

Hillarys & Districts Branch

Branch meets at 10:00am on the first Wednesday of each month at the Flinders Park Community Hall, 137 Broadbeach Boulevard, Hillarys.

March 2025 Newsletter – Issue 226

National seniors Australia is an advocacy group for the over 50 population representing issues at Local, State and National Governmental levels. If you have an issue that you would like the NSA Policy Advisory Group to consider, mention it to your committee and they will start the process.”



Help Needed:

Can we please have some able-bodied men turn up a little early for the meetings and help set up the hall, and help pack up the hall at the completion of our meetings.

Presidents Report

We will be low on numbers for the March meeting due to a clash of dates with Probus, disappointing but we will soldier on. For those N.S members not in attendance, please make sure you check the social calendar and notify the coordinators if you wish to attend any social activities in March.

Everyone, please note, the date change to our bus trip to Cervantes to Monday 7th of April. We have 6 spaces left on the bus to fill before I open the outing to friends.

This month was the BNF meeting that unfortunately I was not able to attend. Ross Glossop and Karen Furnivall from Head Office attended the meeting and gratefully, I have

their presentations to share with you at our March meeting.

In short there was apparently a significant amount of discussion around the closing of branches and the following alternatives were discussed.

- Transition to a Social Branch
- Merge with Another Branch
- Establish Regional Branch Committees to oversee social groups
- Incentives to Recruit Branch Executives

We may need to consider one of these alternatives at the end of the year.

These are the current wins that National Seniors has been able to negotiate for us over the past 6 months

- NSA’s Cash Campaign: the treasurer introduced the cash mandate scheduled to commence in January 2026 to ensure that essential services and stores to still accept cash, graciously.
- The 12 months freeze on deeming rates until 30 June 2025 ensured pension payments did not reduce as inflation rises. This extended the two-year phrase that was ending on June 30, 2024.
- There was an increase in rent assistance which helped half a million people age 50+ who were recipients of the Commonwealth rent assistance scheme.

National Seniors Australia – Hillarys & District Branch

- \$500 a year in assistance rebate provided with household energy bills

The government has provided a \$140 million package that will expand facilities, deliver more aged care beds, improve health outcomes for older Western Australians and alleviate pressure on the State's health system. This package will enable providers to deliver more aged care beds across the State by providing funding to expand existing facilities and refurbish unused facilities to bring them back online.

The Royal Australian College of GPs has welcomed a new program in Western Australian to fund a scheme where General Practitioners can access outcomes and advice from five medical specialties. Potential specialty areas from which GPs will be able to access advice include: immunology; pediatrics; respiratory medicine; spinal surgery; and geriatrics. The medical specialists will advise GPs on their patients' management and health issues, via phone or secure message. The GP can then take over the management of these issues at the local level. This will save patients time and stress and provide more treatment for complex issues with their usual GP. Patients will no longer have to wait weeks for follow up treatment or expensive financial outlays.

Stay Happy, Healthy and Safe
Cheryle Medcalf

Member's Welfare

If you become aware of a member who is dealing with illness or hear of a member who has passed, please contact one of the Committee Members. Notification can then be sent to other members who wish to visit or pay their respects.

Membership Renewals

One year – \$49:50 single or \$80 joint

National Seniors Australia (NSA)

Two years – \$88 single, or \$143 joint
Three Years - \$120 single, or \$180 joint
Five years – \$220 single, or \$325 joint

Membership payments cannot be paid via our local branch they must be paid directly to the Head Office.

You can do this via one of these three options

Via the website:

<https://nationalseniors.com.au>. Login and pay online using a debit or a credit card.

Via your phone:

Phone them on 1300 765050 or 073233 9191 they will be able to find your membership

details and debit your account for the membership payment.

By cheque:

the postal address is:

GPO Box 1450,
Brisbane,
Queensland 4001

Please make sure you include your name, club, and the reason for the cheque.

For the payment of outings etc. use our local branch account

Account Name: National Seniors Assoc
Hillarys.

BSB: 036-226 A/C No: 24-9794

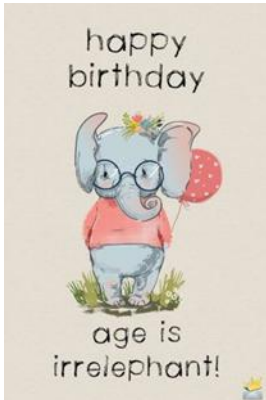
Please include Surname and keyword in the transfer.

Do NOT combine payments for multiple functions, only pay for one function at a time.

Name Badges: If you want a name badge you need to speak to our treasurer Bronwen Mears. She will arrange this for you.

The cost to you for a name badge is \$12.

To all our members celebrating birthdays in March



Wishing you all a very happy birthday filled with love, laughter, pressies and cake.

Members if you bring in items for the freebie table, please remember that if no one has picked them up you are responsible for taking the items home with you again.

For Your Calendar

Next Meeting: Wednesday 5th of March

Time: 10am.

Speaker: Stu Usher

Topic: TBA

Stu enjoyed an early career in the photographic branch of the Royal Air Force, serving in the UK, Cyprus, Singapore and later travelled extensively in the Middle East in a commercial capacity, working in the areas of vocational training and applied science.

He retired from the UK Ministry of Defence in 2005, where he'd been a member of the MoD Defence. He is now retired and based permanently in Western Australia.

The meeting is followed by lunch at Mia Cucina at the Hillarys Boat Harbour.

Next Committee Meeting: 19th March

QUOTE OF THE MONTH

To dream of the person, you would like to be is to waste the person you are

- Tim Minchin -

Social Events



Monthly Morning Tea

Please join Paul and other Branch members in a pleasant morning of stimulating conversation. Please wear your name badge. Friends are also welcome.

When: Friday 21st March

Time: 10am

Where: Caffissimo, Whitfords

New members this is a good opportunity for you to get to know some of our members. You will be made to feel most welcome.

Monthly Dinner

A time for members to celebrate a birthday, anniversary, or just "celebrate life" with fellow members and friends.

When: Thursday 20th March

Time: 6:30 pm

Where: Eat Italian
1/379 Scarborough Beach Rd
Innaloo

Parking in the open carpark

contact Shelly on - mobile:0419 918 311 or email her on: b.stanley@bigpond.com if you wish to attend.

If you put your name on the list and need to cancel, please contact Shelly directly.

National Seniors Australia – Hillarys & District Branch

Monthly Lunch

A time for members to celebrate a birthday, anniversary, or just “celebrate life” with fellow members and friends.

When: Wednesday 12 March

Time: 12 noon

Where: Odyssey Restaurant, 187 Challenger Parade, City Beach

If you want to attend a lunch or need to cancel, please contact Karen on 0437510204 or email her on karenlea1000@gmail.com so the venue can be given accurate numbers.

What’s happening in Joondalup

Water Dragons at Joondalup Festival at the Hillarys Boat Harbour

Every Wednesday until Sunday during Joondalup Festival you'll find three colossal dragons snaking their way to the waters of Hillarys Boat Harbour in a jaw-dropping WA premiere performance.

Date: 15 March – 5 April, Wednesday to Sunday only

Time: 6.30pm and 8.00pm (2 sessions per night)

Cost: Free

<https://www.joondalup.wa.gov.au/whats-on/events-calendar/water-dragons>

Helpful Information

Elder Abuse Helpline WA: 1300 724 679
Seniors Card (WA): 6551 8800
Centrelink (Retirement): 132 300
Employment Services: 132 850
Seniors Info Services: 6551 8800

Older People’s Rights Services: 9440 1663
Aged Care Complaints Commissioner:
1800 550 552
National Carer Gateway: 1800 422 737
National Seniors Australia (NSA)

Dept of Veterans Affairs: 133 254
Dementia Australia - 1800 100 500.
Justice of the Peace - Saturday Morning at Joondalup Library. 10.00am – 12.30pm
Woodvale Library 9.30am – 11.30am

WA Scam Internet Site:-

www.scamnet.wa.gov.au

BRANCH CONTACTS

Please note members as I’m both the Secretary and the newsletter Editor I’m only checking the Newsletter Editors email account, **NOT** the Secretary email account. If you wish to email me about any NS matter, please use the Newsletter Editor email account.

President
Cheryle Medcalf: 92064918
(presidentnsahillarys@gmail.com)
Vice President
Karen Hope: 0432 364 655
karenisliphone@outlook.com
Treasurer
Bronwen Mears (0409260247)
(Bronwenmears13@gmail.com)
Newsletter Editor + Secretary
Lyn Massam
(newsletternsahillarys@gmail.com)

GANG VIOLENCE HAS TO STOP 🙏🙏



