

Age in Focus

AGE-FRIENDLY
BANYULE

April/May 2024

Welcome to this autumn edition of Age in Focus. This edition's theme is celebrating multiculturalism in Banyule as we acknowledge Harmony Day. In planning this edition and events, we made sure to include many events and articles with a multicultural twist.

There are a wide array of events to meet new people from all over the municipality and explore new places and groups, even if it's just for a coffee! There are opportunities to work with Council as a volunteer, join Think Tanks, explore grant opportunities and much more.

Don't forget Active April, with our Walk-a-thon event being held again this year, to keep you moving and motivated as the weather turns colder. It's all here in Age in Focus, keeping you social, active and healthy in Banyule.

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Banyule Tech Help for Older Adults

We are hosting a FREE Tech Help session for older adults – with free coffee and cake included!

Bookings essential – to book please call Customer Service on 9490 4222.

Bookings open Monday 1 April and close Wednesday 22 May or when spots book out.

Thursday 23 May 2024
 **10am-11:30am**
 **Griffin Room, Banyule Council Office,**
 **1 Flintoff St Greensborough**

How does it work?

Bring your phone and/or laptop to the session with a list of a 2-3 key questions that you would like help with.

Sit down and enjoy some coffee and cake while our staff make their way around the room to assist each person with their questions.

Please be advised this session is capped at 15 participants and is for general tech help.



Update on the Age Friendly team at Banyule

We would like to introduce Paula Ferronato, our new Age Friendly Community Development Officer. Paula will be covering Kim Phu's extended leave and brings with her experience and knowledge in the Age Friendly space.

Paula is very excited to be in the team and to get to know the wonderful older adult community here in Banyule.

Get in touch for all your Age Friendly enquiries and needs.

paula.ferronato@banyule.vic.gov.au or **0478 853 903**

Join our Age Friendly Champions

Banyule City Council is seeking volunteers to assist in the Age Friendly Champion program. Champions actively influence the shape of services offered to older adults in Banyule to ensure older adults are being heard. Your local lived experience assists Council to plan and deliver events and programs to improve the quality of life of older people.

Champions receive free training to better understand age-friendly communities, participate in projects and help to identify opportunities and challenges within Banyule. If you would like further information or register your interest please call Paula Ferronato, Age Friendly Community Development Officer on 0478 853 903.



Attention artists of Banyule

Amateur or professional!

For Senior's Festival in October 2024 Banyule Council will be holding an art exhibition for and by older adults to celebrate the creativity, vibrancy and diversity of older adults in Banyule.

We encourage all older adults who live, work, or have a strong connection to Banyule to consider submitting their artwork at the exhibition. The exhibition will run for the month of October at Ivanhoe Library and Cultural Hub.

More information, including the expression of interest process will be available in the coming months. If you have any questions, please contact Paula on 0478 853 903.

Keep an eye out and in the meantime, get creative!

Older Adults Walk-a-thon 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 FREE event includes walking, croquet, tai chi, walking soccer, seniors Zumba, raffles, tea & coffee & FREE lunch

We will also be officially launching the Banyule Ageing Well Framework 2024-2030 with Banyule Mayor Cr Tom Melican.

 **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!

Bookings are open! Please ensure you book by 5pm Monday 15 April.

There are three ways you can book in for the event.

Phone: call Customer Service on 9490 4222

Online: visit trybooking.com/CNYVP

Mobile: Scan the QR code and follow the prompts

To view the event itinerary visit Council's website.

For more information, contact Age Friendly Project Officer Catherine Corbett on 9242 3471 or Catherine.corbett@banyule.vic.au



Older Adults Community Connections Program

(Formerly known as the Older Adults Recreation Program)

Social lunches

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

East Ivy Cafe

📅 Wednesday 10 April

🕒 12.30pm

📍 6 Burton Crescent, East Ivanhoe

🚌 Catch Free Community Bus to Stop 27, 56 Wilfred Road, Ivanhoe East. 3 minute walk from bus stop to East Ivy cafe

Infuse Asian Fusion Greensborough

📅 Wednesday 24 April

🕒 12pm

📍 91 Grimshaw St, Greensborough

🚌 8 min walk from Greensborough Train Station. 11.48am arrival from Hurstbridge or 11.46am arrival from City.

Small Plates

📅 Wednesday 1 May

🕒 12.30pm

📍 9 Arthur Street, Eltham

🚌 Eltham Train Station: 12:21 arrival from Hurstbridge, 12:20 arrival from city. 8 min walk from Eltham Station.

Cafe Matto Mediterranean Restaurant

📅 Wednesday 22 May

🕒 12.30pm

📍 136 Burgundy Street, Heidelberg

🚌 Catch Free Community Bus to Stop 23, 69 Cape St, Heidelberg. 3 minute walk from bus stop to Cafe Matto.



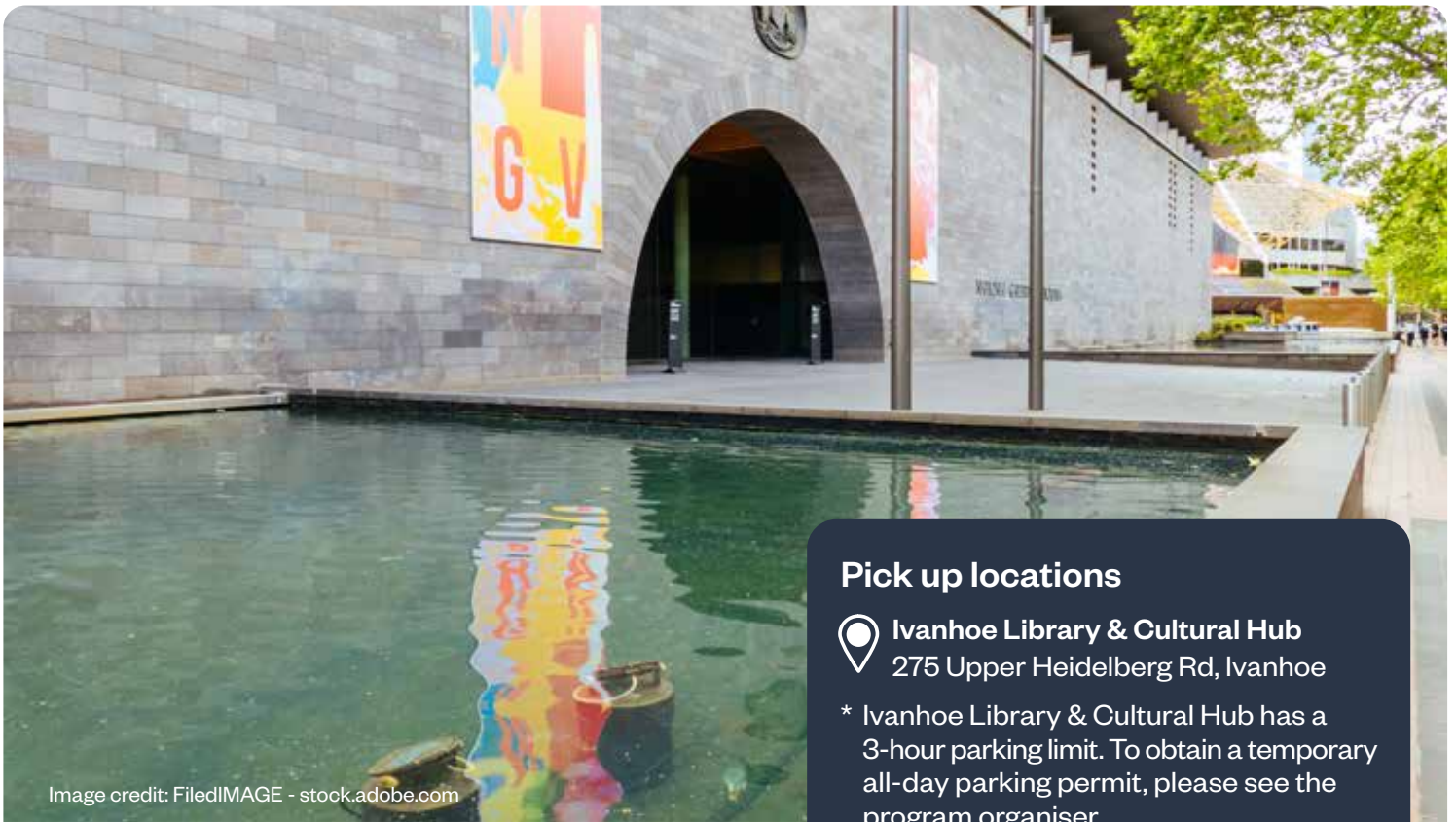


Image credit: FiledIMAGE - stock.adobe.com

National Gallery of Victoria day trip

This bus trip will take you to the NGV, allowing you to explore the free collections of Wurrdha Marra, showcasing work from First Nations artists as well International Art.

The bus will pick you up and take you to the Emerald Hotel in East Melbourne. A 2 course lunch is included in the price.

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

National Gallery of Victoria (NGV)

📅 Wednesday 15 May 2024

📍 Melbourne

🎫 \$50

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

📌 Includes luxury coach travel, to and from the NGV and a 2 course lunch.

Returning approximately 4pm.

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).

A multicultural story

Like many multicultural stories, this story begins overseas, in Italy, where a 14-year-old boy decided to get on a ship by himself to Australia.

Marcello D'Amico decided to leave his parents to live with his 3 older siblings in St Kilda, Melbourne, embarking on a long solo journey on a ship called the Oceania. At first Marcello wanted to work, but it only took 2 hours of hard labour in a factory to change his mind and see him enrol in school. He could read English, but learning to speak English came with time and effort.

He left school at 16 to enrol in the National Gallery Art School (now known as the Victorian College of the Arts) and worked part-time to support himself. He excelled in art school, particularly painting and drawing and became the youngest person ever to receive the scholarship for life-drawing. After his 5-year course, he enrolled in Sculpture at RMIT where he also excelled. He played many instruments in his spare time, which he has kept up to this day.

Marcello has always given his time and service to building community, through music, art, sculpture, writing, club committees and much more. Much of this work was voluntary and a testament to his commitment to multiculturalism and adding to the richness of his community. Marcello founded the Italian Art Centre, celebrating the art of Italian migrants in Australia, eventually changing the name to the Italo-Australian Arts Centre to better convey the multicultural nature of the centre.

It wasn't just music and art that kept Marcello busy, he also loved sport. He became the Sunday Sports Reporter for the Italian publication *Il Globo* for 24 years, was a VFL referee and was involved in athletics with the YMCA.

He has been involved in various boards and committees including Multicultural Arts Victoria, Banyule Arts and Cultural Committee, Banyule Age Friendly Committee and Champion and the Coordinator/Secretary of the Federation of Italian Pensioners of Victoria.

Of particular significance, Marcello was awarded the Australian Centenary Medal in the year 2000 for his multicultural contribution to the arts and 6 years ago he was awarded the Victorian Senior of the Year for Multiculturalism.

Marcello's achievements also include authoring and illustrating books, winning prizes for sculpture, and teaching life-drawing in Canada for three years.

Life now for Marcello involves raising his 13 year old grandchild and enjoying playing instruments again including trumpet, mandolin, guitar and keyboard with his wife Pauline playing percussion and accordion. They have performed music together over the years including at Council run Seniors Festival events. He continues to write articles for a Sicilian online publication, plays music in church, and contributes to Council planning on two Committees. Marcello is an involved, experienced and engaged member of our community while personifying true multicultural spirit.

Marcello believes the term multiculturalism means necessity, as there is a need to understand and adjust to the Australian way of life. This does not mean forgetting about his culture but finding a way to mix the two cultures.

Marcello reflects on how much Australia has changed since he first arrived as a 14-year-old boy. It is no longer mainly Australians and Italians, but a vibrant melting pot of all nationalities and cultures who are collectively shaping Australia into a truly multicultural and magnificent country.





Banyule Carer Support Program

Banyule Carer Support Group

Second Thursday of the month. 10.30am-12pm. All Carers. Watsonia Neighbourhood House.

Rosanna Parklands Carer Walking Group

10.30am Tuesdays. Come along solo or with the person you support.

Coffee Catchup for Carers of People with Dementia

10.15am Wednesdays. Come along solo or with the person you support. Healthlink Café Greensborough (WaterMarc building).

Coffee Catchup for Carers of a child with a disability

10am on the 4th Thursday of the month. Complimentary hot drink. Greensborough

Carer Wellbeing Passes

Free Passes to fitness classes/gym or aquatic facilities at WaterMarc and Ivanhoe Aquatic Centre.

All activities are free and registration essential:

Register at banyule.vic.gov.au/CarerSupport
Enquiries: carers@banyule.vic.gov.au or 9422 8396.

Banyule Grants Program

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

Each year Council offers grant programs to help local community groups, individuals and organisations deliver projects that contribute to making Banyule a better place to live.

Applications for Arts & Culture Grants, Community Grants and Environment Grants open Monday 22 April and close Friday 31 May.

Arts and Culture grants

Up to \$10,000 for creative projects in any creative medium, including dance, performance, digital, music, visual arts and film, as well as cultural and creative festivals and events.

Community grants

Grant pool of \$160,000 available across 5 categories - Community Connections, Minor Capital Works, Technology Support, Training & Development, Equipment. The grants support activities and services provided by not-for-profit groups.

Environment grants

Up to \$10,000 for projects that benefit the community and support Council's climate action, sustainable transport and environmental goals.

Sports Travel Grants

These grants assist individuals selected in representative teams or that have qualified to participate in national/international competitions. The grants can also assist teams that have qualified for, and are required to travel to, State, National or International competitions.

There are 3 Sports Travel Grant rounds available in 2024:
1 April to 31 May
1 July to 31 August
1 October to 30 November

Online Information sessions

We'll take you through the guidelines, share case studies and give you tips on applying

Arts & Culture Grants, 6.30pm, Monday 15 April
Community Grants, 6.30pm, Tuesday 16 April
Environment Grants, 6.30pm, Monday 22 April

Book your spot at an information session and find out about all our grants.

Council is also offering a free "Grants writing" workshop on Tuesday 23 April at Bellfield Community Centre.

To book banyule.vic.gov.au/grants or phone 9490 4222 or scan the code.



Community updates



Harmony Day

Join us to celebrate Harmony Week, a celebration that recognises our diversity and brings people from different backgrounds together.

Browse our vibrant market with diverse artists and makers and connect with local organisations and groups from our community.

You can also enjoy live music and performances showcasing Banyule's multicultural community.

There will be fun activities for the whole family and an opportunity to learn and celebrate our diverse and wonderful community!

We acknowledge Harmony Week falls within Ramadan this year and therefore we are holding this event in April to provide greater opportunity for Banyule's Muslim community to also attend.

Date: Saturday 20 April 2024

Time: 12pm – 4pm

Location: Ivanhoe Library and Cultural Hub,
275 Upper Heidelberg Road, Ivanhoe

This event is held in partnership with Banyule City Council and Yarra Plenty Regional Library Service.



Chillin' in Banyule

Returning in April 2024, Chillin' in Banyule will once again connect local venues with performers through gigs and lasting networks.



This month-long event series will run from Thursday 4 - Sunday 28 April, providing opportunity for local singers and musicians to perform at our very own North side cafés, restaurants and public Banyule venues. Be sure to check out some gigs local to you, while having a bite at your favourite local eatery.

For more information and to check out the full calendar of scheduled gigs, visit: banyule.vic.gov.au/Chillin

Join the Banyule Think Tank

We're looking for 50 locals to join the Banyule Think Tank. Share your knowledge, insights and ideas for our community's future.



Meet like-minded locals who wants to make a difference. Get rewarded for giving your time and wisdom.

Everyone is welcome and encouraged to apply. Council will provide support to assist those with additional needs to apply.

Express your interest in the following ways:

- Visit shaping.banyule.vic.gov.au/BFAIF
- Call customer service on 9490 4222 to receive a paper form and reply paid envelope, or
- visit Greensborough or Ivanhoe Customer Service centres to pick one up

Community updates

National Volunteer Week

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

The theme for National Volunteer Week 2024 is "Something for Everyone".

National Volunteer Week 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 which will be held on Wednesday 22 May 2024 commencing at 6.00pm.

It is Council's opportunity to say a BIG Thankyou to all the volunteers who work tirelessly to support our community each and every day and have continued to contribute to making Banyule a great place to be.

Please visit Council's website for more information on how to book for the event banyule.vic.gov.au

Banyule Community Aged Services

As a service provider, Banyule City Council is dedicated to providing timely, low level support to a number of our older Banyule residents, including older residents with a disability. This support assists eligible residents to remain living in the community as independently as possible. Banyule City Council are an accredited Rainbow Tick service provider.

Home Support Services provided by Banyule Council comprise:

Social Support Individual:

- One to one escorted shopping support
- Social outings/in home social visits
- Escorts to health appointments

Delivered Meals

- Meals are delivered packaged and can go straight into the microwave or into the fridge for later. All meals include a soup, main course, dessert and juice.

Property maintenance assists consumers to maintain a safe and secure home, with services including: Minor repairs, such as changing tap washers or light globes

- Installing smoke detectors and replacing batteries (smoke detector units can be provided at a fee).
- Occasional heavy duty cleaning, including tasks such as high dusting, cleaning of stoves, moving furniture

- Garden maintenance to improve safety and accessibility, such as pruning plants that overhang footpaths or windows.

Home modification services provide minor modifications to assist eligible consumers to increase or maintain their level of independence, safety, accessibility and wellbeing.

- Modifications must be recommended by an occupational therapist and could include installing hand rails or small ramps.

Social Support group offers consumers the opportunity to socialise within a group which meets once a week. A range of activities are run and can include drives/outings, restaurants for lunch, exercise, music, gardening.



What's on

Contact Community Centre

20 Noorong Ave, Bundoora

We offer an exciting range of inexpensive art, craft and daytime wellness classes.

Listen to the buzz of friendly chatter. Classes include: bobbin lace making, yoga for seniors, embroidery, smocking, machine sewing, cake decorating, scrapbooking, card making, patchwork, traditional old and new crafts.

Our Charity Group on Wednesdays works on quilts and support items to donate to people in need. We welcome fabric donations for this group.

Tuesdays or Wednesdays 10am-2pm or Thursday mornings.

Phone 9467 6305 or visit the Centre

Find us on Facebook or visit our website:
contactbundooracomcen.com.au



Rosanna Firestation Community House

Make a box card workshop

📅 Saturday 20 April, 10am – 12pm

📍 232 Lower Plenty Road, Rosanna

🎫 \$20

Who wouldn't love to receive a beautiful card to celebrate someone's Birthday, Special Occasion or even for Mother's Day! This Workshop includes materials to make a card in a box & a co-ordinated gift box.

WIRE 'Women's Information & Referral Exchange'

📅 Friday 17 May, 10 – 11.30am

📍 232 Lower Plenty Road, Rosanna

🎫 Free

Information session on Building Capacity in Gender Equity. Followed by a light lunch.

Neighbourhood House Week – Free Gentle Exercise Class

📅 Tuesday 14 May, 11.15am - 12pm

📍 232 Lower Plenty Road, Rosanna

🎫 Free

Come and try a free Gentle Exercise Class. Focus on gentle movement to improve function, balance, strength, and mobility. Followed by light refreshments.

Biggest Morning Tea

📅 Thursday 23 May, 10 – 11.30am

📍 232 Lower Plenty Road, Rosanna

🎫 Gold coin donation

Join us for our Biggest Morning Tea. Lucky door prize, raffles and more. All proceeds will go to cancer research so please come along and support this worthy appeal.

To enrol please contact Rosanna Firestation Community House on ☎ 9458 1935 or ✉ office@rfsch.org.au

What's on



LGBTI+ Golden Rainbow Coffee catchup

Looking for a group to connect with older LGBTI+ folk?
Join us for the next Golden Rainbow coffee catch up.

📅 11 April 2024, 10.30am - 11.30am

📍 For Change Co Cafe, Bellfield Community Hub,
13 Daphne Cres, Bellfield

To find out more please contact Paula 0478 853 903.

Rosanna Ladies Probus Club

Upcoming events

Wednesday, 10 April
Speaker Barry Carozzi – The story of how he found out he was adopted at sixty.

Wednesday, 8 May
Speaker is Leigh Hay speaking about Henry Lawson.

Visitors welcome – ring Pauline Atkins 0417 142 268.

Meetings held at Rosanna Uniting Church, Arden Crescent, meeting begins at 9.45a.m.

'Sunday Afternoon at the Salvos' Free Community Concert featuring: The world famous and Australia's finest Salvation Army Band The Melbourne Staff Band



Sunday April 21st, 3pm
Greensborough Salvation Army Hall
Corner Glendale Rd & Flodden Way, Briar Hill
Free light refreshments after the concert

All Welcome

The Salvation Army

Greensborough Church and Community Centre, Duncan Avenue Reserve, 135 Henry Street, Greensborough.

Triple Ls events
Fridays from 11.45am to 3pm. All welcome over 55.

12 April, 1.45pm
Guest speaker Major Brendan Nottle from 614 Bourke St, talk on homelessness and his work as the Collingwood FC Chaplain.

21 April, 3pm
Special event- Sunday Afternoon at the Salvos.

3 May, 1.45pm
Greenhills Primary School Choir concert at our Hall, Corner Glendale Rd & Flodden way.

17 May, 1.45pm
Essendon FC Chaplain, Mark Purser talking about his work at the club.

Contact Us

All enquiries

PO Box 94, Greensborough, VIC 3088
Phone 9490 4222

enquiries@banyule.vic.gov.au
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.