

Newsletter | June 2026

Seniors HQ



Health & Wellbeing

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5338 4500 | bchc.org.au



Welcome to the Ballarat Community Health Seniors HQ Newsletter

We aim to provide you with information to help you stay connected to our services and maintain a healthy lifestyle with positive well-being and independence.

Tell us what you think

Your feedback matters. It helps us shape the way we support the community.

We welcome you to complete a small online survey using the link below.

<https://forms.cloud.microsoft/Pages/ResponsePage.aspx?id=B-hnRZMYXEikVLTA9Mlo9ERo4JKcgqIJgHFwV76EgOFUNVpFVke5QUNNT000U1JNNE42OUtQTktTSS4u>



Scan to take survey

Your feedback will help us to shape future issues of Seniors HQ, to ensure we are delivering information and events you find interesting and helpful.

You can also speak to our team anytime you're visiting one of our locations or visit our website bchc.org.au for more information.



BCH in Focus

Beating the winter blues

As the weather becomes cold and wet, and daylight hours decrease, many of us notice changes in our mood, energy levels, motivation, and social engagement. Often referred to as the "winter blues," these seasonal changes can be a normal response to reduced sunlight and colder weather.

For some people, symptoms may be more significant and persistent, a condition known as Seasonal Affective Disorder (SAD). While occasional low mood during winter is common, it is important to seek support if symptoms become ongoing, distressing, or begin to impact your daily life, relationships, work, or overall wellbeing.

If you find that your mental health is being impacted, or someone your care about needs support, help is available through the following BCH Programs:

- Head to Health
- Connecting to Community
- Men's peer support group
- Family & friends support group
- Mental Health and Counselling
- Alcohol and Other Drug



Ballarat Community Health Cooinda Health and Wellbeing Hub, located at 10 Learmonth Road Wendouree.

Health in Focus

Using antibiotics wisely

There's a lot to know and learn about infections and antibiotics, but most of us really only need to know a few key things. In a nutshell, due to overuse and sometimes incorrect use, antibiotics no longer work as well against the bacteria they once killed effectively.

Here's a few facts:

- Antibiotics only work against bacteria. They don't work against viruses like the common cold or flu.
- Using antibiotics when it's not needed can lead to antibiotic resistance, meaning actual bacterial infections will be harder to treat in the future
- Sore throat, earache, coughs, and even green phlegm may not always require antibiotics. Sometimes, your immune system can fight off the infection itself - it's always best to check with your GP.
- It's not just ourselves who are impacted by antibiotic resistance. It's a global issue, and it continues to be a growing problem in our community.

According to the Australian Commission on Safety & Quality in Health Care, there are several things you can do to reduce antibiotic resistance.

1. Don't ask for antibiotics for colds and the flu, as they have no effect on viruses and will not help you recover faster.
2. Only take antibiotics in the way they have been prescribed, and don't share them with others.
3. Make a greater effort to prevent the spread of germs by practising good hygiene.

If you are unwell, we always recommend you seek medical advice. Remember to take your Webster Pak (or other dose administration aid) with you, so any new pills can be added to your daily medication pack by your pharmacist.

If you need assistance to take the full course of antibiotics, you can call My Aged Care on **1800 200 422** to discuss your eligibility for in-home nursing assistance.



Our goal at BCH is to provide you with trusted, unbiased, clear and evidence-based information. When presenting externally sourced information we will always identify this. BCH has not been paid, given gifts, or offered any other incentives to promote this content. We have not verified the content and make no representations as to its accuracy or completeness. We encourage you to do your own research before acting on any of the information provided.

We welcome feedback and complaints anytime. Speak to our team or visit our website (bchc.org.au) for more information.

Silver Rainbow: LGBTIQ+ and 'Ageing Fabulously'

Historically, LGBTIQ+ people have a shared experience of discrimination and prejudice, and older LGBTIQ+ people have often experienced violence, isolation and stigma throughout their lives. The 'Silver Rainbow' program aims to improve the understanding of aged care workers about the experiences of LGBTIQ+ people as they age and enter the Australian aged care system.

LGBTIQ+ Health Australia is the national peak health organisation for organisations and individuals that provide health-related programs, services and research focused on lesbian, gay, bisexual, transgender, intersex, queer and other sexuality, gender, and bodily diverse (LGBTIQ+) people.



Australia has shown leadership to the world regarding inclusive practices and was the first country to have a National LGBTI Ageing & Aged Care Strategy! Silver Rainbow launched the 'Ageing Fabulously' podcast series as part of their work to improve the way the aged care system meets the health and well-being needs of LGBTIQ+ older people.

The LGBTIQ+ Health Australia website has information about Silver Rainbow and includes resources for older LGBTIQ+ people, communities and aged care workers, such as:

- LGBTI and Dementia (factsheet)
- 'Ageing Fabulously' Podcast
- Transition to residential care for LGBTIQ+ Elders Managing Data and Privacy
- Improving LGBTIQ+ Health Literacy
- Policy Reforms in Inclusive LGBTIQ+ Aged Care

https://www.lgbtiqhealth.org.au/silver_rainbow

BCH is committed to being an inclusive provider of and welcome your input and feedback about how we can continue to improve our ways of working with you, and all diverse older Australians.

Find out more about BCH's LGBTIQ+ inclusive practices and commitments on our website <https://bchc.org.au/statements/>

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Valuing older women in our community everyday

World Elder Abuse Awareness Day (WEAAD) takes place on 15 June every year. It is an opportunity for communities to come together and stand against the abuse, mistreatment and neglect of older people.

We also draw attention to the ways older women experience ageism and gender inequality. Learn more about how we can all contribute to change, so all older people are seen and valued in our communities.

There are many ways to get involved:

- Take part in Celebrate Ageing's #TheBiscuitTin program, challenging ageism and sexism one batch of biscuits at a time.
- Explore the [un]Silencing of Older Women resources. Learn how gender inequality is experienced by older women and how to address elder abuse with a gender lens.
- Check out Council on the Ageing (COTA) Victoria's Beyond Age exhibition, where older people share advice to their younger selves.
- Centre the voices and lived experience of older women and people in your daily life.

You can find more information on Elder Abuse Prevention by visiting our website

<https://bchc.org.au/service/elder-abuse-prevention/>

World Elder Abuse Awareness Day 2026

June 15



Free Events

Ageing with Pride

When Thursday June 18th, 12.15pm-2pm

Where Barkly Square, Lecture Theatre,
25-39 Barkly Street Ballarat East

Ballarat Ageing Well Community Connectors in Collaboration with Val's LGBTI Ageing & Aged Care and Elder Rights Australia for a factual information session about accessing Commonwealth funded services and My Aged Care. This session has been tailored for older LGBTI+ residents.

For more information and to register visit

<https://events.humanitix.com/ageing-with-pride-navigating-my-aged-care>

Mind Matters: Supporting Your Mental Wellbeing

When Monday June 22nd, 10.30am-12pm

Where Ballarat Community Health Cooyinda Multipurpose Room,
10 Learmonth Road, Wendouree

An education session to build confidence and learn practical strategies to support your mind, mood and life changes. This session is FREE and registrations are essential.

For more information visit

<https://events.humanitix.com/healthy-ageing-series-3-mind-matters-supporting-your-mental-wellbeing>

Free Online Events

Aged care reforms

+ recent clinical care changes explained

When Tuesday June 30th, 2pm-4pm

Where Online Webinar - Registration required

Webinar 3: The webinars address the questions submitted by attendees and costs, prices, and affordability continue to be a dominant theme along with assessment and reassessment. Residential care costs including Higher Everyday Living Fees (HELF) and the Commonwealth Home Support Program (CHSP) will also be addressed in this final session.

** The first and second webinar sessions have now been completed and you can watch the webinars or refer to the presentations slides in the links below.*

For more information visit

<https://cota.org.au/project/aged-care-reform-explained-webinar-series/>

Tips for communicating with someone living with dementia

When Friday July 10th, 1pm-2.30pm

Where Online Webinar - Registration required

This event provides information on dementia and how it affects communication. It also covers tips for communicating with the person you're supporting.

For more information visit

<https://www.dementia.org.au/events/communication-and-dementia-97>

How to use government websites

When Thursday August 20th, 10am

Where Online Webinar - Registration required

Managing multiple government services online can be overwhelming at times. This presentation provides a step-by-step guide to setting up a MyGov account, so it's easier to manage many important services all in one place.

For more information visit

<https://beconnected.esafety.gov.au/online-safety-presentations#how-to-use-government-websites>

****Need help getting online? The Good Things Foundation can help:**

<https://goodthingsaustralia.org/learn/>