

# Age in Focus

AGE-FRIENDLY  
BANYULE

## December/January 2024

Welcome to this special festive newsletter edition, celebrating the holiday season.

In this issue you will find lots of fun activities, an inspirational story from a local resident and the opportunity to provide feedback on the draft Older Adults Framework.

As we approach summer, there may be periods of extreme heat. We encourage everyone to think proactively about protection from heat stress. Pick up a free copy of the Keep Cool Map at your nearest Council Customer Service Centre. This guide shows you where to access help on a hot day in Banyule. For more information please visit [banyule.vic.gov.au/Extremeheat](http://banyule.vic.gov.au/Extremeheat) or contact Banyule Customer Service on 9490 4222.

May this festive season be filled with joy, peace, and special moments. Banyule City Council wishes you a happy and healthy holiday season!

### Contents

Draft Older Adult Framework feedback	2
It's never too late to find your passion	3
Older Adults Community Connections Program	4
Seniors Festival Program update	5
What's on	6
Banyule Community Fund	8





## Tell us what you think about the Draft Older Adults Framework 2030

Thank you to everyone who participated in the recent consultation for the Older Adults Framework 2030.

From July to August 2023, 388 people participated in the community engagement process. Of these, 53 people attended a community focus group, 201 people attended a meeting with their community group and 134 people completed an online or hardcopy survey.

The Draft Older Adults Framework 2030 outlines Council's vision to build on our Age-Friendly City for older adults to work, live, play and be valued in their community.

It includes our commitments and goals to ensure we continue to take meaningful steps to improve the liveability of Banyule for older people.

It is underpinned by the eight World Health Organisation (WHO) Age-Friendly City domains and has been guided by the voices of older adults in our community.

The Draft Older Adults Framework will be open for consultation until 15 December 2023 via an online survey on Shaping Banyule. (Scan the QR code below). If you would like a hardcopy draft framework and survey posted to you, please contact us below:

Laura Cattapan  
☎ 0403 189 307  
✉ [laura.cattapan@banyule.vic.gov.au](mailto:laura.cattapan@banyule.vic.gov.au)

Jenna Gandolfo  
☎ 0468 752 200  
✉ [jenna.gandolfo@banyule.vic.gov.au](mailto:jenna.gandolfo@banyule.vic.gov.au)



Scan to give your feedback

## Stay Connected this Festive Season by visiting the YPRL Tech Support Pop Up at Greensborough Plaza!

📅 Fridays 1, 8, 15 December, 10am – 12pm  
📍 Greensborough Plaza - Level 3, Little Explorer Zone (Between Dotti and Sportsgirl)

Are you eager to stay in touch with family and friends during the holidays but facing technical difficulties?

Visit YPRL Tech Support pop up at Greensborough Plaza, where a friendly staff member from Yarra Plenty Regional Library will help answer technology questions or troubleshoot any problems with your mobile phone, iPad or computer.

For more information, please contact Alan Thompson on T:9497 5780

## Men's Social Group

📅 Monday 4 December, 1.30pm – 2.30pm  
📍 Rosanna Fire Station Community House – 232 Lower Plenty Rd, Rosanna  
Gold Coin Donation

Come be part of a vibrant social group! Join us for lively conversations, friendly card games, interactive board games, invigorating walks, and lots more.

For more information or to book, please phone T: 9458 1935 or email: [office@rfsch.org.au](mailto:office@rfsch.org.au)





# It's never too late to find your passion

Billie Young is a 91-year-old local resident who moved to Rosanna in 1972 to raise her three sons on her own. She's now a proud grandmother to six and great grandmother to five.

In 1996, after the loss of her beloved mother, Billie felt empty and unsure about her next steps in life. It was during a visit to the Warringal Shopping Centre that she came across Gwen Lacey from the local radio station looking for volunteers to help answer phone calls. Little did she know this was going to provide her with the purpose she was desperately seeking.

Billie began her journey at the radio station answering phones and quickly built friendships amongst the listeners. For several years, Billie was one of the producers for Bruce Skeggs "Personalities on Parade" setting up interviews and lining up guests. This soon led her to become a co-host with Jackie Maud-Cameron for the Women's World afternoon show on 96.5 Inner FM on Fridays.

Billie has never looked back; sharing stories, experiences, and music that resonate with her listeners, and connecting with others has been the fuel that keeps her going.



Beyond her radio commitments, Billie is an active member of her community. She participates in the Mondays YMCA Macleod Contact group, where she connects with other older women to enjoy activities such as knitting. All the knitting projects completed by the group are donated to charities which has been a very rewarding experience.

Billie continues to enjoy the independence of driving herself around the local area and often visits the Ivanhoe Library. Her advice on positive ageing is "don't worry about age, have a young heart, everything is beautiful, and people are beautiful".

Billie Young is an inspiration, showing us that it's never too late to discover your true calling and to continue pursuing your passions at any age.

## Banyule Carers Support Program

The Banyule Carer Support Program provides free support to people living in Banyule who are caring for someone with a disability, a chronic health condition, mental health issues or aged-related care needs.

We offer phone support, support groups, coffee and lunch catchups, free visits to leisure centres, information sessions, walking, relaxation, and exercise groups.

To see what is currently on offer, register for current activities or go on our mailing list, visit: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport) or Tel: 9422 8396.

## Pathway to Carers program

Diamond Valley Learning Centre (DVLC) is hosting its Pathway for Carers walks on 21 December 2023 and 18 January 2024.

The Pathways for Carers program gives local carers in the community an opportunity for social connection and provides helpful information for people looking after loved ones with illness, dementia or disability.

A leisurely walk at 9.15am will be followed by a cuppa and a chance to chat with other carers in the community.

For more information or to book a spot, please contact DVLC on Tel: 9435 9060.

# 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 required, please contact Banyule Customer Service on **9490 4222** for more information and to let us know you are coming.





### Tech support and coffee catch up

Bring your phone, tablet device or laptop. The library staff can give you basic advice on solving technology issues over a coffee.

 4 December & 18 December


 10am - 12pm


 Whispers Social Enterprise Cafe, 275 Upper Heidelberg Rd, Ivanhoe

 5 mins walk from Ivanhoe Train Station


### Morning walk and coffee catch up at For Change Café. Bellfield

Join us for a gentle walk around Ford Park and catch up for a coffee afterwards.

 7 December & 25 January


 Walk 10am, Coffee 11am


 15 Daphne Cres, Bellfield


 Meet in front of the cafe  
Catch Bus route 250 then  
2 mins walk from  
Perkins Ave/Oriel Rd


### Parkland walk & coffee catch up at The Social Brew Coffee Bean

Join us for a walk-through Rosanna Parklands, followed by a coffee with a group of friendly local residents.

 15 December & 19 January

 Walk 10am, Coffee 11am

 75 Turnham Ave, Rosanna (Rosanna Train Station)


 Meet in front of the cafe 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.**

### Miss Marie

 Wednesday 6 December

 12.35pm

 45 Beetham Parade, Rosanna


 Banyule Community Bus Route, Stop 21 arrive 12.28pm and departs 2.53pm.


5 minute walk from bus stop.

## Please note


The next day trip will be scheduled for the upcoming year and details will be featured in the February/March Age in Focus newsletter.

### Aniseed Cafe

 Wednesday 17 January

 10.45am

 79 Silverdale Road, Eaglemont

 Banyule Community Bus Route, Stop 25 arrive 10.34am and departs 12.44pm.

1 minute walk from bus stop.

# Seniors Festival update

## Seniors Festival morning tea and concert

On Tuesday 17 October, 352 residents gathered to celebrate the Seniors Festival morning tea at the Centre Ivanhoe. The event was a vibrant combination of entertainment, shared moments of joy and connection.

The highlight of the morning was undoubtedly the two performances by Heidelberg Allstars and live band The Substitutes.

An information table featured a diverse array of local clubs, programs, and services from: Probus Plenty, Watsonia 50+ Club, Greensborough Activities and Social Group, Football Victoria, Hearing Australia, and Banyule Council.

The event provided a platform to connect older residents with opportunities for social engagement, learning and community involvement.

The feedback received from the attendees was overwhelmingly positive. Most attendees felt that the entertainment was the best part of the event.

The 2023 Seniors Festival morning tea and concert was a beautiful way to celebrate and acknowledge the contribution of our older adults in the community.

Thank you to all who attended this special event, your participation and enthusiasm made it an unforgettable day. We look forward to organising another spectacular event in 2024.



## Seniors Festival Community program update

The **Indoor Carpet Bowl Tournament** organised by City of Whittlesea and Banyule City Council brought together seven teams to compete in a friendly yet thrilling competition.

From 10am to 2pm, the teams engaged in four games each, displaying remarkable sportsmanship and skill. In the end, the City of Whittlesea's Mernda Village team emerged as the champions, while Banyule City Council's two teams from Watsonia 50+ Club came second and third place.

The **Intergenerational Playgroup** held at Ivanhoe Library and Cultural Hub attracted 40 attendees comprising of parents, children, and grandparents.

The event included live music performances, food, and fun activities for everyone and provided the opportunity to share experiences across generations.

The **Seniors Exercise Park and BBQ lunch** was a resounding success, bringing together 40 residents. Attendees learnt how to use the specially designed outdoor exercise equipment and connected with others over a delicious BBQ lunch.

As the curtain closes on this year's Seniors Festival program, the Age Friendly team will continue to create more inclusive, engaging, and vibrant activities throughout the year. Stay tuned!





# What's on

## Ivanhoe Library 'Tour, Talk and Tea' event for Older Adults

Monday 11 December, 11am to 12.30pm

Ivanhoe Library and Cultural Hub  
275 Upper Heidelberg Rd, Ivanhoe

Ivanhoe Library will be running a free 'Tour, Talk and Tea' event for older adults in Banyule.

Come along to enjoy a tour of the beautiful Ivanhoe Library – with its two art galleries and stunning views of the city, before sitting down for a free cuppa and a chat in one of our community rooms.

With plenty of time after the program to explore the Ivanhoe shops and grab some lunch, this is the perfect way to start your week.

To book now, please call customer service on 9490 4222 or email [enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au)

### Did you know you can catch the FREE Banyule Community Bus to this event?

The Banyule Community Bus does a circuit of southern Banyule before arriving at Ivanhoe Library at 10:56am, the perfect time to arrive for this 11am event.

Bus users can then grab lunch after the event and catch the 1:36pm bus home from the Library.

To view the full bus timetable and find the bus stop closest to you, can view the bus timetable on our website: [banyule.vic.gov.au/Communitybus](http://banyule.vic.gov.au/Communitybus) or call Customer Service on 9490 4222 to request a hard copy.



## Banyule Children's Gift Appeal



Christmas and the Summer holidays can be stressful for families who are experiencing financial hardship, cost of living pressures, those who experience unexpected costs or a sudden financial crisis.

For over 22 years our residents and community services have gifted quality toys and vouchers to local children and families experiencing financial hardship through the Banyule Children's Gift Appeal.

You can support this initiative by making a donation or volunteering.

### Donate:

Tax deductible donations can be made through Diamond Valley Community Support (DVCS). Funds are used to purchase gifts and gift cards for children. Donate to the appeal: <http://gofund.me/2d7e3c6f>

### Donation bins

Donations of new gifts and toys can be dropped in contactless donation bins located at:

**Diamond Valley Community Support**  
Shop 378a, Level 3, Greensborough Plaza

**West Heidelberg Community Hub**  
155 Oriel Rd, Heidelberg West

**WaterMarc**, ground floor entrance  
1 Flintoff St, Greensborough

**Watsonia Library**  
4/6 Ibbottson St, Watsonia

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



**Rosanna Library Pop Up**  
56 Beetham Parade, Rosanna

### Get involved!

Volunteers support the appeal by packing and delivering parcels and collecting donations. If you would like to volunteer, please call T: 9435 8282 or E: [projectadmin@dvsupport.org.au](mailto:projectadmin@dvsupport.org.au)

# What's on


## Christmas Day lunch


 Monday 25 December, 12pm - 3pm  
 Bellfield Community Hub, 15 Daphne Crescent, Bellfield


If you are isolated or alone on Christmas Day, come and join us for a free, hearty lunch and cheerful company.

To book a spot, please contact Shop 48 on T: 8582 9501 or book in person at The Harmony Centre – 48 The Mall, Heidelberg West VIC 3081.

## Community lunch

 Wednesday 6 December 12.30pm – 1.15pm

 Rosanna Fire Station Community House  
232 Lower Plenty Rd, Rosanna

 Gold Coin Donation. Bookings essential

Don't miss out on a wonderful opportunity to taste delicious home cooked food, build new friendships, and strengthen your community connections.

For more information or to book, please phone T: 9458 1935 or email: [office@rfsch.org.au](mailto:office@rfsch.org.au)

## Diamond Valley Learning Centre Short Courses


From mid-January, Diamond Valley Learning Centre (DVLC) in Greensborough will be starting many new and exciting short courses starting from \$59.90. All classes are face to face in small groups, mostly two hours per week for eight weeks.

Courses available include:

- Digital Essentials (introduction to computers, tablets and smartphones)
- Conversational English
- Conversational Italian
- Conversational Spanish
- Advanced Sign Language (AUSLAN)
- Floristry

For more information, please contact DVLC on T: 9435 9060

## Carols by Candlelight 2023

 Saturday 16 December 2023, 5pm – 9.30pm  
 Greensborough War Memorial Park, Henry St, Greensborough

Bring your singing voice, grab your picnic rug and get ready to enjoy some festive entertainment at the much-loved Carols by Candlelight event.

This free, family-friendly event warmly welcomes everyone in our diverse community to come together to celebrate the spirit of Christmas.

We're thrilled to announce a stellar line up including Denis Walter, Carla Troiano, Ricky Muscat and the Australian Children's Choir. Plus, the sounds of the Diamond Valley Brass Band and of course an appearance by Santa.

### Accessibility

We welcome patrons of all abilities, and support a great night out for all, by providing:

- priority seating for older adults, people with a disability or injury – call 9490 4222 to book before the event
- accessible parking on McDowell St
- accessible drop-off on Ester St
- on-site accessible toilets
- sealed paths around the oval
- wheelchair/scooter charging station at info tent
- large screens for better viewing
- the Phonic Ear system and noise-cancelling headphones (available to borrow from our info tent)
- emergency staff

Please note: This is a drug, alcohol and smoke free event. We ask that you leave your pets at home (assistance dogs welcome).

## Do you need transport to Carols by Candlelight?

Council is trialling a new shuttle bus service to transport people to and from the Carols by Candlelight event for FREE! The bus will pick you up from your home and transport you to the Carols event then drop you home afterwards. This service is specifically for older adults, carers, people with a disability and people with an injury. Passengers must be a resident of Banyule City Council.

**Bookings open Monday 4 and close at 4pm on 11 December.** Limited seats available, maximum of 2 bookings per person. To book, contact Council on T: 9490 4222 or E: [enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au).

# Banyule Community Fund

Are you looking for a local charity to donate to this Christmas? Give local with Banyule's new Community Fund.

The Banyule Community Fund is a new community-led charitable fund, raising money specifically for non-profit organisations in Banyule who need more support.

The fund allows businesses, organisations and individuals make tax-deductible and non-tax-deductible donations. Funds raised are granted back to local non-profit causes within Banyule, making a real difference to our local community.

Grants from the fund will primarily assist the following areas in Banyule: mental health supports, housing and homelessness, food security, emergency relief,

disability, arts and culture, community connectedness and inclusion and climate change and environmental sustainability.



Donors can choose one priority area or donate to the overall fund. To learn more or make a donation now, please visit [www.banyule.vic.gov.au/BCF](http://www.banyule.vic.gov.au/BCF)

For any general enquiries about this project, contact Banyule Community Fund Development Officer Catherine Corbett on T: 9242 3471 or E: [banyulecommunityfund@banyule.vic.gov.au](mailto:banyulecommunityfund@banyule.vic.gov.au)

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 speak to Council staff to ascertain if the activity is suitable for them. All participants are required to follow the direction of Council staff and/or volunteers facilitating the activity. There is an expectation that participants are civil, courteous, respectful of others. Our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages, and genders. We are committed to access, equity, participation, and rights for everyone: principles which empower, foster harmony, and increase the wellbeing of an inclusive community.

## 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

### 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 بانويل 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.