



# OUR News

Winter - July 2019

**WELCOME** to the latest edition of Our OWN News

## Happy 25<sup>th</sup> Anniversary OWN Queensland!!

On 20<sup>th</sup> June 1994, OWNQ was officially incorporated In Queensland. Now that we are 25, we can count ourselves as quite grown up, and reflect on all those yesterdays, and the quality future we want for our tomorrows! As some of our favourite taglines say, we are "Proud Of Being Ourselves" and we are "Celebrating a new age for older women. Together we can achieve more."



Mackay was our first OWN branch. Here the members (and guests) celebrate their first Christmas as a branch.

We have touched the lives of many women in those years and achieved much. As with everything worthwhile in this world, there have been bumpy times as well as shining achievement. We have weathered good times and not so favourable times, but we know our funding organisation is pleased with what we do, and we thank and acknowledge the Qld Department of Health, and the Department of Communities, Disability Services and Seniors for their ongoing

Celebrating a new age for older women.

Together we can achieve more.

Official Newsletter of the  
**Older Women's Network (Qld) Inc.**

*Proud to be Ourselves*

support and funding which has contributed so much to our organisation.

In previous years, the Qld Department of Health was the main funding body for OWNQ, and we also say thanks to them. ne who is interested in our longer history is welcome to enquire about OWNQ's "20 years of Herstory 1993 to 2013", and if there is a closet historian anywhere, we would love to have someone write up the years 2013 to 2019.

Let's acknowledge and thank one another for our achievements, and raise a glass to the prosperity of the years ahead.

**You're invited to celebrate ...**

**OWNQ's 25<sup>th</sup> ANNIVERSARY OF INCORPORATION with us!**



**WHEN:** Tuesday 6<sup>th</sup> August 10.30 a.m.

**WHERE:** Southbank Parklands Café by QPAC (at entrance to QPAC).

**WHAT TO BRING:** Yourself and funds for morning tea

**HOW TO GET THERE:** Travel by train to South Brisbane station; or bring a carload and park at QPAC for \$17.

**RSVP:** Your Convenor who will advise the office. If you are an independent member, please contact the office directly.



We wish to Acknowledge the Traditional Owners of the Land on which we stand and pay our respects to Elders past, present and emerging.



# President's Report ..

Hello everyone across Queensland OWNQ Branches, it is a pleasure to be writing my report and also hearing about the excellent work going on in all our Branches.

A big welcome to Bribie Island Branch, we are very excited about having you joining the Older Women's Network Queensland. I also had the pleasure to go to Bribie's first meeting - it was so good, meeting their members. I must thank June Donnelly for all the work she put in to getting Bribie Island branch up and going.

I am looking forward to going down to visit the Southern Gold Coast and also Beenleigh-Logan branches as soon as possible. We are also quietly confident that we will have a new branch in Maryborough in the near future.

All Branches are going along fine and achieving great things. Well done ladies.

I'm hoping I will see a lot of the members from our Branches at OWNQ Annual General Meeting in Gympie on 12<sup>th</sup> September 2019. Of course there will be

elections of office-bearers and we are currently receiving nominations for all positions. Apart from electing the Executive roles, we warmly welcome the addition of general Committee members to the Management Committee. I urge you to consider becoming a member of that committee and you can play your part in determining the future of this fine organisation. Participation can be by teleconference, there is no necessity to travel to the office for meetings. You don't need particular experience as we offer training in the role of being on the Management Committee and the time commitment does not have to be extensive. Please do contact me to talk about this further if you would like to.

Thanks again to Convenors and all those volunteering within Branches who help achieve these excellent results. Happy 25<sup>th</sup> Anniversary OWNQ, we have much to be proud of over those years, for where we are at now, and into the future.

**Lee Hodgson**

**ALL MEMBERS are cordially invited to the  
Older Women's Network (Qld) Inc.AGM**

**Date:** Thursday 12<sup>th</sup> September 2019  
**Location:** Gunabul Homestead, 9 Power Road,  
Southside Gympie  
**Time:** 9.00 a.m. to 3.30 p.m.  
**RSVP:** 12<sup>th</sup> August to OWNQ Office

**IN THIS ISSUE**

- P.2 President's Report**
- P.3 Coordinator's Report**
- P.4 AGM News**
- P.5 Around the Branches**
- P.14 Latest News**





# Coordinator's Report ...

This is a special edition of our newsletter as on 20<sup>th</sup> June, OWNQ marked 25 years since its incorporation in Queensland! We are celebrating the milestone with three particular activities. Firstly, this Anniversary edition of OWN Our News. It is not intended as a review of our history to this point, but a celebration of where our branches are at now, with some of their highlights and achievements.

Secondly, members of branches within ready distance of Brisbane are invited to an anniversary get-together at Southbank on 6<sup>th</sup> August, for morning tea at 10.30 am. Convenors will have details of this and can confirm the location at Southbank shortly. All members welcome!

Thirdly, on Wednesday 12<sup>th</sup> February 2020 OWNQ will host a Women's Forum, specifically for and about older women. We think it is going to be well worth attending. More details on this in the months to come.

It is an ideal opportunity to acknowledge and thank all of our wonderful volunteers who work hard in our branches making them places older women like to meet together. Our organisation is growing in membership and since October last year, we have opened two new branches at Southern Gold Coast, and Bribie Island. There is much to look forward to, and here's to the next 25 years!

**Leonie**

## **Why does the Older Women's Network Qld require a Management Committee?**

OWNQ is a not-for-profit organisation primarily funded by the Department of Communities, Disability Services and Seniors. Without a Management Committee, there would be no government funding.

This funding is used to pay for two part-time staff and one casual bookkeeper, as well as the rent of rooms, required equipment (eg photocopier, computers, stationery etc) along with general maintenance to run the office, and insurance to cover the branches and members.

One of the duties of the Management Committee is being accountable for the Government funding. OWNQ is a network which, to me, means we "Work Together to Achieve More". The current committee has served for many years and requires new members with forward-thinking skills and ideas. If each branch had one representative on the committee, this would be wonderful. **Please give this some thought.**

Meetings are held once a month only and last approximately 90 minutes. You don't need to attend face-to-face meetings at the office, you can join in by teleconference call.

Skills required are enthusiasm, commitment, willingness to share your skills (which we all have), a computer and an email address. The current office staff are wonderful people and they are prepared to assist branches whenever necessary.

**WITHOUT A COMMITTEE, WE DO NOT HAVE AND OLDER WOMEN'S NETWORK IN QLD.**

**Helen Stanton**



# AGM News . . .

## Nominations



### **Lee Hodgson for President**

I joined the network in 2001, then became Gympie's assistant convenor in 2007 and convenor in 2011. I have held committee member positions for several years and was elected as Vice President in 2017 and President in 2018. This year I am again nominating for the role of President where I would continue to diligently promote the views of OWNQ. I bring skills from the knowledge gained while working as a manager in the business world, to the network and I continue to be the voice of country regional members.



### **June Donnelly for Vice President**

As a member of OWNQ since 2003, I am passionate about fulfilling our vision. OWN has given me purpose and direction as an older woman. After being President of the organisation for several years, I stepped down from that role in 2018, happy to hand over the presidency to Lee Hodgson, whilst continuing on the committee as Vice President, a role I am re-nominating for again this year. As Vice President I would continue to give my very best to the organisation.



### **Barbara Barnes for Treasurer**

I have been a member of OWNQ for over 20 years and on the management team for much of that time, becoming the Treasurer in 2014. This year I re-nominate for that role as I bring a wealth of financial information and support services to the day-to-day operations of OWNQ. I have a dream of affordable and secure community housing to provide our women with homes and companionship in their old age.



### **Susan Fowler for Committee**

I am a retired administrator whose last position was with Griffith University in the postgraduate and research higher degree student administration centres. I have volunteered on many management committees, including for two years at a long daycare centre as the chairperson of the committee. With a degree in biomedical science, I have also worked in research in science for many years at Sydney University.



### **Di Hill for Committee**

I have been a member of Quota International and was President of the Wynnum Manly Regional Development Partnership and Bayside South Development Forum; and was founder of the Bayside Women in Business and Writers of Wynnum Manly, both still going after 20 years. I am passionate about making changes to the lives of women in our society, and in particular solo senior women.



**You can still join  
the Management  
Committee!**

If you'd like a nomination form, please contact the office (see contact details on page 2). Nominations can be accepted up to 12<sup>th</sup> August - one month before the Annual General Meeting.

# Around the Branches



## GYMPIE

**Meets:** Each second Thursday

**Time:** 9.15 a.m. to 12.00 noon on pension week

**Where:** Gympie & District Indoor Bowls  
35 Graham Street, Gympie

**Contact:** Lee 07 5483 1415

**Trips:** Glennis Mitchell. 07 54829439

The official launch of the Gympie branch was on the 18<sup>th</sup> April 1996 at the Community Band Hall, Gympie which was attended by 46 ladies with 11 making their application that day.

June Idle and Shirley Cripps were the first convenors with Enid Ison, Ena Hehir, Margaret Bower, Marie Mann, Cathy Elliott following and our current convenor Lee Hodgson. These women have made a huge contribution to the club and our community though their work with OWNQ.

The decision was made to use the purple flower, Tibouchina, on a white background and a wall hanging was presented to the club by Betty Norris. The idea of having a table cloth embroidered by each of the members was the idea of Flo Walsh and the tablecloths are still in use today.

Club members raise money through raffles on club days and a very active group of women have taken on raising money at the "Sausage Sizzle" at Bunnings on a regular basis. Money raised through these activities allows the club to donate to the local women's refuge, the homeless, palliative care and LifeFlight which is often used in our area because of the distance from a large hospital. We also subsidize our members to attend events and activities in our area.

Our craft group which meets fortnightly, also makes articles of clothing to donate to the homeless, the local women's shelter and local age care facilities. These ladies also have made poppies for the local RSL and high school to support Remembrance Day and made many stars, for the Million Stars to support the movement "Violence against Women".

Our convenors and members of the executive work towards providing a range of activities for our OWN members with guest speakers talking on various health and well-being topics like mental health, physical health and well-being, ambulance and fire and rescue and elder abuse/scams. We also have fun with grocery grabs and trivia, friendship days, as well as exciting bus trips, and we join with other local organisations and groups for their events. Many of these events involved food and laughter.

Our involvement in the community with the local council, sees members participating in the Duck Pond Dash for Seniors Week and attending the Volunteers Morning Tea. Our club has strong ties to our local State and Federal Members of Parliament and we ask for their support in issues that affect women on a wider scale.

Currently we have a membership of 72 very active participants that involve themselves in the whole fabric of the club from the welcome at the door to the kitchen helpers and the wonderful cooks that provide the morning teas. Many of our members volunteer for Meals on Wheels every Monday and at "Little Haven" Palliative Care and at the local nursing homes to provide company and assistance where needed.

# Around the Branches



Gympie OWN continues to go from strength to strength in the very capable hands of our Convenor, Lee Hodgson and our wish for the future is that our branch continues to offer friendship and support to older women.



Above: 2019 Members receiving NVW Certificates

Photos below – out and about in 2014



Celebrating Australia Day 2018 (above).





## CAPALABA

**Meets:** First Wednesday each month  
**Time:** 9.00 a.m. to 11.30 a.m.  
**Where:** Capalaba Uniting Church Hall  
30 Ney Road, Capalaba  
**Contact:** Naomi 0424060603

We in Capalaba could never have imagined five years ago that our inaugural membership of 6 would have grown to 28 members today.



We are an amazing group of women who have explored a diverse range of events and experiences and formed new friendships. Our Facebook page is an active part of our networking.

The branch members have supported various community groups, for example RDCOTA, Redlands City Council, Retirement Villages and Redlands Breast Cancer Support Group.

We have contributed to the community in a variety of ways. Some of the highlights were the involvement in the Million Stars Project to bring awareness of domestic violence, craft fundraising at local markets and crocheting water bottle holders for a local day care centre and trauma teddies for Local Ambulance Community.



The group has made donations to a family member in Shave for a Cure together with attendance at The Biggest Morning Teas, the homeless support group Night Ninjas, and the local church for their outreach projects through an Op Shop Fashion Parade. We in turn have been sponsored by Bayside Smart Business Network. We were excited to win \$500 from a Qld Day photo competition "We are Proud to be Older Women in Qld".

Certificates of appreciation have been awarded to us in recognition of our involvement in the community.



We have also participated in some health and fitness activities with the aim of ageing well and strongly, including Parkrun, Alexander Therapy Technique, Laughter and Chair Yoga, Continence Foundation and Indoor Bowls.



Two important events we enjoy celebrating each year are International Women's Day and Seniors Week. Some of our guests have been Val French OAM President of Older Persons Speak Out, Julie Porteous from U3A, Here's to Life drumming group and Pathways to Resilience.



We look forward to a variety of activities planned for the future which will be relevant to the older women in our community. We feel older women have a right to be proud of their life's work, experience and knowledge.



Barbecues



*Christmas Luncheon*



*Bus trip to Toowoomba Carnival of Flowers*

OWN (Qld) Inc. is funded by the Queensland Department of Communities, Disability Services and Seniors.



**OUR AIMS:**

- Encourage life enrichment, mutual support & companionship amongst older women
- Promote healthy ageing
- Promote discussion and action about ageism, racism and sexism
- Lobby for a fairer deal on issues affecting older women such as income security, work opportunities, housing, health, home and community care and transport
- Provide information and education
- Enhance the positive image of older women

**DISCLAIMER:** OWN (Qld) makes every effort to ensure the accuracy of information contained in this newsletter. Articles included are for information purposes only and views expressed in this newsletter are not necessarily those of OWN (Qld).

**WITH THANKS:** OWN (Qld) thanks the office of Senator Claire Moore for all their assistance over the years and wishes Claire all the best for her future. We'd also like to thank the State Member for Mackay, Julieanne Gilbert for printing copies of the newsletter for the Mackay branch.



## SOUTHERN GOLD COAST

**Meets:** Last Thursday each month

**Time:** 10.00 am to 11.30 am

**Where:** Varsity Lakes Community Resource Centre

**Contact:** Leonie 3358 2301

The Southern Gold Coast Branch was formed in November 2018 after an initial couple of meet-and-greet gatherings to introduce people to the idea of what an OWNQ Branch is and what it does. From that starting point of five participants in October 2018, 22 attendees came to the meetings in both May and June! And the Branch will continue to grow.



*Members at Fruit World*

Friendships are in place and the social life for many will continue to expand. Membership has increased and interest for what's out "There" is vital for a healthy, happy Branch. The Varsity Lakes Community Resource Centre has very kindly provided a meeting venue for our growing group, and we have so far grown out of two meeting spaces there already! We are now meeting in a room perfect for our needs at the back of the centre, and which has space for further growth in numbers.

## BРИBIE ISLAND

**Meets:** Third Thursday each month

**Time:** 10.00 am to 12.00 noon

**Where:** Bribie Island RSL Club

99 Toorbul Street, Bongaree

**Contact:** Anne 0408 007 370



The first meetings for the new Bribie Island branch were held in February, March and April this year and already the branch has run two meetings on our own, in May and June. There are lots of willing helpers for our new branch, and a good level of interest amongst local women. Quoting our Coordinator Leonie, we agree we are taking to our new branch like a duck to water!

Thank you especially to June Donnelly, Di Hill and Julie Harding of Carinity who really helped get things going in the early stages of our development. We have an exciting program planned for the year and are very confident we will continue to grow. We are proud and pleased to be part of the OWNQ family and are looking forward to more interaction with other branches.

# Around the Branches



## MACKAY

**Meets:** Every Tuesday

**Time:** 9.30 a.m. to 12.00 noon

**Where:** Iona Hall, Brookes St.  
West Mackay

**Contact:** Helen 4955 7098, Jenny 4957 3413

The Older Women's Network Mackay was started by Mary Novikov and Ursula Waters in early 1996 with 12 members. This group has gone from strength to strength since.

It has always been positive and supportive and an inspiration to many. I am proud to say I am one of the original members who have enjoyed the company and the growth of all these fabulous women.

Mackay has come far, we have moved many times because we have outgrown the building. And now 23 years later we have been in this church hall for some time with a membership of 70 plus, and still evolving.

I have always believed that our success is the fact we meet every week and it creates a momentum to keep going. The women always save Tuesday for OWN. It's sacred.

We swap books, we share fruit and vegetables that are in season, we share information and ideas.

They volunteer together; groups go on holidays together; we network with other groups.

We have bus trips and lunches together, go on morning teas and Sunday lunches at the homes of members.

I have 22 co-convenors who share our meetings by running the mornings for two weeks at a time, two ladies, one experienced, one learning the ropes, on a rotating system, so we all learn to run a

meeting, wonderful women using their own style to chair the program.

There are great speakers who entertain us on all sorts of issues that are relevant to us .

We advocate for better rights and more say in our community, and are listened to and respected as a valued contributor to the community.

I believe we are a very well balanced group who know how important it is to have such a wonderful place to meet with friends every week, share ideas, laughter, sadness, and achievements.

This group inspires me, and I am very proud of how far we have come, and how well every member contributes to the success of this wonderful group called the Mackay Older Women's Network.

**Cheers, Ruth Sargent**



Mackay members who attended the 2007 Conference



Eileen Dunkley about to sign the Mackay OWN's 18<sup>th</sup> birthday card in 2014

# Around the Branches



## LOGAN/BEENLEIGH

**Meets:** Fortnightly Thursdays

**Time:** 10.00 am to 11.30 am

**Where:** Beenleigh Neighbourhood Centre

**Contact:** Linda 0414 436 209

Congratulations to OWNQ for reaching this milestone.

No doubt there would have been many laughs and stories over the years, which is what we are all about.

The Logan/Beenleigh Branch was established just over 2 years ago, and we decided then to keep our meetings social. We don't have agendas as such, but we do discuss any ideas put forward. Everyone has a voice, and everyone works together to make our branch what it is.

We all come from different backgrounds, different upbringings and even different cultures, but we fit together through understanding and friendship. This is what we base our branch on, and this is why we work.

We support local organisations, which we enjoy, and this just makes us a part of our local big picture. We have learned a lot through speakers from charities, who deal with people doing it tough, and we made the decision to help any way we can, whether it be with raffles or supporting other charity functions. This is also a good way to meet other people, which is never a bad thing.

I think I can safely say, that we all look forward to our meetings, everyone has a story. It's great to get support and advice from other women who may have gone through the same trials of life. I know I have appreciated it. In this day of social media, texts, emails, and all the other forms of

electronic communication, it's so nice to just sit down with our members with a cup of coffee, have a chat and a laugh.

I wish OWNQ all the very best for the future.

*Linda*



*Linda sharing the dignity*



*Members on a day trip to Byron Bay*

# Around the Branches



## MITCHELTON

**Meets:** 4<sup>th</sup> Wednesday each month  
**Time:** 10.00 a.m. to 12.00 noon  
**Where:** Picabeen Community Centre  
22 Hoben Street, Mitchelton  
**Contact:** Judith 3351 3763, Carol 3355 2937

We have been very busy at Mitchelton over the past few months but first a little bit of our history and some highlights from our past (very interesting!!).

Before our branch started in May 1998 we had a "Women Growing Older" course organised by then Coordinator, Judy Dahl. Our first meeting topic was "Dreams". There were ten people at the first meeting and in the first few months we discussed Memory, Youth Suicide Prevention, Wills, and Indigenous culture. We were able to take part in a Continence program called "Wake Up to Women's Waterworks", always a popular topic.

More recently, we presented a forum on the needs of the older person in our community with emphasis on information being available, and accessed easily, both online and by phone. The result was a directory of services and activities for seniors and others in our area. That book is still online. Our branch has an ongoing connection with Picabeen Community Centre at Mitchelton which is beneficial to both organisations.

Our guest speakers have been good with Liz Jones from My Health giving us reasons why we should have our medical records on eHealth and how it works. In April, Capalaba visited us and we will be returning that visit. Our guest that time was Robin Drury from George Harnett funerals. Robin gave us an insight into what actually happens when we call the funeral people. It was interesting. Our social activities of a Morning Tea come

Techno time and the Saturday lunch, all at the Arana Leagues Club are going well with members getting to know more about each other and the organisation. We have, as a Branch, also visited Woody Point so we have been busy.

We have a program organised for most of this year and ideas for the next.

We look forward to seeing many of you at the AGM in Gympie in September.

*Judith*



Outside Picabeen with our Capalaba OWN visitors



We're all in this together



## WOODY POINT

**Meets:** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays each month

**Time:** 9.30-11.30 a.m.

**Where:** Woody Point Memorial Hall  
Oxley Avenue, Woody Point

**Contact:** June 0411 018 570

Woody Point branch opened in February 2015 with Janice Cosgrove being the first signed up member. Janice enjoyed the meet-and-greet position up until recently. Lydia, a lady from the Ukraine also joined in the beginning, due to U3A in the City contacting me to encourage Lydia to come along to interact with English-speaking women to improve her English. She was a delight to have in the branch and socialised well with the ladies, though sadly can no longer attend meetings due to other commitments. Some highlights over our years follow.

In 2016 we celebrated International Women's Day in the venue we rent and it was a fun morning. My son Daniel blew up purple balloons and managed the amplifier for us. Koliana Winchester, a counsellor from the Moreton Bay City Council, was our keynote speaker.

In 2017 a new member, Joan Hayes, joined and demonstrated her skills through media advertising, as well as organising women for social activities and wrote newsletters. Thank you Joan.

In 2018 the branch did butterfly craft making for display at the Gold Coast Commonwealth Games which was fun as ladies learnt to make beautiful ones with help from Colleen.

In 2019, International Women's Day was held in the Redcliffe Cultural Centre, and was a great success, attended by 38 women. Guest speaker Louise Howarth spoke about women

in her life who encouraged her to exceed in all areas of her life, particularly her grandmother. Senator Claire Moore spoke about her community work and women from the early century who paved the way for women's equality and other issues of concern we have as women, in particular homelessness.

The branch has had some memorable Christmas events, including the celebration in 2017 where Caroline Moss prepared the lunch at the Sculpture Garden in Deception Bay. The ladies celebrate Christmas in July each year, usually organised by Helen.

We have also supported a number of charities including:

- the Domestic Violence Redcliffe Refuge at Christmas & Easter when we send baskets of gifts to them;
- the Breakfast Club who provide meals and resources for the homeless and disadvantaged; and
- donations of money have also been given to the CWA and Angel Flight.

There have been many good speakers from the local community who have provided information on a variety of subjects, including members Brenda Nicholls who spoke about the health benefits of herbs and also did foot and hand massage and Colleen did Aromatherapy explaining the benefits of products.

**June**



Current Coordinator Leonie recently met a previous coordinator Elaine Dare who was the Community Development Officer of OWNQ some years ago. Elaine is now a Life Member of the Woody Pt Branch.



# Latest News . . .



## **SUPPORT SERVICES AVAILABLE for people affected by past forced adoption practices**

Thousands of Australian families have been affected by the traumatic separation of mothers from babies which occurred during the period of the 1950's to at least the mid 1970's.

During this era, unwed and vulnerable women were coerced and forced by their parents, hospitals, churches, professionals and the government into signing forms to have their babies adopted.

This resulted in lifelong impacts on the mothers, fathers and their adopted sons and daughters.

In 2012 Campbell Newman delivered an apology on behalf of the Queensland Government saying "This legislative assembly offers its unreserved and sincere apology to those families forcibly and unlawfully broken apart by these past practices and we acknowledge that your pain and suffering continues." In 2013 Prime Minister Julia Gillard also delivered a national apology for past forced adoption practices and announced funding for forced adoption support services. In Queensland these services are offered by Jigsaw Queensland.

Many of the mothers are now older women and may still have kept this experience a secret because of the shame and guilt they carry. We hope that the Older Women's Network will inform their members of the availability of support services especially as some of their members and /or their families would have been affected and may not be aware of the support available. Jigsaw Qld

can also offer presentations to QWN groups that meet in Brisbane or near Brisbane.

For more information or support:

Phone Jigsaw Qld on or 1800 21 03 12 (from within Qld) or 07 3358 6666 or see our website: <https://www.jigsawqueensland.com/about>



Scammers are luring seniors with promises of large amounts of money through a Facebook Lottery Scam. The scammer will search for a friend well known to the person about to be scammed pretending they are that person. That friend may be well known to the recipient and told their name has been drawn out as a winner. They use Messenger accounts of both persons. The recipient recognises the name. The friend does not know their email account has been hacked.

Messages are sent from the scammer and the friend with the promise of winning large amounts of money. The scammer will say that the friend has already received a lot of money, then asks for an amount of money up front, and halfway through asks for a larger amount. When paid the scammer promises to deliver the payment via a cheque. Scammers gain their information via social media targeting older Australians who may be in a vulnerable state and inexperienced in using social media.

According to the ACCC'S Targeting Scams Report more than 26,400 scams were reported to Scamwatch in 2018 (Seniors Paper, June 2019). If you have been scammed contact your local police station and report it online [www.Scamwatch.gov.au](http://www.Scamwatch.gov.au). For support contact IDCare on 1300 432 273.