

# Age in Focus

AGE-FRIENDLY  
BANYULE

## December 2024/January 2025

Welcome to this festive newsletter edition, celebrating the holiday season. Inside you will find opportunities for social connection, Carols by Candlelight information including transport and accessible seating, end of year events and much more!

As we approach summer, there may be periods of extreme heat. We encourage everyone to think pro-actively about protection from heat stress. For information and ideas, 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!

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**Banyule**  
City Council

# Carols by Candlelight 2024

**Saturday 14 December 2024 | 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, because the much-loved Carols by Candlelight event is almost here.

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 Joe Camilleri, Wendy Stapleton, Wilbur Wilde and band, Sean Millis, Zoe Sunday 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:

- Bus collection and drop off service for older adults and people with a disability or injury.
- Priority seating for older adults located near the stage and Auslan interpreters on the big screen. Call 9490 4222 before the event to book bus and/or accessible seating
- 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).



# Ivanhoe Seniors Exercise Park – Christmas Lunch!

Friday 13 December 2024 | 10am-12pm

Ivanhoe Park, Cnr Lower Heidelberg Rd & Wamba Rd Ivanhoe

Join us for an end of year celebration at the Ivanhoe Seniors Exercise Park!

This is a free event for older adults in Banyule. You must participate in the exercise park 'come and try' session to partake in the lunch.

Bookings essential. To book now, contact Customer Service on 9490 4222 or [enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au).

Please let us know if you have any dietary requirements when booking.



## Service Navigation and Information Program

### Connecting You with the Right Support

At Banyule City Council, we recognise that navigating support services can be complicated.

That's why we're excited to launch our Service Navigation and Information Program, designed to connect you with the resources and information you need.

This service is free and open to all Banyule residents.

#### What We Offer:

A Trusted Resource: We offer reliable and up to date information to help you navigate various services, including aged care, mental health, disability support, family violence assistance, housing and homelessness, and more.

#### Community Connections:

We can help you connect with local groups, clubs, and resources to keep you engaged in your community.

#### How to Access:

Our Community Connectors are available via phone, email or in person (by appointment). Please call 03 9457 9800 or email [service.navigation@banyule.vic.gov.au](mailto:service.navigation@banyule.vic.gov.au)

# 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.

### Espresso 3094

📅 Tuesday 10 December 2024

🕒 12.30pm

📍 44 Were St, Montmorency

🚌 Montmorency Train Station: 12:25 arrival from Hurstbridge, 12:29 arrival from City 1 minute walk from Montmorency Station to Espresso 3094

### Scintilla Cafe

📅 Tuesday 28 January 2025

🕒 12.30pm

📍 131 Burgundy St, Heidelberg

🚌 Catch Free Community Bus to Stop 13, 69 Cape St, Heidelberg. 3 minute walk from bus stop to Scintilla Cafe



# Banyule Community Fund

Are you looking for a local charity to donate to this Christmas?

Make a difference to your local community by donating now to the Banyule Community Fund!



This is our charitable fund established in partnership with the Australian Communities Foundation, where all donations are granted to charities in Banyule that need more support.

Some examples of groups that might get funding are food banks, emergency relief groups, mental health supports and more.

Why is this Fund so important?

Data from the Australian Bureau of Statistics tells us that:

- More than 13,000 people live in low-income households.
- More than 6000 Banyule Residents need assistance with day-to-day activities due to a disability or long-term health condition.
- The demand for public and social housing in Banyule is increasing.
- And, Banyule also has several large food relief organisations that are seeing an increasing demand due to the rising cost of living.

As little as \$10 could help to fund a food relief package for a local family in Banyule.

Donate now: [banyule.vic.gov.au/BCF](http://banyule.vic.gov.au/BCF)

## Walking Football for Health Victoria

### What is it?

All the things you love about football in a small sided game but with no running and no contact. The social walking football program creates a safe enjoyable and inclusive environment for all to have fun.

Walking Football is suitable for anyone who is able to walk.

This initiative welcomes individuals of diverse abilities, genders, and ethnic backgrounds, offering a supportive space for those with health challenges, confidence issues, or social anxiety who wish to engage in sports activities.

All individuals are welcome. Families are encouraged to play as a team or part of a team.

This program requires no experience, no commitment and no upfront costs.

Weekly sessions are held at

- **Bundoora Indoor Sports Centre on Wednesdays between 7pm and 8pm**
- **Diamond Valley Sports and Fitness Centre on Fridays 10am – 11am for Seniors and Sundays 11 am – 12pm for everyone**

The cost is \$4 per person for Seniors or Carer card holders.

For more information email Mick at [m.trim@wf4hvic.onmicrosoft.com](mailto:m.trim@wf4hvic.onmicrosoft.com)



# Banyule Children's Gift Appeal

Annually for over 23 years Banyule 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. Diamond Valley Community Support is running the appeal for 2024.

Donations of new gifts and toys can be dropped off from 1 November 2024 until 16 December. The donation bins are located at:

- Diamond Valley Community Support, Shop 378a, Level 3, Greensborough Plaza
- West Heidelberg Community Hub, 155 Oriel Rd, Heidelberg West.
- WaterMarc entrance, ground floor, 1 Flintoff Street, Greensborough
- Watsonia Library, 4/6 Ibbottson Street, Watsonia
- Ivanhoe Library and Cultural Hub, 275 Upper Heidelberg Road, Ivanhoe
- Rosanna Library Pop Up, 56 Beetham Parade, Rosanna.

You are also welcome to donate money for the purchase of gifts and gift cards for children.

Donate to the appeal here: <https://gofund.me/Ode3cab6>



## Banyule Carer Support Program

**Carers! Stay well and healthy this summer with our free passes visits to local leisure centres.**

Banyule City Council is committed to supporting carers and encourages you to get in contact if you feel you could benefit from additional support or connection.

The Banyule Carer Support Program connects carers through coffee groups, free leisure centre passes (Ivanhoe Leisure and WaterMarc) and free wellbeing classes such as Yoga, Tai Chi Qigong, Art Therapy.

Register for passes and classes at [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport) or contact Natasha Coleman, Banyule Council's Support for Carers Program Officer at [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or on 9422 8396.

Enquiries: [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or 9422 8396

ALL CLASSES ARE FREE

*Banyule Carer Support Program - Recharge, Discover, Connect*



# New rules for Banyule's dogs and cats

If you're a dog or cat owner, new rules apply from 1 February 2025.

We want to make sure everyone can get out and about safely, including our pets and local wildlife.

## Are you a dog owner?

Dogs must be on a lead in public places.

However, your furry friends can be off lead in a reserve, park or sporting ground, unless:

- there's an event on, like a festival or sporting match
- they're within five metres of a BBQ or playground
- they're on a shared footway

Dogs are prohibited in environmentally sensitive areas.



## Are you a cat owner?

From 1 February 2025, there will be a cat curfew in Banyule. That means your cats need to be on your property between 7pm and 7am. They can be in outdoor spaces at your home if they're contained.

There will be a six-month enforcement amnesty period to help cat owners transition to the curfew.

For all the details, including tips, head to [banyule.vic.gov.au/PetsInPublicAIF](https://banyule.vic.gov.au/PetsInPublicAIF) or scan the QR code.



# 2024 Victorian Senior of the Year Awards

Banyule Council would like to congratulate Mel Boak and John Dowdle who were recipients of the 2024 Victorian Senior of the Year Awards - Council of the Ageing Victorian Seniors Achiever Awards category.



## Mel Boak

Mel is passionate about serving the community, particularly people experiencing disadvantage and people with a disability, providing support and guidance to parents of children living with a disability from his lived experience. Mel has volunteered for 8 organisations, including Banyule L2P Learner Driver Mentor Program and LINK Community & Transport, helping hundreds of people access services and social connection. Mel has also volunteered as Treasurer at the Kalparrin Centre and with the MS Society Community Visitors Scheme.

## John Dowdle

John has served his local community in Banyule for over 55 years. He has been a Scouts leader and commissioner for 6 decades, a Councillor for the Heidelberg City Council for 7 years (now Banyule Council), Mayor from 1991-1992. John has been involved with Neighbourhood Watch Victoria for 35 years in local groups and as President and Vice President of the State Board of Management, as well as a range of local committees and boards.



# Contact Bundoora Community Centre

## Celebrating 50 years in 2025



***1975 was the year that Contact began with 50 new mugs and a simple plan. The locals they loved it and came every week to master a hobby or learn a technique. Sewing and crafts, and an exercise goal or painting with acrylic, or oil, or messy charcoal. The class choices are vast, the friendships they flourish ensuring your health and well-being is suitably nourished. Why not pay us a visit or give us a call and join in the 'Caring and Sharing' at Bundoora Hall***

### **History of Contact**

Beginning in 1970 a small group of mothers and children met monthly at the Bundoora Uniting Church, arranging guest speakers and demonstrations each month. The local council was approached with a view to hiring Bundoora Hall and an agreement was reached for a weekly fee of \$10.00.

As the group was born of the need to bring people together it was decided to call the new group Contact. It commenced in 1975 and quickly became the tonic needed to combat isolation and loneliness within the community.

It was set up as a meeting place to pursue interests, develop new skills, and make friends.

Members letterbox dropped 500 flyers to advertise Contact and on 11th February 1976 over 200 women along with over 150 children arrived to join classes. By the end of the second week all the women were placed in classes and the children were supervised in a makeshift creche.

From its first chaotic beginnings, Contact has evolved into a well-run, well-managed centre. It was set up and managed by a volunteer committee with no external funding and no paid coordinator.

Today it is run by an enthusiastic, hardworking committee of 16 volunteers who are responsible for paid employees (hall set-up, pack-up), ever increasing health and safety demands, competition from other community centres as well as the internet, and a global pandemic.

Contact celebrates its 50th birthday in 2025. It is important that this milestone is celebrated in the best possible way, and the input and ideas of a cross section of the Contact community will ensure this happens.

If anyone has any historical information, photos or articles you think would be of interest, please pass on to a desk volunteer (open during class times) or email to: [secretary@contactbundooracomcen.com.au](mailto:secretary@contactbundooracomcen.com.au) to ensure as much of Contact's history as possible is included.

**Bundoora Community Hall,  
20 Noorong Avenue, Bundoora**

**Open: Tues & Wed 9.45am–2.15pm, Thurs  
9.45am–11.45am.**

**Contact will be closed from Wednesday 4  
December and will reopen on Tuesday 28  
January 2025**

**For more details on Contact please visit:  
<https://contactbundooracomcen.com.au>**



# What's on

## Community lunch All Saints Anglican Church

Join us for Community lunch on the following dates:

**Wednesday 20 November**

**Saturday 14 December**

12pm at the

All Saints Anglican Church,

14 Church Street, Greensborough.

Contact the church office for further information.

Email [administration@asgb.org.au](mailto:administration@asgb.org.au).

## Sustainable festive wreath-making workshop

**Wednesday, 4 December 2024 5pm to 7pm**

**Wilim Ngarrgu Community Room, Ivanhoe Library & Cultural Hub, 275 Upper Heidelberg Road, Ivanhoe**

Join us for a fun and eco-friendly wreath-making workshop this holiday season. Learn how to create beautiful, unique wreaths using natural, compostable materials that reduce waste.

Not only will you craft a stunning decoration for your home, but you will also take home tips on how to celebrate sustainably this holiday season.

For more information visit: [banyule.vic.gov.au/Events-activities/Whats-on/Council-events/Sustainable-festive-wreath-making-workshop](http://banyule.vic.gov.au/Events-activities/Whats-on/Council-events/Sustainable-festive-wreath-making-workshop)



## LEGO Christmas display

Looking for something to do with the grandkids this summer?

**Finishes 5 January 2025 5pm**

**Art Gallery 275 @ Ivanhoe Library & Cultural Hub  
275 Upper Heidelberg Road, Ivanhoe**

Come and check out Melbourne LEGO User Group (MUGs) Christmas LEGO display in the window of Art Gallery 275. MUGs is a group of the best and brightest LEGO fans, designers and friends within Melbourne and the greater Victoria area.

Visit: [banyule.vic.gov.au/Events-activities/Whats-on/Council-events/LEGO-Christmas-display](http://banyule.vic.gov.au/Events-activities/Whats-on/Council-events/LEGO-Christmas-display)

## Golden Rainbow coffee catchup

**5 December, 10.30am to 11.30am**

**For Change Cafe, 13 Daphne Crescent, Bellfield**

Golden Rainbow is a new social group for older LGBTI+ adults to meet, connect and have a chat. Come along, be social, and have a hot drink.

Visit: [banyule.vic.gov.au/Events-activities/Whats-on/Council-events/Golden-Rainbow-coffee-catch-up](http://banyule.vic.gov.au/Events-activities/Whats-on/Council-events/Golden-Rainbow-coffee-catch-up)

# What's on

## Rosanna Fire Station Community House

232 Lower Plenty Road, Rosanna

### COMMUNITY LUNCH

Wednesday 4 December

Time: 12.30pm - 1.15pm

Gold Coin donation

Bookings essential. Call office or book via

<https://nhs.clevero.co/rfsch/view/course/300394947>

### GOLDEN GIRLS' FRIENDSHIP GROUP

Wednesday 4 and Wednesday 11 December

Time: 12.30pm - 1.30pm

\$10

A place to meet, have a cuppa, a chat, learn and share skills in a relaxed and friendly setting.

### CHARMING CHUMS MEN'S GROUP

Monday 2 and Monday 9 December

Time: 1.30pm - 2.30pm

\$10

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

### CHATTY CAFÉ AT ROSANNA FIRE STATION COMMUNITY HOUSE

Wednesday 4 & 11 December

Time: 1.30pm - 2.30pm

\$10

Have a chat, a cuppa & connect with others where you can make new friends or reconnect with old ones in a relaxed friendly setting. People from all walks of life & cultures are warmly welcomed.



## Diamond Valley Learning Centre Short Courses

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)





# Christmas Day Lunch

Bellfield Community Hub

*If you are alone on Christmas Day, come and join us for a **free**, festive lunch and some cheerful company!*

DECEMBER 25, 2024

12.00-3.00pm

**Bookings Essential**

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

**Transport options available.**



# 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 lagu 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.