

Age in Focus

December 2022 - January 2023

Welcome to the latest edition of the Age in Focus newsletter.

It's that special time of year to come together to celebrate and enjoy the festivities. In this edition, you will find lots of fun activities, information on pool and spa safety, how to prepare for an emergency and ways to keep cool during the hotter months.

Thank you for your support over the past year and for being such an important part of what we do. On behalf of the Age Friendly team at Banyule City Council, we would like to wish you happy times during the festive season.

Contents

Victorian Seniors Festival 2022	Page 2
Social lunch outings	Page 3
Preparing for emergencies	Page 4
Keep cool this summer	Page 5
Swimming pools and spa barriers	Page 6
What's On	Page 6



Victorian Seniors Festival 2022

Thank you for your contribution and to everyone who participated in the **Seniors Festival 2022**. We hope you had the chance to get out there and enjoyed a wide range of activities throughout the month of October. Below is a short report on some of the activities older Banyule residents engaged in.

Ivanhoe Seniors Exercise Park BBQ

The Seniors Exercise Park BBQ was an incredible morning! Although we had to cancel the first session, we were lucky the rain held off the second time. There were over 20 people who came to the event, some participants had never used the exercise park before and others were more experienced.

The day started with a demonstration on how to use the equipment led by our staff member Catherine Corbett, followed by an outdoor BBQ enjoyed under the rotunda.

It was a great day with many people enjoying the physical and mental health benefits of exercising in a fun environment.

Regular come & try sessions are held on Fridays. To join contact the Age Friendly Team on 9242 3471.

Intergenerational Playgroup

The Intergenerational Playgroup was a fun filled day for all ages at Ivanhoe Library Cultural Hub. Bringing together a large group of approximately 60 older adults, young children and parents all joining in on story time, live performances, singing, dancing and morning activities.

The obvious connections made between the older and younger residents of Banyule was truly magical.



Northern Indoor Carpet Bowls Tournament

The Northern Indoor Carpet Bowls Tournament between Banyule City Council and the City of Whittlesea was held at the Thomastown Recreation & Aquatic Centre (TRAC), attracting 60 attendees from across both municipalities.

Four teams from each Council came together to compete in 5 games.

After 5 hours of nail-biting suspense of skillful play, penalties, replays, measuring and marking of the score cards, the winning teams were announced in an official ceremony by Banyule City Council CEO Allison Beckwith and City of Whittlesea CEO Craig Lloyd.

First place went to Watsonia 50 Plus, second place Mernda Probus and Third place Rosanna/Macleod Italian Pensioners. Congratulations to both of our teams for playing a great game and bringing the cup home.



Victorian Seniors Festival 2022

Seniors Festival High Tea

The Seniors Festival High Tea at Heidelberg Golf Club was a huge success, with over 377 attendees across three days despite the wet weather.

It was lovely to meet so many of you in person to mark this special occasion and thank you for taking the time to share your experience with us.

The feedback results indicated participants mostly appreciated the opportunity to meet new people, as well as enjoyed the morning tea, the entertainment, and the overall experience.

We appreciate your suggestions for improvement and will take it into consideration when planning future events.

Thank you again for your participation in the 2022 Seniors Festival, we look forward to bringing more fun and exciting activities in 2023.



Social lunch outings

It's beginning to look a lot like Christmas!

There's never a better time to get together to meet new people, catch up with friends and stay connected with the community than now.

Sharing a meal is a great way to celebrate collectively. We would like to invite you to join the Age Friendly team for lunch during this special time of the year.

Participants are required to pay for their own lunch, ordering and paying for beverages and/or a meal on the day.

Bookings are essential, please contact Banyule Customer Service on 9490 4222.



Christmas Get Together

When: Tuesday 20 December
Time: 12.30pm to 2.30pm
Where: Infusion Greensborough
91 Grimshaw St, Greensborough

New Year Catch Up

When: Wednesday 18 January
Time: 12.30pm to 2.30pm
Where: Café Scintilla
131 Burgundy St, Heidelberg

Preparing for Emergencies

Emergencies can strike at any time. They can damage and destroy homes and valuables, affect health, upset routines, and in many cases cause significant financial burden. The impacts are complex, long term, and often hidden.

Depending on your circumstances, you might be more at risk to the impacts of an emergency due to limited mobility, a chronic health condition, social isolation, a lack of access – even temporarily – to health, support and essential services, as well as financial strain on a limited or finite income.

To reduce the impacts on your life, talk with a partner, carer or family member about having an emergency plan. You don't have to do it all at once. Every little bit counts. Most of it is easy and won't take long.

Prepare your mind

It's important to think about how to prepare both practically and psychologically for an emergency. Disruption to routines can increase anxiety and impact how you might respond.

The Australian Red Cross' RediPlan has some great tips on how to anticipate what might be stressful, identify your reactions, and put in place some strategies to manage the situation. (redcross.org.au/emergencies/resources)

Step 1: Get in the know

You need to know the risks you face, how your life might be disrupted and who can help. Talk about your strengths and where you might need help in dealing with the impacts of an emergency. Think about how hazards in your local area (both home and workplace) might affect you and your circumstances. The following is a list of where you might be able to get assistance in an emergency.

Step 2: Get connected

Being connected to your community means you can help each other during and after an emergency. If you face challenges with mobility and managing daily living routines, or live alone, having a personal support network is important. These are people who live close to you who can help with information, check in on you, or with preparing, evacuating, returning or cleaning up your home before during and after an emergency. Equally you can be of great reassurance to someone else who lives locally.

Step 3: Get organised

Organising the things that will help you gain a sense of control after an emergency is the next step to being prepared. Having a record of your medical conditions, the medications you take and aids you use, your care plan, doctors/ specialists, nursing, and home care support agency contact details will make things easier during and after the emergency for you and your carers. If you use a smart phone, use the Medical ID function to record details on your iPhone or download an ICE app for Android phones. If you are a social media user, 'like' the Fire Services, SES, Bureau of Meteorology, ABC Emergency and Red Cross.

It will also help if you to identify and protect your irreplaceable items. A lifetime of memorabilia can have a great meaning not only for you, but also your family.

Step 4: Get packing

Prepare a kit with your medical, sensory and mobility needs. Make sure you have spare batteries or parts for any aids. If you have spare glasses, also put them in your kit.

Congratulations! You are now part of the millions of people who have taken steps to become more disaster resilient. Encourage family and friends, and particularly those in your personal support network to also download RediPlan and become prepared.

SURVIVE THE HEAT

Heat kills more Australians than any other natural disaster

- DRINK WATER**
Even if you don't feel thirsty, drink water. Take a bottle with you always.
- HOT CARS KILL**
Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.
- KEEP COOL**
Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.
- PLAN AHEAD**
Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.
- CHECK IN ON OTHERS**
Look after those most at risk in the heat – your neighbour living alone, older people, the young, people with a medical condition and don't forget your pets.

SURVIVE THE HEAT
Visit betterhealth.vic.gov.au

For more information visit the Better Health Channel. Call NURSE-ON-CALL on 1300 60 60 24 or see your doctor if you are unwell. In an emergency, call 000.



Keep cool this Summer

After a very wet Spring, I'm sure most of you are all looking forward to the warmer and brighter days summer brings.

During these hotter months, Melbourne can experience heatwaves and days of extreme heat. Being prepared for and informed about extreme weather conditions can reduce heat related illness.

What is a heatwave?

A heatwave is an extended period of abnormally and uncomfortably hot and humid weather where heat related illness and death increase substantially. During the 20th century heatwaves caused more deaths in Australia than any other natural hazard.

Before: preparing for extreme heat

With a heat wave predicted, there are things you can do to prepare your home, pets and the people around you:

- keep the sun out by drawing your curtains, blinds and awnings at the start of the day
- check and service your home cooling systems and air conditioner
- make sure pets have plenty of shade and cool water for the day and check them regularly
- know your neighbours and if they are at risk
- choose the coolest place in the house for babies or young children to sleep and make sure the air can circulate around the bassinet or cot (remove any liners or padding).

During: what you can do during extreme heat?

Stay cool:

- dress in light, loose clothing
- turn on fans and air conditioning
- spend the day in a shopping centre, library or other cool public place
- use a cool damp cloth or towel to keep you cool at night.

Look after yourself and others by:

- checking on family, friends and neighbours regularly, particularly those most at risk
- understand heat stress
- seeking medical help immediately if you show any symptoms of heat stress, including heavy sweating, headache, vomiting, confusion and swollen tongue
- drinking water, even if you do not feel thirsty (check with your doctor if you are on limited fluids)
- avoid being out in the sun for extended periods. If you have to be outside seek shade, wear sunscreen, a shirt, hat and sunglasses
- do not leave children or pets in parked cars for any length of time.

After: recovering from extreme heat

- Drink water, even if you do not feel thirsty (check with your doctor if you are on limited fluids).
- Seek medical help immediately if you show any symptoms of heat stress, including heavy sweating, headache, vomiting, confusion and swollen tongue.
- Check on family, friends and neighbours and let them know you are ok.
- Open your windows to allow cool air to circulate and cool your home when the outside temperature has dropped.

Pick up a copy of the Keep Cool in Banyule Map at your nearest Council Customer Service Centre. This is your guide to where to cool down, get a drink of water and access help on a hot day in Banyule – for free.

Swimming pools and spa barriers

Pool and spa safety barriers save lives. That's why new laws require local pool and spa owners to register with Council and get their barrier checked every 4 years.

Between 2000 and 2019, 27 young children drowned in private swimming pools and spas. In at least 20 of those cases, the non-compliance of the safety barrier is likely to have played a role.

Even relocatable swimming pools or relocatable spas that has been in place for 3 or more consecutive days need to be registered.

Steps to registering your pool:

1. Register your pool with council over the phone or online: banyule.vic.gov.au/Planning-building/Pool-and-spa-barriers
2. Get Pool/Spa inspected
3. Provide Compliance Certificate to Council
4. Update every 4 years

For any queries about the pool register and providing compliance certificates, phone 9433 7777 during business hours or email pool.register@banyule.vic.gov.au.

What's on Family Fun Activities

Grandparents can bring their grandkids along.

Connecting Kids with Nature Bugs Galore

Explore the interesting, fascinating and strange world of invertebrates. Discover where they live, what they eat, how they can change, how they protect themselves and how we can protect them. Some of the bugs you will meet include stick insects, litter bugs, millipedes, centipedes, scorpions and tarantula.

Wednesday 18 January | Sessions at 10am and 11.30am

Ivanhoe Library Cultural Hub,
275 Upper Heidelberg Road, Ivanhoe.

Bookings open on 9 December:
trybooking.com/CDLJO



Animals Galore

Children will have fun discovering the diversity and uniqueness of animals that are found in the Australian bush. They will meet, interact with and learn about our furry, feathery and scaly friends. The animals that we bring include possum, frog, bird, lizards, crocodile and python.

Monday 23 January | Sessions at 10am and 11.30am

Ivanhoe Library Cultural Hub,
275 Upper Heidelberg Road, Ivanhoe.

Bookings open 9 December:
trybooking.com/CDLKL



Outdoor Movies

Each summer we host a program of free outdoor movies at locations throughout Banyule.

These are free family-friendly events. BYO blanket, deck chair and a picnic. No booking required.

Saturday January 21 | 4pm – 6.30pm

Paw Patrol The Movie (Rated G)

Saturday January 21 | 6.30pm – 8.30pm

Clifford the Big red Dog (Rated PG)

Macleod Village, Aberdeen Road, Macleod

Saturday January 28 | 4pm - 6.30pm

Spirited untamed – The Movie (Rated G)

Saturday January 28 | 6.30pm – 8.30pm

Minions - The Rise of Gru (Rated PG)

Anthony Beale Reserve, St Helena Road, St Helena.



What's on

Greensborough Social and Activity Club Inc

Learn to Dance

Thursdays | 1:30pm - 3:30pm | \$5 a session

205 Henry St, Greensborough

Neil and Pamela will guide you gently through the basics of ballroom, line dancing and rock n roll. A fun afternoon with refreshments on December 1 and 8 and reopens early 2023.

Also available during the week, indoor bowls, table tennis, cards 500, board games and Bingo.

Club membership \$15

For more information, please contact Pamela on

T: 0435 175 214

Watsonis 50s Club

Watsonia 50s Plus Club will be closing for the Christmas holidays on Thursday 15 December 2022 and re-opening on Monday 16 January 2023 at 12 noon for Cards 500 & Canasta plus Carpet Bowls. These activities will continue every Monday, Thursday, and Saturday afternoons throughout the year.

On Wednesday 18 January 2023 from 1pm to 4pm, Scrabble will be re-opening for weekly Scrabble sessions. There will be two groups. One is a learning group for beginners, the other group is for the more experienced players.

Non-members are welcome to come along and try any of these activities for free, a yearly membership fee of \$35.00 will be due February 2023.

Tai Chi and Aerobics will resume on Thursday 2 February 2023, and Tai Chi Qigong on Monday 6 February 2023.

For more information, please contact: Dennis 0447 575 098 or email info@watsonia50splusclub.com

Seniors Ivanhoe Exercise Park

Fridays 10am - 11am | FREE

Corner Wamba Rd and Lower Heidelberg Rd, Ivanhoe East

Ivanhoe Seniors Exercise Park is designed for older people to improve strength, balance, flexibility, mobility and function. Whether you are a beginner or advanced, our regular sessions are for everyone. Come along to meet new people, have fun, and improve your fitness. Our friendly trained champions will show you how to safely use the equipment.

For more information please contact Catherine Corbett on T: 9242 3471

Christmas Day Lunch

Sunday 25 December | 12pm - 5:30pm | FREE

Olympic Village Exodus Community, 273 Liberty Parade, Heidelberg West

If you are alone on Christmas Day, come and join us for a free, hearty lunch and cheerful company.

To book a spot, please contact Brother Harry Prout on M: 0400 940 104.

Carols by Candlelight 2022

Saturday 17 December | 5pm to 9pm

Henry Street, Greensborough War Memorial Park, Greensborough.

Accessible drop-off is at Ester Street.

Come along for a fantastic live event to celebrate in person at Greensborough War Memorial Park. Hosted by Denis Walter, with performances by:

- Bobby Fox
- Kylie Auld
- Diamond Valley Brass Band
- The Australian Children's Choir
- with special guests Elf, Santa and Frosty!

No booking required. If you have any questions, please feel contact Banyule Council Events Team on 9433 7727.

Heidelberg Allstars

Monday 30 January | 10am to 2pm | FREE trial

Banyule Theatre, 10 Buckingham Dr, Heidelberg

Come and try a free dancing and singing class for over 55's. Everyone is welcome!

For more information, contact Peter on M:0418 358 471 or Maida M: 0411 571 290

Website: heidelbergallstars.com

Community Christmas Day Lunch 2022

Community Christmas Day Lunch us on!

This year we will bring it to your home, or you can pick up a hamper from the Diamond Creek Uniting Church.

2022 has been another trying year. If you feel that you could use a friendly visit on Christmas Day and a Christmas dinner with no charge, please get in touch. Everyone welcome.

If you would like to chat about coming or simply to say "yes", call Graham on 0419 361 487 or email: gford@bigpond.net.au

Contact Us

All enquiries

PO Box 94, Greensborough, VIC 3088
Phone 9490 4222
enquiries@banyule.vic.gov.au
banyule.vic.gov.au

Council Service Centres

Greensborough 1 Flintoff St
Ivanhoe 275 Upper Heidelberg Rd
Rosanna 72 Turnham Ave (currently closed)
COVID-19 restrictions may impact operations so please check our website for up-to-date information. Our customer service staff can also assist you over the phone.

Hearing or speech impaired

Call us through the National Relay Service on 133 677 (TTY) or 1300 555 727 (ordinary handset) and contact 9490 4222.

Interpreter service:

If you need an interpreter, please contact TIS National on 131 450 and ask to be connected to Banyule Council on 9490 4222.

إذا كنتم بحاجة إلى مترجم، الرجاء الاتصال بالخط القومي لخدمة الترجمة الهاتفية TIS على الرقم 131 450. واطلبوا إيصالكم ببلدية بانيل على الرقم 9490 4222.

若你需要口譯員，請致電131 450聯絡TIS National，要求他們為你致電9490 4222接通Banyule市政廳。

Ako vam je potreban tumač, molimo vas, nazovite TIS National na broj 131 450 i zatražite da vas se spoji sa Vijećem općine Banyule na broj 9490 4222.

Αν χρειάζεστε διερμηνέα τηλεφωνήστε στην Εθνική Υπηρεσία Διερμηνέων Μεταφραστών στον αριθμό 131 450 και ζητήστε να σας συνδέσουν με τη Δημαρχία Banyule στο 9490 4222.

Se hai bisogno di un interprete chiama TIS National al numero 131 450 e chiedi di essere messo in comunicazione con il Comune di Banyule al numero 9490 4222.

Ако ви треба преведувач ве молиме јавете се на TIS National на 131 450 и замовете да ве поврзат со Banyule Council на 9490 4222.

如果你需要一名翻译，请打电话到国家电话翻译服务处 (TIS National) 131 450，再转接到Banyule市政府9490 4222

Haddii aad u baahan tahay mutarjum wac khadka qaranka oo ah TIS 131 450 weydiina in lagugu xiro Degmada Banyule tel: 9490 4222.

Nếu cần thông dịch, xin gọi cho TIS Toàn Quốc qua số 131 450 rồi nhờ họ gọi cho Hội Đồng Thành Phố Banyule theo số 9490 4222 giúp quý vị.



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If you would like to receive an email copy of the Age in Focus, please visit www.banyule.vic.gov.au/ageinfocus and register your details.

Alternatively you can complete the form below and send it to the address provided to have a copy posted to you.

Banyule City Council,
Aged Services,
PO Box 94,
Greensborough 3088

Name: _____

Address: _____

Telephone: _____