

Age in Focus

February/March 2023

The New Year is finally here! A beginning of wonderful new experiences and memories to come.

Summer brings extra hours of daylight plus warmer mornings and evenings which presents a great opportunity to be more active and try new activities.

In this edition you will find various activities you can explore in the coming months, programs at the newly developed Bellfield Community Hub and information on Council's services for those who may be seeking some support to live independently at home.

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AGE-FRIENDLY
BANYULE



Getting support

Though the holiday season is typically considered a time for celebration, the experience can be very different for some. Specific health conditions and mobility limitations can increase isolation, often leading to feelings of sadness or loneliness. Council provides support services to help you or the person you care for to live independently at home. Here is how we can assist!

Older Adults Support and Information Service

Our team of experienced aged care officers will discuss your needs and help you to work out the best options for you. We can help you understand and access My Aged Care services, as well as a range of other community organisations and support services. To find out more, please contact Council's Older Adults Team on T: 9457 9972.



Find the help you need with
myagedcare

Freecall: **1800 200 422**
myagedcare.gov.au



Home Support Services

These programs are funded through the Commonwealth Home Support Program and managed through My Aged Care.

Banyule home support services assist older residents aged 65 and over (50 and over for Aboriginal and Torres Strait Islander residents) to remain living at home and within the community.

Services:

We can provide support to you or the person you care for with the following services:

- Help with shopping, errands and attending social outings. (For example, going to a café, park, library or event).
- In home company for shared activities. (For example, puzzles, meal preparation, short walks, making crafts or chatting over a cuppa).
- Custom assistance to safely access medical and allied health appointments (not limited only to transport).
- Help with home and property maintenance. (For example, installing handrails or ramps, or doing household repairs and periodic cleaning).
- Delivered meals are available to people who have difficulty accessing nutritious meals regularly at home and who may benefit from frequent contact with Council personnel who can drop by to say hello.
- Social support program at Bellfield Community Centre assists socially isolated residents participate in community based social activities. Activities including gentle exercise, concerts, guest speakers, discussion groups, art and craft workshops, gardening tutorials and a range of bus outings to interesting venues.

If you have further questions regarding the above services, please contact the Home Support Services Team:

Delivered meals or property maintenance T: 9457 9916.

Social support, shopping help and escorting to health appointments T: 9457 9849.

Social support program at Bellfield Community Centre T: 9499 4795 / 0422 758 787.

Bellfield Community Hub is officially open!

The Bellfield Community Hub has been running since early October. The new facility has been thoroughly enjoyed by children attending the new Audrey Brooks Preschool, Maternal and Child Health nurses meetings with families and older adults attending the Social Support Program.

We are excited to share with you the following activities and programs available at Bellfield Community Hub.



Heidelberg All Stars

(Seniors Performance Group)

When: Mondays 9.30am – 2.30pm

Bellfield Community Centre

Cnr Perkins Ave and Oriel Rd Bellfield.

The Heidelberg All Stars is a seniors only group, catering for semi-retired/retired people, and provides an arena for anyone over 55 years old to show their artistic talents in both song and dance. Everyone who joins will get the opportunity to participate in an annual show performing in front of family and friends. This year, the group's annual show was held in April. Members also performed at Coburg Town Hall annual Community Christmas luncheons and entertained residents of various nursing homes.

For more information about the program or if you would like to attend a session, please contact Maida on M: 0412 412 061/Peter on M: 0418 358 471 or E: heidelbergallstars1@gmail.com. The club would love to show you how colourful and amazing the program really is!



Air Quality at the Centre

To optimise air flow and reduce risk of COVID-19 transmission, Banyule Council has ensured that the central HVAC plant at this site has been set to full economy cycle, allowing the maximum amount of fresh air to be taken into the system to mix with the recycled air.

Social Support Program

15 Daphne Cres, Bellfield VIC 3081

Monday – Friday 9.00am – 4.00pm

Banyule social support program assists socially isolated elderly residents aged 65 and over (50 and over for Aboriginal and Torres Strait Islander residents) to participate in community-based social activities. The program offers a range of activities including gentle exercises, concerts, guest speakers, discussion groups, art and craft workshops, gardening tutorials and a range of bus outings to interesting venues. Freshly prepared lunch and morning tea is provided. Door to door transportation is also available for those who require the additional service.

The program is funded through the Commonwealth Home Support Program and managed through My Aged Care. If you would like to attend the program, there is an assessment and referral process to get involved. For more information, please contact the Social Support Team at Banyule on T: 9499 4795 / 0422 758 787.



Banyule Carer Support Program

...Recharge, Discover, Connect...

- Advice & support to unpaid Carers living in Banyule
- Individual and group opportunities for Carers to have a break, meet other carers and look after their physical and mental wellbeing
- Mailing list (stay updated about activities and support available for Carers)
- Activities (all free of charge)

Current Activities

Carer Wellbeing Passes

Free Passes to fitness/wellbeing classes or aquatic facilities at WaterMarc and Ivanhoe Aquatic.

Banyule Carer Support Group

First Thursday of the month,
11.30am - 1pm, starting 2 February
Watsonia Neighbourhood House, Lambourn Rd

Share ideas, have a laugh, find out about supports and services. The group is a safe, welcoming space for carers to enjoy a break and have a chance to chat with other carers. Movement and mindfulness activity one month, guest speaker the next. Lunch and tea/coffee are provided free of charge.

This group is run by the Banyule Carer Support Program. Registrations essential, contact us:
E: carers@banyule.vic.gov.au or M: 9422 8396

Rosanna Parklands Carer Walking Group

Fridays at 10am

A relaxing walk and chat. Carers can come along with the person they care for, or on their own to have a break.

Please note: Participants need to be able to walk for a kilometre independently on a gravel path.

This group is run by the Banyule Carer Support Program. Registrations essential, contact us
E: carers@banyule.vic.gov.au or T: 9422 8396

Coffee Catchup for Carers of People with Dementia

Wednesdays at 10am
Healthlink Café, 1 Flintoff Street Greensborough
(ground floor of WaterMarc building)

A chance for carers to chat over a coffee with other local people who are caring for someone with dementia - share information, empathy and a laugh.

The person you care for with dementia is welcome to come along too. In other words, you can come solo or with the person you support, whichever best suits you. Please be aware that these catchups are informal, unfacilitated get-togethers.

You don't need to commit to coming along each week, however you do need to register.

This group is run by the Banyule Carer Support Program. Registrations essential, contact us
E: carers@banyule.vic.gov.au or T: 9422 8396

Carers Social Group

2nd & 4th Tuesday of the month,
9.30am - 10.30am
Starts 14 February
Rosanna Fire Station Community House,
232 Lower Plenty Road Rosanna

Gold coin donation appreciated
Contact Julie Murphy at the Community House on
T: 9458 1935



Social outings

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



Possum Hollow Café

When: Wednesday 22 February 2023

Where: Warringal Parklands Beverley Road, Heidelberg

Time: 12.30pm – 2.30pm

Parking: Warringal Parklands – off Beverley Rd

Public Transport: From Rosanna Train Station, Turnham Ave, take Bus 513/514 (towards Glenroy Station via Lower Plenty)

Phoenix & Co

When: Wednesday 22 March 2023

Where: 1/1285 Diamond Creek Road, Greensborough

Time: 12.30pm – 2.30pm

Parking: 285 Diamond Creek Road, Greensborough

Public Transport: From Greensborough Train Station/ Para Road, take Bus 901 (towards Melbourne Airport)

Neighbours Every Day

Create Belonging
Sunday 26 March 2023

What is Neighbour Day?

Neighbour Day is a call-to-action day for Relationships Australia's Neighbours Every Day social connection campaign. It aims to support and enable sustainable respectful relationships across communities, while also helping to address loneliness.

The theme for 2023 is 'Create Belonging', inviting everyone in Australia to take everyday actions that create social connection and foster respectful relationships.

Celebrations can occur at any time throughout the year; however, the official day is the last Sunday in March. It's the perfect day to connect with existing and new neighbours to build the community you want to live in - and create belonging.

Make your Neighbour Day as big or small as you like – a casual cuppa, a picnic in the park or a simple message of support.

Visit [NeighboursEveryDay.org](https://www.NeighboursEveryDay.org) to register your event and to access free resources to help you celebrate.



Ideas — Events can be in person or online

- Host a BBQ with neighbours
- Plan a 'bring a plate' street party
- Organise a game of anything on the local oval
- Have a party on your front lawn
- Meet for afternoon tea in the back paddock
- Enjoy a neighbourhood picnic in your favourite park
- Grab some takeaway coffees and invite your neighbour for a local walk and talk
- Or simply have a cup of tea or a chat with a new or old neighbour.

What's on

Music in the Park

Join us for some musical entertainment taking centre stage in Banyule's beautiful parks. Great music vibes to sing along to, get up and boogie, or just listen and chill. There'll also be a sausage sizzle, children's activities for the young ones to enjoy.

Saturday 18 February 2023

Ford Park, Oriel Road, Bellfield

The Treblettes 4.30pm -7.30pm

Children Activities 5pm – 6.30pm

The Treblettes

Be entertained as this powerhouse trio performs iconic songs from the 40s, 50s and 60s. Sing and Dance along to classic hits, such as 'Boogie Woogie Bugle Boy', 'Stop! In the name of Love', 'Jailhouse Rock' and 'Johnny B. Goode'. Bookings not required



Saturday 25 February 2023

Price Park, Lyon Road, Viewbank

Sirens 4.30pm-7.30pm

Children activities 5pm – 6.30pm

Siren

Kick back with this sassy eclectic band. Gutsy guitaring, smooth harmonies and plenty of instrument swapping keeps this dynamic band fun, fresh and never boring. Specialising in original and cover songs. Bookings not required.



Wiser Driver

Driving 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 1 – Tuesday 7, 14, 21 & 28 March 2023

1pm - 3pm

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

Location: Bellfield Community Hub

15 Daphne Crescent Bellfield

Bookings essential via Customer Service 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

Social Lawn Bowls and Morning Tea

Monday 20 March, 27 March & 3 April 2023

10am-12pm | \$10 per session | Bookings essential

Greensborough Bowls Club

18 Liat Way, Greensborough

Are you looking for a way to get active and connect with others?

Banyule Council are teaming up with Greensborough Bowls Club to host three social lawn bowls sessions for seniors! Sessions will involve an hour of social bowls, followed by tea & coffee with a light morning tea. Suitable for beginners or people who have played bowls before.

To book, please call Customer Service on T: 9490 4222. Places are limited so please book ASAP!

If you have any questions please contact Catherine Corbett on T: 9242 3471 or Ryan Batchelder on T: 9049 3369.

What's on

Greensborough Social and Activity Club Inc

Learn to dance - \$5 per session.
Thursdays 1.30pm to 3.30pm
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. This program will recommence on Thursday 2 February 2023.

After the holiday our friendly club will reopen on Monday 30 January with indoor bowls, Tuesdays for table tennis, Wednesdays for indoor bowls, cards 500 and board games, dancing on Thursdays and Bingo on Fridays. The annual club membership of \$15 covers all activities and \$1 is charged (to cover the cost of the hall) for each activity except for the dancing.

The club also holds a monthly social dinner in nearby hotels and RSLs at own expense, local day trips and the birthday and christmas luncheons.

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

Community energy service drop-in assistance

Join us for a FREE drop-in assistance session on community energy services.

Get help with:

- finding the best offer for an energy supply
- advice on solar
- grant opportunities
- ways to save energy
- upgrading your home.

You can also call or email us at any time.

Contact: T: 9242 3451 or E: Energy.info@banyule.vic.gov.au

Location:

Watsonia Library, 4/6 Ibbottson Street, Watsonia

When

Thursday, 23 February 2023 | 9:00am - 5:00pm

Thursday, 23 March 2023 | 9:00am - 5:00pm

Location:

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

When

Thursday, 09 February 2023 | 9:00am - 5:00pm

Thursday, 09 March 2023 | 9:00am - 5:00pm

Ivanhoe Seniors Exercise Park 'Come & try' session and lunch

Friday 24 February 2023 | 10am - 12pm | FREE
Ivanhoe Park, Cnr Wamba Road & Lower Heidelberg Road.

Do you want to improve your balance, strength, functional movement, joint range of motion and mobility? Join us to learn how to use the equipment safely with trained instructors, followed by a free lunch. Bookings essential.

Free Come and Try sessions are also held every Friday 10am to 10.45am .

To book or for any questions on how to get there please contact Cat Corbett (Age Friendly Project Officer) on T: 9242 3471 or E: Catherine.Corbett@banyule.vic.gov.au



WORLD HEARING DAY

3 MARCH 2023



Primary health care can address over 60% of the need for ear and hearing care services

EAR AND HEARING CARE FOR ALL!

Let's make it a reality



Make Listening Safe

#WorldHearingDay #HearingCare

Book your FREE 15 Minute hearing check with your nearest SPECSAVERS audiology professional!

Specsavers Optometrists & Audiology:
Greensborough

T: 9434 0053 or Heidelberg T: 9456 9351

Website:

specsavers.com.au/hearing/our-services/why-choose-specsavers-audiology

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: _____