

Age in Focus

AGE-FRIENDLY
BANYULE

August/September 2023

As we transition into late winter and early spring, we have lots of exciting events and initiatives to share with you.

This edition is packed with information - National Meals on Wheels Day, World Alzheimer's Day, the Banyule Community Bus, and the Older Adults Community Connection Program.

There's an exciting opportunity for you to contribute to the development of Council's Older Adults Framework 2030. We invite you to share your ideas and experience and make suggestions to ensure the framework aligns with the needs and aspirations of older adults.

We hope this edition inspires you to connect and get the support you need to stay active in the community.

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Finding nourishment and connection with Meals on Wheels

For more than 65 years, Meals on Wheels has played a crucial role in the health and wellbeing of older Australians. Today it provides nutritious meals, social connection, and wellbeing checks for around 200,000 people. To celebrate National Meals on Wheels Day on Wednesday 21 August we are proud to share the inspiring story of Dorothy Wilson.

When Dorothy faced mobility challenges making it difficult to cook for herself, Banyule's Delivered Meals service stepped in to help. Dorothy now enjoys the convenience, variety and nutritional benefits of having meals delivered right to her doorstep. She has also appreciated the sense of connection, independence, and wellbeing.

After experiencing back pain and difficulty walking, Dorothy recognising she needed assistance and began receiving meals three days a week. On days when she doesn't feel up to cooking, she simply heats the prepared meals in the microwave and enjoy a delicious, nutritious meal without any hassle.

Dorothy favourites dishes include teriyaki salmon and vegetables, the scrumptious roast and a choice of desserts.

Balanced portions help maintain a healthy weight and Dorothy can feel confident that she is receiving good nutrition without compromising her dietary needs.

Dorothy said the driver assigned to her route is not only punctual, but also warm and personable.

Over the years, Dorothy has noticed improvements in the service, including a wider selection of foods, more convenient packaging and an increase in the quality of meals. She said the meals have improved her life and she has recommended it to family and friends.

If you or someone you know would like more information, please contact Banyule Delivered Meals Service, phone **9422 8388**.



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If you would like to be involved in the Age Friendly Champions program, contact:

Jenna Gandolfo
Community Connections Team Leader

☎ **9098 8001**

✉ jenna.gandolfo@banyule.vic.gov.au

Contribute to the Older Adults Framework 2030

As a member of the World Health Organisation (WHO) Global Network of Age Friendly Cities, Banyule City Council is committed to enhancing the wellbeing and quality of life of older adults.

Council is now developing the new Older Adults Framework 2030. This will outline Council's forward vision to ensure Banyule is an Age Friendly City, where older adults can work, live, play, and be valued, in their community.

The Older Adults Framework 2030 will be underpinned by the WHO Age Friendly Cities Framework eight domains:

- Community and Healthcare
- Transportation
- Housing
- Social participation
- Outdoor space and buildings
- Respect and social inclusion
- Civic participation and employment
- Communication and information

For more information visit extranet.who.int/agefriendlyworld


Council is undertaking a range of community consultation activities to enable the framework to be guided by the voices of older adults in Banyule.


This includes having your say on Shaping Banyule at shaping.banyule.vic.gov.au/olderadults

The survey will be open until 21 August. You can request a copy to be posted to you through Customer Service, phone **9490 4222**. This will contain a self-addressed envelope for you to return it to Council.

Alternatively get involved in the in-person consultation:

Older Adults Framework Focus Group

 **Friday 18 August, 10:30am to 12:30pm**

 **Banyule Council offices, 1 Flintoff St, Greensborough**

Refreshments will be provided. Limited to 60 people.

To register your interest, call Customer Service on **9490 4222** or email agefriendly@banyule.vic.gov.au



World Alzheimer's Day



Thriving in the Social Support Program: Jimmy & Heather's story

Caring for a loved one with Alzheimer's disease presents unique challenges and responsibilities for families and friends. However, with the support of specialised programs, both the individuals living with Alzheimer's and their caregivers can experience significant benefits.

Jimmy has Alzheimer's and has found great benefits in attending the Social Support Program, while his wife, Heather, highly values the respite it offers her. Together, they are an example of the positive impact these programs can have on individuals and their families.

Over the course of 16 months, Jimmy has thrived in the Social Support Program, enjoying the new experiences it brings. He has discovered a love for outings, bingo, bowling and interacting with a diverse range of people. These engaging experiences have not only provided Jimmy with much joy and stimulation, it is also having a positive impact on his health.

The program's staff members play a crucial role, as they understand and cater to the individual needs of each participant, ensuring the highest level of care.

While Jimmy attends the Social Support Program, Heather has time for herself. She spends time with her elderly mother and, recognising the importance of self-care, she goes for walks, catches up with friends and does other activities she enjoys.

Jimmy's Alzheimer's diagnosis initially led to forgetfulness and increased agitation. With the support of a geriatrician and appropriate medication, Jimmy's symptoms have been managed effectively.

Alzheimer's is a condition that runs in Jimmy's family, making it essential for him and Heather to access specialised support like the Social Support Program to navigate this journey together.

Heather encourages Jimmy to be active and socially engaged in activities outside the program, including theatre, music and bingo. She finds it helpful to write down their weekly schedule on a notice board, providing a sense of structure and familiarity for Jimmy.

Heather applied for a companion card, which provides free or subsidised access to events, alleviating the financial strain and allowing for more shared experiences.

The supportive environment and engaging activities of the Social Support Program help people settle in and enjoy themselves. Heather finds that Jimmy looks forward to attending and enjoys the camaraderie shared with fellow participants and the compassionate staff.

For Jimmy and Heather, the Social Support Program has provided new experiences, a sense of community, and much needed respite. By tailoring activities to each person's needs and preferences, offering routines and maintaining a supportive environment, the program empowers participants to live fulfilling lives. At the same time, caregivers have an opportunity to recharge.

As society continues to understand and embrace the unique needs of people with Alzheimer's, Social Support Programs provide an opportunity to enrich the lives of those living with Alzheimer's.

If you or someone you know would like know more, contact:

Banyule Social Support Program

Phone: 9499 4795

Banyule Carers Support Program

Phone: 9422 8396.

The Banyule Community Bus is on the road!

Do you need help getting around Banyule?

The FREE Banyule Community Bus is officially on the road for a 12-month trial. The service operates on Mondays, Wednesdays and Fridays, following a regular timetabled route three times each day between 9am and 3.30pm.

While the service is free for all Banyule residents, it is particularly targeted towards older adults, residents with a disability, those with limited access to transport and people experiencing financial hardship.

Pick up a hard copy of the route and timetable at:

- Greensborough – Council Customer Service, Level 3, 1 Flintoff St
- Rosanna – Rosanna Library pop-up, 56 Beetham Pde
- Ivanhoe – Council Customer Service, Ivanhoe Library and Cultural Hub, 275 Upper Heidelberg Rd
- Bellfield – Bellfield Community Hub, 15 Daphne Cres
- Heidelberg West – Shop 48, The Mall

Alternatively, phone Customer Service on **9490 4222** to have a copy mailed to you or scan the code, below right, to view the timetable on-line.

If you have any questions about the service, please phone customer service on **9490 4222** or email enquiries@banyule.vic.gov.au



Banyule staff and councillors, and staff from Link Community & Transport, joined the community to launch our new Banyule Community Bus service at The Centre Ivanhoe.

Banyule Community Bus route



Scan to view the Banyule Community Bus timetable



Older Adults Community Connections Program

(Formerly known as the Older Adults Recreation Program)

Coffee Connect

Meet new people in your community in a welcoming atmosphere.

Coffee Connect is an opportunity for residents to meet up every fortnight for a cuppa at a local cafe. You'll also be supporting Banyule's social enterprise cafes. Participants pay for their own drinks and food.


Bookings are not required, but you are welcome to contact Banyule Customer Service on **9490 4222** for more information and to let us know you are coming.




Whispers Social Enterprise Café

 Mondays Fortnightly
7 & 21 August
4 & 18 September


 10am - 12pm


 275 Upper Heidelberg Rd,
Ivanhoe


 5 mins walk from Ivanhoe
Train Station

For Change Café, Bellfield

 Thursdays fortnightly
3, 17 & 31 August
14 & 28 September


 10am - 12pm


 13 Daphne Cres,
Bellfield


 Catch Bus route 250 then 2
mins walk from Perkins Ave/
Oriol Rd

The Social Brew Coffee Bean

 Fridays fortnightly
11 & 25 August
8 & 22 September

 10am - 12pm

 75 Turnham Ave,
Rosanna (Rosanna
Train Station)


 At Rosanna Train Station


Social lunches


Join us for lunch to meet new people, catch up with friends and stay connected in your community. Participants pay for their own lunch. Bookings essential, contact Customer Service on 9490 4222.


Sweet by Nature

Join us for lunch at this cosy cafe known for its selection of homemade cakes and desserts.

 Wednesday 23 August


 12pm


 131 Bamfield Rd, West Heidelberg


 Catch Bus route 561 then 8 mins walk from
Dunvegan Cres/Vincent St


Cherry blossoms and Heide Cafe

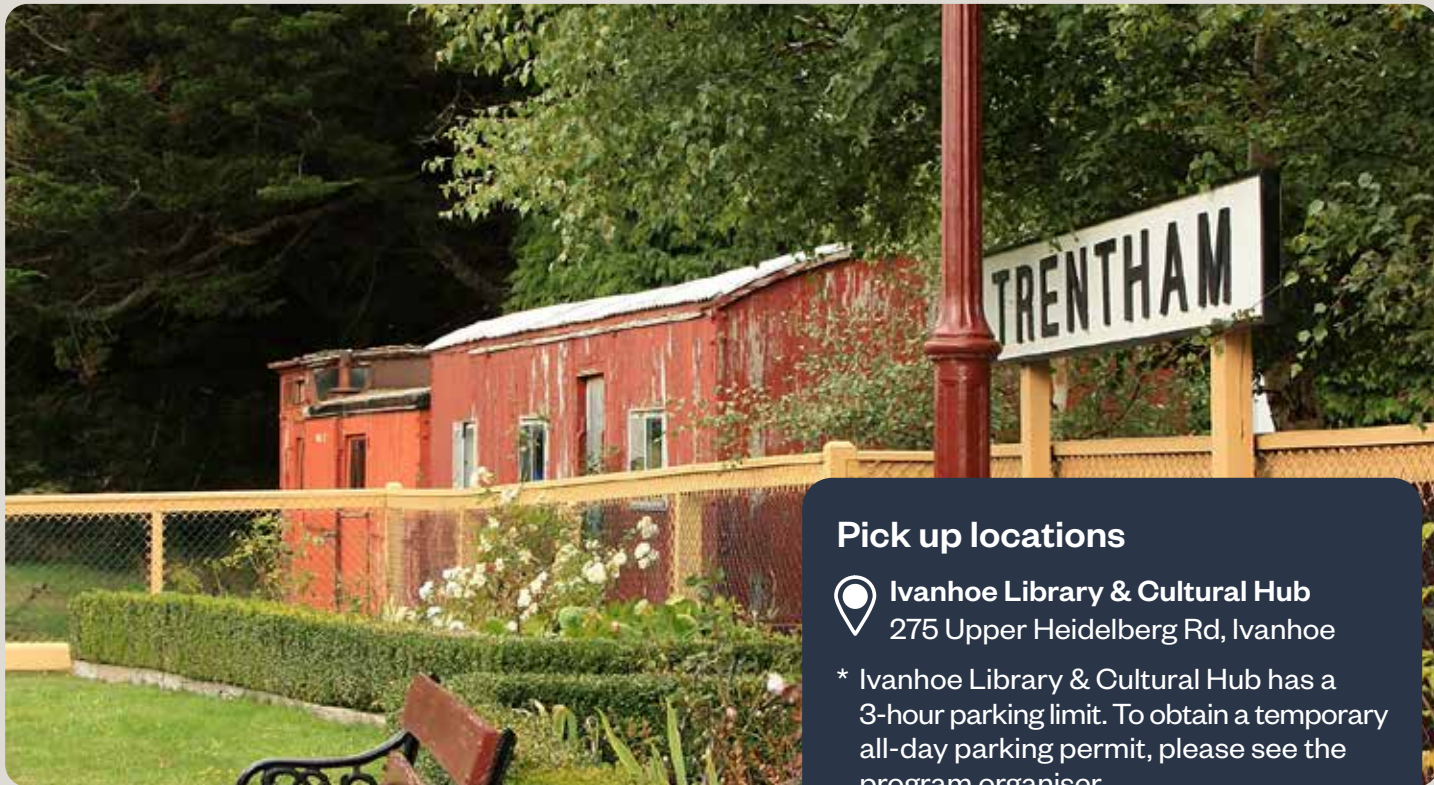
Scenic walk through Cherry blossom then treat yourself to lunch at Heide Cafe.

 Wednesday 27 September

 Walk at 11am then lunch at 12pm

 7 Templestowe Rd, Bulleen


 Catch Bus 903 then 7 mins walk from
Bulleen Rd/Manningham Rd





Trentham Day Trip

Nestled at the very top of the Great Dividing Range, mid-way between Woodend and Daylesford, Trentham has historic buildings and a charming street scape.


Join us on a day trip travelling up the Calder highway heading for beautiful Trentham. Take a short tour of this historic township, seeing the old police station and slab lock-up, Trewhalla Brothers foundry and historic items such as the two old horse troughs in town. Enjoy a delicious 2 course lunch at The Plough @ Myrning before returning via luxury coach.


Bookings open Tuesday 1 August and usually book out quickly. To reserve a seat please contact Banyule Customer Service on  **9490 4222**.

 Wednesday 6 September 2023

 Trentham, Central Victoria

 \$87

 8am sharp – Ivanhoe Library and Cultural Hub
8.30am sharp – War Memorial Park, Greensborough

 Coach travel, morning tea, short tour of Trentham Township, 2 Course lunch at The Plough @ Myrning

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)

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).

What's On

Brain Fit program

📅 Wednesday 20 September

🕒 10.30am - 11.30am

📍 Wadamba Community Room, Bellfield
Community Hub, 15 Daphne Cres, Bellfield

Keeping your brain healthy is essential for living a fulfilling, healthy and long life.

The brain is an incredible organ, with many parts that work together to keep you alive and carry out everyday tasks and functions.

The Brain Fit program provides information on risk factors, practical steps to improve your brain health and what to do if you are concerned about yourself or a loved one.

There is also an opportunity to create your own brain fit action plan. Whatever your age, this program will assist you to be as 'brain fit' as possible.

You will gain knowledge in:

- modifiable risk factors for poor brain health
- how to reduce risk and optimise your brain fitness
- how to create your own brain fit action plan

Bookings essential, please contact customer service on 📞 9490 4222.

For more information, please contact the Age Friendly Team on 📞 9049 3388 or ✉ agefriendly@banyule.vic.gov.au

Austin Health Dementia & Memory Clinic

Austin Health has a Cognitive, Dementia and Memory Service (CDAMS) for people who are concerned about changes in their memory and thinking.

The team of trained health professionals with expert knowledge and experience in cognitive dementia and memory problems includes geriatricians, neurologists, allied health and nursing staff and neuropsychologists.

For diagnosis, information on treatments, education, support and guidance in planning for the future, contact Austin Health (Health Independence Program), phone 9496 2211 or email hipcentralintake@austin.org.au



Order your 2024 Community Calendar

Put a little bit of Banyule on your wall with our 2024 calendar.

To request a calendar, call us on 9490 4222, scan the code or order online at banyule.vic.gov.au/calendar





Eye Spy exhibition at Heidelberg Historical Society

 Sundays 2pm – 5pm until end of December

 Jika St & Park Lane, Heidelberg

 \$5

Come along and view the exhibition called 'Eye Spy', featuring over 180 items from our collection, many of which will evoke memories and recognition amongst older Banyule residents. For more information visit: heidelberghistoricalsociety.com.au

Cat-ism - an exhibition of art inspired by our feline friends!

 21 July - 13 August 2023

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

Feature artists: Junk Azuka, Lara Chamas, Lou Endicott, Emerson Zandegu

The exhibition includes Junko Azukawa's Japanese ink paintings, sharing the wisdom of cats, Lara Chamas' homage to cats in Islamic culture, Lou Endicott's whimsical drawings of cover-worthy cats, and Emerson Zandegu's quirky animations, prints and objects featuring cats.

There will also be a community wall, where anyone in the Banyule community can drop off paintings, drawings, photos, and writings of your beloved pet (not just cats!) to be displayed in the gallery. Join us in celebrating the wonderful animals who bring so much joy to our lives.

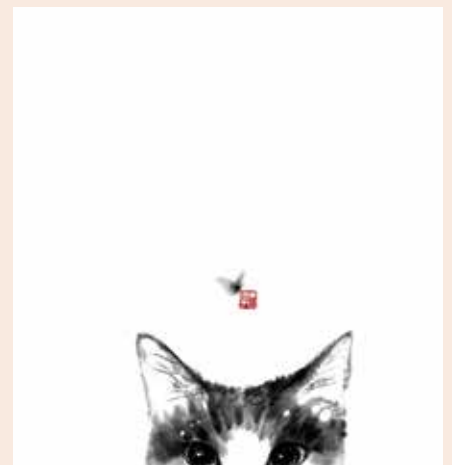


Image: 'Nothing is more important' by Junko Azukawa

What's on

Repair Cafe

📅 Saturday 16 September

📍 14 Church Street, Greensborough

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 & super room).

Bring in your item that needs repairing and fix it on the spot with the help of a volunteer repairer. Save it from landfill and learn new skills!

Repairers will be on hand to help with: Garden tool maintenance, electronic cord/plug issues, woodwork/furniture, knife sharpening, knitting, crochet, sewing/patching, bikes, machinery, electrical appliances, understanding/negotiating phone and computer technology and lots more.

Email, phone or just turn up and hand round. For more information or to book, please contact ☎️ **9435 5762** or ✉️ info@gcbc.net.au



Ivanhoe Seniors Exercise Park Come and Try session

📅 Mondays and Fridays, 10am-11am

📍 Ivanhoe Park, Cnr Wamba Rd & Lower Heidelberg Rd

🎫 **FREE**

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. 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 **9242 3471** or email catherine.corbett@banyule.vic.gov.au



Wiser Driver Course

Do you want to refresh your driving skills?

Become a wiser driver in our FREE driving refresher skills program for older adults! This is a 4-session seminar series for older adults aged 60+ to refresh driving skills.

The dates for the sessions are:

📅 Tuesday 5 September, 10am - 12pm

📅 Tuesday 12 September, 10am - 12pm

📅 Tuesday 19 September, 10am - 12pm

📅 Tuesday 26 September, 10am - 12pm

📍 Griffin Room, Level 4 Banyule City Council, 1 Flintoff St
Greensborough (Light refreshment provided)

Please note this is a 4-part course. Participants must attend at least 3 out of 4 sessions to complete the course. Bookings open on Tuesday 1 August.

To book, please contact customer service on **9490 4222** or email enquiries@banyule.vic.gov.au

What's on



Carer Communication & Advocacy Communicating with Professionals

Online workshop

 Thursday 17 August, 10.30am

Are you an unpaid carer? This one-hour on-line workshop will provide you with skills for your caring role and help you navigate complex support service systems.

Hosted by Banyule Carer Support Program and run by Carers Victoria.

For more information or to register your interest contact:

Natasha Coleman, Support for Carers Program


Phone: **9422 8396**


Email: carers@banyule.vic.gov.au

Come & Try activities at Greensborough Social and Activity Club

First 3 visits are FREE

 205 Henry St, Greensborough

 \$1 per activity (except Monday Tai Chi for beginners at \$2 and Thursday Dancing for beginners at \$5) | Annual membership: \$15

 For more information, please contact Pamela  0435 175 214

As the cold weather is here, come and join our friendly social group every afternoon during the week.

Try your hand at indoor bowls, cards, 500, quoits, chess, table tennis and bingo with refreshments. By request, the monthly social dinners are continuing during winter.



One stop shop for carers

Banyule Carer Support Program now has a one-stop shop page on Council's website for carers living in Banyule. Find out about our regular activities and opportunities at

 banyule.vic.gov.au/Carersupport

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 laguugu 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 Age in Focus, please visit 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: _____