

Age in Focus

April-May 2023

Welcome to the Active April special edition, gearing you up to keep moving, happy and fit!

There are many benefits to regular exercise, it can help strengthen your muscles and joints, creates a stronger cardiovascular system, and regulate your weight.

In this edition, there is a wide array of sports and leisure activities that are low cost or free which makes staying healthy, active, and socially connected a little easier. You will also find information on health services that are most needed by older adults.

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AGE-FRIENDLY
BANYULE

Have you heard of the following services available to you?

These are just a few health services most needed by older adults, that are available in your local area.

Priority Primary Care Centres

Priority Primary Care Centres partner with nearby hospital emergency departments. They provide free care for people who require urgent attention but not an emergency response. This includes conditions like mild infections and burns, suspected fractures or broken bones. They also offer pathology and imaging services.

The centres help Victorians who need urgent care get help faster, while allowing our busy emergency departments to focus on those in critical, life-threatening situations.

They operate seven days a week and up to 16 hours a day, accepting walk-ups, referrals and pre-booked appointments. The Victorian Government has funded the operation of these services through to the end of 2023.

Where to get help

There will be 25 Priority Primary Care Centres opening progressively from October 2022. The following centres are now open nearest to you:

Epping Priority Primary Care Centre (supporting Northern Hospital)

- Opening hours: 7am-10pm, Monday-Sunday
- Location: Epping Plaza Medical & Dental, Shop 216 Epping Plaza Regional Centre, 571-583 High Street, Epping
- Bookings via phone: (03) 9422 2220 or online
- Website: eppingplazamedicalcentre.com.au/epping-priority-primary-care-centre

Heidelberg Priority Primary Care Centre (supporting Austin Hospital)

- Opening hours: 10am-midnight, Monday-Sunday
- Location: 455 Upper Heidelberg Rd, Heidelberg Heights
- Bookings via phone: (03) 9000 9276 or online. Walk-ins also accepted.
- Website: heidelbergppcc.com.au

GP Respiratory Clinics

GP respiratory clinics (GPRCs) are being set up across metropolitan Melbourne to support people of all ages with respiratory issues to access to comprehensive assessments. These include treatment and management of asthma, hayfever, chronic obstructive pulmonary disease, emphysema, pneumonia, influenzas, shortness of breath and COVID-like symptoms

Services are offered to all Victorians, regardless of whether they have a Medicare card. Some patients will be referred to the clinics by GPs and hospitals, but appointments aren't essential. GPRCs provide service that are staffed appropriately on a 16 hours per day, 7 days a week.

Conveniently located within the local community, clients can access respiratory testing and treatment without going to the hospital. The clinics are operated and staffed by specialised and qualified clinicians, including general practitioners and nurses. The clinics are available to undertake respiratory assessments of symptomatic clients, including COVID-19 testing, management of respiratory illnesses, refer patients to their usual GP for ongoing care, or assist to access a GP.

Banyule Respiratory Clinic

152 Burgundy Street, Heidelberg
03 7068 5866

Monday - Sunday 8am - 5pm

Website: banyulerespiratory.com.au

Banyule Community Health

Banyule Community Health supports people to live independently and maintain their health and wellbeing by providing the following services:

- Carers Support
- Occupational Therapy
- Physiotherapy
- Podiatry
- Dietetics
- Counselling services
- Social work support and emergency relief
- Medical services
- General dental care

For more information, please contact Banyule Community Health on 9450 2000.

21 Alamein Rd, Heidelberg West

Website: bchs.org.au/services/over-65

Helping the community

Donna Taylor's story

Donna has always been drawn to helping people who are less fortunate in the community.

At an early age, Donna opened her home to prevent vulnerable teenagers from becoming homeless. She provided a safe and secure environment to nurture creativity and encourage learning and self-development. This has helped shape the lives of these teenagers who are now adults, living successful and happy lives.

Donna continues to support the community through her work as the store manager at "New to You Op Shop" in Macleod. Some of the responsibilities include sorting donated items and separating quality goods from those needing repair, pricing, categorising, and distributing larger specialised items to other local op shops such as baby goods and sporting equipment.

The money that is raised in the shop supports BANSIC who provide services to assist those experiencing difficulties. Donna and her husband Peter are meticulous about valuing collectable items to maximise the benefits for the community.



Donna also donates excess food from BANSIC to local residents to foster togetherness within the community.

Donna has enjoyed volunteering at the Op Shop for several years as it allows her to chat with people from all walks of life. She has found it to be therapeutic for many and says it is important for us all to "be kind to everyone because you never know the back story."

During COVID, Donna and Peter took clothing, bedding, and food to Victoria Market where a few organisations helped out those who needed it.

Aside from volunteering, Donna and Peter also work hard designing and building exhibition stands for the past 23 years.

Donna is an inspiration, showing us there are so many ways you can help in your community big or small and says if you are considering volunteering "give it a go".

Get Active this April

The Victorian Government has launched **Get Active Victoria**, to inspire all of us to move more, every day.

Now you can access online workouts and exercises designed for older people. It is a great resource for you to get active around the home at a time that works for you. Workouts are for all levels, range from 10 to 30 minutes, and minimal or no equipment is needed. Participants can choose from strength building, cardio, yoga, dance and more.

There are also fun activities to do with the whole family, and tips and advice to be active safely. If you have concerns about the workout sessions or are new to exercise, please speak with a medical professional before attempting any exercise regime or workout.

To access the online at home workouts, visit: getactive.vic.gov.au

Stay active and connected in the community this April! Join these activities, meet friendly people in your local area and let's keep moving together.

Free Age Friendly Group Fitness Sessions @ WaterMarc, 1 Flintoff Street, Greensborough.

Cardio Seniors - Tuesday 4 April 11.20am

Strengthen & Balance (Falls Prevention) -

Wednesday 5 April 12.30pm & Wednesday 19 April 12.30pm

Yin Yoga - Thursday 13 April 11.20am

Seniors Yoga - Monday 17 April 11.35am

AquaFit Thursday - Thursday 20 April 10.00am

Strong Seniors - Thursday 27 April 11.20am

Greensborough Mall Walkers

7.30am Tuesdays, Wednesdays and Thursdays (a free program that runs all year, except public holidays and Christmas/New Year period)

Outdoor Walking Group

10am Tuesdays (Seasonal and weather dependent)

For more information on these activities please contact WaterMarc on T: 9422 6119 or

E: jbruzzaniti@watermarcbanyule.com.au

2023 Older Adults Walk-a-thon

Friday 21 April, 9am - 12.30pm

Willinda Park, 1 Beatrix St, Greensborough

To celebrate Active April, join us for a morning of fun at the Willinda Park athletics track.

Register to walk or jog for either 30, 60, or 90 minutes around the track. You can enter individually or as a team to compete or just to have fun!

We will also be hosting 'Come & Try' 20-minute classes including Tai Chi, Aerobics and Walking Soccer.

Light refreshments and tea/coffee will be provided.

To book your free ticket, scan below or visit trybooking.com/CGRZF. Alternatively contact Customer Service on 9490 4222.



Event Schedule

9.30am: Registration opens

10.00am: 90 minutes walkers/joggers start

10.30am: 60 minutes walkers/joggers start

11.00am: 30 minutes walkers/joggers start

11.40am: Big finish line photo!

Come & Try Classes

10.00am - Beginners Aerobics

- Walking Soccer

10.30am - Tai Chi

- Walking Soccer



Terms & Conditions

Participants must take reasonable care for their own health and safety and engage in activities at their own risk. Whilst accessibility is considered when selecting activities, Council staff and/or volunteers are unable to provide mobility assistance to participants. Those who have mobility concerns should first speak to Council staff to ascertain if the activity is suitable. Our photographer will be taking photos of the event. Please let staff know if you do not wish to have your photos taken prior to the event so we can advise the photographer on the day.

Banyule City Council is proud to partner with the following organisations:



What's On

Free Sit in Lectures

Life as a Banyule Councillor

Monday 24 April | 2.15pm-4.15pm | Ivanhoe Library Cultural Hub, Community Meeting Rooms, 275 Upper Heidelberg Road, Ivanhoe.

This is a free event hosted by U3A Banyule and there is no need to register.

What's it like being a Councillor in the Local Government area of Banyule? Councillors are members of an elected body who make decisions on behalf of the citizens of Banyule via a formal meeting process. This lecture will explore the role and duties of a Councillor, and the associated challenges and opportunities. Included in the lecture will be time for participant questions. Presented by Chelsworth Ward Councillor, Alida McKern.

A complimentary afternoon tea will be served at the end of the lecture.

Child war refugees and Australian humanitarianism

Monday 22 May | 2.15pm-4.15pm | Ivanhoe Library Cultural Hub, Community Meeting Rooms, 275 Upper Heidelberg Road, Ivanhoe.

This is a free event hosted by U3A Banyule and there is no need to register.

Joy Damousi AM is Professor of History, Dean of Arts, and Director of the Institute of Humanities and Social Sciences at the Australian Catholic University. Her presentation will explore the national and transnational efforts undertaken by Australians on behalf of war refugees.

Joy will examine humanitarian activity related to war refugee children over the twentieth century and consider the role of women and their often traumatic experience of international humanitarian work.

An examination of the intersection between racial politics and war refugees will expand our understanding of humanitarianism as a deeply racialised and multi-layered practice.

A complimentary afternoon tea will be served at the end of the lecture.

Probus Club

Probus provides retirees with the opportunity to connect socially, which is so important for everyone. Probus Clubs offer a range of activities including guest speakers, morning teas, lunches and dinners, movies, plays, exhibitions, games, walking, caravanning, gardening, overseas and interstate tours, as well as local day trips, Probus Golf and Lawn Bowling competitions.

Membership is open to anyone who is retired or semi-retired. There are 14 Probus Clubs in the Banyule and Nillumbik areas.

For more information, please contact Probus on T: 0409 380 025 and to find your nearest Probus Club visit: probussouthpacific.org/directories/lookup.



Wiser Driver

Driver skills refresher course

Are you aged over 60 years?

Do you want to improve your driving skills?

Become a wiser driver and improve your skills in our FREE interactive course for older adults

Course dates – 3, 7, 10 and 24 May 2023

1.30pm – 3.30pm

(4 x weekly 2 hour sessions, you are required to attend at least 3 of these sessions)

Location: Banyule City Council, Griffin Room, Level 4, 1 Flintoff Street, Greensborough.

Bookings essential, contact Customer Service on T: 9490 4222

For more information, contact Catherine (Age Friendly Project Officer) Banyule City Council T: 9242 3471 or E: Catherine.corbett@banyule.vic.gov.au

What's on

Find Out About.... Advance Care Planning

Thursday 11 May - 10.00am

Bellfield Community Hub, Daphne Crescent, Bellfield

This is the first in a series of information sessions hosted by Banyule Council's Carer Support Program, presented by Advance Care Planning Australia.

We warmly invite interested community members to join us .

Have you ever wondered how to have a voice in your future health care? How do you plan for the possibility of a time when you may not be able to advocate or make important decisions for yourself?

The session will cover how to appoint someone you trust to make decisions on your behalf and in your best interest and how to share your plan with your family. You will also have the opportunity to ask questions.

This one-hour session will be followed by refreshments. Registrations essential via carers@banyule.vic.gov.au

Heidelberg All Stars Presents 2023

"The Stepping Out Again concert!"

Come along and see a live show of all your favourite classic songs from various musicals. Solo acts, dancing, and choir performances.

Saturday 29 April - 7.00pm and

Sunday 30 April - 2.00pm

Loyola College, 325 Grimshaw St, Watsonia

Magis Performance Arts Centre (Inigo Theatre)

Tickets: Adults - \$30 | Children under 12 - \$15

*Book for 10 tickets, pay for 9! Applies for the Saturday 29 April session only.

For more information or to book, please contact Michelle on M: 0414 372 929



Greensborough Social & Activity club

Learn the art of indoor bowls

Mondays 12.30pm - 3.30 pm

205 Henry Street, Greensborough

Jennifer will guide you gently through the basics of this popular activity. For more details contact M: 0408 748 154

Other activities available include:

Mondays

12.30pm - 3.30pm indoor bowls and table tennis

Tuesdays

12.45pm - 3.30pm table tennis

Wednesdays

12.30pm - 3.30pm Cards 500, Scrabble, board games and indoor bowls

Thursdays

1.30pm to 3.30pm Learn to dance ballroom, line dance and rock n roll. Cost: \$5 a session

Fridays

12.30pm to 3.30pm Bingo

The club also holds monthly social dinners (except in winter months) in local hotels and RSLs (at your own expense and self-transport), local day trips and the birthday and Christmas luncheons.

The annual club membership (due in July) is \$15 however this is reduced to \$7 as we are mid-way through the year. This covers all activities except dancing. \$1 is charged per activity to cover the cost of the hall.

New members are welcome, and the first three visits are free. For more information contact Pamela T: 0435 175 214



What's on

Social Outings

Join us for lunch to meet new people, catch up with friends and stay connected with your community.

Participants 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 T: 9490 4222.

Prelude Coffee & Bagels Café

When: Wednesday 10 May 2023

Where: 85 Main St, Greensborough

Time: 10.30am - 12.30pm

Parking: Street parking on Main St or Greensborough Plaza.

Second Home Cafe

When: Monday 22 May 2023

Where: 21 Brougham St, Eltham

Time: 10.00am - 12.00pm

Parking: Onsite

Repair Cafe

Repair Café Greensborough is a neighbourhood initiative that promotes repair as an alternative to tossing things out.

Greensborough Repair Café runs every 2 months at Greensborough Christian Book Centre (hall & supper room). Bring in your item that needs repairing and fix it on the spot with the help of a voluntary repairer. Save it from being tossed and learn new skills!

Volunteer Opportunity – Join Us!

We are looking for local residents with different skills who can be present as repair experts during the Repair Café meetings.

We are especially looking for people who are handy with:

- Electrical appliances
- Mechanical appliances
- Bicycles
- Jewelry
- Whatever your skill is

And who enjoy sharing their knowledge with their neighbours.

If you want to bring in something to be repaired or to sign up as a volunteer, send an email to info@GCBC.net.au or phone T: 9435 5762.

Ivanhoe Seniors Exercise Park

Ivanhoe Park, Cnr Wamba Road & Lower Heidelberg Road.

Free Come and Try Ivanhoe Seniors Exercise Park Every Friday 10am to 10.45am

Come along and learn how to use the equipment with trained volunteers. For any questions on how to get there or to learn more, contact Cat Corbett (Age Friendly Project Officer) on 9242 3471 or email: Catherine.Corbett@banyule.vic.gov.au



Mulberry Hill, Langwarrin

Day Trip organised by Watsonia 50s Plus Club

Home of Artist Sir Daryl and Joan Lindsay, author of Picnic at Hanging Rock in Mulberry Hill, Langwarrin

When: 18 April 2023 | Time: 8.45am | Cost: \$50 Members/\$55 Non-Members | Lunch & Morning tea included

To reserve a seat please contact Barbara Pike on T: 0419 579 954

Payments required 10 days prior to trip.

Pick up location: Corner of Elder St and Delta Rd, Greensborough at 8.45am

Sir Daryl Lindsay was the Director of the National Gallery of Victoria from 1941 to 1956. He was a member of the famous Lindsay family of Artists. He was an accomplished painter and printmaker.

His wife Lady (Joan) Lindsay was an artist and writer. Best known for her novel, Picnic at Hanging Rock. Her autobiographical novel Time without clocks is about Lindsay's life together at Mulberry Hill. The house and its contents, a collection of Australian Art, Georgian furniture and glassware, and Staffordshire ceramics, was bequeathed to the National Trust.

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 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 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.



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 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: _____