun, sustainable alternative to plastic bags, and a platform to start conversations about sustainable behaviour change. By getting involved, you are participating in a global movement, celebrating a grassroots initiative focusing on community building and sustainability. Boomerang Bags is a fantastic way to participate in and get to know your local community.

Details about joining your local Boomerang Bags community group, or how to start your own group, can be found on their website [www.boomerangbags.org](http://www.boomerangbags.org), or by calling Seniors Enquiry Line.



## What's on

### 21st - 22nd July Regional Flavours, Brisbane

Held in Brisbane's picturesque South Bank Parklands, Regional Flavours features free entertainment from celebrity chefs and industry experts, delicious food, beer and wine, live music, kid's activities and marketplace.

### 27th - 29th July Groundwater Country Music Festival, Gold Coast.

The beachside event is free to attend, showcasing premier country music performers on a number of outdoor stages and in venues throughout Broadbeach. The incredible line-up will feature more than 40 artists, plus roving entertainment, markets and more.

### 28th - 29th July Childers Festival, Childers.

The festival transforms the highway into a gigantic food, market stall and entertainment hub, all staged between the heritage listed buildings and leopard tree lined streets of Childers.

Call Seniors Enquiry Line for further information regarding these or other events in your area.

## Did you know?

My Health Record is a secure online summary of key health information. My Health Record will be expanded under an 'opt-out' participation model. The 'opt-out' period is 16 July to 15 October 2018. For further information see the attached flyer or call Seniors Enquiry Line.

## From The Office of Fair Trading

### Keep the peace - do not knock

The Office of Fair Trading (OFT) aims to deter unscrupulous door-to-door traders and empower consumers to exercise their rights by providing prominent household signage in the form of stickers.

These Do Not Knock stickers are reminders to travelling salespeople of their responsibilities and obligations when trading door-to-door, and under Australian Consumer Law (ACL) it is illegal for itinerant traders to approach residences displaying do-not-knock notices.

How to use:

- 1) The smaller sticker is designed for your gate or letter box.
- 2) The larger sticker on the left for the front of your door
- 3) The rights information sticker is intended to be placed in a position where you can easily view it when you answer the door.

To receive your free "Salespeople Do not knock" stickers contact Seniors Enquiry Line on 1300 135 500 or The Office of Fair Trading.

The image shows two versions of the 'Salespeople Do Not Knock' sticker. The top version is a yellow and black sticker with a hand icon and the text 'SALESPEOPLE DO NOT KNOCK' and 'LEAVE THESE PREMISES IMMEDIATELY'. The bottom version is a blue and white sticker with the same text and a 'DO NOT KNOCK' sign icon. To the right is a yellow and blue information sheet titled 'THEY CAN'T:' and 'YOU CAN:'. The 'THEY CAN'T:' section lists: 'Ignore your 'DO NOT KNOCK' sticker', 'Visit you: - On Sundays or public holidays, - Before 9am or after 6pm weekdays, - Before 9am or after 5pm Saturdays', and 'Take money on the spot—they must wait 10 business days before you pay'. The 'YOU CAN:' section lists: 'Say NO', 'Tell them to go away', and 'Report them'. The website [www.qld.gov.au/fairtrading](http://www.qld.gov.au/fairtrading) is listed at the bottom.

## Queensland Police Service Crime Prevention Unit

Did you know that the Queensland Police Service offer free home security audits? An officer or Volunteer In Policing can attend your home and provide suggestions on how to improve your security. In most cases the tips involve low or no cost strategies and often may require just a simple change to family habits such as not leaving the key in the door lock. To take advantage of a home security audit contact Seniors Enquiry Line and we can provide you with the contact details of your local Police Station or District Crime Prevention office.

### Older Safer Wiser Handbook

The Queensland Police Service has also developed the Older Safer Wiser – Confident, Safe and Secure Living in Queensland 2017 Handbook. The handbook provides crime prevention information and advice for seniors as well as information on programs and services provided by the Queensland Police Service. For a free copy of the handbook call Seniors Enquiry Line on 1300 135 500.



## Important information from the Australian Digital Health Agency



This year, every Australian will get a My Health Record unless they tell the Australian Digital Health Agency they don't want one.

Based on independent research, individuals have told the Government that the most acceptable channel to receive information about the My Health Record is via their healthcare providers.

During this period, those individuals who **do not want** to have a My Health Record can opt out by going to: [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au) or Calling the Help Line on

**1800 723 471**

### What is My Health Record?

My Health Record is a secure online summary of key health information such as medical history, medicines, allergies and adverse reactions, immunisations, hospital discharge summaries and reports from tests and scans.

### What is the benefit?

It means health information is kept together in one place that is accessible anytime by their authorised healthcare providers, including in a medical emergency.

### Who gets a record?

Currently, more than one in five Australians have a My Health Record. Later this year, the program will be expanded to an **'opt-out'** participation model, whereby every individual with a Medicare or Department of Veterans' Affairs card will get a My Health Record unless they tell the Australian Digital Health Agency they don't want one.

**A three month opt-out period will be held from 16 July 2018 to 15 October 2018**

## Seniors Enquiry Line

*Linking Seniors with  
Community Information*



Australian Government  
Australian Digital Health Agency