

June 2020 Edition 217

Your Newsletter

We would like to ensure that Snippets is discussing topics that are important to you. If there are specific topics or themes you would like added, please contact Seniors Enquiry Line and we will try our best to address them in future issues.

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.

Contact Details

Phone: 1300 135 500

Email: sel@uccommunity.org.au

Website: www.seniorenquiryline.com.au

Quote of the month

"For success, attitude is equally as important as ability."

- Walter Scott

Fun Fact

Community Contributors

In 2015, more than a quarter (28%) of Queenslanders aged 65 to 75 years volunteered, while more than one-fifth (21%) aged 75 years and over volunteered.

In 2010, 38% of Queenslanders aged 55-64 volunteered and 33% aged 65+ volunteered for their local community.



The Benefits of Gardening

Thirty years ago, most Australians had a basic understanding of gardening principles. As our lives became busier, much of the desire and need to grow plants at home diminished. The improvements in food production technology and modern farming practices, that produce high yields and cheaper imports, have made food cheaper and more plentiful. In recent times, efforts have been made to encourage people back into their gardens.



Gardening is good for your health, wealth and happiness. It enriches our lives and the world in which we live. People have been gardening indoors and outdoors for thousands of years and the enjoyment of gardening is universal.

Creating and growing a beautiful and functional garden gives us a great sense of achievement. Each time we venture into our garden we are reminded of our efforts because it is constantly evolving and changing. It is rewarding because the act of growing plants is full of creativity and wonder.

Gardening is good for your health and provides an opportunity to be active. Being outside, enjoying Brisbane's subtropical climate and diverse plant and animal life, is so rewarding. Each season brings new opportunities to your garden.

The garden provides a place for families to connect. Children can find it a place of learning and wonderment. There is nothing more exciting than watching what you have planted grow and come to life with flowers, fruit or vegetables. Gardening teaches patience and encourages responsibility and commitment. Give us a call to find out more about your local community garden!

Know your Consumer Rights

Repairs to electrical devices

1. Data-storing devices

Certain devices can store your user-generated data (your saved files). Repairers must have a warning notice to say that their repairs could result in you losing your data. You should try to back up your data (if possible) before having your device repaired.

The device might be a:

- computer hard drive
- mobile phone
- portable media player
- games console
- USB memory stick.

2. Providing refurbished goods

A repairer might use refurbished goods to repair your goods. This means that they might take a working part from a similar device.

For example, they may choose to replace a broken mobile phone screen with the screen from a different phone of the same model. If a business provides refurbished goods, they must display the following notice:

“Goods presented for repair may be replaced by refurbished goods of the same type rather than the defective goods being repaired”.

It's illegal for a business not to display this notice.

For more information contact the ACCC - <https://www.accc.gov.au/contact-us/contact-the-accc/make-an-enquiry> or call the Seniors Enquiry Line on 1300 135 500.

Seniors InfoChat

Seniors InfoChat has been informing and empowering seniors throughout Queensland for many years. The phone service is run by the Seniors Enquiry Line. Our friendly staff, contact persons who have registered with the program, once a month, to have a general chat and make conversation and provide information on the topic of the month. Topics range from health matters, personal/home safety concerns, current scams, government and community announcements or events in their area. We are always interested in topic suggestions.

If you or anyone you know is feeling isolated, lonely, lacking social support, lacking social connection, wanting conversation or information they may be interested in registering for the Seniors InfoChat Service. For more information call the Seniors Enquiry Line on 1300 135 500.



Helplines

- **COVID-19 Helpline** – 1800 020 080
- **COVID-19 Community Recovery Hotline** – 1800 173 349
- **National Debt Helpline** – 1800 007 007
- **Superannuation Hotline** – 13 10 20
- **ATO** – Tax Help Program – 13 28 61
- **Access Financial Support** - 3412 8222
- **Mental Health Support & Counselling Services:**
 - Lifeline - 13 11 14
 - Beyond Blue - 1300 224 636
 - MensLine Australia - 1300 789 978