



THE BRUCE BULLETIN

JULIAN HILL MP FEDERAL MEMBER FOR BRUCE

The 40th anniversary of Medicare

This year marks 40 years since Labor built Medicare – delivering universal access to healthcare for all Australians.

Creating Medicare wasn’t easy. The Liberals fought tooth and nail to prevent and dismantle it. But the Hawke Labor government succeeded. And 40 years on, the Albanese government is making Medicare stronger.

With the biggest ever investment in Medicare, Australians are seeing the difference that strengthening Medicare is having on their lives.

Bulk billing has increased, with more than 180,000 additional trips to the GP



being bulk billed a month across the country. Saving Australians millions of dollars.

Australians saved \$250 million on prescriptions last year alone, thanks to the Albanese government’s policies to make medicines cheaper.

New Medicare Urgent Care Clinics (including in Narre Warren) are providing free care for urgent, non-life-threatening injuries and illnesses. Instead of having to go to the hospital emergency department.

Medicare is in Labor’s DNA. Only a Labor government will always protect and strengthen Medicare.



New blueprint for our Navy fleet

The Albanese government has released its blueprint for a larger, more lethal surface combatant fleet for the Royal Australian Navy. More than doubling the size of the surface combatant fleet under the former government’s plan.

This follows the government’s careful consideration of the recommendations of the independent analysis of the surface combatant fleet.

The independent analysis lamented the current fleet as the oldest operated in the Navy’s history. And emphasised the need for immediate action to boost

air defence, long-range strike, and anti-submarine warfare capabilities.

The Navy must be able to ensure the safety and security of our sea trade routes and the underwater communication cables. They are fundamental to our way of life and our economic prosperity.

Bruce Interfaith Leaders Forum

The Bruce electorate is one of the most diverse places on earth. This includes not just ancestry, ethnicity, country of birth, or languages spoken at home but also religion and faith.

This diversity is a strength, but it means we need to make deliberate efforts to foster interfaith understanding, dialogue, and community harmony.

Julian Hill recently hosted a Bruce interfaith forum with over fifty local religious and faith community leaders.

It was a great dialogue, sharing current issues and experiences and identifying areas where governments

and faith leaders can work together.

Social issues were discussed, including poverty, addiction and family violence. As well as the challenges of establishing and maintaining cultural and community facilities.

It was also a chance to give an update on the Albanese Labor government’s work to prevent discrimination on the grounds of religion.



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Congratulations

Julian Hill can arrange messages for special birthdays and wedding anniversaries.

Depending on the specific occasion, messages of congratulation can be arranged from the Premier of Victoria, Prime Minister, Governor of Victoria, Governor-General and the King for:

- 90th birthdays
- 100th birthdays
- 50th wedding anniversaries
- 60th wedding anniversaries
- 65th wedding anniversaries
- 70th wedding anniversaries

Please get in touch with Julian at least four weeks before the event.

Pensions Guide

Free information for older Australians

Julian Hill's *Pensions Guide* booklet contains up-to-date details about current entitlements, payments and services. Including:

- Age Pension
- Aged Care
- Carer Allowance
- Centrelink
- Seniors Health Card
- Concession cards
- Grandparent carers
- Home Care Packages



To get your free copy of the *Pensions Guide*, just call Julian on 9791 7770, or email julian.hill.mp@aph.gov.au

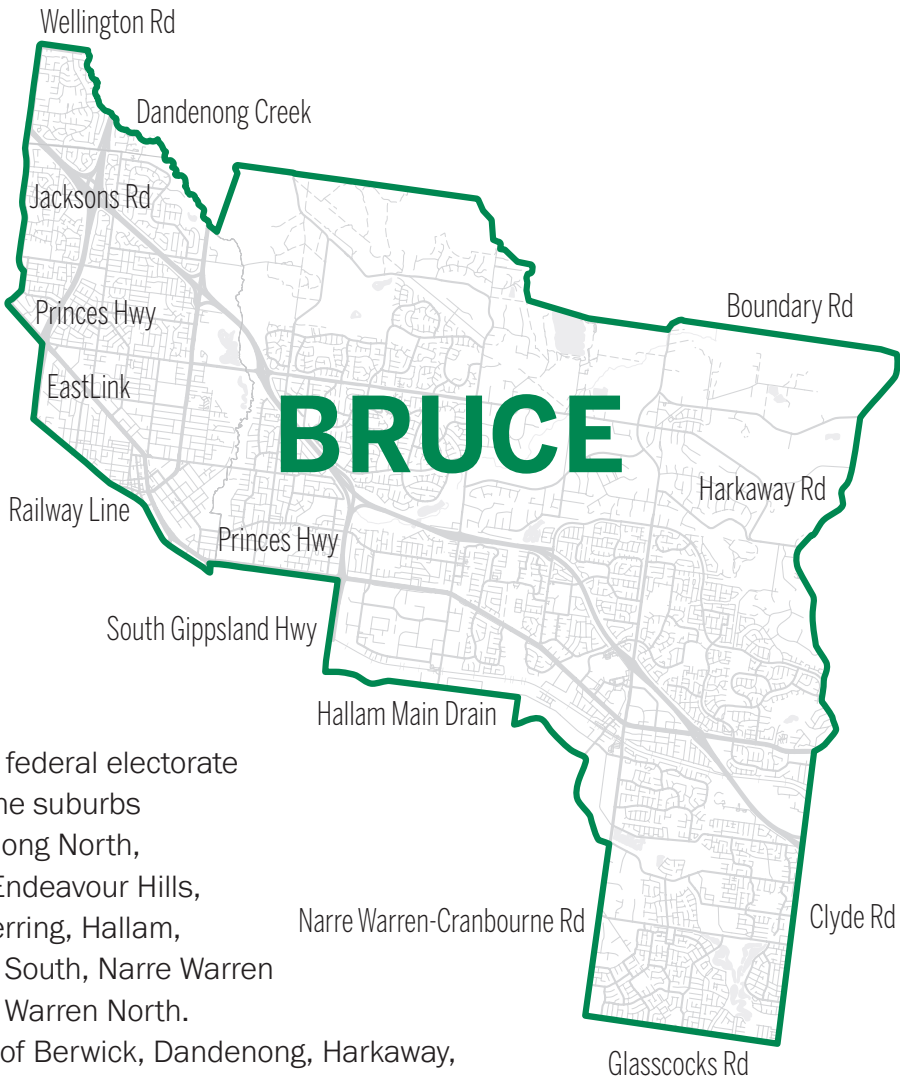
Julian is here to help you

As your representative in the Australian parliament and the Albanese Labor government, Julian Hill is available to assist you with anything involving the federal government.

Julian is also here to help if you or your family ever encounter problems with services provided or paid for by the government.

Contact Julian anytime you want assistance, to discuss a local or national issue, or to make a suggestion.

Bruce electorate



The Bruce federal electorate includes the suburbs of Dandenong North, Doveton, Endeavour Hills, Eumemmerring, Hallam, Lysterfield South, Narre Warren and Narre Warren North. And parts of Berwick, Dandenong, Harkaway, Mulgrave, Narre Warren South, Noble Park and Noble Park North.



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INFORMATION AND ADVICE

Fighting back against scammers

The Albanese government’s hard work to protect Australians is seeing scam losses significantly fall as a result of the fight against scammers.

The latest report by the Australian Competition and Consumer Commission (ACCC) shows that the government’s plan to crack down on scammers is working.

Before the Albanese government came to office, Australians were losing over \$3 billion a year to scams. Scam losses had doubled and doubled again in the space of three years.

That trend has now flipped, with scam losses from October to December 2023 reduced by 43% from the same quarter in 2022.

This comes after the government implemented its election commitments to crack down on scammers, including establishing the National Anti-Scam Centre.

Tips to avoid being scammed

Every single day, scammers are ripping money out of the pockets of hard-working Australians.

Scammers often pretend to be trusted organisations such as the government, banks, energy or telecommunications companies.

Beware of requests for your details or money. Never send money, personal or financial details, or copies of identity documents to anyone you don’t know or trust.

Never click on hyperlinks or open attachments in suspicious emails or text messages. Verify the contact using an independent source like an online search.

Don’t respond to phone calls about your computer asking for remote access – hang up.

Be wary of any unusual payment requests such as preloaded debit or



gift cards, up-front wire transfers or virtual currency such as Bitcoin.

Verify any changes to bank account details by directly calling the individual or business you are dealing with using trusted contact details.

If an offer seems too good to be true, it probably is.

Tips to protect your personal information online

Protect your online accounts with strong and unique passphrases and multi-factor authentication.

Guard against identity theft and data breaches by shopping through secure sites.

Control your privacy settings on social media and other digital platforms, and be aware of what you share online.

Be smart about connected devices, by researching privacy and security credentials before you buy, and limit internet access when it’s not needed.

Take steps to limit location and online activity tracking through devices, browsers and apps if it’s not required for functionality. Clear your cookies and cache regularly.

The Little Black Book of Scams

The best way to protect yourself against scams is through awareness and education. The Little Black Book of Scams booklet is a handy tool for learning about scams. It includes the most common scams to watch out for, the ways scammers trick you, and where you can find help.

To get your free copy of the booklet, call Julian Hill on **9791 7770** or email julian.hill.mp@aph.gov.au

For more information and advice

National Anti-Scam Centre
Coordinates government, law enforcement, and the private sector to combat scams
www.accc.gov.au/national-anti-scam-centre

Scamwatch
How to recognise, avoid and report scams
www.scamwatch.gov.au

IDCARE
Helping people reduce the harm from identity theft
1800 595 160
www.idcare.org

ReportCyber
Respond to cyber threats and take steps to protect yourself from further harm
1300 292 371
www.cyber.gov.au/report-and-recover

eSafety Commissioner
Helping Australians have safe, positive experiences online
www.esafety.gov.au

Australian Cyber Security Centre
Advice about how to protect yourself online
www.cyber.gov.au



Bruce Volunteer Recognition Awards

The work of volunteers in our local community is immeasurable. They work hard all year round to give back to Australia and the Bruce electorate.

Volunteering is also good for mental health and a great way for new immigrants to connect with their local communities. And it can even be a good pathway to paid employment.

The Bruce Volunteer Recognition Awards recognise the exceptional services provided by volunteers locally.

Congratulations to the wonderful locals who received Bruce Volunteer Recognition Awards, including those who couldn't attend the ceremony.

And a big thank you to all the local volunteers who give their time to help others in our community.



Abdul Sheraz Hussain Sahib
nominated by Fiji Islamic Cultural Society of Victoria



Gada Dalati
nominated by Arabic Women Seniors Group



George Daniels
nominated by We Care Community Service



Heather Workman
nominated by City of Casey Archibald Prize



Lucky Lamprell
nominated by Dandenong Community and Learning Centre



Lynne Rees
nominated by turningpoint Support Hub Cranbourne



Melvina Reddy
nominated by Fiji Sangam Association of Victoria



Project Helping Hands team
nominated by Jesus House Melbourne



Radovan Pajic
nominated by Serbian Community Association of Australia



Rahmat Sakandar
nominated by Humanitarian Welfare Association of Afghan Australians



Randa Abboud
nominated by Arabic Women Seniors Group



Selliah Nalliah
nominated by Victorian Tamil Cultural Associations



Senthil Sentilnathan
nominated by Sanganatham



Sharon Chand
nominated by Fijian Community Association Victoria



Stuart Cordy
nominated by Lysterfield Sailability



Ali Behsudi
nominated by Hazara Australian
Community Association of Victoria



Andrew Ohide Ohuli
nominated by Equatorians
Community Association in Victoria



Brian Oates
nominated by Doveton Football
Netball Club



Eileen Durdin
nominated by City of Casey
Archibald Prize



Ian George
nominated by City of Casey
Archibald Prize



Jason Shaw
nominated by North Dandenong
Cricket Club



Justin King
nominated by Silverton Cricket
Club



Len O'Brien
nominated by Narre Warren
Bowls Club



Michael Prior
nominated by Victorian State
Emergency Service



Mohammad Kabir Azadzo
nominated by Afghan Islamic
Centre



Nazir Yousafi
nominated by Victorian Afghan
Associations Network



Piragash Manoharan
nominated by The Victorian Tamil
Cultural Association



Rohini Jayakody
nominated by Buddhist Vihara
Victoria



Rosie Thyer
nominated by Culture Spring
Centre for Multicultural Youth



Sandra Davidson
nominated by Greater Dandenong
City Council



Selba-Gondoza Luka
nominated by Afri-Aus Care



Suppiah Baheerathan
nominated by Victorian Tamil
Cultural Association



Uthaya Singarajah
nominated by Victorian Tamil
Association



Wojtek Klauza
nominated by ADRA Community
Care Centre - Dandenong



Xue Yuan Aolei
nominated by Casey Chinese
Senior Support Group

Handy guide to government and community services

After Hours GP Helpline

After assessment by a registered nurse, you can speak directly to a GP

1800 022 222

Aged Care Quality and Safety Commission

Assesses complaints and concerns about aged care services

1800 951 822

www.agedcarequality.gov.au

Arthritis Australia

Improving quality of life for Australians living with arthritis

1800 111 041

www.arthritisaustralia.com.au

Asthma Australia

Helps people with asthma to breathe easy

1800 278 462

asthma.org.au

Australian Centre for Grief and Bereavement

Assistance following the death of someone close

253 Wellington Road Mulgrave

1800 642 066

www.grief.org.au

Better Health Channel

Information to improve health and wellbeing

www.betterhealth.vic.gov.au

Beyond Blue

Improving the lives of people affected by anxiety, depression, or suicide

1300 224 636

www.beyondblue.org.au

Bowel Cancer Australia

Prevention, early diagnosis, research, quality treatment and the best care for everyone affected by bowel cancer

Helpline **1800 555 494**

www.bowelcanceraustralia.org

Cancer Council Australia

Offers a range of services to support anyone affected by cancer

615 St Kilda Road Melbourne

13 11 20

www.cancer.org.au

Carer Gateway

Advice and support for carers, including respite care

1800 422 737

www.carergateway.gov.au

Casey Hospital

62-70 Kangan Drive Berwick

8768 1200

www.monashhealth.org

Centrelink

Social security payments and services
Reply Paid 7800 Canberra BC ACT 2610

Dandenong Service Centre

27-29 Robinson Street Dandenong

Fountain Gate Service Centre

71 Webb Street Narre Warren

Older Australians **13 2300**

Carers **13 2717**

Complaints and feedback **1800 132 468**

Grandparent Adviser Line **1800 245 965**

myGov help desk **13 2307**

Multilingual phone service **13 1202**

Telephone self service **13 6240**

www.humanservices.gov.au

Continence Foundation of Victoria

Promoting bladder and bowel control health

National Continence Helpline

1800 330 066

www.continence.org.au

Consular Emergency Centre

Emergency consular assistance available 24 hours a day

1300 555 135

Crime Stoppers Victoria (and Hoon Hotline)

Confidential reporting of crime information

1800 333 000

www.crimestoppersvic.com.au

Dandenong Hospital

135 David Street Dandenong

9554 1000

www.monashhealth.org

Dementia Australia

Support for people living with dementia and those involved in their care

1800 100 500

www.dementia.org.au

Department of Veterans' Affairs

Supporting those who serve or have served in defence of our nation

GPO Box 9998, Brisbane QLD 4001

300 Latrobe Street Melbourne

1800 838 372

www.dva.gov.au

Diabetes Australia

Working to reduce the impact of diabetes

1800 177 055

www.diabetesaustralia.com.au

Elder Rights Advocacy

Helping older people and their families with issues to do with aged care

1800 700 600

www.elderrights.org.au

GriefLine

Free, compassionate and confidential support

1300 845 745

www.griefline.org.au

Head to Health

Connects to help and support to keep mentally healthy

1800 595 212

www.headtohealth.gov.au

Health Complaints Commissioner (Victoria)

Resolves complaints about healthcare and handling of health information

Level 26, 570 Bourke Street Melbourne

1300 582 113

www.hcc.vic.gov.au

Healthy Bones Australia

Reducing broken bones and improving bone health

1800 242 141

healthybonesaustralia.org.au

Heart Foundation Helpline

Personalised information on heart health

13 1112

www.heartfoundation.org.au

Hepatitis Australia

Viral hepatitis information and support

Hepatitis Infoline **1800 437 222**

www.hepatitisaustralia.com

Home Affairs

Citizenship, visas, immigration, and border protection

13 1881

www.homeaffairs.gov.au

Kidney Health Australia

Helping people with kidney disease to improve health outcomes

125 Cecil Street South Melbourne

1800 454 363

www.kidney.org.au

Lifeline

24-hour crisis support and suicide prevention services

13 1114

www.lifeline.org.au

Medical Costs Finder

Find costs for medical services

medicalcostsfinder.health.gov.au

Medicare

Help with medical costs

GPO Box 9822 Melbourne VIC 3001

Dandenong Service Centre

27-29 Robinson Street Dandenong

Fountain Gate Service Centre

71 Webb Street Narre Warren

General enquiries **13 2011**

Telephone claims **1300 360 460**

Australian Immunisation

Register **1800 653 809**

Pharmaceutical Benefits

Scheme **13 2290**

www.servicesaustralia.gov.au

Government and community services

Medicines Line

Information on prescription, over-the-counter and complementary medicines
1300 633 424
www.nps.org.au/medicines-line

MensLine

Telephone and online counselling service for men
1300 789 978
www.mensline.org.au

Mental Health Complaints Commissioner (Victoria)

Deals with complaints about public mental health services in Victoria
Level 26, 570 Bourke Street Melbourne
1800 246 054
www.mhcc.vic.gov.au

Monash Health Community Berwick

28 Parkhill Drive Berwick
8768 5100
www.monashhealth.org

Monash Health Community Dandenong

122 Thomas Street Dandenong
9792 8100
www.monashhealth.org

My Aged Care

Information about accessing aged care services
1800 200 422
www.myagedcare.gov.au

myGov

Access government services from one place
13 2307
my.gov.au

National Anti-Corruption Commission

Deterring, detecting, and preventing corrupt conduct involving Commonwealth officials
1300 489 844
www.nacc.gov.au

National Cervical Screening Program

Check eligibility and learn about cervical screening
13 1556
www.health.gov.au

National Health Services Directory

Find health services (GPs, pharmacies, hospitals)
www.nhsd.com.au

National Immunisation Program

Free vaccines to eligible people to help reduce diseases
1800 671 811
www.health.gov.au

Neighbourhood Watch

Volunteer crime prevention and community safety group
Casey **0408 348 352**
Greater Dandenong **0407 325 030**
www.nhw.com.au

NURSE-ON-CALL

Expert phone advice from a registered nurse
1300 60 60 24
www.healthdirect.gov.au

Organ Donor Register

Register your organ and tissue donation decision
1800 777 203
www.servicesaustralia.gov.au

Poisons Information Centre

What to do if poisoned, bitten, stung, or overdosed
13 1126
www.austin.org.au/poisons

Prime Minister of Australia

Parliament House Canberra ACT 2600
www.pm.gov.au

Priority Primary Care Centres

Free care for urgent but non-life-threatening injuries and illnesses
1/134 Logis Boulevard,
Dandenong South
9579 7933
www.greensmedicalgroup.com.au

60 Victor Crescent,
Narre Warren
9771 2020
www.narregatemedicalcentre.com.au

Public Toilet Map

Find publicly available toilets
toiletmap.gov.au

Quit

Support to help people stop smoking
Quitline **13 78 48**
www.quit.org.au

RSPCA

Improving the welfare of animals and pets
9224 2222
www.rspcavic.org

Seniors Card (Victoria)

Discounts on goods and services
1300 797 210
www.seniorsonline.vic.gov.au

Smartraveller

Travel advisory and consular information service
smartraveller.gov.au

State Emergency Service (SES)

Flood, storm, and earthquake emergency
13 2500
www.ses.vic.gov.au

Stroke Foundation

Helps stroke survivors, carers or family members find support and services
1800 787 653
www.strokefoundation.org.au

Suicide Call Back Service

Telephone and online counselling to people who are affected by suicide
1300 659 467
www.suicidecallbackservice.org.au

Suicide Line

Telephone and online counselling for people affected by suicide
1300 651 251
www.suiceline.org.au

University of the Third Age (U3A)

Sharing learning experiences in active retirement

Casey U3A
19 Beldale Court Berwick
0493 280 458
u3acasey.org.au

Dandenong U3A
Paddy O'Donoghue Centre
18 Buckley Street Noble Park
9546 2997
dandenongu3a.org.au

VicEmergency

Emergency information and warnings
emergency.vic.gov.au

Vision Australia

Supporting people who are blind or have low vision
45 Princes Highway Dandenong
1300 847 466
www.visionaustralia.org

For more local government and community services, including safety, support and legal services, visit the handy guide on Julian Hill’s website www.julianhillmp.com

Lifting the standard of aged care

The final report of the Royal Commission into Aged Care Quality and Safety in 2021 described the aged care system under the previous Liberal government as a shocking tale of neglect, which was unkind and uncaring.

With the Albanese government’s reforms to aged care, there is now a registered nurse on site in aged care 98.7% of the time on average. That’s 23.69 hours a day.

Residents are receiving an additional 2.16 million additional minutes of care every single day. And there has been a reduction in significant unplanned weight loss, physical restraint and pressure injuries.

Older Australians and their families can go to the My Aged Care website to see how much aged care providers are actually spending on care, food, and wages – alongside their star ratings.



The star ratings data shows that the Albanese government is delivering on its promise to lift the standard of aged care. Residents report that the quality of care they receive is getting better, with 95% of aged care homes now delivering acceptable, good or excellent care.

The Albanese Labor government has brought aged care back from the brink and is working to make sure that the system is capable of sustaining this progress and further improvements.

The Albanese government has put nurses back into nursing homes, given carers more time to care, lifted wages in the sector, and improved transparency and accountability.

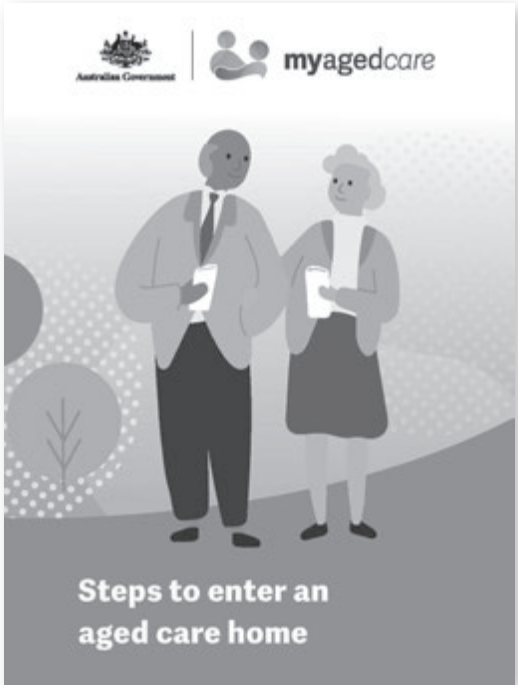
More savings on prescription medicines

The Albanese government’s measures to make medicines cheaper are delivering real cost-of-living relief.

The government has now doubled the number of medicines available for a 60-day script, with a total of 184 medicines now eligible.

This means people with ongoing health conditions will now be able to receive a two-month supply of their medication for the price of one script.

Australians without a concession card will save up to \$189.00 per medicine per year. Pensioners and concession cardholders will save up to \$46.20 per medicine per year.



If you or a family member want to receive a free copy of either aged care booklet, call Julian on 9791 7770, or email julian.hill.mp@aph.gov.au

