

# Age in Focus

AGE-FRIENDLY  
BANYULE

## August/September 2024

As we leave the depths of a cold winter and head into spring, Age in Focus puts a spotlight on celebrating all that is local both in Banyule and wider Melbourne. Our next bus trip will take us straight to the beating heart of cultural Melbourne, the Queen Victoria Market. With planned local lunches, a movie and much more within Banyule, you will find lots of opportunities to get out and about.

Inside you will also find details of the 'Age of Creativity' Older Adults Art Exhibition that is still open for applications from local artists, new grant opportunities for local groups, local LGBTIQ+ catch ups, carer support information and much more.

Age in Focus also recognises Dementia Awareness month in September with a feature article on dementia and where to find support.

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**Banyule**  
City Council

# Applications for 'Age of Creativity' Older Adults Art Exhibition

Applications for the October Art Exhibition are open.

In October 2024, we will celebrate Seniors Festival by holding an art exhibition for and by older adults who live, work or have a strong connection to Banyule.

If you would like to apply for a spot in the exhibition please ensure that:

- you are aged 60+,
- you live in, work in or have a strong connection to Banyule,
- you complete your application by **16 August 2024**,
- your artwork was completed in the last two years,
- you read and understand the terms and conditions.

Entry is free and we accept all forms of artwork, including but not limited to: painting, drawing, writing, photography, video and audio, sculpture, woodworking, textiles, metal-smithing and performance.

There are two ways to apply:

Via our website: [banyule.vic.gov.au/news-items/open-call-for-older-adults-art-exhibition](https://banyule.vic.gov.au/news-items/open-call-for-older-adults-art-exhibition)

Or

Via hard copy form by calling Paula Ferronato, Age Friendly Community Development Officer on 9242 3448.



## “Fly Me to the Moon”

Join us for a discounted morning at the movies in a private screening just for us of the movie 'Fly Me to the Moon'.

Monday, 26 August 2024

10am arrival for 10:30 screening

Greensborough Hoyts,  
Greensborough Plaza Shopping Centre, 25 Main Road,  
Greensborough.

\$8 per person

Parking is available at the centre, please check parking time limits.

10 minute walk from Greensborough train station and bus routes 343, 385, 514,517,518, 566 and 902 all stop at the Plaza.

Spaces are limited.

Bookings open 8:30am Monday 5 August 2024 by calling Customer Service on 9490 4222.





# Dementia information and where to get support

Dementia is a term for several diseases that affect memory, thinking, and the ability to perform daily activities.

Dementia has physical, psychological, social and economic impacts, not only for people living with dementia, but also for their carers, families and community.

Dementia affects each person in a different way, depending upon the underlying causes, other health conditions and the person's cognitive functioning before becoming ill.

## Treatment and care

A lot can be done to support both people living with the illness and those who care for them.

People with dementia can take steps to maintain their quality of life and promote their well-being by:

- being physically active
- taking part in activities and social interactions that stimulate the brain and maintain daily function
- Eat a healthy balanced diet
- Stop smoking and drinking alcohol
- Get regular check-ups with your doctor
- Write down everyday tasks and appointments to help you remember important things
- Keep up your hobbies and do things that you enjoy
- Try new ways to keep your mind active
- Spend time with friends and family and engage in community life

## Where to get support

**Banyule City Council:** we encourage people to approach their local neighbourhood house, you can find your nearest one by calling Council on 9490 4222 or visiting Council's website: [banyule.vic.gov.au/Events-activities/Neighbourhood-houses](http://banyule.vic.gov.au/Events-activities/Neighbourhood-houses)

**Dementia Australia:** the National Dementia Helpline 1800 100 500 provides expert information, advice and support, 24 hours a day, seven days a week. It's free and confidential.



# Carers information in Banyule

## Banyule Carer Support Program - Recharge, Discover, Connect.

Some people look after a family member, a friend, someone they love. Many of these people don't consider themselves a carer or ask for support or a break.

Our program is all about giving you a break and offering the support you need.

Yoga, Tai Chi Qigong, Art Therapy, cafe catchups with other carers in the same boat (free coffee!), support groups, repeat passes to leisure centres, support to find the services you need.

All free, all confidential.

You don't have to be receiving a carer payment to register.

See what we offer and register at: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)

Or contact Council's Carer Support office on 9422 8396 or email [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au)


## 2025 Community Calendar

If you would like a copy of the 2025 Community Calendar posted to you, please visit our website and complete the form: [banyule.vic.gov.au/calendar](http://banyule.vic.gov.au/calendar) or phone Customer Service on 9490 4222.


# Older Adults Community Connections Program


Meet new people in your community in a welcoming atmosphere.


## Social lunches


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

### Oregon Express


 Wednesday 14 August


 12.30pm

 55 Weidlich Road, Eltham North


 Catch PTV Bus 517 to Cnr Macka Ave/ Weidlich Rd stop. Two minute walk from bus stop to Oregon Express

### L'Artigiano


 Wednesday 28 August

 12.30pm


 77 Upper Heidelberg Road, Ivanhoe


 Catch Free Community Bus to Stop 15, 43 Norman St, Ivanhoe.  
6 minute walk from bus stop to L'Artigiano

### Manx Cafe

 Wednesday 11 September


 12.30pm

 15-17 Looker Road, Montmorency


 Catch PTV Bus 513 or 901 to Looker Road stop.  
One minute walk from bus stop to Manx Cafe.

### Mr Macleod

 Wednesday 25 September

 12.30pm

 15 Aberdeen Road, Macleod

 Macleod Train Station: 12:15 arrival from Hurstbridge, 12:19 arrival from City.  
Two minute walk from Macleod Station to Mr Macleod.





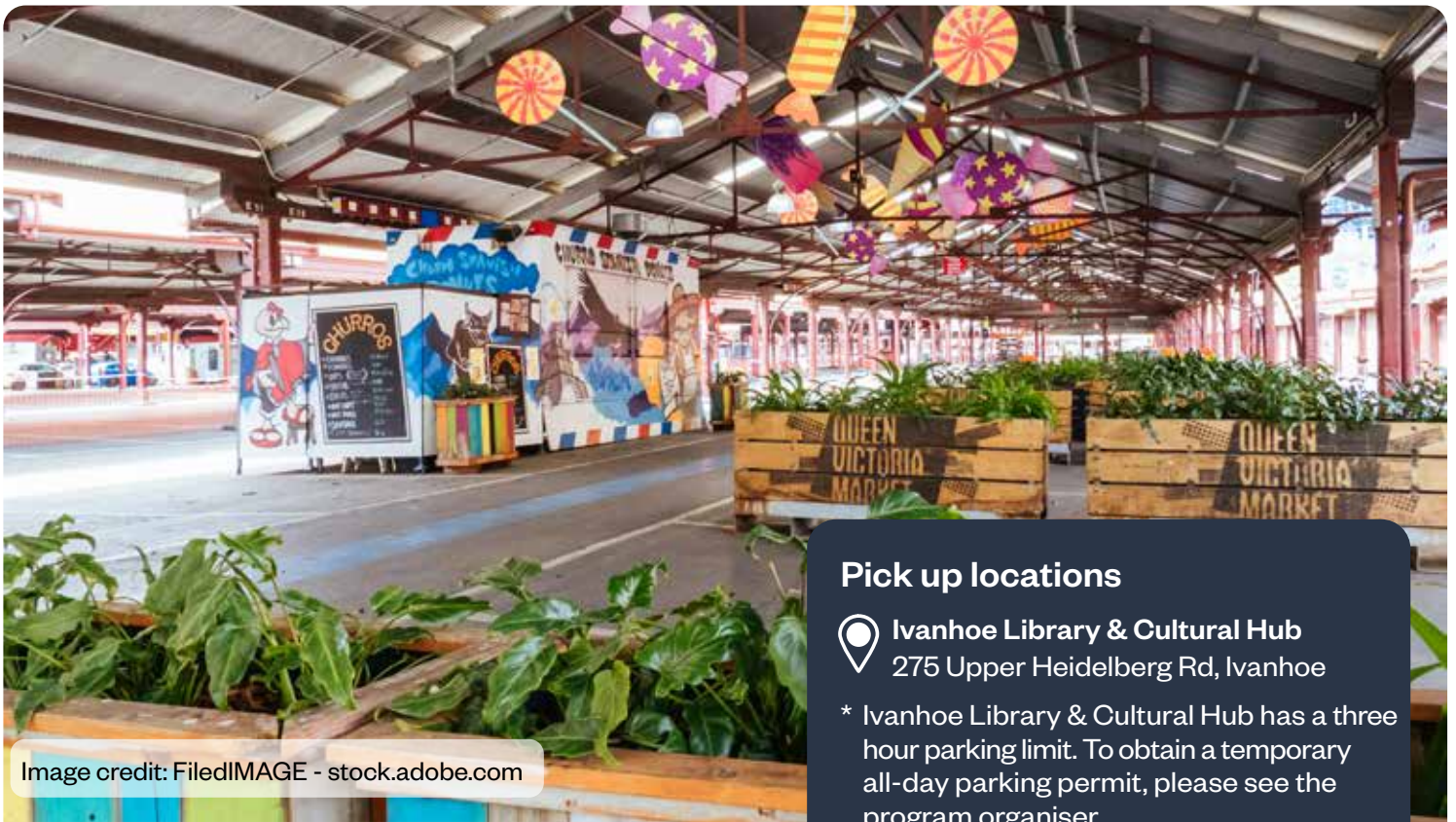


Image credit: FiledIMAGE - stock.adobe.com

# Day out at the Queen Victoria Market!

This bus trip will take you to the Queen Victoria Market, where you will undertake a tour of all the market delights and specialties followed by some free time to explore the market. Then we will be transported by bus to the Royal Standard Hotel for a two course lunch.

Bookings open 8.30am Monday 2 September and often book out quickly. To reserve a seat please contact Banyule Customer Service on ☎ **9490 4222**.

## Queen Victoria Market

📅 Thursday 19 September 2024

📍 Queen Victoria Market

🎫 \$50

🕒 8.30am sharp – War Memorial Park, Greensborough  
9.00am sharp – Ivanhoe Library and Cultural Hub

📌 Includes luxury coach travel, to and from Queen Victoria Market, tour of the market and 2 course lunch.

Returning approximately **4pm**

## Pick up locations

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

\* Ivanhoe Library & Cultural Hub has a three 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 seven days prior to the event in order to receive a full refund.

If you cancel within seven 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 six steps into a coach and walk 50 metres unassisted (with walking stick acceptable).

# Golden Rainbow LGBTI+ coffee catch up

Did you know there is a new regular social catch up for older lesbian, gay, bisexual, transgender and/or intersex (LGBTI+) people who live in, work in, or visit Banyule. We welcome you to cross the creek or river, cross Bell Street, cross the freeway, however you get here!

We aim to reduce isolation and loneliness through creating friendships and social connection with other community members.

We know some people reading this may not always feel comfortable to show your true self. We know you may have lost connections with people you once knew, or you may not know any other LGBTI+ people in your community. We are here for you. You will be safe, included and welcomed at Golden Rainbow.

We meet on the first Thursday of the month at For Change Café in Bellfield. Since our first catch up in February, we have made some lovely connections with people from Banyule and neighbouring Council areas.

This is a community project developed by members of Banyule's LGBTIQ+ Population Committee with support from Council and Banyule Community Health. There will be a Banyule Council or Banyule Community Health staff member to greet you. These staff are community members (or allies) themselves.

Come for a cuppa with some friendly folk who would love to meet you.



To find out more:

- Call Paula: 0478 853 903
- Find Golden Rainbow on Council's website: [banyule.vic.gov.au/Events-activities/Whats-on](https://banyule.vic.gov.au/Events-activities/Whats-on)
- Search for Golden Rainbow - LGBTI elders on Facebook.



**10.30-11.30am first Thursday of the month**

**Upcoming dates - 1 August, 5 September, 3 October, 7 November, 5 December**



**For Change Co Café, 13 Daphne Crescent, Bellfield**

## Accessibility

Bellfield Community Hub has a ramp to cafe, accessible toilets and convenient parking.

## Transport

Parking is available next to the cafe, off Perkins Avenue. You can catch bus 250, bus 350 or bus 549 and get off at the Perkins Avenue/Oriel Road bus stop.

## I want to come but I am not sure if I can?

If you would like to come but there are barriers that might stop you, please contact Paula or chat with community members on Facebook, we might be able to help!

# Banyule Monthly Equipment Grants

This grant supports community groups to purchase the minor equipment they need to deliver services and/or improve health and safety for staff/volunteers/participants/group members.

Grant rounds open on the first day of the month and close on the last day.

Grants are available until allocations have been exhausted from our total pool of \$50,000.

Grant applications of up to \$2,000 will be considered.

Follow the link to the application form <https://banyule.smartygrants.com.au/MEGJuly2024> or visit Councils grant page [banyule.vic.gov.au/Grants](https://banyule.vic.gov.au/Grants) for more information



# Intergenerational program at Bellfield Community Hub

An exciting new initiative, an Intergenerational Program, has recently been trialled at the Bellfield Community Hub.

The six-week pilot program brought together older adults from Banyule City Council's Social Support Group Program with three year old children attending Council's Audrey Brook's Preschool (both services are located at the Hub).

If, like many people, you have watched the popular ABC show Old People's Home for four-year-olds, then you will be familiar with what intergenerational programs involve.



Once a week, a group of eight older people and eight children came together to enjoy activities including art and craft, singing, gardening, games and gentle movement. It was heartwarming watching relationships develop between the participants.

Many of the participants don't have grandchildren or live far away from them so relish the opportunity to connect across generations

Both generations have much to offer the other. Research into intergenerational programs shows that children develop language and vocabulary skills, along with improved sharing behaviour and empathy towards others, while older adults experience increased mobility, a reduction in feelings of social isolation and loneliness and a renewed sense of meaning and purpose.

The pilot program is currently being evaluated and it is hoped that further sessions will be run later in the year, so stay tuned! The program was a partnership between the Aged Services and Early Years teams and contributes to some of Council's commitments in our Ageing Well in Banyule Framework 2030 and Child and Youth Framework 2021-2030.

## Walking and bike riding in Banyule

**Help us review our walking and cycling connections for a better transport network.**

Our footpaths and bike paths are an important part of the Banyule transport network. They connect us to schools, shops and sporting facilities and help us travel through connections to bus stops, tram stops and railway stations.

These paths make travelling by bike or on foot easier, safer and more convenient. However, barriers such as a lack of safe crossing points, footpaths, cycle paths or travel beside busy roads can stop us from wanting to use them.

We've created a map to show you what we currently know about locations that can be improved. We'd love to know whether these places are issues for you too and if there are others that you can suggest.

To view the map and provide your feedback visit Shaping Banyule:

[Shaping.banyule.vic.gov.au/walkingandbikeriding](https://shaping.banyule.vic.gov.au/walkingandbikeriding)



# My Money Matters

## Scam Awareness: Be alert not alarmed!

Scams affect so many people now. Come to a two hour group workshop to learn:


- what scams are
- types of scams and how to spot them
- how to avoid scams and practical steps you can take to be safer
- where to get help and support



After the session, a financial counsellor will be available to answer your questions and refer to nearby support services for those affected by scams.

Refreshments provided. All workshops are free of charge, **bookings are essential**.

 Thursday 1 August, 12 -2pm

 Contact Community Centre, 20 Noorong Ave Bundoora


 Bookings: [info@contactbundooracomcen.com.au](mailto:info@contactbundooracomcen.com.au) or 9467 6305

 Wednesday 28 August, 6:30 – 8:30pm

 Watsonia Neighbourhood House, 47 Lambourn Road Watsonia

 Bookings: [admin@watsonianh.org.au](mailto:admin@watsonianh.org.au) or 9434 6717

 Wednesday 4 September, 11am-1pm

 Diamond Valley Learning Centre, 1 Diamond Creek Road, Greensborough

 Bookings: [courses@dvlc.org.au](mailto:courses@dvlc.org.au) or 9435 9060

## Diamond Valley Learning Centre Short Courses

This Spring DVLC will be starting many new and exciting short courses. All classes are face to face in small groups, mostly two hours per week for eight weeks.

Free computer and digital literacy courses.

Courses available include:

- Digital Essentials (introduction to computers, tablets and smartphones)
- Introduction to Microsoft Word and Excel
- Introduction to Microsoft Outlook and Email
- Introduction to Google Docs and Google Sheets
- Acrylic Painting
- Floristry

For more information, please contact DVLC on T: 03 9435 9060 or E: [courses@dvlc.org.au](mailto:courses@dvlc.org.au) or W: [www.dvlc.org.au](http://www.dvlc.org.au)





# Contact donations to charities and local communities

The **Contact Bundoora Community Centre** provides a Centre where people of all genders can meet in a social atmosphere to share interests and skills as individuals and groups with a basic ethos of caring and sharing.

Contact not only offers members many daytime classes and activities to share ideas, learn new skills, and friendship but is also dedicated to supporting the local community in times of need.

Contact's charity work is ongoing and includes:

## 1. **Sewing** for Charity table volunteers create

- quilts for people affected by bushfire/flood, pregnancy and family support centres as well as local nursing home residents,
- Children's quilts for Ronald MacDonald House and collaborate with Red Cross who provide a teddy bear to attach to each quilt,
- fidget/memory mats (for people with dementia),
- bags for walkers/frames,
- pillows to support mastectomy patients, hats for chemotherapy patients,
- Wheelchair quilts – specially designed to accommodate wheelchair wheels.

2. **Knitters** at Contact regularly donate knitted cardigans, hats and booties for the Treasured Babies Charity who in turn provide them to hospitals (premature babies) and funeral homes for bereaved families and their babies.

3. **Wildlife pouches** are donated to local rangers to use in the protection of our wildlife.

4. **Bat Mats** – following a request from Wildlife Australia, volunteers created and donated Bat mats to wrap baby bats to simulate their mother after bush fires

5. **Jewellery** class members restore donated jewellery which is then donated to various charities, eg womens refugees centres and sales proceeds to Epping RSL Poppy Ladies, Watsonia VIEW Club (part of the Smith Family) etc.

6. **Food Share** – members donate foods (non-perishable) which in turn is donated to local charities to prepare meals or packages to be distributed to those in need.

7. **Spectacles** – unwanted spectacles are collected and taken to Bundoora Optical Centre who forward to local Rotary branch.

8. **Stamps** – collected and donated to a local church for their fundraising.

Contact Community Centre is open Tuesdays and Wednesdays 9.45am - 2.15pm and Thursdays 9.45am - 11.45 am. Located at Bundoora Hall, 20 Noorong Ave, Bundoora.

For more information visit: [contactbundooracomcen.com.au](http://contactbundooracomcen.com.au)



Donation of quilts to Ronald MacDonald house with Red Cross Teddy

# What's on

## Rosanna Fire Station Community House - Term 3 courses

232 Lower Plenty Road, Rosanna

### Charming Chums Men's Group

A group to connect with others in the community, who can have a chat, play cards, board games, go for a walk & more.

Term 3: 10 wks: 15/07- 16/09

Times: Mon.1.30pm – 2.30pm

Fee: \$10 per term

### Mindful Movement

Join us for this flowing movement class that combines Yoga & Pilates to help you feel relaxed, centred & strong.

Term 3: 10 wks: 17/07 - 18/09

Times: Wed. 10am – 11am

Fee: \$150

### Chatty Café

Why not brighten your day at our Chatty Café. have a chat, a cuppa & connect with others in a relaxed & friendly environment.

Term 3: 10 wks: 17/07 - 18/09

Times: Wed. 1.30pm - 2.30pm

Fee: \$10 per term

### Community Lunch

Term 3: 07/08 & 04/09

Times: Wed. 12.30 - 1.15pm

Bookings only, we cannot cater if no booking has been made.

Max 20

Fee: Gold Coin

### Golden Girls Friendship Group

Have a cuppa, a chat, learn & share skills in a relaxed & friendly setting.

Term 3: 10 wks: 17/07 - 18/09

Times: Wed. 12.30pm - 1.30pm

Fee: \$10.00 per term

### One Billion Stars Project

Meet, connect and weave stars to support a wonderful global project. Help start conversations to raise awareness to end violence.

Term 3: 10 wks: 17/07 - 18/09

Times: Wed. 10.30 - 11.30am

Fee: \$10 per term

## Rosanna Ladies Probus Club - August meetings

On Wednesday, 14 August at 9.45a.m. at Rosanna Uniting Church, Arden Crescent, we will be celebrating our club's 35th birthday.

We are inviting some special guests, and we would also like to invite 10 ladies from the community who are interested in joining a Probus Club and be our guests for the occasion.

We are also celebrating the 100th birthday of one of our members.

Following our normal meeting, will we enjoy a morning tea, entertainment and lunch. We have received a grant from Banyule Council to support this occasion.

Remember – first in best dressed!!!  
Ring Pauline on 0417 142 268.





# Stretches on the plane

## CARD #1



### Are you about to jump on a long haul flight?

Our bodies don't like sitting still for long periods of time, so whether you are flying to London, New York, or Cape Town, make sure to schedule time to stand and stretch regularly. Walk up and down the cabin, find a little spot that won't interrupt other passengers, and work through these exercises. Try to do each one for 60 seconds.



**SIDE BEND** - Hold wrist overhead and lean to the side. Hold, then swap sides.



**KNEE PULLS** - Lift leg up and use hands to pull in towards chest. Alternate sides.



**QUADRICEP STRETCH** - Hold foot up behind. Keep knees together. Swap legs.



**SHOULDER STRETCH** - Hold elbow up at shoulder level and gently pull across body.



**SHOULDER LOOSENER** - Bend forward, arms hanging down. Circle arms in and out.



**PEC STRETCH** - Hands together behind body, gently lift arms up and away.

### LOOKING FOR MORE RESOURCES?

Find online workouts, DVDs, and everything older adults need to keep moving on our website at [www.thirdagefitness.com.au](http://www.thirdagefitness.com.au)

©Third Age Fitness

# 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 على الرقم 131 450. واطلبوا إصالحكم 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.



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.