

# Seniors Enquiry Line Snippets



## 2025 Issue 3 July to September

In the spirit of reconciliation, UnitingCare pays respect to Elders past, present and emerging and the unique role Aboriginal and Torres Strait Islander Peoples play in the communities we serve.

We acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope to move to a place of justice and partnership together.

### Seniors Enquiry Line

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

### Other useful numbers

13 HEALTH - 13 43 25 84

13 YARN - 13 92 76

1800RESPECT - 1800 737 732

Family Drug Support - 1300 368 186

Beyond Blue - 1300 224 636

Carers Gateway - 1800 422 737

Continence Helpline - 1800 330 066

Elder Abuse Helpline - 1300 651 192

Lifeline - 13 11 14

Medicare Mental Health - 1800 595 212

My Aged Care - 1800 200 422


National Debt Helpline - 1800 007 007

National Dementia Helpline - 1800 100 500

Quitline - 13 78 48

### Contact us

 **1300 135 500**

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

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

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**Disclaimer:** The materials and information included in this edition of Snippets newsletter are provided as a service to you and do not necessarily reflect endorsement by the Seniors Enquiry Line Program. The Seniors Enquiry Line Program is not responsible for the accuracy of information provided from outside sources. Groups and workshops detailed in this flyer are for your information and are not coordinated by or connected to Seniors Enquiry Line in any way unless specified.

## From the Seniors Enquiry Line

### Save the Seniors Enquiry Line contact information in your phone's contact list 1300 135 500

We wanted to make it even easier to add our phone number to your phone's contact list, just follow these steps.

Step 1: In your phone's camera app or QR reader app, scan this QR code by aiming the camera at the QR code. You should be able to see the QR code on your phone.

Step 2: Click link that appears on your phone. It may look like this:



 Contact : Seniors Enquiry Line (1300 135 50... ^

The link will open a pre-filled, new contact form which includes our phone number, email address and website address.

Step 3: Press 'save'. Our contact is now saved in your phone's contact list!

Please only save our number if it is safe to do so. This QR code will not affect anything else on your device.

If you are unsure, call the Seniors Enquiry Line on 1300 135 500 and we will talk you through the process.

### Translated Seniors Enquiry Line brochures

The Seniors Enquiry Line is happy to announce that we have translated our brochure into five different languages:

- Hindi
- Simplified Chinese
- Spanish
- Tagalog
- Vietnamese

Contact the Seniors Enquiry Line to request physical copies or download off our website [seniorsenquiryline.com.au/our-brochures](http://seniorsenquiryline.com.au/our-brochures)

#### We want to learn more about you!

Do you have a poem, recipe, event, advice, or joke that you would like to share with other readers? Have you published a book? Have you built or created something that you want to show off? Do you have a story from your life that you want to share?

We want to hear from you! Seniors Enquiry Line might feature them in future newsletters.

Call us on 1300 135 500, email [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au)

or post to:

Seniors Enquiry Line  
Turrbal Country,  
PO Box 2376

Chermside Central QLD 4032

## Current news and updates

### Support at Home From 1 November 2025

Support at Home program will replace the Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme from 1 November 2025, instead of 1 July 2025 as previously stated.

The Commonwealth Home Support Programme will transition to the Support at Home program no earlier than 1 July 2027.

For information about Support at Home visit:

- My Aged Care website  
**[myagedcare.gov.au/support-home-program](https://myagedcare.gov.au/support-home-program)**
- Department of Health website  
**[health.gov.au/our-work/support-at-home](https://health.gov.au/our-work/support-at-home)**.

#### Aged Care Act 2024

For more information about the Aged Care Act 2024, visit **[health.gov.au/our-work/aged-care-act](https://health.gov.au/our-work/aged-care-act)**

If you currently receive aged care services, you can contact your provider to discuss if the new Act will affect you.

#### Single Assessment System

Previously, there were different assessment pathways. As a result, assessments were not consistent and older people often moved between organisations as their needs changed. The Single Assessment System workforce provides a single assessment pathway that can quickly adapt to changing needs, without having to change assessment providers.

For more information, Department of Health have created some fact sheets:  
**[health.gov.au/resources/collections/single-assessment-system-fact-sheets](https://health.gov.au/resources/collections/single-assessment-system-fact-sheets)**

If you would like to learn more, call the Seniors Enquiry Line on 1300 135 500.

Check out our website for a full article on Support at Home.

### Tax Help Program Australian Taxation Office (ATO)

From July to October each year, ATO accredited volunteers help people earning less than \$70,000/year to lodge their tax returns online.

ATO accredited volunteers help you to create a myGov account, lodge an amendment to your tax return, claim a refund of franking credits and tell ATO if you don't need to lodge a tax return.

You can speak to a Tax Help volunteer online, by phone, and in person at Tax Help centres across Australia. To contact the ATO, call 13 28 61, select option 3, then option 2 for Tax Help services.

Further information about the Tax Help program and eligibility requirements can be found at **[ato.gov.au/individuals-and-families/your-tax-return/help-and-support-to-lodge-your-tax-return/tax-help-program?=redirected\\_taxhelp](https://ato.gov.au/individuals-and-families/your-tax-return/help-and-support-to-lodge-your-tax-return/tax-help-program?=redirected_taxhelp)**

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### National Tax Clinics

The National Tax Clinic program provides support to eligible people who can't get tax advice and help due to financial, social or personal challenges.

Support offered varies for each clinic and eligibility is determined by each tax clinic. Eligibility information can be found at **[nationaltaxclinics.gov.au](https://nationaltaxclinics.gov.au)**.

To find a tax clinic near you visit **[nationaltaxclinics.gov.au/find-a-tax-clinic](https://nationaltaxclinics.gov.au/find-a-tax-clinic)**. Find a tax practitioner near you **[myprofile.tpb.gov.au/public-register-find-practitioner](https://myprofile.tpb.gov.au/public-register-find-practitioner)**

#### Tax guides and resources

The National Tax Clinics website has tax guides and resources on their website at **[nationaltaxclinics.gov.au/tax-guides-and-resources](https://nationaltaxclinics.gov.au/tax-guides-and-resources)**

## Current news and updates

### How to book an appointment online Services Australia

You can now book Services Australia appointments online via MyGov and the Express Plus Centrelink mobile app.

You can book an appointment online for help with:

- ABSTUDY
- Age Pension
- Carer Payment
- Digital Coaching
- Disability Support Pension
- Jobseeker Payment
- Parenting Payment partnered
- Parenting Payment single
- Youth Allowance
- My Aged Care general.

When you're booking online, you can book 2 kinds of appointments:

- 15-minute phone appointment which is best for a single enquiry.
- 30-minute face to face appointment at your chosen service centre location. This is best for when you have multiple enquiries or need to see Services Australia in person.

You can book a phone or face to face appointment online using either:

- your Centrelink online account through myGov by selecting the Manage appointments service
- the Express Plus Centrelink mobile app by using the Appointments service.

Services Australia has a step-by-step guide to managing your appointments online. This includes how to book, reschedule or cancel an appointment online. Find this information at [servicesaustralia.gov.au/how-to-manage-your-appointments-online](https://servicesaustralia.gov.au/how-to-manage-your-appointments-online)

To talk to someone in your language to book an appointment you need to call the Multilingual Phone Service on 131 202.

### National Lung Cancer Screening Program Department of Health & Aged Care

The National Lung Cancer Screening Program (NLCSP) is a screening program using low-dose computed tomography (low-dose CT) scans to look for lung cancer in high-risk people without any symptoms. It aims to find lung cancer early and save lives. Screening for eligible people starts from July 2025.

The program targets people with no signs or symptoms suggesting lung cancer and:

- are aged between 50 to 70 years old
- who smoke tobacco cigarettes or have a history of cigarette smoking (quit within the last 10 years).

Your healthcare provider can help you work out whether you're eligible for the program based on your age and smoking history. You can continue to screen even if you stopped smoking more than 10 years ago. You do not have to quit smoking to participate in the program.

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### Free Flu Vaccination Program Queensland Health

All Queensland residents 6 months of age or older can access influenza vaccine for free in 2025 under this Queensland government funded program. The 2025 Free Flu Vaccination Program runs from 1 March to 30 September 2025.

For more information and to find the reimbursement form, visit:

[health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/service-providers/2025-free-flu-vaccination-program](https://health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/immunisation/service-providers/2025-free-flu-vaccination-program)

People over the age of 65 are eligible for the National Immunisation Program, learn more at [health.gov.au/topics/immunisation/vaccines/influenza-flu-vaccine](https://health.gov.au/topics/immunisation/vaccines/influenza-flu-vaccine)



## Upcoming campaigns

### NAIDOC Week

6 July to 13 July 2025

**The Next Generation: Strength, Vision & Legacy**

As we enter 2025, NAIDOC Week marks a powerful milestone: 50 years of honouring and elevating Indigenous voices, culture, and resilience.



**THE NEXT  
GENERATION:  
STRENGTH,  
VISION &  
LEGACY**  
6-13 JULY 2025

The 2025 theme, "The Next Generation: Strength, Vision & Legacy," celebrates not only the achievements of the past but the bright future ahead, empowered by the strength of our young leaders, the vision of our communities, and the legacy of our ancestors.

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

Visit [naidoc.org.au/local-events/local-naidoc-week-events](https://naidoc.org.au/local-events/local-naidoc-week-events) to find NAIDOC Week events near you.

To learn more about NAIDOC, visit [naidoc.org.au](https://naidoc.org.au).

### Dying to Know Day

8 August 2025

Dying to Know Day is about changing the conversation around death and dying in Australia, taking it out of the shadows and into the light. Now in its thirteenth significant year, the campaign continues to ensure that those who face the end of their lives, have their own wishes and experiences honoured by those who care, including the community within which they live.

Throughout August, you are encouraged to host a Dying to Know Day event which could be anything from a film night to a dinner party, an information stall or a panel discussion.

For more information and to find events, visit [proveda.com.au/community-programs/dying-to-know-day](https://proveda.com.au/community-programs/dying-to-know-day)

### National Secure Your Home Day

27 - 28 September 2025

Harden your security and reduce your risk of being a crime target by registering to receive a National Secure Your Home Day Kit, which includes a home security checklist, evidence-based and proactive security measures, property target hardening techniques and other tips.

The campaign focuses on three key points:  
**1 - Assess:** Conduct a security assessment of your home using our Home Security Checklist

**2 - Act:** Introduce simple crime prevention strategies

**3 - Attend:** Join your local Neighbourhood Watch group for ongoing connection and support

For further information and to register for a National Secure Your Home Day Kit visit, [secureyourhomeday.com.au](https://secureyourhomeday.com.au)



# Dementia Action Week

Dementia is a brain condition. It's not a normal part of ageing.

## Dementia Action Week

15 - 21 September 2025

Dementia Action Week 2025 will be held from Monday 15 to Sunday 21 September, which includes World Alzheimer's Day on Sunday 21 September.

Dementia Action Week is a major leadership, awareness and advocacy campaign led by Dementia Australia as the peak body for people living with dementia, their families and carers in Australia. Visit [dementia.org.au/get-involved/events](https://dementia.org.au/get-involved/events) to find events near you.

## Learn more about dementia

Dementia describes a collection of symptoms caused by disorders affecting the brain.

It is not a normal part of getting older, and it isn't one specific disease. Instead, it's a broad term that covers a number of different medical conditions. Those conditions include Alzheimer's disease, vascular dementia, the Lewy body dementias and more.

The effects of dementia vary from person to person, but generally, dementia affects mood, memory, thinking and behaviour.

Though most people will not get dementia, it can happen to anybody, but it is much more common after the age of 65. In Australia, there are an estimated 433,300 people living with dementia. It is the leading cause of death for women, and the second leading cause of death overall.

There's currently no known cure for dementia, but there are treatments for many of the symptoms. Some people with dementia lead active and fulfilling lives for many years after their diagnosis.

See [dementia.org.au/about-dementia](https://dementia.org.au/about-dementia) to read the full article.

## Dementia-friendly communities

A dementia-friendly community is a place where people living with dementia, their families, community members and businesses create spaces that are respectful, supportive and empowering. Dementia-friendly communities are vital to reduce the risk of social isolation of people living with dementia and support them to remain engaged and empowered.

### Find a Dementia-Friendly Group

Across Australia, hundreds of passionate community groups are collaborating with people impacted by dementia to create social activities, link people to services and supports, and increase awareness and understanding in the community.

To learn more and find a group near you visit [dementia.org.au/get-involved/dementia-friendly-communities/dementia-friendly-community-groups](https://dementia.org.au/get-involved/dementia-friendly-communities/dementia-friendly-community-groups)

### Become a Dementia Friend

A Dementia Friend is someone who wants to gain a better understanding of dementia so they can support people living with dementia in ways that are important to them. This could be as simple as offering patience in a conversation or challenging stigma, or as big as setting up a community action group.

By becoming a Dementia Friend, you will be joining a movement towards a more dementia-friendly future. Learn more at [dementia.org.au/get-involved/dementia-friendly-communities/become-dementia-friend](https://dementia.org.au/get-involved/dementia-friendly-communities/become-dementia-friend)

## Dementia support services

This is a very brief overview of some services who support people who are impacted by dementia. Call the Seniors Enquiry Line to be referred to a service near you.

### Dementia Australia

Dementia Australia is the national peak body supporting people living with dementia, their families and carers. They advocate to government and in the community for positive change, support vital research and health workers providing essential care; equip communities with tools and knowledge to make our society more dementia friendly. Some services include counselling and post-diagnostic support. Visit **dementia.org.au** for more information.

### National Dementia Helpline

**1800 100 500**

Free and confidential, the National Dementia Helpline, provides expert information, advice and support, 24 hours a day, seven days a week, 365 days a year.

### BrainTrack app

BrainTrack is a free app that helps you monitor and understand changes in cognition over time, which you can use to start a conversation with your GP. The app will help you explore this common concern, providing brain health information through fun, travel-themed games that test your cognition. The resulting conversation and monitoring may lead to an earlier diagnosis of dementia. For more information and to download the app, visit **dementia.org.au/braintrack**



### Carer Gateway

**1800 422 737**

Carer Gateway is an Australian Government program providing free services and support for carers. If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you.

Carer Gateway provides many services to support carers in their caring role, including peer support groups, tailored support packages to help with accessing planned respite, transport services, and more, counselling, self-guided coaching and access to emergency respite. These services can be accessed in-person, over the phone or online through the website. Call 1800 422 737 or visit **carergateway.gov.au** for more information.

### Alzheimer's Queensland

**1800 639 331**

Founded in 1983, Alzheimer's Queensland (AQ) is Australia's largest dementia association, which provides many supports to people with Alzheimer's and their support networks such as aged care accommodation, in-home support services, dementia workshops, carer support groups, and Ipswich Working Carer's Program. Learn more at **alzheimeronline.org**.

# Dementia support services

This is a very brief overview of some services who support people who are impacted by dementia. Call the Seniors Enquiry Line to be referred to a service near you.

## Dementia Support Australia

**1800 699 799**

Dementia Support Australia is a free, 24/7 nationwide support service providing Dementia Behaviour Management Advisory Services, Specialist Dementia Care Programs, Severe Behaviour Response Teams, Hospital to Aged Care Dementia Support Program, Carer Conversations, GP Advice Service and information on understanding Behaviour Support Plans. Learn more at [dementia.com.au](http://dementia.com.au).

## Safe & Found Program

The Safe & Found Program is a partnership between the Queensland Police Service and Australian MedicAlert Foundation.

### Lost Person Behaviour Profile

If you have a loved one that you are concerned may go wandering or missing, you can create a Lost Person Behaviour Profile. This resource is proven to reduce time, and in turn the size of the search area, by ensuring Police have immediate access to details such as a recent photo, previous addresses, habits and behaviours and current health status of the missing person.

For more information about Safe and Found or to sign up your family member or loved one, visit [safeandfound.org.au](http://safeandfound.org.au).

## Primary Health Networks

Queensland has seven Primary Health Networks (PHN) which are funded to provide supports tailored to their communities. Most PHNs have dementia resources tailored to their region.

To find your local PHN visit [queenslandphn.org.au](http://queenslandphn.org.au).

## What is a dementia doula?

**By Leah Keating, LK Dementia Doula Services**

A Dementia Doula is a person who provides non-clinical compassionate care to someone living with dementia and their families, from pre-diagnosis through to end-of-life palliative care. Supporting the person to document their wishes and how they want to spend the end of their life, when the time comes.

A Dementia Doula is adaptive, supportive, and responsive to the changing needs of not just the person living with dementia, they also support the families too. They educate and help families on how to provide comfort focused care. They empower families with strategies on how to communicate with their loved one as they encounter the different stages of dementia, as the brain changes with this disease.

When their end-of-life is approaching a Dementia Doula supports families to enact the wishes that their loved one had documented and make sure that they have the access they deserve to high quality palliative care.

### Dementia Doulas Australia

Dementia Doulas Australia is a national, registered charity organisation, shattering isolation by fostering a supportive community that ensures every family has a Dementia Doula by their side.

Dementia Doula Australia offers an Online Family Community to family members across Australia who have been impacted by dementia. Membership includes monthly guest speakers, forums, information sessions.

For more on Online Family Community visit, [dementiadoulas.org.au/programs/online-family-membership-community](http://dementiadoulas.org.au/programs/online-family-membership-community)

If you would like to know more, visit [dementiadoulas.org.au](http://dementiadoulas.org.au)



# Have you heard of these support services?

Do you know of a service or support that more seniors should know about?  
Call us on 1300 135 500 or email us at [sel@uccommunity.org.au](mailto:sel@uccommunity.org.au) to let us know.

## Ipswich Thriving Seniors

Ipswich Thriving Seniors is a vibrant program designed to empower older adults aged 60 and over, as well as First Nations peoples aged 50 and over, to thrive in their communities.

Delivered by the Y Queensland and reaching across Ipswich, the program offers vital social groups, information sessions and referral services to help seniors stay engaged, supported, and connected.

Whether you're looking to meet new people, learn new skills, or simply enjoy a friendly chat over coffee, Ipswich Thriving Seniors provides a welcoming space for all. Join and become part of a network that celebrates seniors and builds age-friendly environments.

To learn more, contact 0459 930 453 or visit [ymcaqueensland.org.au/services/community-centres/springfield-lakes/ipswich-thriving-seniors](http://ymcaqueensland.org.au/services/community-centres/springfield-lakes/ipswich-thriving-seniors).

## Emergency+ app Save the App that could save your life



The Emergency+ app is a free app developed by Australia's emergency services and their government and industry partners. The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

The app also features 'what3words', a software enhancement allowing Triple Zero (000) callers to provide their exact location quickly and accurately with just three words describing their location. It also includes a 'pin drop' function and CPR educational videos.

You can download the app via your smartphone's app store or visit [emergencyplus.com.au](http://emergencyplus.com.au).

## National Bowel Cancer Screening Program

Bowel cancer is the second biggest cancer killer in Australia! The good news is if found early more than 90% of cases can be successfully treated. Many lives are saved each year due to regular bowel screening.

The National Bowel Cancer Screening Program currently sends out free bowel screening home test kits, every 2 years, to eligible people aged 50 to 74 years. Those aged 45 to 49 years can request a free kit to be sent out to them.

The test is sent directly to a person's Medicare-registered address and can be completed at home in private. If you are due to receive a kit, ensure that Medicare or DVA has your current postal address on file, so that it is mailed to the correct location. Each kit has an expiry date, so it is important to complete the test as soon as possible after it arrives.

The free bowel screening home test kit can help find bowel cancer and pre-cancerous lesions early, by testing for tiny amounts of blood in stool (poo) samples. This is important, as many bowel cancers display no obvious symptoms in the early stages.

When the free bowel screening test kit arrives in the mail, don't delay, do the test as soon as possible.

If your test was thrown away, misplaced, or has expired, a free replacement test can be requested by phoning 1800 627 701.

If you have a family history of bowel cancer or have noticed any unusual bowel symptoms, check with your doctor if the screening test is right for you.

For more information about the National Bowel Cancer Screening Program, visit [health.gov.au/nbcsp](http://health.gov.au/nbcsp).

## Emily's scams prevention corner

### National Scams Awareness Week 25 to 29 August 2025

We need to talk about scams.

Anyone can be scammed, and everyone has a part to play in shutting down scammers.

The theme of this year's National Scams Awareness Week is **Stop. Check. Protect.**

This National Scams Awareness Week, the National Anti-Scams Centre is encouraging all Australians to speak up, share and report scams to help others to spot, avoid, report and to recover from scams.

If you've identified or encountered a scam, tell someone - it could be your friends, family, colleagues, social networks, or community. When you share a scam story, you can prevent someone else from having their money or personal information stolen. By talking to each other, we can make sure no one is alone in the fight against scams.

Learn more at [scamwatch.gov.au](https://scamwatch.gov.au)

### Quiz - test your scam sense Scamwatch

How well do you know scams? Did you know that Scamwatch has a quiz so you can put your scams sense to the test?

Taking on average four minutes, the quiz asks you to identify signs you might be in contact with a scammer and what steps you might choose to make. After each response, the quiz provides explanations on answers and where you can learn more.

Visit [scamwatch.gov.au/research-and-resources/quiz-test-your-scam-sense](https://scamwatch.gov.au/research-and-resources/quiz-test-your-scam-sense) to take the quiz.

### Book a free scams awareness information session Seniors Enquiry Line

Australians reported losing \$2.03 billion to scams in 2024<sup>1</sup> and unfortunately, Older Australians are most at risk of being targeted by scammers<sup>2</sup>.

The Seniors Enquiry Line team provides free information sessions across a range of topics tailored to seniors:

- Scams awareness
- Social media and online safety
- Deep dives into specific scams
- Digital legacy

These free in-person information sessions are provided to seniors' groups, clubs, support groups, community centres, retirement villages, and service providers within South East Queensland (virtual available throughout Queensland).

We hope to help protect older people by offering easy-to-understand safety information and advice. Attendees are provided with handouts and can receive one-on-one information and referral support if time allows.

**Don't delay - learn how to protect yourself and your loved ones**

Scan this QR code to see how you can book a free information session:



 [opp.communityed@uccommunity.org.au](mailto:opp.communityed@uccommunity.org.au)

 [seniorsenquiryline.com.au/community-education](https://seniorsenquiryline.com.au/community-education)

<sup>1</sup> ACCC Targeting Scams Report 2024

<sup>2</sup> 2023, Australian Carers Guide, Common scams that target the elderly, [www.australiancarersguide.com.au/common-scams-that-target-the-elderly](https://www.australiancarersguide.com.au/common-scams-that-target-the-elderly)

# Upcoming events and expos

## Queensland Government Seniors Expos

Seniors expos are a great way to meet face-to-face with government representatives and local organisations to find out about the services and supports for older people in your community.

Expos are generally held from 9am to 12pm, however individual event times will be provided closer to the time.

Due to venue capacity restrictions, bookings are essential for Seniors Expos. If you require assistance with registration, please call 13 QGOV (13 74 68).

### Townsville Seniors Expo

**When:** Thursday 4 September 2025

**Where:** Townsville RSL at 139 Charters Towers Road, Hyde Park

### Innisfail Seniors Expo

**When:** Thursday 25 September 2025

**Where:** Innisfail Concert Hall at 70 Rankin Street, Innisfail

### Warwick Seniors Expo

**When:** Thursday 23 October 2025

**Where:** Warwick Turf Club at 170 Victoria Street, Warwick

For more information, visit [qld.gov.au/seniors/legal-finance-concessions/seniors-expos](https://qld.gov.au/seniors/legal-finance-concessions/seniors-expos)

## Seniors Connect

Noosa Seniors will be continuing its Seniors Connect events throughout the Noosa region. Seniors Connect is a series of education and wellbeing workshops and events which aims to address social isolation and connect seniors with services.

For more information visit [noosa.qld.gov.au/Services-and-Facilities/Noosa-Seniors](https://noosa.qld.gov.au/Services-and-Facilities/Noosa-Seniors).

## Other seniors events

### Retirement Living & Senior Lifestyle Expos

Provides a series of free events that showcase a selection of quality service providers and businesses that specialise in the retiree and senior sector.

This August, these expos will be located at:

- Ipswich on Tuesday 12 August 2025
- Runaway Bay on Thursday 14 August 2025
- Sandgate on Monday 17 August 2025

To learn more and find events near you, visit [seniorexposaustralia.com](https://seniorexposaustralia.com)

### Gold Coast Seniors Expo

**When:** 9am-1pm Thursday 24 July 2025

**Where:** The Southport Community Centre at Lawson St Southport

For more information, visit

[goldcoastseniorshealthandlifestyleexpos.com](https://goldcoastseniorshealthandlifestyleexpos.com)

### IAgeWell's Seniors Festival 2025

The festival will showcase the best the Sunshine Coast has to offer it's over 60 community and will cover a wide range of exhibits, workshops and live entertainment.

**When:** 9am-2pm Wednesday 1 October 2025

**Where:** Maroochydore RSL at 105 Memorial Avenue, Maroochydore

For more information,

[agewell.com.au/iagewell-lifestyle-expo/exhibitor-information](https://agewell.com.au/iagewell-lifestyle-expo/exhibitor-information)

### Centenary Volunteers in Policing Over 50's Seniors Expo

**When:** Wednesday 8 October 2025

**Where:** Riverlife Baptist Church at Jennifer Street, Seventeen Mile Rocks

For more information, email

[centenarybeat@police.qld.gov.au](mailto:centenarybeat@police.qld.gov.au) or

phone the Centenary North Police Beat on (07) 3737 6811

## Upcoming events and expos

### Be Safe Online Day Redcliffe Library

Seniors Enquiry Line is participating in an event at Redcliffe Library on Wednesday 23 July 2025.

This event aims to show the benefits of technology and being online whilst raising awareness to the potential risks and how we can protect ourselves online.

**When:** Wednesday 23 July 2025

**Time:** 9am to 1pm

**Where:** Redcliffe Library at 476 Oxley Avenue, Redcliffe QLD 4020

**Cost:** Free. No bookings required

For more information, contact Redcliffe Library on (07) 3883 5745.

To stay up-to-date on the event, visit [moretonbay.qld.gov.au/libraries/Events/Be-Safe-Online-Day](https://moretonbay.qld.gov.au/libraries/Events/Be-Safe-Online-Day)



### Be Safe Online Day

Want to feel more confident using technology?  
You're not alone, and we're here to help.

Sick of the scammers? Want to be more confident with technology and being online? Join us and leading experts, IDCare, Seniors Enquiry Line, Encircle Redcliffe and other services, to learn about the benefits of technology and how to be safe online.

 **Wednesday 23 July**  
 **9am – 1pm**  
 **Redcliffe Library**



## Upcoming information sessions at Noosa Seniors

Emily from the Seniors Enquiry Line will be facilitating two, free information sessions at Noosa Seniors. Morning tea provided. Visit the Noosa Seniors Facebook page [facebook.com/noosaseniors](https://facebook.com/noosaseniors) to learn more.

### Scams Awareness

Come along to learn about the strategies scammers use to trick us and how you can protect yourself.

**Time:** 10:30am to 12:00pm

**When:** Friday 29 August 2025

**Where:** Noosa Seniors, 11 Wallace Dr, Noosaville QLD 4566

**RSVP:** Noosa Seniors on (07) 5329 6175

### Social Media and Online Safety

The internet is incredible but unfortunately, the fear of scams can stop us from online shopping or using social media. Come along to learn how to be safe online.

**Time:** 10:30am to 12:00pm

**When:** Wednesday 17 September 2025

**Where:** Noosa Seniors, 11 Wallace Dr, Noosaville QLD 4566

**RSVP:** Noosa Seniors on (07) 5329 6175

For more events and expos, visit  
[seniorsenquiryline.com.au/news-and-events/events](https://seniorsenquiryline.com.au/news-and-events/events)