



SNIPPETS

May 2016 Edition 171

Seniors Enquiry Line

*Linking Seniors with
Community Information*

In this Issue:

- Senior Shopper
- 'Driving for Life'
- Flu Vaccine
- Blue Knot Foundation
- Pension Increase last March
- Guest Speaker available
- What's On

Quote for the Month

Sometimes you will never know the value of a moment until it becomes a memory.
~ Georges Duhamel
(With thanks to Beryl)

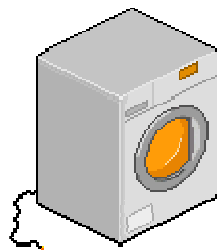
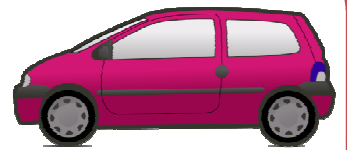
Contact Details:

Phone: 1300 135 500
TTY: (07) 3867 2591
Email: sel@uccommunity.org.au
Web: www.seniorsenquiryline.com.au

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.

Senior Shopper

Senior Shopper is a free discount shopping service which negotiates on your behalf to find the best possible price on an extensive range of products and services: electrical, whitegoods, new/used cars, tyres, travel, accommodation, cameras, computers, furniture and much more.



You can use the service if you have a Seniors Card, a Seniors Business Discount Card or a Carers Business Discount Card. On average, cardholders save between 9% and 13% off their best price when purchasing through the Senior Shopper service.



For more information, go to www.seniorshopper.com.au or phone 1300 366 265.

'Driving for Life'

A booklet called 'Driving for Life' is now available to help older drivers remain safe on Queensland roads. The booklet covers Health Issues, Warning Signs, General Tips to improve your driving and keep you safer for longer, and other useful information.

Drivers, regardless of age, have a responsibility to themselves, passengers and other road users to carefully evaluate their driving skills to ensure they continue to be safe road users. This booklet aims to help identify your changing skills, your strengths and weaknesses.

If you would like a copy, please phone Seniors Enquiry Line on 1300 135 500.



What's On

Seniors Health and Lifestyle Expo - Runaway Bay

19th May 9am – 1pm

Over 50 exhibitors include residential aged care providers, travel agents, vision aids, funeral services, in home care providers and much more. Cost: free.

Venue: Community Centre, Lae Drive, Runaway Bay

Phone: 0409 277 430

Web: www.qcseniorexpos.com.au

Captain Cook Festival Town of Seventeen Seventy

20th – 22nd May 9:30am

The festival commemorates and re-enacts the visit of the HMB Endeavour and the landing of Lt. James Cook at 1770. There is also live entertainment, traditional dances to didgeridoos and more.

Venue: SES Grounds, Captain Cook Dr, Town of 1770.

Web: www.1770festival.com.au

Phone: 07 4974 7570

Heritage Day - Townsville

15th May 10am – 2pm

This free, family-friendly event promotes Townsville's unique heritage. Enjoy live entertainment, amusements, stalls, and guided tours of Townsville's oldest cemetery.

Venue: West End Park, Ingham Road, Townsville

Phone: 1300 878 001

Other events on Seniors Enquiry Line's 'Events' pages include: Mareeba's Great Wheelbarrow Race, Goomeri Pumpkin Festival, Manly Mothers' Day by the Bay, Women's Health and Wellbeing Expo at Robina, Technology Help – Beerwah, Talkin' Tucker with Dale Chapman at Logan.

Pension Increase last March

Seniors Enquiry Line has had enquiries about the pension increase from 20 March this year. The details are: single pensioners receive \$6.90 more a fortnight, while couples receive an extra \$10.40 a fortnight.

There are also increases in Rent Assistance, Newstart Allowance, Widow Allowance, Partner Allowance, and Sickness Allowance.

Adult rates of pensions and allowances are adjusted twice a year, in March and September, and are linked to both prices and wages.

Copying Snippets Articles

Organisations are welcome to copy this whole newsletter at any time. However, if you wish to copy any articles from the newsletter, we would appreciate your including:

This article is from Seniors Enquiry Line: see www.seniorsenquiryline.com.au or phone 1300 135 500.

Flu Vaccine

A new four-strain flu vaccine, protecting against the nasty Brisbane virus, is now available. The flu vaccine is recommended for everyone from six months of age, but is available **free** under the National Immunisation Program for people who face a high risk from influenza and its complications.



Those at risk include people over 65 years of age, Aboriginal and Torres Strait Islander peoples aged 15 yrs or older, and anyone who has a medical condition such as severe asthma, lung or heart disease, low immunity or diabetes that can lead to complications from influenza.

Even if the vaccine is free, you may need to pay for a visit to your GP to have the injection.

Blue Knot Foundation

Blue Knot Foundation, formerly Adults Surviving Child Abuse (ASCA), is the leading national organisation working to improve the lives of the 1 in 4 adult Australians (5 million) who have experienced childhood trauma. Childhood trauma stems from overwhelming negative experiences in early life, including sexual, emotional, physical abuse and neglect.

Many struggle day to day with their self-esteem, relationships, mental and physical health and numerous aspects of everyday life. Trauma in childhood does not only affect those who have experienced it. It affects their family, including their children and their communities. Without help, the effects can last a lifetime.

Blue Knot Foundation provides telephone counselling support, information, fact sheets and other resources, tools and workshops to help survivors and their friends and families.

For more information, go to www.blueknot.org.au or phone 1300 657 380 from 9am to 5pm, Monday to Sunday.



Guest Speaker

Would you like to have a guest speaker visit your group? If your group meets in or near Brisbane, Seniors Enquiry Line has guest speakers who can visit to explain how our service works and discuss the range of topics that we can assist callers with, and discuss various government booklets and brochures that are available.

For more information, phone 1300 135 500 or go to our website www.seniorsenquiryline.com.au