

# Age in Focus

AGE-FRIENDLY  
BANYULE

June/July 2023

**Now it is winter, it can be tempting to stay in the comfort of your home during this time.**

In this edition, you'll find lots of information on staying connected and keeping healthy, as well as what's happening in Banyule.

World Elder Abuse Awareness Day is in June, there is information on how you can stay safe, informed, and supported. We hope you enjoy this edition and please continue to stay warm, curious, and connected!

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**Banyule**  
City Council







## Council signs the EveryAGE Counts pledge at the Age-Friendly Champions relaunch

**Banyule is committed to tackling ageism to ensure people of all ages are valued, respected and acknowledged.**

The relaunch of the Age Friendly Champions program at Bellfield community Hub began with Banyule Mayor Cr Peter Castaldo signing the EveryAGE Counts pledge. He promised to “take action to ensure older people can participate on equal terms with others from all aspects of life”.

Cr Castaldo was joined by members of Banyule’s Age Friendly Committee and our Age Friendly Champions.

After a hiatus due to the pandemic, the Champions are back and will begin working with Council’s Community Connections Team to develop, promote, and deliver Age Friendly programs for older adults in Banyule.

The morning was an opportunity to reconnect and reflect on past achievements. We had robust and valuable conversations about ageism and positive ageing. We workshopped great ideas that will help shape Council’s age-friendly services and activities moving forward.



## Older Adults Walkathon 2023

**It was amazing to see so many members of the community joining in on the Active April Older Adults Walkathon at Willinda Athletic Track!**

The day was action-packed with loads of activities, including Zumba, Tai Chi and Walking Football. The majority of participants took up the challenge to walk as many laps as possible for a chance to take home a trophy. Some people kicked goals to win a \$50 gift voucher, while others enjoyed watching the event and cheering on family and friends.

The event concluded in the Pavilion, where everyone was able to enjoy some light refreshments and the opportunity to chat with their fellow walkers.

An award presentation followed, as Mayor Peter Castaldo and Community Connection Manager Jo Wilson announced the winners of each category.

Congratulations to all the winners! It was an outstanding effort all around.

We hope this event has inspired you to continue your fitness journey and ignite a spark within you to try a new hobby or sport that will help you stay active.



## Join a walking group near you

**Walking for Leisure, Ivanhoe**

🕒 10am Fridays

📍 275 Upper Heidelberg Rd, Ivanhoe

📞 0400 471 071

**Greensborough Outdoor Walking Group**

🕒 10am Tuesdays

📍 Greensborough Walk, outside Watermarc: 1 Flintoff St, Greensborough

📞 9422 6111

**Heels Up**

🕒 10am Wednesdays

📍 Outside the front of the Community House: 232 Lower Plenty Rd, Rosanna

📞 Julie Murphy: 9458 1935

**For more walking group options, please visit:**

🌐 [walking.heartfoundation.org.au/walking](http://walking.heartfoundation.org.au/walking)

## We are looking to start a walking soccer team in Banyule

If you are interested in joining the team or would like to attend a come and try session, please contact Kim Phu on 📞 0422 925 945.





# What is elder abuse?



**Elder abuse is mistreatment of an older person that is committed by someone with whom the older person has a relationship of trust such as a partner, family member, friend or carer.**

Elder abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect. Elder maltreatment can lead to serious physical injuries and long-term psychological consequences.

## Who is affected by elder abuse?

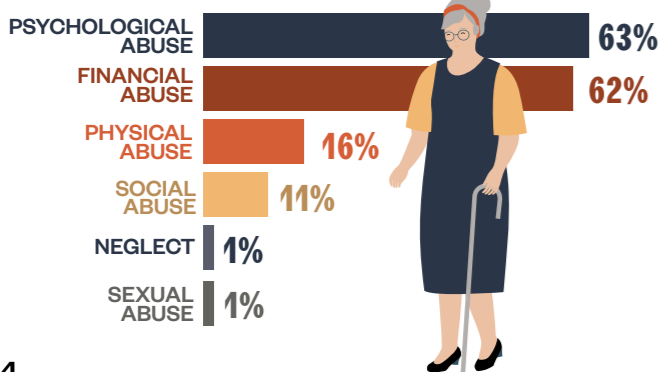
Elder abuse is a problem that exists in both developing and developed countries yet is typically under-reported globally. Prevalence rates or estimates exist only in selected developed countries — ranging from 1% to 10% of older people.

Elder abuse has been shown to affect women and men, people from different cultural backgrounds, people with different levels of education and wealth, and both city-dwellers and country folk.

The incidence of abuse towards older people is predicted to increase as many countries experience rapidly ageing populations. Although the extent of elder abuse is unknown, it is nonetheless a global social issue which affects the health and human rights of millions of older people around the world, and an issue which deserves the attention of the international community.

**If you, or someone you know is experiencing elder abuse help is available through the Seniors Rights Victoria confidential helpline on 1300 368 821. If it is an emergency, call 000.**

## % OF SRV ADVICE CLIENTS WHO EXPERIENCED:



## George's real-life story

A year ago, George, who is 82 years old and lives alone in the family home, agreed that his son, Petro, could live with him. George has chronic arthritis and has limited mobility. This has become worse in the last six months and he is more reliant on Petro for support.

When Petro moved back home, it was on the understanding that he would take care of his father and he obtained a Carer's Allowance. In the last two months, Petro's behaviour has become unstable and he's neglecting the care of his father. Petro has stopped people visiting George, including service providers and other family members. When George's daughter telephones the house, Petro answers the telephone and hangs up. George's friends have stopped visiting because Petro is aggressive towards them.

As George has difficulty moving around, he's unable to leave the house or shower without assistance.

### Considerations

George was motivated to agree to his son moving in with him because of the support his son, Petro, would provide. However, Petro is neglecting George's needs and is keeping others, who might be able to assist, away from George.

George's health and wellbeing are a priority in this situation. Seniors Rights Victoria often has concerned family and others telephone to express worry for an older person, who is being socially abused in their own home. There are options to address these situations and talking to the Seniors Rights Victoria Helpline can provide information about how to assist an older person.

\* Personal details have been changed to protect our client's privacy.

**For more real life stories, visit:**

[seniorsrights.org.au/category/real-stories/](https://seniorsrights.org.au/category/real-stories/)



The Mayor, Cr Peter Castaldo (seated on the right) and Deputy Mayor, Cr Alida McKern (seated on the left) with Banyule's nonagenarians.

## Here's to 90 and beyond!

### It seems that staying curious really can keep you young.

The Mayor and Deputy Mayor had a fantastic morning tea recently with 17 nonagenarians from Banyule's University of the Third Age. The group has 24 members who are aged 90-99 years old. In fact, nonagenarians are the fastest-growing group of older adults in Australia!

While enjoying home-baked eclairs and curried egg sandwiches, the group reminisced on how much has changed since the youngest members of the group were born in 1933, as construction started on the Golden Gate Bridge and Australian families struggled through the effects of the Great Depression.

This community of active learners traded stories and laughs. Everyone left the morning tea inspired and ready to keep learning.

## The Victorian Government continues to provide assistance to all electricity account holders.



Have you already applied? From March 24, 2023 all Victorian electricity account holders will again be eligible to apply for another \$250 bonus. You do not need to hold a healthcare card. Need help applying? Call BANSIC on 9459 5959.



## Banyule Grants Program

**The Banyule Grants Program is designed to strengthen and support the building of community capacity.**

Each year Council offers grant programs to help local community groups, individuals and organisations deliver projects that contribute to making Banyule a better place to live. There are a range of grant opportunities on offer for the 2023-2024 financial year.

The 2023-2024 Arts & Culture Grants, Community Grants and Environment & Sustainable Transport Grants open on Monday 3 July and close on Friday 11 August 2023

Online information sessions are scheduled for each of these grant programs

- Arts & Culture Grants: Wednesday 14 June 2023
- Community Grants: Wednesday 21 June 2023
- Environment Grants: Wednesday 28 June 2023

Please go to Council's website to view the guidelines and a link to the application form. [www.banyule.vic.gov.au/About-us/Grants-programs](https://www.banyule.vic.gov.au/About-us/Grants-programs)

For more information, please contact Community Connection Officer, Karen Molinaro on 9457 9955



# Older Adults Community Connections Program

(Formerly known as the Older Adults Recreation Program)

## Coffee Connect Program

Join our Coffee Connect Program where you can meet local residents and enjoy a morning tea on a fortnightly basis.

We have relaunched this program as it has proven to be a great way to bring residents together in a safe environment; to have a tea or coffee, chat, meet new people and share stories and experiences.

To celebrate the relaunch, tea or coffee will be on us for June only. From July onwards, participants are required to pay for themselves. Bookings essential, please contact Banyule Customer Service on ☎ 9490 4222.



### Whispers Social Enterprise Café

📅 Mondays Fortnightly  
26 June, 10 July,  
24 July

🕒 10am – 12pm

📍 275 Upper Heidelberg Rd,  
Ivanhoe

🚶 5 mins walk from Ivanhoe  
Train Station

### For Change Café, Bellfield

📅 Thursdays fortnightly  
8 June, 22 June, 6 July,  
20 July

🕒 10am – 12pm

📍 13 Daphne Cres,  
Bellfield

🚶 Catch Bus route 250.  
2 mins walk from Perkins  
Ave/Oriel Rd

### The Social Brew Coffee Bean

📅 Fridays Fortnightly  
2 June, 16 June, 30 June,  
14 July, 28 July

🕒 10am – 12pm

📍 75 Turnham Ave,  
Rosanna (Rosanna  
Train Station)

🚶 1 min walk from Rosanna  
Train Station

## Social lunches

Join us for a social lunch to meet new people, catch up with friends and stay connected with your fellow community members. Participants pay for their own lunch, ordering and paying for beverages and/or meal on the day. Bookings are essential, please contact Banyule Customer Service on ☎ 9490 4222.

### Eaglemont Dish

📅 Wednesday 21 June

🕒 12pm

📍 72 Silverdale Rd, Eaglemont

🚶 1 min walk from Eaglemont Train Station

### Max's Woodfired Pizza

📅 Friday 21 July

🕒 12pm

📍 6 – 8 Were St, Montmorency

🚶 4 mins walk from Montmorency  
Train Station



## Goldfield Railway day trip

Victorian Goldfields Railway is a remnant of the extensive branch line railway system which served rural Victoria from around 1880 through to the 1970's.

Join us on a day trip travelling northwest to Castlemaine, located in Central Victoria, for a step back in time. Experience the rattle and hum of an authentic steam railway whilst winding through the forest enroute to Maldon. Enjoy a delicious 2 course lunch in Maldon before returning via luxury coach.

Bookings open the first day of every month and often book out quickly. To reserve a seat please contact Banyule Customer Service on ☎ 9490 4222.

### Victoria Goldfield Railway

📅 Wednesday 28 June 2023

📍 Castlemaine, Central Victoria

🎫 \$70

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

📌 Coach travel, morning tea, one way VGR train travel Castlemaine to Maldon, 2 Course lunch at Maldon Hotel.

### 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).



# Community updates



## Banyule Community Bus

### The Banyule Community Bus is coming!

We are excited to share that we are launching a new FREE community bus service for Banyule residents, in partnership with Link Community & Transport social enterprise.

The bus will follow a fixed route in Heidelberg West, Bellfield, Ivanhoe, Ivanhoe East, Eaglemont, Heidelberg, Macleod and Rosanna for a 12-month trial, with the potential to continue the service.

While the bus service will be free for all residents, it is particularly targeted to the following community members: older adults, residents living with a disability, people with limited access to transport, people from diverse backgrounds and people experiencing financial difficulties.

The bus will operate on Mondays, Wednesdays and Fridays between 9am-5pm. It will assist residents to access shopping centres, medical centres, community centres, train stations, libraries and more!

Accessible transport is a key priority for vulnerable population groups to access services and participate in the wider community, so we are very excited to be launching this service.

'Coming soon – stayed tuned for more details!' For more information, please contact our Banyule City Council Age-Friendly Project Officer, Catherine on ☎ 9242 3471 or ✉ [catherine.corbett@banyule.vic.gov.au](mailto:catherine.corbett@banyule.vic.gov.au)



## Support for carers

Banyule Carer Support Program now has a one-stop shop webpage

Find out about our activities and support at [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)

### Carer supports & services – Online Workshop

📅 Wednesday 14 June, 10.30am

Are you an unpaid carer? What support and services are out there for you?

Our one-hour online workshop will outline the services and supports available to help you care for your loved one, including financial support, help to take a break and more. Hosted by Banyule Carer Support Program and run by Carers Victoria.

### Financial & material support for carers – Information Session in Bellfield

📅 Wednesday 28 June, 10am – 11.30am

📍 Bellfield Community Hub, Daphne Cres Bellfield

Are you an unpaid carer struggling to make ends meet? Hear from local agencies about ways to ease that burden

#### The session will cover:

- How to get financial assistance for food, groceries, school uniforms and supplies
- food parcels and vouchers
- accessing concessions, grants, benefits, centrelink payments and no-interest loans
- tax help and financial counselling.

There will be an opportunity to ask questions and apply on the spot for the \$250 power saving bonus. This forum is hosted by the Banyule Carer Support Program, with guest presenters from Services Australia and Banyule Support & Information Centre. Morning tea provided.

Registrations essential at ✉ [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au)

# Community updates

## National Reconciliation Week (NRW)

This is a time for all Australians to learn about our shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The theme for National Reconciliation Week 2023, Be a Voice for Generations, encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work and socialise.

For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable and reconciled country for all.

Come along to the National Reconciliation Week Events:

### In conversation series

📅 Thursday 1 June, 7pm – 8.30pm

📍 Watsonia Library: 4 – 6 Ibbottson St, Watsonia

Join the inconversation with Shelley Ware and Aunty Janine Coombs discussing the Uluru Statement from the Heart.

### Reconciliation Family Day

📅 Saturday 3 June, 10am – 1pm

📍 Barrbunin Beek Gathering Place: 65 Catalina St, Heidelberg West

Come along with the whole family to learn how to be a 'Voice for generations'. Celebrate the Uluru Statement from the Heart and the Warin (Wombat) Season with a range of activities.

**BE A VOICE FOR VOICE GENERATIONS**  
NATIONAL RECONCILIATION WEEK 2023  
27 MAY — 3 JUNE  
**ACT TODAY FOR A RECONCILED TOMORROW**

#NRW2023

[NRW.RECONCILIATION.ORG.AU](http://NRW.RECONCILIATION.ORG.AU)



## Service Connection

As part of the care finder network, the Service Connection program is a free service providing short and long term support for vulnerable older people and those who are homeless or at risk of homelessness.

Connectors help people understand what aged care services are available, assist in setting up aged care assessments and navigating the My Aged Care portal along with connecting clients with services and engaging them in the community.

Eligibility criteria includes:

- the vulnerable older person not having a support person or not trusting their support person.
- having communication barriers such as low literacy, reluctance to engage with aged care or government services.
- difficulty understanding information, making informed decision or are in an unsafe situation without support services.

Service Connection is available to people living in the cities of Boroondara, Banyule, Nillumbik, Whitehorse and the lower areas of Murrundindi.

To find out more information contact: HealthAbility ☎ 9430 9100 or ☎ 0414 272 411 or ✉ [service.connection@healthability.org.au](mailto:service.connection@healthability.org.au)



# What's on

## QWere St LGBTIQA+ Winter Street Party

📅 Saturday 3 June 2023, 3pm – 10pm

📍 Were Street, Montmorency

Join us for a day filled with live music, roving entertainment, alfresco dining, creative activities, a kids zone and more.

This closed-street event brings all the fun of Midsumma directly to our community in the suburb of Montmorency close of Were Street. This event is inclusive for all people and we encourage everyone to come along. Proudly supported by Banyule City Council and the Traders Association of Montmorency.



## Card making

Learn how to make all occasion cards and take home.

📅 Sunday 18 June, 1pm – 3pm

📍 47 Lambourn Rd, Watsonia

🎫 Cost: \$10

📍 For more information, contact Watsonia Neighbourhood House ☎ 9434 6717 or ☎ 0492 944 608

## Ivanhoe Seniors Exercise Park Come and Try session with an early lunch at the Croquet Club

📅 Friday 16 June, 10am – 11.30am

📍 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, 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 ☎ 9242 3471 or ✉ catherine.corbett@banyule.vic.gov.au



## Come and Try sessions with afternoon tea at the Croquet Club!

Do you want to try a new activity in the outdoors and make new friends?

Ivanhoe Park Croquet Club will be hosting three free 'Come and Try' sessions with afternoon tea. Beginners and those with experience are all welcome.

The dates for the sessions are:

📅 Wednesday July 5, 2pm – 3.30pm

📅 Wednesday July 12, 2pm – 3.30pm

📅 Wednesday July 19, 2pm – 3.30pm

📍 Ivanhoe Park Croquet Club - 132 Lower Heidelberg Rd, East Ivanhoe

Everyone is welcome! To book in for one session or all three, call customer service on ☎ 9490 4222. If you have further questions about the program, call Catherine on ☎ 9242 3471.

# What's on

## Greensborough Probus Club

📅 First Monday each month, 10am

📍 Greensborough RSL  
111 Main St, Greensborough

Greensborough Probus is a club of active retirees, both women and men, who want to keep their minds active, expand their interests, enjoy fellowship of new friends. We have a business meeting followed by a guest speaker each month. Outings and events include theatre, trips, craft, music, walks, computers, games, movies, dining out, writing, tours and holidays. If you would like to join, please contact Ardelle on ☎ 0403 831 739 or visit: [www.probusgreensborough.org.au](http://www.probusgreensborough.org.au)

## Community Lunch at Rosanna Fire Station Community House

📅 Wednesday 7 June, 12.30pm – 1.15pm

📍 232 Lower Plenty Rd, Rosanna

🎫 Gold coin donation

📍 Bookings essential.

Please contact Catherine Corbett (Age Friendly Project Officer)

☎ catherine.corbett@banyule.vic.gov.au



National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

## Tech help

Do you have a question about technology? Need some help troubleshooting your device? Book an appointment for a one-on-one session with an experienced staff member.

Call to make a booking or register in the branch. Watsonia Library on ☎ 9435 2397. Ivanhoe Library and Cultural Hub on ☎ 9497 5780. Please book an appointment with a volunteer tech expert. Bring your own device.



## Japanese cooking workshop

Join Greenshill's new staff member Chika to learn how to make Okonomiyaki, a savoury Japanese pancake, and enjoy them for lunch!

📅 Friday 16 June, 11am – 1pm,

📍 For more information, please contact Greenshill Neighbourhood House on ☎ 9435 9287 or ☎ 0423 452 922

🎫 Cost: \$15

📍 Book now via try bookings: [www.trybooking.com/events/landing/1042902](http://www.trybooking.com/events/landing/1042902)

## Job Advocates Victoria: Employment Support

Looking for work? Jobs Victoria Advocates will be available to discuss your career pathways and offer support. Walk-ins are available, or you can book an appointment by calling ☎ 9049 3361 or email: [jva@banyule.vic.gov.au](mailto:jva@banyule.vic.gov.au)

📅 Wednesday 5, 12, 19 July | 10am – 4pm

📍 Ivanhoe Library & Cultural Hub – 275 Upper Heidelberg Rd, Ivanhoe

# 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 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 [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: \_\_\_\_\_