

# Age in Focus

AGE-FRIENDLY  
BANYULE

## June/July 2024

Welcome to this winter edition of Age in Focus. This edition's theme is recognising and providing support for mental wellbeing for older adults in Banyule. As the colder weather sets in, keeping active and socially connected is vital to good mental health and wellbeing.

Banyule Council wishes to acknowledge World Elder Abuse Awareness Day (WEAAD) on 15 June with morning tea on 17 June. This day of significance raises awareness of elder abuse, supports the rights and wellbeing of older people and promotes the prevention of elder abuse in our community.

Inside you will find many opportunities for social connection, information on the Support for Carers program, the "Age of Creativity" Older Adults Art Exhibition, the improved Community Bus timetable and much more!

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

Applications for the October Art Exhibition open on  
1 June 2024!

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 2 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.



**Banyule  
Futures**

**Your Voice  
Our Future**



**We're planning for the future of Banyule and your voice can help shape it!**

We've got some big plans we need to create to set the direction of Council from 2025 to 2029:

- Council Plan 2025 -2029 (our big picture plan and priorities for 4 years)
- Health and Wellbeing Plan (what's needed to improve health and wellbeing in Banyule)
- Budget and Financial Plan (how to fund Council's work)
- Asset Plan (how we manage the many buildings and assets Council is responsible for)

The aim of these plans is to make Banyule a better place to live, work and visit so we want as many people as possible to have their say. Find out how you can contribute (and go into the draw to WIN one of 20 x \$50 gift cards!) here [shaping.banyule.vic.gov.au/BanyuleFutures](https://shaping.banyule.vic.gov.au/BanyuleFutures) or scan the QR code.

Contact us

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# World Elder Abuse Awareness Day (WEAAD) morning tea

Banyule City Council, in partnership with Seniors Rights Victoria, are proud to host a FREE morning tea on Monday 17 June to recognise World Elder Abuse Awareness Day.

This event will raise awareness, provide information, advice and education on elder abuse. Come along and learn how to recognise and help stop elder abuse.

 **Monday 17 June 2024, 10am - 11.30am**  
 **Council Offices, Level 4, 1 Flintoff Street  
Greensborough (above WaterMarc)**

The morning tea will include guest speaker Gary Ferguson from Seniors Rights Victoria and an activity for the Warm Safe Home Project.

Bookings open 8:30am Monday 3 June 2024. To reserve a spot please call Banyule Customer Service on 9490 4222 and advise of any dietary requirements.



## Victorian Virtual Emergency Department

The Victorian Virtual Emergency Department (VVED) is a public health service for non-life-threatening emergencies.

You can access emergency care from anywhere in Victoria, 24 hours a day, seven days a week.

You will be connected to doctors and nurse practitioners, who are trained to assist you.

Interpreter services are available for patients who prefer to speak in their own language.

To access the VVED, please visit [www.nh.org.au/victorian-virtual-emergency-department-vved/](http://www.nh.org.au/victorian-virtual-emergency-department-vved/)

## 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 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.

### The Foreigner Cafe

📅 Wednesday 12 June

🕒 12.30pm

📍 31 Ivanhoe Parade, Ivanhoe

🚌 Catch Free Community Bus to South loop Service, Stop 15, 43 Normal St, Ivanhoe. 5 min walk from bus stop to The Foreigner Cafe.

### Espresso 3094

📅 Wednesday 10 July

🕒 12.30pm

📍 44 Were St, Montmorency

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

### Mr Martins Cafe

📅 Wednesday 26 June

🕒 12.30pm

📍 2D Lambourn Road, Watsonia

🚌 Watsonia Train Station: 12:12 arrival from Hurstbridge, 12:22 arrival from City. 5 minute walk from Watsonia Station to Mr Martins

### Scintilla Cafe

📅 Wednesday 24 July

🕒 12.30pm

📍 131 Burgundy Street, Heidelberg

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





# Daylesford Convent & Gallery

This bus trip will take you to Daylesford Convent & Gallery, on the crest of Wombat Hill Botanical Gardens. The gallery has 3 levels of fine art in an historic 19th century mansion. Lunch at the convent is also included.

Bookings open 8.30am Monday 3 June and often book out quickly. To reserve a seat please contact Banyule Customer Service on ☎ **9490 4222**.

## Daylesford Convent & Gallery

📅 Tuesday 25 June 2024

📍 Daylesford

🎫 \$80

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

📍 Includes luxury coach travel, to and from Daylesford, morning tea, entry and tour of the Convent Gallery 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 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).

# Banyule Community Bus has changed!

You've given feedback and we've listened! The Banyule Community Bus has changed to a more efficient route with shorter travel times.

The trial community bus service has been divided into two loops, a 'North' loop and a 'South' loop.

This is to reduce the travel time and increase the efficiency of the service.

The new bus routes will operate as:

## North Loop – Mondays and Wednesdays

(Bellfield / Heidelberg West / Heidelberg Heights / Macleod / Rosanna / Heidelberg)

## South Loop – Tuesdays and Thursdays

(Ivanhoe / Bellfield / Heidelberg West / Heidelberg / Eaglemont / Ivanhoe East)

A few of the bus stops have been moved to a more accessible location.

For exact details of the new bus route and timetable, visit [banyule.vic.gov.au/communitybus](http://banyule.vic.gov.au/communitybus) or call Customer Service on 9490 4222 and ask to speak with Age Friendly Project Officer Catherine Corbett.

Hard copy flyers of the new timetable are available at Council offices, libraries and community hubs in Banyule.



Location	Cycle 1	Cycle 2	Cycle 3	Cycle 4
1 15 Daphne Crescent, Bellfield	9:45am	10:47am	12:19pm	1:21pm
2 155 Oriel Road, Heidelberg West	9:49am	10:51am	12:23pm	1:25pm
3 15 Alamein Rd, Heidelberg West	9:51am	10:53am	12:25pm	1:27pm
4 52-54 Ramu Pde, Heidelberg West	9:52am	10:54am	12:26pm	1:28pm
5 140 Outhwaite Rd, Heidelberg West	9:53am	10:55am	12:27pm	1:29pm
6 Cnr Collins St & Glover St, Heidelberg West	9:55am	10:57am	12:29pm	1:31pm
7 20 Dougharty Rd, Heidelberg Heights	9:57am	10:59am	12:31pm	1:33pm
8 Macleod Village, Aberdeen Road, Macleod	10:14am	11:16am	12:48pm	1:50pm
9 2-34 Erskine Rd, Macleod (Strathalan Community Entrance)	10:17am	11:19am	12:49pm	1:53pm
10 230 Lower Plenty Rd, Rosanna	10:22am	11:24am	12:50pm	1:58pm
11 36 Turnham Avenue, Rosanna	10:28am	11:30am	1:02pm	2:04pm
12 192 Cape Street, Heidelberg	10:30am	11:31am	1:04pm	2:06pm
13 Behind 69 Cape St, Heidelberg (Cape Street Carpark)	10:32am	11:32am	1:06pm	2:08pm
14 Adjacent to Heidelberg Railway Station (Opposite 163 Studley Rd, Heidelberg)	10:40am	11:42am	1:14pm	2:16pm
15 15 Daphne Crescent, Bellfield	10:47am	11:49am	1:21pm	2:23pm

### Timetable: **South Loop** Tuesdays and Thursdays (excluding Public Holidays)

1 Ivanhoe Library – 275 Upper Heidelberg Rd, Ivanhoe	9:45am	10:49am	12:23pm	1:27pm
2 Opposite 3 Bond St, Ivanhoe	9:47am	10:51am	12:25pm	1:29pm
3 Opposite 49 Ford St, Ivanhoe	9:48am	10:52am	12:26pm	1:30pm
4 Opposite 134 Bond St, Ivanhoe	9:51am	10:55am	12:29pm	1:33pm
5 68 Beatty Street, Ivanhoe	9:53am	10:57am	12:31pm	1:35pm
6 15 Daphne Crescent, Bellfield	10:05am	11:09am	12:43pm	1:47pm
7 155 Oriel Road, Heidelberg West	10:09am	11:13am	12:47pm	1:51pm
8 Acacia St, Heidelberg Repatriation Hospital Bus Bay outside Grevillia Centre	10:13am	11:17am	12:51pm	1:55pm
9 Opposite 48 Edwin Street, Ivanhoe	10:14am	11:18am	12:52pm	1:56pm
10 Adjacent to Heidelberg Railway Station (Opposite 163 Studley Rd, Heidelberg)	10:25am	11:29am	1:03pm	2:07pm
11 24 Alandale Rd, Cnr Alandale and 16 Charlton Rd Eaglemont	10:28am	11:32am	1:06pm	2:10pm
12 94 Maltravers Rd, Ivanhoe East	10:30am	11:34am	1:08pm	2:12pm
13 56 Wilfred Rd, Ivanhoe East	10:33am	11:37am	1:11pm	2:15pm
14 Opposite 26 Wamba Rd, Ivanhoe East (adjacent to 164 Lower Heidelberg Road, Ivanhoe East)	10:40am	11:44am	1:18pm	2:22pm
15 Opposite 43 Norman St, Ivanhoe	10:42am	11:46am	1:20pm	2:24pm

# Carers find connection in community

This story shines a light on a successful Carers group, that may inspire others to take the leap and join a Support for Carers group.

Carers groups meet regularly throughout Banyule. These groups take shape in many ways, and can be self-formed, established by Council, or created through special interest groups.

The group in this story was formed by people with a shared life experience, of being a carer of a person with Dementia. People made the connection to this group through a number of means; some people heard of the group through word of mouth, some were referred by council, and some joined via a walking group. Whilst initially the group was created to support each other in their caring roles, the group evolved into much more than this, and now is a support group for all aspects of their lives.

This group of carers has been through the highs and lows of life together, including grief, loss, the good times and the hard times. Whatever it is they are going through, they turn up week after week to support each other. Over the years, they have created a bond so strong that it feels like family, allowing them to let their guards down and be their authentic selves.

There is no pressure in the group to attend every time, with a shared understanding that due to the unique role of a carer, they have busy and complicated lives. They check in with each other often, with a mutual understanding and appreciation for each other and the positive impact the group has on their lives.

It's a place for them to not only support one other emotionally, but also practically. Living locally means they can pass on recommendations for their roles as carers and sole managers of their household, including great local tradie recommendations!

The carers are all in different stages of caring for their loved ones, with some continuing to attend after the loss of their spouse due to their strong bond and friendship. One carer commented that she is not normally a 'joiner' of groups, preferring to handle her caring responsibilities with a sense of stoicism and self-reliance. She joined this group through a referral and hasn't looked back since, as it became a source of comfort and company in a difficult and isolating time.

Whilst the role of caring is unique to everyone and a highly personal experience, many find comfort and connection in being part of a Carer Support group.

This group meets in Greensborough each Wednesday morning. Council hosts another Carer Support Group in Watsonia on the second Thursday of the month, and regular, free wellbeing sessions for carers - including Gentle Yoga, Tai Chi Qigong and Art Therapy. The wellbeing sessions suit carers of all ages and ability and can be done seated.

Banyule Council is committed to supporting carers and encourages you to get in contact if you feel you could benefit from additional support or connection. All of Council's Carer groups and classes are free to join. Register 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.

## Classes for Carers

### Gentle Yoga for Carers

Learn self-care tools through gentle movements in these restorative yoga classes. Thursdays 9.30am – 10.30am, Watsonia.

### Tai Chi Qigong

Flowing movements, gentle stretches and stillness help deepen your mind-body connection to find ease and calm. Fridays 11am-12pm, Greensborough.

### Art Therapy

Explore a variety of materials and reflect in a supportive and safe group environment. No art experience necessary in these gentle, nurturing classes run by a registered Art Therapist. 4th Tuesday of the month. 1pm – 2.30pm. Watsonia.





# Banyule Community Garden open times

## Sustainable Macleod Community Garden

Somers Ave, directly across the oval from the end of Strathallan Road, Macleod

Wednesdays and Saturdays from 1pm - 4pm.

Intergenerational Catchup 11am on the first Saturday of the month

**Website:** [sustainablemacleod.org.au/banyule-community-garden-tour/](https://sustainablemacleod.org.au/banyule-community-garden-tour/)

No onsite toilets

## St Johns Riverside Community Garden

St Johns Anglican Church, 1 Burgundy Street, Heidelberg

Open garden anyway so people can come anytime during the day. Please invite them to sit in the shade of the gazebo and bring a picnic. It seems quite a common occurrence for members of the public to choose to meet up with their friends and have lunch together in the garden.

## Bellfield Community Gardens

15 Daphne Crescent, Bellfield

Wednesday garden club from 9.30am to noon and Sundays 2-4pm.

**Website:** [bellfieldcommunitygarden.com.au](https://bellfieldcommunitygarden.com.au)

Check website for other opening hours.



## BUNA Community Garden

Cnr Buna St & Boyd Cres Heidelberg West

Open Thursday afternoons.

## Watsonia Community Garden

Watsonia Library, Ibbottson Street, Watsonia

Open during daylight hours when the library is open (the Library hours are: 9.00am - 8.30 pm Mon - Thurs; 9.00am - 5.00pm Fridays; 10.00am - 5.00pm Saturdays; 1.00pm - 5.00pm Sundays)

Offers a nice spot to sit and read, and play the large chess game (on request).

Parents also go out into the garden with their children.

The community gardeners are there on Tuesdays from 10.00am - 12.00noon.

# Men's Health Week 2024

Join us for this free celebration of Men's Health Week.

Banyule Leisure will be providing a free one-hour guided and gentle exercise program using gym equipment, delivered by a qualified gym instructor.

Join us afterwards for a chat over morning tea and a chance to hear about opportunities to improve your health and wellbeing through Banyule Leisure.



## Session details:

 Thursday 13 June 9.30am - 11.30am

 Ivanhoe Aquatic Banyule, 170 Waterdale Road, Ivanhoe



Register now!

# What's on

## Greensborough Social and Activity Club Inc.

205 Henry Street,  
Greensborough

If you are looking for afternoon activities, come to our friendly club.

We hold sessions of Tai Chi, table tennis, cards 500, indoor bowls, scrabble, dancing for beginners and Bingo with tea and bickies.

Our monthly social dinners to local RSLs and hotels are very popular and we also hold celebration lunches for our Birthday and Christmas.

The first 3 visits are FREE except for Tai-Chi and dancing.

For more information contact Pamela  
Tel 0435 175 214



## Ivanhoe Aquatic - Living Longer Living Stronger sessions - vacancy!

Monday, Wednesday, Thursday, Friday 11am – 12pm  
Tuesday 10am - 11am

Ivanhoe Aquatic Centre, Waterdale Road, Ivanhoe

This class is a COTA-supported, evidence-based progressive strength training and exercise program designed specifically for over 50s. It is a gym-based program, utilising the gym equipment.

Participants are required to make an appointment for a Health Consultation with a gym instructor, prior to their first session, to have a program written for them to complete within the class.

Participants are encouraged to join in the instructor led warm up and cool down before and after their gym session.

You can then enjoy each other company with tea/coffee provided in our café area after the class.

### How to book:

Via Xplor Recreation online booking portal:  
[banyuleisure.perfectmind.com](http://banyuleisure.perfectmind.com)

Or phone Ivanhoe Aquatic Centre on ☎ 9490 7111





Welcome to the **upside** of ageing

LiveUp is a FREE digital, healthy ageing guide that can be accessed from the comfort of your own home.

**Take our simple quiz with expert advice and connect to your local activities, social connections and assistive products.**

**SCAN ME TO FIND OUT MORE**



**liveup.org.au**



1800 951 971



support@liveup.org.au



LiveUpAus

# 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.