

# Age in Focus

AGE-FRIENDLY  
BANYULE

February/March 2024

**Welcome to this summer edition of Age in Focus.**

As we enjoy the warm weather and we return from beach and family time, we are here to let you know of all the local activities to help fulfil any new year's resolutions you may have set.

Whether it is to be more active or more social, Banyule Council is committed to providing a wide range of programs to help you achieve your goals.

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# Older Adults Community Connections Program

(Formerly known as the Older Adults Recreation Program)

## Coffee Connect Program


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 café. You'll also be supporting Banyule's social enterprise cafes. Participants pay for their own drinks and food.




### WaterMarc Café and Tour

Join us to see what WaterMarc pool and gym can offer you then coffee at the WaterMarc café.


 Tuesday 27 February & Tuesday 26 March


 10.30am tour then coffee 11am


 1 Flintoff Street, Greensborough - meet at WaterMarc reception

### Tech, Tea and Talk at Miss Marie Café

Bring along your device for free tech help from YPRL staff with free afternoon tea.

 Monday 19 February


 12.45pm


 45 Beetham Parade, Rosanna


Bookings essential - phone Customer Service on 9490 4222.

### 'Creativity for a Cause' and Coffee

Please join us for a coffee catch up and then visit Creativity for a Cause to assist this social group that creates gifts to donate to the community.


 Thursday 8 February & Thursday 7 March

 10am coffee then 10.30am at Creativity for a Cause


 Espresso 3094, 44 Were St Montmorency (meet 10am)


Please note there are 7 steps up to enter Creativity for a Cause.

## 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 are essential, please contact Banyule Customer Service on  9490 4222.

### Max's Woodfired Pizza


 Wednesday 21 February


 12pm


 8 Were St, Montmorency


 Montmorency Train Station: 11:45am arrival from Hurstbridge, 11:49am arrival from City. 4 min walk from train station

### Sweet by Nature

 Wednesday 20 March

 12pm

 131 Bamfield Road, Heidelberg West


 Catch Bus route 561 to Dunvegan Cres/ Vincent St. 8 min walk from bus stop




## Williamstown Tram Boat Tour


Departing Victoria Harbour, we cruise downstream along the Yarra through Port of Melbourne, past Swanson Dock, under the Westgate Bridge and out into Hobson's Bay where we turn into the historic sea port of Williamstown. Delicious fish and chips will be delivered to the tram boat for lunch.


As the original seaport for Melbourne, Williamstown's soul continues to be tied to the ocean. Home to some of the oldest yacht clubs in Victoria, Williamstown's harbour is awash with boats and reminders of the suburb's maritime past are everywhere.


Bookings open on **Thursday 1 February at 8.30am** and often book out quickly. To reserve a seat please contact Banyule Customer Service on  **9490 4222**.


### Williamstown Tram Boat Tour

 Wednesday 28 February 2024

 8.45am - 4pm

 \$75

 8.45am – War Memorial Park, Greensborough  
9.15am – Ivanhoe Library and Cultural Hub


 Includes luxury coach travel, tram boat and fish & chips lunch.

### 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).





# Older Adults WALK-A-THON

**Tuesday 23 April 2024**

After receiving over 100 registrations for our Older Adults WALK-A-THON event in 2023, we are excited to share that the walk-a-thon is coming back even bigger and better in 2024!

This event includes raffles, display stalls, walking, Tai Chi, Seniors Zumba, Walking Soccer, tea, coffee and free lunch!

-  **Tuesday 23 April 2024**
-  **9:30am-1pm**
-  **Willinda Park Athletics Track  
1 Beatrix St Greensborough**

Come along to walk some laps, participate in the free events, browse the stalls and enjoy a free delicious lunch on us!

For more information contact Catherine Corbett, Age Friendly Project Officer on 9242 3471 or email [catherine.corbett@banyule.vic.gov.au](mailto:catherine.corbett@banyule.vic.gov.au)

## How to book

Bookings open on Monday 5 February at 8.30am

Phone Customer Service on 9490 4222

Visit [trybooking.com/CNYVP](http://trybooking.com/CNYVP)

or scan the QR code



To view the itinerary visit [banyule.vic.gov.au/Walkathon](http://banyule.vic.gov.au/Walkathon)








# Learn to Cook Easy and Healthy Meals

**Oz Harvest's Nutrition Education Skills Training (NEST) program is a fun 6-week cooking and nutrition course designed to help you make lasting changes for better health!**

Learn how to cook easy and healthy recipes, plan meals, reduce waste, save money, understand food labels, and store food safely.

At the end of the 6-week program you'll receive a certificate, take home resources, and your own OzHarvest Everyday Cookbook.

-  **Thursdays: 4/4, 11/4, 18/4, 2/5, 9/5, 16/5**
-  **10am- 12.30pm**
-  **Bellfield Community Hub, 15 Daphne Crescent, Bellfield**

Free program. Limited spots available. Bookings open at **8.30am on Friday 1 March** by calling Customer Service on 9490 4222.

## Testimonials from 2023 participants

*"The class was brilliant! Not only for learning, but for the social connection aspect too. I loved the diverse mix of gender, ethnicity and cooking skills in the class, which made it lots of fun. Everybody interacted well with lots of chatter and laughs"*

*"I didn't even know how to hold a knife or the vegetables before this course"*

*"Great tips on how to eat healthy, read food labels, save money on food and minimise wastage"*

*"I signed up for this course because I am on my own now and needed a boost to get me interested in cooking again"*

*"Very educational, great to see how easy it is to prepare nutritious and affordable meals. It was a fun way to learn"*

# National Volunteer Week 20-26 May 2024

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held from 20 -26 May 2024.

The theme for NVW 2024 is "Something for Everyone".

NVW is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you.

Volunteering brings people together, builds communities and creates a better society for everyone.

Banyule Council acknowledges the contribution volunteers make to our community through our annual Volunteer celebration event each year. It is Council's opportunity to say a BIG Thank you to all the volunteers who work tirelessly to support our community.

Council's volunteer celebration event will be held on Wednesday 22 May 2024.

For more information, please visit [banyule.vic.gov.au](http://banyule.vic.gov.au) or call 9490 4222.





# Age Friendly Grants

**Age Friendly Grants provide support for local not-for-profit groups that deliver programs, activities and services for older adults in our community.**

There are 3 categories for the 2023-24 funding round:

- New and emerging seniors clubs and groups
- Seniors Festival events
- Community connection projects

Projects and activities should strengthen groups' organisational capacity, encourage social connection, improve participation and engagement of members, ensure groups remain vibrant and inclusive and meet the needs of older people in Banyule.

**\$15,000 grant pool .**

**Grants up to \$1,500 will be considered**  
**Submissions open 20 March and**  
**close 1 May.**

**Late applications will not be accepted.**

Applicants must read the guidelines and discuss their proposal with a council officer before starting a submission. To discuss your application please contact Paula Ferronato on 9242 3448. For more information, please visit [banyule.vic.gov.au/grants](http://banyule.vic.gov.au/grants)

Information session:  
**Thursday 29 February (online).**  
Scan below to register



# Banyule Carer Support Program

**Are you looking after someone? Come and join our activities and groups in 2024**

A carer is any of us who provides unpaid care for a family member or friend - whether this be due to disability, a chronic health condition, mental health issues or aged-related care needs. You might be helping out with shopping, cleaning, cooking, organising, getting dressed or getting to appointments.

If this is you, you are warmly invited to join the Banyule Carer Support Program and enjoy these activities and opportunities in 2024.

## **Banyule Carer Support Group**

Second Thursday each month, 10.30am - starts 8 February, Watsonia Neighbourhood House.

A relaxed friendly welcoming monthly catchup for all Carers.

## **Coffee Catchup for Carers of People with Dementia**

Wednesdays, 10.15am, Healthlink café, 1 Flintoff St Greensborough (at WaterMarc).

Chat with others looking after someone with dementia.

## **Rosanna Parklands Carers Walking Group**

Tuesdays, 10.30am - starts 20 February

A great way to meet other carers and get some fresh air and exercise. Come along solo or with the person you support. Participants must be able to walk for a kilometre on a gravel path.

## **Monthly Catchup for Carers of a Child with a Disability**

Fourth Thursday of the month at 10am, starts 22 February. Mabel Jones Café, 67 Grimshaw Street Greensborough

A chance for carers to chat with other local people who are caring for a child with a disability. Share information, empathy and a laugh and enjoy a complimentary hot drink.

## **Art Therapy for Carers**

A series of five classes on the fourth Tuesday of the month (Feb-June). 1pm - 2.30pm. Starts 27 February. Take a break from your caring role and use creative techniques to relax the mind and de-stress. No art experience necessary.

## **Gentle Yoga Classes for Carers**

Each Wednesday in March, 12.30pm-1.30pm. A four-week series of free yoga classes, Watsonia Neighbourhood House. Participants need to be able to attend all 4 sessions.

**Aquatic and Fitness Wellbeing Passes** - Free visits for Carers to group classes or aquatic facilities at WaterMarc and Ivanhoe Aquatic Centre.

You need to register with the Banyule Carer Support Program to join these activities or access the wellbeing passes. Or you can go on the program's mailing list to stay updated about what's on for Carers. Register and find out more at [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport). Questions? Contact Tash at [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or on 9422 8396

# Finding Connection in the Community

**Veronica discovered Greenhills Neighbourhood House 3 years ago when she joined a friend to attend a plant swap.**

**She was immediately impressed by the array of services they provided to the community.**

Veronica enjoyed mingling with the staff and volunteers, exchanging warm smiles and engaging in friendly conversations. It felt inviting and accepting, like a family. It was at this point that she knew she wanted to be a part of it.

Veronica started volunteering at Greenhills Neighbourhood house in the food pantry, sorting donations and preparing boxes of groceries for families to collect.

Veronica's warm personality and strong community spirit fit in perfectly with the staff and other volunteers at Greenhills Neighbourhood House, and she quickly became a valued member of the team.

***"We love having Veronica at Greenhills, she has become an integral part of our community. She is a hard worker, a wonderful cook and exceptionally good company. She even brought a whole new group of people along with her. Our community lunches, clothes swaps, and all our achievements over the last couple of years are only possible due to wonderful volunteers like Veronica"***

**- Janelle, Greenhills Neighbourhood House Coordinator**

Veronica's story is a great example of how volunteering can build friendships and improve social connections, all while making a positive contribution to a local community.



Greenhills Neighbourhood House is a local non-profit Community House that has been an important part of the Banyule community for 40 years.

The Community Food Pantry was established in 2020. As demand for food relief increased, it expanded with more donations, increased deliveries and a growing team of volunteers. It became a lifeline for families doing it tough in the cost-of-living crisis. A shining example of how a community led initiative can make a significant difference to people's lives.

The House provides access to advice, information, support, food relief, childcare facilities, courses and workshops, all in a friendly and relaxed meeting place.

All are welcome and encouraged to come along.

Greenhills Neighbourhood House  
Hours: Monday-Friday 9am-3pm

-  2 Community Drive, Greensborough, 3088
-  9435 9287
-  [coordinator@ghnh.org.au](mailto:coordinator@ghnh.org.au)
-  [ghnh.org.au](http://ghnh.org.au)



# Good Neighbours Become Good Friends

When Joan downsized into a new property in 2005, she found a note left by the former owners to wish her happiness in her new home, and recommend she introduce herself to the friendly neighbours across the road, Lena and Frank. Joan took this advice on board and began to build a friendship with her new neighbours through offers of help and mutual support.

Frank sadly passed away six years ago, and with her son interstate, Lena found herself on her own. Joan also lived alone as a single woman with no children.

Joan and Lena make the effort to look out for each other, including helping with bin collection, collecting mail and delivered parcels, and keeping an eye on each other's house when they are not home. Perhaps most importantly, if they don't see each other for a couple of days, they pick up the phone to check everything is okay.

Lena and Joan enjoy each other's company over regular cups of tea and friendly chats.

When Lena developed COVID, Joan swung into action, picking up medications from the chemist, making her chicken soup, and phoning her every day to check in. Lena was very grateful for this support, but Joan knows Lena would do the same for her.

Through their shared experience as older women living alone, Joan and Lena take comfort in the knowledge that a friend is just across the road. They value their friendship and know that their support for each other is crucial in keeping healthy and living independently.

**Reach out to someone this Neighbour Day and make a new friend.**

## Neighbours Every Day

Create Belonging | Share Belonging  
Sunday 31 March 2024



### What is Neighbour Day?

Neighbour Day is a call-to-action day for Relationships Australia's Neighbours Every Day social connection campaign. It aims to support and enable sustainable respectful relationships across communities, while also helping to address loneliness.

The theme for 2024 is 'Create Belonging | Share Belonging', inviting everyone in Australia to take everyday actions that create social connection and foster respectful relationships.

Celebrations can occur at any time throughout the year; however, the official day is the last Sunday in March. It's the perfect day to connect with existing and new neighbours to build the community you want to live in – and create and share belonging.

Make your Neighbour Day as big or small as you like – a casual cuppa, a picnic in the park or a simple message of support.

Visit [NeighboursEveryDay.org](https://NeighboursEveryDay.org) to register your event and to access free resources to help you celebrate.

## Ideas to Create & Share Belonging

- Host a BBQ with neighbours
- Plan a 'bring a plate' street party
- Organise a game of anything on the local oval
- Have a party on your front lawn
- Meet for afternoon tea in the back paddock
- Enjoy a neighbourhood picnic in your favourite park
- Grab some takeaway coffees and invite your neighbour for a local walk and talk
- Or simply have a cup of tea or a chat with a new or old neighbour.



# Expression of Interest - Wiser Driver Program 2024

**Council is accepting expressions of interest for its popular four-week Wiser Driver refresher course to help older drivers stay safe on the roads.**

This free course is offered for drivers aged 55 years and older. Refreshments provided.

The course is designed to encourage people over 55 to become safer drivers in a friendly, informal and thought-provoking program with no testing.

How long is the program: 2 hours per week over 4 weeks.

- road rules revision
- car safety features
- handling challenging road conditions
- remaining healthy and fit to drive
- reflecting on driving habits to increase driver safety
- discussion based small group informal setting
- free road rules and older driver handbooks.

If you are interested in attending a Wiser Driver course, please let us know at [transport@banyule.vic.gov.au](mailto:transport@banyule.vic.gov.au) or on 9457 9824, with your preferred day and month of year, and venue location within Banyule (Greensborough, Ivanhoe or Bellfield Community Centre).



## LGBTIQA+ Social Group

Join the delightfully captivating comedian Monica Dullard for an intimate afternoon of belly laughs to celebrate the launch of the Golden Rainbows social group for LGBTIQA+ older adults.

 **Thursday 29 February, 2.30pm - 4pm**

 **Bellfield Community Hub,  
15 Daphne Cres Bellfield**

Light refreshments are provided.

If you want to let us know you are coming or inform us of your dietary requirements, please contact Paula 0478 853 903.

**Looking for more opportunities to connect?**

Join an upcoming Golden Rainbows coffee catch up on 14 March and 28 March from 10.30-11.30am at the For Change Co Café at Bellfield Community Hub.

# What's on

## Diamond Valley Learning Centre - Community groups

Diamond Valley Learning Centre (DVLC) in Greensborough hosts a number of community groups that meet regularly throughout the year. These groups offer great opportunities to make new friends and share interests.

- **Exploring Women's Issues Group** is a social group where local women can meet to discuss political, social, cultural and health issues.
- **Literature for Pleasure** is a small group of people who love literature and get together to explore books from a wide range of genres.
- **Pathways for Carers** is a monthly walking and support group for people who look after family members suffering from dementia, disability or illness.
- **Words of Wonder** is a weekly group that offers support and encouragement for people wanting to explore or improve their writing.

For more information, please contact DVLC on 9435 9060.



## Diamond Valley Learning Centre short courses

Diamond Valley Learning Centre (DVLC) in Greensborough offers a number of short courses starting at \$59.90. All classes are face to face in small groups, mostly 2 hours per week for 8 weeks.

Courses available include:


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

For more information, please contact DVLC at 9435 9060.


## Walking Football

Promotes health and social connectedness through football.

Resumes 29 January 2024

 Every Tuesday morning, 10am - 11am

 Macleod YMCA, 157 Wungun Street Macleod,

For more information email Abraham at [abraham.abraham@footballvictoria.com.au](mailto:abraham.abraham@footballvictoria.com.au) or  9474 1805.


## Salvation Army - Greensborough Triple L's Seniors Club

Make friends, meet new people, Indoor bowls, table tennis, pool. Card games, board games, puzzles, guests, concerts, entertainment, outings and more. Plus, a FREE Red Shield Band of the Salvation Army concert Friday 1 March at 1.45pm

 Every Friday, starts 2 February, 11:45am to 3pm

 Greensborough Salvation Army, Cnr Flodden Way and Glendale Rd, Briar Hill

 \$3 (byo lunch) First visit free. Tea and coffee provided

 Kevin 0411 853 582 or 9434 6990 or [pkdrinkwell@outlook.com](mailto:pkdrinkwell@outlook.com)

# What's on

## Rosanna Fire Station Community House

Rosanna Fire Station Community House has a range of programs to connect people in our local community.


Courses being offered this term include:


- Charming Chums Men's Group
- Chatty Cafe
- Community Lunch
- Golden Girls friendship group
- One Billion Stars project
- Gentle exercise
- Rosanna Walkie Talkies

For a full program of courses commencing this term visit [rfsch.org.au](http://rfsch.org.au) for dates and prices or phone 9458 1935.


## Omni Watsonia

An opportunity to listen, talk, connect and have fun.

 Every second and 4th Thursday of each month. 1pm to 3pm

 Watsonia Community House, 47 Lambourn Road, Watsonia

 \$5 per meeting covers venue hire, tea and coffee, biscuits

 9434 6717, Geoff Mee 0428 999 941  
Geoffrey\_mee@yahoo.com  
Kevin 0411853582 or 9434 6990 or  
pkdrinkwell@outlook.com

## The Watsonia 50's Plus Club Inc


We're excited to announce the reopening of our club at the Watsonia Community Hall, 37 Lambourn Road, Watsonia, on Wednesday 24 January 2024.


Our club hosts Christmas lunches at various venues, goes on extended holidays once a year, and organizes monthly outings and theatre outings.

Activities include Scrabble, cards 500, canasta, carpet bowls, aerobics, tai chi, Qigong.


For more information email [info@watsonia50splusclub.com](mailto:info@watsonia50splusclub.com) or phone Mary Anne: 0412 356 465 or Dennis: 0447 575 098

## Old Time & New Vogue Dancing

 Dancing every third Sunday of the month, starts on January 21, 2024, 1.30pm to 5.30pm.

 Bundoora Community Hall,  
20 Noorong Avenue, Bundoora

 Admission \$15.00

 Email: [dancinginbundoora@gmail.com](mailto:dancinginbundoora@gmail.com)

Mobile: Dennis 0447 575 098

## Rosanna Ladies and Probus Club

Starts Wednesday 14 February, 9.45 am

With guest speaker Alan Thompson, "Parliament House Canberra – How it works".

Visitors and new members welcome.

Rosanna Uniting Church, Arden Crescent.

Pauline Atkins, 0417 142 268.

## Greensborough Social and Activity Club Inc

Starts Monday 29 January.

Tai Chi, table tennis, cards 500, indoor bowls, scrabble, dancing for beginners and Bingo, monthly social dinners, luncheons, day trips.

First 3 visits free, annual membership costs \$15

Pamela 0435 175 214 or Pauline Atkins, 0417 142 268.

## Probus Club meetings

**Banyule:** Watsonia RSL, 3rd Friday of the month

**Eltham North:** Greensborough RSL, 1st Thursday of month

**Greenhills:** Greensborough RSL, 4th Monday of month

**Greensborough:** Greensborough RSL, 1st Monday of month

**Plenty:** Greensborough RSL, 4th Thursday of month

**St Helena:** Greensborough RSL, 3rd Monday of month



# 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.



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.