

# Age in Focus

## Winter 2022

Welcome to our new look newsletter!

In this edition, there is information on safely using public transport, volunteering opportunities and information to help you understand the new bin system, which commences in July.

There are also lots of events and activities to keep you busy and help you stay active over winter.

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# Build your confidence and travel safely on public transport

Public Transport Victoria work closely with Victoria Police and public transport operators to help make your journey safer on the public transport network.

There are staff and many safety features across the train, tram and bus network; all working together to keep you safe. These include; Protective Services Officers (PSOs), Authorised Officers, Transit Police, customer service staff, CCTV, emergency assistance buttons and safety zones.

A group of people from the Older Adults Recreation Program went on a day trip with Victoria Police on Friday 29 April to learn more about how to travel safely on public transport. Participants had the opportunity to get to know some of the staff and roles of the PSO's and Transit Police. Please see below information for all the benefits of traveling on public transport:

Your Seniors myki gives you:

- A 50 per cent discount on trains, trams and buses, including V/Line trains and coaches.
- Free weekend travel in any two consecutive zones and on regional town buses.
- Free travel during the annual Victorian Seniors Festival.
- Access to free travel vouchers.

You're also eligible for concession fares with a Pensioner Concession Card.

## Eligibility

- You must have a Victorian Seniors Card, available to permanent residents of Victoria aged 60 or over who work less than 35 hours a week. It is issued by the Department of Health and Human Services.
- International seniors aren't eligible for a concession fare.
- The Seniors Business Discount Card doesn't give discounted public transport.

## Free travel vouchers



You're eligible for annual free travel vouchers if you're a Victorian resident and a Victorian Seniors Card holder.

Depending on where you live, you're eligible for two or four off-peak free travel vouchers every year.

From 2020, eligible customers need to register to receive their allocation of free travel vouchers.

To find out more and register to receive free travel vouchers visit the link below or contact Public Transport Call Centre on 1800 800 007

[www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/free-travel-vouchers/](http://www.ptv.vic.gov.au/tickets/myki/concessions-and-free-travel/free-travel-vouchers/)

## How to travel

- When you apply for your Victorian Seniors Card, you'll automatically receive your first Seniors myki free.
- Always carry your Seniors Card and Seniors myki when you travel.
- If you need to sit down when you travel, look for the priority seat signs and ask for a seat. You'll find priority seats on every train, tram and bus.
- Seniors with an Android phone can also use Mobile myki.

# FOGO is coming to Banyule

FOGO stands for Food Organics and Garden Organics, and it refers to the new waste service that will be launching in Banyule from July 4. The new service will mean that you can place all your food scraps into your existing green bin, along with your garden waste!

From July 4 we'll collect your FOGO waste weekly and turn it into compost!

**New bin collection frequencies - starting from 4 July.**



## Kitchen caddies are coming soon

Across the month of June, we'll be delivering a kitchen caddy to each household.

Use your caddy to help with collecting your food waste in the kitchen and transporting it to your FOGO bin.

Your kitchen caddy will be left at your doorstep if accessible. If your property has a shut gate, instead your caddy will be placed where appropriate i.e., hanging on the inside of the fence, on the letterbox or by the driveway.

Each caddy will contain information about the FOGO service and a new collection calendar, ensuring that everyone is ready for the new service when it commences in July.



# FOGO is coming to Banyule

If you can eat it or it grows, in your FOGO bin it goes!

## Yes

### Food scraps



Fruit and vegetables



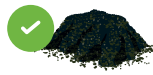
Bread, cereal, pasta and rice



Meat and seafood (including bones!)



Dairy and eggs



Coffee grounds and tea leaves



Leftovers

### Garden waste



Grass clippings



Plants and weeds



Prunings, leaves and flowers

## No

### The following items cannot go in your FOGO bin



Plastic bags / bin liners



Nappies



Compostable / biodegradable bags



Food packaging, containers and cutlery



Pet poo / animal remains



Tea bags and coffee pods



Treated wood, large plant pots, soil and / heavy branches



Plant pots, soil and building materials



Cooking oil

## Why compostable bags are a NO-GO for FOGO

Compostable bags and liners, and other packaging labelled as compostable and biodegradable, cannot be used in the food and garden waste service for a number of reasons:

- Collected FOGO waste goes to the Veolia organics processing facility in Bulla, where through a fast and controlled process, it takes only seven to ten days to be composted.
- Unlike food and garden waste, bin liners (including those labelled as biodegradable or compostable) can't break down in such a short process. If a knot is tied at the end of the bag, this takes even more time to break down.
- When food waste is bagged, it prevents the identification and removal of other contaminants like plastic and glass that aren't compostable and should not be sent to composting facilities.
- Remember, your food waste is turned into soil fertiliser to be used on farms, and in parks and gardens. The aim is to create a highly nutrient dense product. We don't want liners ending up in our soil.



Instead, you can use a few sheets of newspaper or paper towel to wrap food waste or to line the kitchen caddy.



# FOGO is coming to Banyule

## Simple tips and tricks for managing your FOGO bin

There are a few simple tips and tricks to help manage your FOGO bin.

### Where possible for your household;

- Let hot food cool down before placing it in your bin
- Place grass clippings or garden prunings at the base of the bin before adding food waste, and in layers between
- Store your bin in a shaded area, out of the sun
- Don't overfill your bin to ensure the lid stays closed
- Refrigerated foods – like meat and seafood – may benefit from being kept in the fridge or freezer until bin night

### Kitchen caddy top tips!

- You can line your kitchen caddy with 1-2 sheets of newspaper or paper towel
- Rinse your kitchen caddy as required - to prolong label life, handwashing is recommended however it is dishwasher safe
- You can also sprinkle bi-carb soda in your bin or caddy to help absorb any potential odours

## Get in touch

Find out more about this change at [banyule.vic.gov.au/FOGO](http://banyule.vic.gov.au/FOGO) or scan the QR code below.



For any other questions or queries please call 9490 4222 or email [enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au) with any questions.

**Together, let's rethink our waste.**



# Day Trips

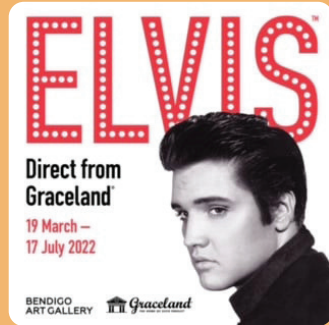
Bookings opens the first day of every month. To reserve a seat please contact Customer Service on 9490 4222.

## Elvis exhibition

**When:** Wednesday 22 June  
**Where:** Elvis Exhibition Bendigo  
**Cost:** \$70  
**Depart:**  
7.30am sharp – Ivanhoe Library and Cultural Hub  
8.00am sharp – War Memorial Park, Greensborough

**Includes:** Coach travel, morning tea, entry to the Elvis Exhibition, 2 course lunch at Bridge Hotel, visit to the Bendigo Woollen Mills.

**Return:** Approx. 5.30pm



Payment required by Friday 17 June



## Christmas in July @ Sanctuary House

**When:** Wednesday 27 July  
**Where:** Sanctuary House Healesville  
**Cost:** \$74

**Depart:**  
9.45am sharp – Ivanhoe Library and Cultural Hub  
10.15am sharp – War Memorial Park, Greensborough

**Includes:** Coach travel, morning tea, 2 course lunch with entertainment.

**Return:** Approx. 4.30pm

Payment required by Friday 15 July

## Terms and conditions

### Cancellation of Bookings

If you wish to cancel your booking, you MUST do so 7 days prior to the event in order to receive a full refund.

If you cancel within 7 days of the event for any reasons and we are not able to find a replacement, you will be charged the full amount and no refund/credit will be issued. This is due to Council being required to pre-pay for these activities.

Please make sure that you can attend the activities when booking and paying.

All participants attending the day trip must be independent.

Participants must be able to climb more than 6 steps into a coach and walk 50 metres unassisted (with walking stick acceptable).

### Pick up locations

**Ivanhoe Library & Cultural Hub**  
275 Upper Heidelberg Rd, Ivanhoe

\*Ivanhoe Library & Cultural Hub has a 3-hour parking limit. To obtain a temporary all-day parking permit, please see the program organiser.

You are required to display the permit on the dashboard of your car on the day of the event.

**Greensborough War Memorial**  
203 Henry St, Greensborough

\*Please enter off McDowell St, Greensborough. (Free all-day parking, no permit required)





# The Explorer Program

Its time to start exploring again! We're here to help you experience all the great things to do in Melbourne. We will be taking a small group of people on our mini bus to venture into the city. Bookings essential, please contact Customer Service on 9490 4222.

## Queen Victoria Market

Thursday 16 June

**Where:** Queen St, Melbourne

**Cost:** Free

**Departure:** 10.00am at Ivanhoe Library Cultural Hub

**Includes:** Mini bus travel, 60 minutes guided walking tour, Gelato or Hot Jam Doughnut.

## The Lume Melbourne - Van Gogh

Wednesday 8 June

**Where:** 5 Convention Centre Place, South Wharf

**Cost:** \$15

**Departure:** 10.00am at Ivanhoe Library Cultural Hub

**Includes:** Mini bus travel and entry to The Lume Melbourne.

## Royal Botanical Garden

Tuesday 12 July

**Where:** Birdwood Ave, Melbourne

**Cost:** Free

**Departure:** 10.00am at Ivanhoe Library Cultural Hub

**Includes:** Mini bus travel, live commentary in the comfort of an open-air minibus.



## Movie, Drink and Choc Top for only \$5

Sit back and enjoy an exclusive screening at Hoyts Cinema.

Contact Customer Service on 9490 4222 to book your ticket now!

**Movie:** Downtown Abbey

**Date:** Friday 24 June

**Time:** 10am (Movie commences 10.30am)

**Location:** Hoyts Cinema Greensborough  
25 Main Street, Greensborough

**Movie:** Elvis

**Date:** Wednesday 20 July

**Time:** 10am (Movie commences 10.30am)

**Location:** Hoyts Cinema Northland  
50 Murray Road, Preston



# Jobs Victoria Advocates in Banyule



Looking for employment, education, training, or volunteering support, information or advice?

Banyule's Jobs Victoria Advocates offer flexible support services to community members aged 15+ years who are looking for:

- Career, education, training and employment advice
- Application support and tips about getting a job
- Resume, cover letter and interview skills
- Career planning and goal setting
- Direct referrals to employment services
- Support finding local volunteering opportunities
- Linkages into local community groups and programs

Want to know more?

Visit [banyule.vic.gov.au/JobHelp](http://banyule.vic.gov.au/JobHelp) or call us today on 9049 3361

This program is supported by Jobs Victoria. Jobs Victoria supports people looking for work and connects employers with the staff they need - in person, online, and on the phone. Learn more at [jobs.vic.gov.au](http://jobs.vic.gov.au)

## Volunteer Opportunities

### Repair Café

Repair Cafe needs new, handy volunteers to act as repair experts during the repair meetings. Repair Café are looking for people handy with:

- Electrical appliances
- Bicycles
- Furniture/Wooden Objects

**Contact:** Christine  
14 Church St, Greensborough  
**T:** 9435 5762

### Ryder Cheshire Ivanhoe Homes

Monthly Gardening Working Bee and Morning Tea.

Last Wednesday of the month  
9.30am – 11.30am

Come along, meet new people and do some light gardening duties – weeding, trimming, watering. Please bring your own gardening gloves.

**Contact:** Sandra  
10 – 14 Donaldson St, Ivanhoe  
**T:** 9254 2400

### Banyule TAG L2P Program

The L2P Learner Driver Mentor Program provides an opportunity for young people to complete their required 120 hours of driving experience that they may otherwise be unable to achieve.

To find out more about volunteering to become a mentor, contact the program coordinator.

**Contact:** Simone Bajzelj  
**T:** 0430 038 450  
**E:** [simone@bnllen.org.au](mailto:simone@bnllen.org.au)



# What's on

## Banyule Leisure Older Adults Program

170 Waterdale Road, Ivanhoe

T: 9490 7111 or E: leisure.enquiries@banyule.vic.gov.au

### Cost for casual sessions:

\$18.30 adult, \$12.90 concession, \$7.40 senior.

**Living Longer Living Stronger (LLLS)** is a progressive, gym-based strength and balance program designed to help you maintain muscle mass, get fitter and improve overall health and wellbeing.

Endorsed by COTA (Council of the Ageing), participants have a personalised gym program written for them, that they complete within the LLLS session.

Our accredited instructors are there to bring you together in a warm up, guide your technique and create a fun, friendly and safe environment.

Tea or coffee included post-session.

Monday, Wednesday and Friday 11:00am

Tuesday & Thursday 10:00am



## WaterMarc

1 Flintoff Street, Greensborough

T: 9422 6111 or E: enquiries@watermarcbanyule.com.au

WaterMarc Seniors Program offer classes that are designed to help keep the mind, body and spirit of older adults active, engaged and strong. Classes are varied and enjoyable, where individuals can come together as a community.

### Classes include:

- Balance and Strength (Falls Prevention) \*(45mins)
- Active & Strong Seniors \*(45mins)
- Seniors Yoga \*(45mins)
- Greensborough Mall Walkers \*(45mins)
- Iron People & Wonder Women \*(50mins)
- Swimming Program for Older Adults

## YMCA Macleod

157 Wungan Street, Macleod

T: 9459 9022 or E: macleod@ymca.org.au

**Lift for Life** is a program that facilitates people with previous and emerging conditions due to ageing or injury.

The session is led by a professional trainer who assists attendees with exercises that can reduce or prolong the onset of illness/injury, as well as improving overall wellbeing such as sleep, mobility, and mental health.

This session also promotes community engagement, which in turn, makes exercise more enjoyable and goal-orientated. Monday and Wednesday 2.00pm.

## Heart Foundation – Walking Group

Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke by 35% percent and Type 2 diabetes by 40%. It's not just your heart and muscles that benefit from walking.

Regular physical activity has been proven to:

- Manage weight, blood pressure and cholesterol
- Reduce your risk of some cancers
- Maintain bone density, reducing risk of osteoporosis and fractures
- Improve balance and coordination, reducing your risk of falls and other injuries.

Learn more about Heart Foundation Walking and find your local walking group by visiting [www.walking.heartfoundation.org.au/walking](http://www.walking.heartfoundation.org.au/walking) or contact the Age Friendly Team on T: 9049 3388.





# What's on



## Seniors Walking Basketball Sessions

Basketball Victoria will be running a Seniors Walking Basketball program in Banyule. This program provides optimal health benefits to all who participate including those who might be intimidated by the pace and impact of a traditional basketball game but love the slower more social version of Walking Basketball.

What makes Walking Basketball stand out from most activities is that it doesn't matter if you have never played the game of basketball before or you are pretty handy on the court as this will still be a level playing field for everyone within a social, fun and non-competitive environment.

If you would like to join this 7-week program commencing in August, we would love to hear from you. Email: [agefriendly@banyule.vic.gov.au](mailto:agefriendly@banyule.vic.gov.au) or contact the Age Friendly Team on T: 9049 3388.

## Seniors Ivanhoe Exercise Park (Free)

Fridays 10am – 11am  
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.

## Tai Chi & Chai Tea

Sunday 19 June (1pm – 2.30pm) \$5

Learn the basics of Tai Chi, followed by a delicious cup of Chai Tea at Watsonia Neighbourhood House  
T: 9434 6717 / M: 0492 944 608

## Watsonia Garden Group (Free)

Tuesday 7, 14, 21, 28 June (9.00am – 11.00am)  
Share gardening tips, make friends, and help look after the community garden at Watsonia Garden Group.

For further information please contact Watsonia Library on T: 9435 2397.

## Tax Help Program (July – October)

Diamond Valley Community Support (DVCS) Tax Help Program is free and confidential. Their accredited Tax Help volunteers give their time and expertise to support clients with an income of less than \$60,000 with simple tax matters.

For further details or to make an appointment, call DVCS on 9435 8282 or [info@dvsupport.org.au](mailto:info@dvsupport.org.au)

## St James Sewing Group (Free)

Thursday 1pm – 3pm  
155 Oriel Rd, West Heidelberg

A friendly group where people meet to share their skills around sewing, knitting, crochet and mending.

The group provides an information, warm place to make friends, practice your skills or learn some new ones from each other. Sewing machines and some materials provided or you are welcome to bring your own.

## Worldwide Knit in Public Day

Ivanhoe Library and Cultural Hub  
275 Upper Heidelberg Rd, Ivanhoe  
Saturday, 11 June (2.00pm – 4.00pm)

Calling Banyule knitters! Join in with other likeminded knitters for a friendly chat and Devonshire tea. Share what you are currently knitting.

Come along and show everyone how much fun knitting is and sit back and share a yarn. Prizes to be won. Novices to experienced knitters. All welcome.





# What's on

## Spanish Conversation Group at Watsonia Library (Free)

Wednesday 8, 15, 22 June (10.00am to 11.30am)  
Calling all Spanish language lovers!

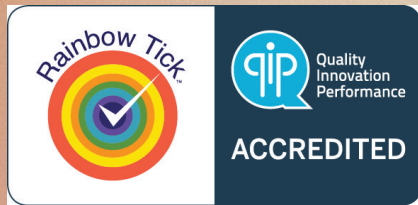
This conversational group is suitable for both beginners and more experienced speakers.

Come along to prepare for your future trip overseas, or just to have fun practising Spanish with a friendly group. For further information please contact Watsonia Library on T: 9435 2397.

## LGBTIQ+ Seniors Zoom Group

Darebin Council is hosting a Zoom for members of the Lesbian, Gay, Bisexual, Transgender, Intersex and Queer Communities. The Zoom session invites LGBTIQ people aged 60+ living in Melbourne's northern suburbs to join in for social connection.

For further information please contact Fionnuala Spillane on T: 8470 8063.



## Friendship Group

Rosanna Fire Station Community House friendly friendship group meets fortnightly. It is a comfortable place for local people to meet other community members, learn and share skills.

Join this FREE program, term 3 commences 20/7 - 7/9 (1.30pm - 2.30pm).



## Wellbeing Skills Group Program

The Wellbeing Skills group has commenced for consumers over the age of 65 years to participate in a free 6 week group program, held online via Zoom.

People who live in the North Eastern Suburbs (Eastern Melbourne Private Health Network) are eligible for the program. The group is designed for people who are experiencing mild-moderate symptoms of anxiety, stress, or low mood (no diagnosis required).

Each week, a Healthy Ageing Service clinician will introduce the participants to evidence-based psychological skills which they can use to manage their mental health and emotional wellbeing.

This format encourages group discussion, peer interaction, and active participation. Participants will learn about skills related to: emotional wellbeing, relaxation, sleep hygiene, mindfulness, and self-compassion.

By the end of the group program participants will have the skills to create a personalised wellbeing plan that you can utilise throughout your wellbeing journey.

For further information please contact The Healthy Ageing Service on 9231 8443 or email HAS@svha.org.au

## Heart Foundation Gresswell Forest Walk

Gresswell Forest Nature Reserve  
Greenswood Drive, Watsonia

Monday July 11 (10am - 12pm)

Join us for an easy but beautiful 45-minute walk through Gresswell Forest, followed by light snacks. Prizes to be won on the day. Bookings essential, please visit <https://walking.heartfoundation.org.au/whats-on/events> or contact the Heart Foundation on 13 11 12.





# Contact Us

## All enquiries

PO Box 94, Greensborough, VIC 3088  
Phone 9490 4222  
[enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au)  
[banyule.vic.gov.au](http://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 بانيول 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 замолете 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.



## Subscribe to the Age in Focus newsletter

If you would like to receive an email copy of the Age in Focus, please visit [www.banyule.vic.gov.au/ageinfocus](http://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: \_\_\_\_\_