

Seniors Newsletter

June 2022

Information

World Elder Abuse Awareness Day

Each June, the City marks World Elder Abuse Awareness Day to highlight the rights that every older person has. Advocare WA estimates that one in 20 older people in W.A are affected by abuse.

There are things we can do to help us stay safe as we get older:

1. Stay connected to friends, social groups and your community.
2. Receive home care services.
3. Document your future wishes – Enduring Power Of Attorney, Advance Care Plans, Wills etc.

Visit the Advocare website for more tips to help stay safe. www.advocare.org.au

If you are experiencing elder abuse or believe you know someone who is, contact Advocare for information, advocacy and support.

Elder Abuse Helpline: 1300 724 679
Email: rights@advocare.org.au

2022 Sports Star Awards

The City of Rockingham is celebrating 25 years of the Sports Star Awards. The awards recognise and reward the achievements of local sporting individuals, clubs and teams. Nominations are open 1 June – 29 July 2022.

Club/Team Categories

- Club of the Year
- Team of the Year

Individual Categories

- Senior Sports Star of the Year
- Junior Sports Star of the Year
- Sports Person of the Year with Disability
- Volunteer of the Year
- John Brown Lifetime Achievement Memorial Award

For more information or to nominate visit rockingham.wa.gov.au/sportsstar or phone 9528 0313.



COVID-19 Requirements

All facilities and events must comply with applicable COVID-19 directions. Event details are subject to change in line with current COVID-19 restrictions at the time. Visit rockingham.wa.gov.au/covid19 for the latest news and information about COVID-19.

Elder Abuse Awareness Training

Date: Wednesday 8 June
Time: 1pm – 4pm
Location: Rockingham Library
Cost: Free
Contact: City of Rockingham, 9528 03333
customer@rockingham.wa.gov.au

A free workshop to help you understand the prevalence and impacts of abuse of older people. Find out what support is available and how to identify and respond to the potential signs of abuse of older people. This workshop is designed for people in a volunteering role however all community are welcome.



University of the Third Age (U3A)

Date: Friday 3 June and Friday 17 June
Time: 1.30pm – 3.30pm
Location: Masonic Hall, Wanliss Street, Rockingham
Cost: \$5, includes afternoon tea
Contact: Colleen Hardie, 0423 393 183
hardie52@gmail.com

3 June - "Against All Odds" An account of the Thai soccer team cave rescue by Dr Challen alongside his diving partner Dr Richard.
17 June - "QANTAS and the Navy Cats." The story of WW2 flying boats that operated on the Swan River.



Safety Bay Petanque Club Open Day

Date: Wednesday 8 June
Time: 1.45pm – 3.45pm
Location: Corner of Gloucester Crescent and Penguin Road, Shoalwater
Cost: Free
Contact: Wendy Sims, 0439 960 380
safetybaypetanque@gmail.com

Petanque (a game like bocce) is fun and a wonderful way to meet new people. All equipment and afternoon tea is supplied. Petanque – hard to say, easy to play.



Warnbro Sound Walkers

Date: Every Wednesday
Time: 8am – 9am
Location: Corner of Safety Bay Road and Warnbro Beach Road
Cost: Free
Contact: Colin Evans, 0429 836 660
colin.evans382@gmail.com

Meet at the barbecue area and join the Warnbro Sound Walkers for a one hour / four kilometre walk. Please bring water, sun protection and sensible walking shoes.



Baldivis Probus Club

Date: Wednesday 8 June
Time: 1pm – 3.15pm
Location: Mary Davies Library and Community Centre, Settlers Avenue, Baldivis
Cost: \$5, includes afternoon tea
Contact: Helen, 0419 251 489
helenhardy@westnet.com.au

The Baldivis Probus Club is for semi-retired or retired men and women to share fun and friendship in retirement. Hear guest speakers and go on outings, including the theatre.



Disclaimer: Information is accurate at time of printing. Accuracy cannot be guaranteed as changes may be made by the event organiser after the publication date.

Nyoongar Seasons Workshop

Date: Friday 10 June
Time: 3pm – 4pm
Location: Rockingham Library
Dixon Road, Rockingham
Cost: Free
Contact: Rockingham Library,
9528 8683 or
rlcontact@rockingham.wa.gov.au

Join Kaya and learn about the history of Nyoongar culture in Perth. Hear about the significant meanings of the six Nyoongar seasons in Aboriginal culture.



Raising Funds Both With And Beyond Government Grants

Date: Tuesday 14 June
Time: 9am – 12pm
Location: City of Rockingham
Administration Building
Reception Room, Civic
Boulevard, Rockingham
Cost: Free
Contact: City of Rockingham, 9528 03333
customer@rockingham.wa.gov.au

Join the City for a highly interactive workshop to get your creative juices flowing with ideas for fundraising. Learn about options outside of government grants, sausage sizzles and chocolates? You will leave the course with comprehensive material, case studies and links to valuable grant databases, templates and resources. Places are limited so book your place now.



Positive Psychology and Resilience

Date: Thursday 16 June
Time: 4pm – 6pm
Location: Mary Davies Library and
Community Centre, Settlers
Avenue, Baldivis
Cost: Free
Contact: Mary Davies Library, 9591 0800
mdlcccontact@rockingham.wa.gov.au

Learn a range of tools to increase your resilience and maintain psycho-wellbeing.



Resilience in Times of Change

Date: Friday 17 June
Time: 9.30am – 11.30am
Location: Rockingham Library
Dixon Road, Rockingham
Cost: Free
Contact: Rockingham Library,
9528 8683 or
rlcontact@rockingham.wa.gov.au

Learn to build resilience and proactively manage wellbeing.



Forget-Me-Not Memory Cafe Rockingham

Date: Monday 20 June
Time: 10am – 12pm
Location: The Swinging Pig, 1 Chalgrove
Avenue, Rockingham
Cost: Free
Contact: Angi McCluskey, 0468 549 143
fmncafe@outlook.com

Are you, a family member, or someone you care for living with Dementia? You are not alone. Come and join us for a coffee and chat with others who are travelling a similar life path. No Booking required, plus receive your free Forget-Me-Not lapel pin.



Deafness Awareness

Date: Tuesday 21 June
Time: 2pm – 4pm
Location: Mary Davies Library and Community Centre, Settlers Avenue, Baldivis
Cost: Free
Contact: Mary Davies Library, 9591 0800
mdlcccontact@rockingham.wa.gov.au

Learn about Deaf culture and Deaf history and get an introduction to Auslan.



Older Person Mental Health First Aid Two Day Workshop

Date: Tuesday 28 June and Thursday 30 June
Time: 9am – 5pm
Location: Gary Holland Centre Multipurpose Room, Kent Street, Rockingham
Cost: Free
Contact: City of Rockingham, 9528 03333
customer@rockingham.wa.gov.au

Explore mental health issues with a focus on the unique experience of older persons. Learn skills to provide initial help and how to access further support.



Free Hearing Checks

Date: Thursday 23 June
Time: 9am – 12pm
Location: Safety Bay Library, Safety Bay Road, Safety Bay
Cost: Free
Contact: Safety Bay Library, 9528 8611
sbycontact@rockingham.wa.gov.au

Australian Hearing are offering free 15 minute hearing checks.



Rockingham Woodworkers Club

Date: Mondays – Fridays
Time: 9am – 12pm
Location: McNicholl Street adjacent to Autumn Centre
Cost: \$100 annual membership
Contact: Kevin Rowland, 9594 2880
shirleyrowland@iinet.net.au

A welcoming social group offering free instruction from experienced members. Fully equipped workshop, large range of tools available to use. Drop in for a chat or find us on Facebook.



City of Rockingham services

Assisted Waste Collection (Walk-In) Service

Do you or someone you know need assistance wheeling their bins to the kerb for collection (walk-in service)? For those who need assistance and do not reside with anyone who can provide this assistance, the City of Rockingham offers a “Walk-in” service. Additional bins are also available when needed to accommodate excessive waste generated by a medical condition.

Applications for these services require a declaration from your GP. For an application form please contact the City of Rockingham on 9528 0333 or customer@rockingham.wa.gov.au

To update your details or to unsubscribe, contact the City of Rockingham on
9528 0333 or customer@rockingham.wa.gov.au

You can also receive this information electronically by registering on RockPort cityrockport.com.au