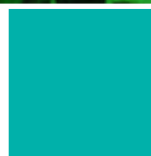
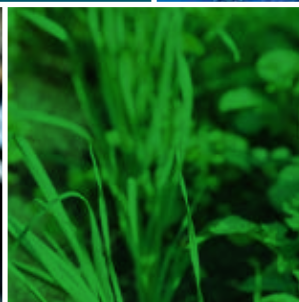
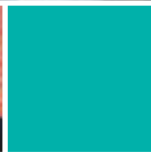


OLDER AND ACTIVE IN DAREBIN DIRECTORY

2015 - 17



Older and Active in Darebin

This booklet contains information about activities, clubs and recreation for older adults in Darebin. To find out information in your own language, contact the multilingual telephone line on 8470 8470.

Anziani e attivi a Darebin

Questo opuscolo contiene indicazioni sulle attività, i club e gli svaghi per gli anziani di Darebin. Per avere informazioni nella propria lingua contattare la Linea telefonica multilingue al numero 8470 8470.

Ηλικιωμένοι και δραστήριοι στο Darebin

Το βιβλιάριο αυτό περιέχει πληροφορίες για δραστηριότητες, λέσχες και τόπους αναψυχής για ηλικιωμένα άτομα στο Darebin. Για να μάθετε περισσότερες πληροφορίες στη γλώσσα σας, επικοινωνήστε με την πολύγλωσση τηλεφωνική γραμμή στο 8470 8470.

戴瑞賓市老年人活動天地

本冊子包含有關戴瑞賓市老年人活動、俱樂部及娛樂休閒方面的資訊。如需透過自己的母語查詢相關資訊，請致電多語種專線8470 8470。

نشاطات لكبار السن بمنطقة داربين

يقدم هذا الكتيب معلومات حول النشاطات والنوادي والترفيه الخاص بالسكان كبار السن المقيمون بمنطقة داربين. للحصول على هذه المعلومات بلغتك الرجاء الإتصال بخط الهاتف متعدد اللغات على الرقم 8470 8470.

Постарите активни луѓе во Darebin

Оваа книшка содржи информации за активности, клубови и рекреација за постарите во Darebin. Ако сакате повеќе информации на ваш јазик јавете се на повеќејазичната телефонска линија на 8470 8470.

Bật cao niên và Năng động tại Darebin

Tài liệu này trình bày thông tin về những hoạt động, câu lạc bộ và sinh hoạt tiêu khiển dành cho người cao niên ở Darebin. Muốn biết thêm chi tiết bằng tiếng Việt, xin điện thoại cho đường dây đa ngữ qua số 8470 8470.

The City of Darebin
acknowledges,
recognises and
respects the Elders,
families and forebears
of the Wurundjeri
people as the
traditional custodians
of the land.

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INTRODUCTION

Council understands the important role community leaders play in diverse communities. We encourage people from all communities to be active as they age. Darebin's work with older people is guided by Darebin Active and Healthy Ageing Strategy 2011-2021. As part of this work, Darebin Council has put together *Older and Active in Darebin 2015-2017*. This book lists a range of organisations and programs in the community that welcome older people.



ABORIGINAL ACTIVITIES AND ORGANISATIONS

3 KND, Kool N Deadly Radio 1503AM

We provide specialist training in radio and media broadcasting to Indigenous community members.

48 Mary Street, Preston
Contact 9471 1305
3knd.org.au

Aborigines Advancement League

Home and Community Care services for eligible clients including in-home help and property maintenance. Also provide food and guidance for families, and support tenants at risk. Other services focus on culture, music, bills and energy use, and disability support.

2 Watt Street, Thornbury
Contact 9480 7777

Aboriginal Catholic Ministry

We strive for reconciliation by working with those who believe in making things better for the Aboriginal community.

**434 St. Georges Road,
Thornbury**
Contact 9480 3849
see cam.org.au/acmv

Aboriginal Community Elders Service (ACES)

Tai Chi, massage, hydro (with physiotherapist), art and craft, social lunch outings and men's shed.

**5 Parkview Avenue
East Brunswick**
Contact 9383 4244
acesinc.org.au

Babarrbunin Beek

Aboriginal gathering place, includes food share, men's and women's groups, home work club and aboriginal dance group.

**Contact Banyule Community
Health 9450 2015**
or **Darebin Community
Health for Food Share**
enquiries 8470 1111

Budda Men's Shed

A group for Aboriginal and Torres Strait Islander men to come together, join in activities and talk about health and wellbeing.

Darebin Community Health
125 Blake Street, Reservoir
Contact 8470 1111

City of Darebin, Aboriginal Access and Support Officer

This Support Officer helps Aboriginal and Torres Strait Islander people who are eligible for Home and Community Care services and have complex needs, to get the support they need. By offering information and other support, this Officer helps clients with all areas of their care.

Contact 8470 8543

Fitzroy Stars Football and Netball Club

More than just a football and netball club. This family friendly environment offers activities such as: ladies exercise, football and netball training, dinners, Elders bus, Auskick and health promotion.

Sir Douglas Nicholls Oval
2 Watt Street, Thornbury
fitzroystarsfc.com

Contact Simon 0406 531 581
fitzroystarsfc@bigpond.com

Gurwidge Neighbourhood House

Aboriginal Women's Yarning Circle, family support and food parcels.

43 Clapham Street,
Thornbury
Contact 9416 7682

Kookaburra Club

A club for Aboriginal and Torres Strait Islander people, elders and their carers to enjoy a chat, a feed and join in the laughs.

Darebin Community Health
125 Blake Street, Reservoir
Contact 8470 1135

Melbourne Polytechnic (Formerly NMIT) Koorie Services Centre

Encourages and supports Aboriginal and Torres Strait Islander students of all ages with course advice, books, uniforms, equipment, fees and tutorial support.

77 St Georges Road, Preston
Contact Koorie Services
9269 1339

Minajalku Healing Centre

Activities include smoking ceremonies and art therapy.

11 Rossmoyne Street,
Thornbury
Contact 8549 3800
Tram 86

Sista Circle

A safe space where Aboriginal and Torres Strait Islander women meet to yarn and share stories of hope, strength, caring and wisdom.

Darebin Community Health,
125 Blake Street, Reservoir
Contact Nina 8470 1812

Victorian Aboriginal Health Service

Medical, dental and other health services and community programs.

186 Nicholson Street, Fitzroy
Contact 9419 3000

Medical, health services
and community gym facility
238-250 Plenty Road,
Preston
Contact 9403 3300
vahs.org.au

Victorian Aboriginal Legal Service

The Victorian Aboriginal Legal Service Co-operative Limited provides legal advice and representation for the Koorie community.

273 High Street, Preston
Contact 1800 064 865
vals.org.au

Yarra Healing: Towards Reconciliation with Indigenous Australians

Contact 9267 0228
yarrahealing.catholic.edu.au

See also:

- **Spiritual Healing Walk**
page 18



ARTS

Arts Directory

See Darebin's directory of arts and cultural organisations and artists at darebin.org.

For a printed copy of this Directory, or to find out more about arts in Darebin, contact Darebin Council on 8470 8211

Arts Website

The Darebin Arts website is a portal to all arts events, programs and festivals run by Darebin Council.

darebinarts.com.au

Darebin Art Prize

Every two years, Darebin Council invites artists from across Australia to enter the Darebin Art Prize. A range of styles and pieces then compete for a \$10,000 prize.

Contact Bundoora Homestead Art Centre
9496 1060
bundoorahomestead.com

Darebin Community and Kite Festival

Annual community festival of kite flying, entertainment, food and information stalls and family activities.

Contact 8470 8888
darebinarts.com.au

Darebin Seniors Month

Darebin Seniors month, held in October is a time to celebrate older people. By working with local business and organisations, Darebin Council runs events in local areas that welcome and include older people. Activities range from exhibitions, lunches and concerts, to events held in parks, gardens, libraries and community centres.

Contact 8470 8888

Reservoir Arts Festival - True North

This yearly festival celebrates the unique culture and growing artistic community of Darebin's north

Contact 8470 8888
darebinarts.com.au

What's On Darebin Arts Newsletter

What's On Darebin Arts is a fortnightly email newsletter featuring Darebin-based arts events and projects.

Contact Darebin Council
8470 8211
darebinarts.com.au

ARTS CENTRES

Bundoora Homestead Arts Centre

Public art gallery, restored heritage house and gardens and a charming café. Open Wed – Sun, free entry.

Corner Snake Gully Drive
and Prospect Hill Drive,
Bundoora
Contact 9496 1060
bundoorahomestead.com
Bus 563, Tram 86

Darebin Arts and Entertainment Centre

Art exhibitions, performances, and concerts for Seniors with morning tea.

Corner St Georges Road
and Bell Street, Preston
Contact 8470 8282
darebinartscentre.com.au
Bus 513, Train Bell Station

Northcote Town Hall

Artistic hub and venue for exhibitions, performances and cultural events.

189 High Street, Northcote
Contact Darebin Council
9481 9500
northcotetownhall.com.au
Tram 86

CRAFTS AND TEXTILES

Purling Around

Casual knitting group. Come along and share skills and new ideas over a coffee.

Degani's Café, Station Street,
Fairfield.
Contact Anne 9486 7184
annelearn@bigpond.com

Tea Cosy Exhibition and Fundraiser

Held every 2 years. All community members are invited to join in.

Bundoora Homestead
Arts Centre
Corner Snake Gully Drive
and Prospect Hill Drive,
Bundoora
Contact 9496 1060
bundoorahomestead.com

Northern Woodturners Club

A group for men and women of all ages. Weekly meetings and regular training sessions.

**Kingsbury Scout Hall,
Browning Street.
Contact Gordon 9470 4546**

Textile Art Community

Learn and share skills by working with artists to make art works for exhibition, mainly from recycled natural materials.

**Contact Gail 0410 060 405
gailmccall2038@hotmail.com**

Craft Circle

Bring your own craft or work together on craft projects for special occasions.

**Reservoir Neighbourhood House
2B Cuthbert Road, Reservoir
Contact Rachel 9462 4611
admin@reservoirnh.org.au**

See also:

- **Darebin U3A** for art and craft activities page 29
- **Neighbourhood Houses and Community Centres** for art and craft activities page 27

DANCE

Bootscoot'n Basics

Country style dance class in the Northern suburbs.

**Contact Caro on 9717 1271
or 0408 187 020**

Moving Stars

A safe, caring and friendly space where adults of all abilities and disabilities can get together for two hours of fun and creativity. Movement, dance, drama, music and art.

**Leinster Grove Community Hall, Thornbury
Contact TWNH 9480 0466**

Reservoir Ballroom Dancing Group

Contact 0418 319 415

MUSIC

ARCapella Choir

Community choir in Melbourne's north welcomes singers of all ages and levels of experience. All you need is a willingness to rehearse once a week and be involved in some performances.

Donald Street Community Hall, Preston

Contact Amelia

0434 356 687

arcappella.org.au

Catchment Players

Reservoir based music theatre group, regular productions.

Contact [secretary@](mailto:secretary@catchmentplayers.org.au)

catchmentplayers.org.au

Carols in All Nations

A perfect family night out under the stars. Sing along with local choirs and pick up treasures from the market stalls. Find out about joining the Carols choir.

Contact 8470 8888

darebinarts.com.au

Darebin City Brass

Brass band with a great reputation. Beginners welcome.

Meets at Hall on corner of Cramer and Mary Streets, Preston

Contact Adam

0432 442 722

Darebin Music Feast

Annual music festival for Melbourne's thriving and diverse music community. Includes Songwriters Award.

Contact 8470 8888

darebinarts.com.au

Expressive Women's Choir

Brings women together to explore their voices, the richness of world music, and to connect with one another through song and personal storytelling.

Contact Bronwyn

0421 426 117

bronyyalice@optusnet.com.au

High Street Bells Choir

People of all abilities are welcome to join in the joy of singing and performing. The choir helps the community to understand ability and disabilities through regular concerts.

Contact Sally 0412 546 665
highstreetbellschoir.org.au

Melbourne Ukulele Collective

For those who love the uke. No experience needed.

Contact Dean 0450 768 575
muk.com.au

Northern Voice Community Choir

Jika Jika Community Centre
Corner Plant and Union Streets, Northcote
Contact 9482 5100
jikajika.org.au

See also:

- Darebin U3A page 29
- Spectrum Migrant Resource Centre page 42
- Community Music Victoria
cmvic.org.au

Preston Symphony Orchestra

Experienced musicians welcome. Weekly rehearsals and 4 concerts per year.

Preston City Hall
284 Gower Street, Preston
Contact Barbara
0422 089 099
prestonsymphony.org.au

Squawkestra

Adult beginner community orchestra in Northcote.

Contact Katrina 0415 107 190
squawkestra.com.au

PHOTOGRAPHY

Preston Photographic Club

Regular meetings with guest speakers, activities and competitions. Monthly photo walks and club dinners.

Preston Library
266 Gower Street, Preston
Contact Andrew
0417 263 048
prestonphotographicclub.net

WRITING

Hellenic Writers Association

Support for writers, workshops, readings, book launches and discussion.

Northcote Library
Separation Street, Northcote
Contact Joanna 9480 1217

Thornbury Writers' Workshop

With help from a published author, writers of all abilities share their writing and work together and develop skills.

SPAN Neighbourhood House
64 Clyde Street, Thornbury
Contact 9480 1364
spanhouse.org

n-SCRIBE

Published once a year, *n*-SCRIBE brings together the work of writers and illustrators from different cultures and generations across Darebin. *n*-SCRIBE is free online or in print through Darebin Libraries, cafes and community hubs.

**Contact Darebin Council's
Arts and Cultural
Development Officer**
8470 8458

[darebinarts.com.au/
programs/n-scribe/](http://darebinarts.com.au/programs/n-scribe/)



FITNESS AND HEALTH

ATHLETICS

Collingwood Masters' Athletics

Sprints, middle or long distance runs. For non competitive athletes there are warm ups, and social activities.

George Knott Reserve
Heidelberg Road, Clifton Hill
Contact Keith 9410 9808

BOWLS

Bocce Court

Merrilands Community Centre, Corner Asquith and Sturdee Streets, Reservoir
Bookings required
Contact 9462 6077

Alphington Bowls Club

Social lawn bowls for adults of all abilities

Parkview Road,
Alphington Lawn bowls
9499 2530 general enquiries
alphingtonbowlsclub.org.au

Contact Alphington
Community Centre
9499 7227

Darebin City Bowls Club

Darebin International Sports Centre 281 Darebin Road,
(John Cain Memorial Park)
Thornbury
Contact John Classon
9435 9479 or 0425 716 212
darebincitybowls.com.au

Fairfield Bowling Club

125 Gillies Street, Fairfield
Contact 9481 3145
fairfieldbowlingclub.com.au

Kingsbury Bowls Club

Social lawn bowls for adults of all abilities.

Arch Gibson Reserve
Dunne Street, Kingsbury
Contact 9462 2803 for
general enquiries
Contact TWNH 9480 0466

TEN PIN BOWLING

AMF Keon Park

Social competition for seniors.

16-18 Keon Parade, Keon Park
Contact 9460 4602

Preston – Reservoir Bowling Club

75 Leamington Street,
Reservoir
Phone 9469 3547

Thornbury Bowls Club

27 Ballantyne Street,
Thornbury
Contact 9484 2815
thornburybowls.com.au

CANOEING

Fairfield Canoe Club

Canoeing and kayaking on the Yarra at Fairfield.

9 The Esplanade, Fairfield
fairfieldcanooclub.org.au

CYCLING

Darebin Bicycle User Group

Regular social bike rides and other group activities for cyclists to promote and improve cycling.

Contact Jika Jika Community Centre on 9482 5100
darebinbug.org.au5

Darebin Travel Smart Map

Available from Customer Services Centres this map has great information about on and off road cycling paths for people of all abilities and disabilities.

Contact Darebin Council
8470 8888
darebin.vic.gov.au/walking

Northcote Cycling Club

Darebin International
Sports Centre
281 Darebin Road, Thornbury
Contact 0417 369 250

Preston Cycling Club

TW Andrews Reserve
(velodrome and club house)
Cuthbert Road, Reservoir
Contact 9404 1740 or
0432 203 119
prestoncyclingclub.com

EXERCISE

Free Exercise in Darebin

A community based activity program that helps people of all ages, abilities and fitness levels in the City of Darebin be active.

Contact Darebin Leisure Services for more information 8470 8304
darebin.vic.gov.au/feip

Open Doors Program

Free or low-cost gym and swim programs. Open to anyone experiencing money troubles.

YMCA Northcote Aquatic and Recreation Centre (NARC)
180 Victoria Road, Northcote
Contact 9486 7200 to find out more.
northcote.ymca.org.au

Outdoor Fitness Equipment

Free to use physical activity equipment and circuit path at Edwardes Lake and CH Sullivan Memorial Park.

Edwardes Lake Park
Griffiths Street, Reservoir

CH Sullivan Memorial Park
Blake Street, East Preston

Staying Active All Abilities Gym Program

A gym program to help people of all abilities be active. Same day pool use for no extra cost.

**Reservoir Leisure Centre,
Cuthbert Road**

**Contact Wendy on
9496 1050 to book initial
assessment prior to starting.**

See also:

- **Golden Oldies Club**
page 33
- **Leisure Centres** page 17
- **Neighbourhood Houses
and Community Centres**
pages 27
- **Social groups and clubs
for older people** page 32

FISHING

Fairfield and Alphington Fish Protection Society and Angling Club

Various angling activities.

Contact Doug 9873 1930
erlogie@live.com.au

Northern Suburbs Fly Fishing Club

flyfishing.org.au

Preston Northcote Angling Club Inc

Fish conservation, local and weekend trips.

270 Murray Road, Preston
Contact 9435 2044

Red Tag Fly Fishers Club

Various fishing activities.

Yarra Bend Park

Contact Bill 0414 254 229
redtagflyfishers@gmail.com

GOLF

Bundoora Park Golf Course

18 hole course, driving range
and pro shop.

1069 Plenty Road, Bundoora

Contact 9469 3880

bundoorapark.com.au

Bus 563, Tram 86

Latrobe Golf Driving Range

Driving range, coaching,
clinics and kiosk.

906 Plenty Road, Kingsbury

Contact 9470 4481

latrobegolfpark.com.au

Northcote Public Golf Course

143 Normanby Avenue,
Thornbury

Contact 9484 6961

Bus 510, Tram 112

COMMUNITY HEALTH CENTRES

Activities include counselling,
Planned Activity Groups,
hydrotherapy, aerobics
for the over 50's, strength
training, walking, Tai Chi,
Men's Shed and more.

Three sites in Darebin:

Darebin Community Health Centre - East Reservoir

125 Blake Street,

East Reservoir

Contact 8470 1111

Bus 563/567, Tram 86

Darebin Community Health Centre - Northcote

42 Separation Street,

Northcote

Contact 9403 1200

Bus 508/552/567

Train Northcote station

Tram 86/112

PANCH Health Service

300 Bell Street, Preston

Contact 9485 9000

Bus 513, Train Bell station,

Tram 86

LEISURE CENTRES

Darebin Community Sports Stadium

Multipurpose indoor sports stadium. Activities include gentle exercise, badminton and more.

857 Plenty Road, Reservoir

Contact 9471 4935

darebin.ymca.org.au

Bus 563/566/567, Tram 86

Northcote Aquatic and Recreation Centre

Programs include memberships for over 50s, aqua aerobics, gym, gentle exercise, pilates, yoga, walking and more. Stay up to date with the Fitness over Fifty newsletter.

180 Victoria Road, Northcote

Contact 9486 7200

northcote.ymca.org.au

Bus

246/250/251/508/510/552

Reservoir Leisure Centre

Programs include memberships for over 55's, arthritis classes, strength training, aqua aerobics, gentle exercise, yoga and hydrotherapy.

2a Cuthbert Road, Reservoir

Contact 9496 1050

reservoirleisurecentre.com.au

Bus 552/555/556/561, Train Reservoir Station

NATIONAL HEALTH SERVICES DIRECTORY

Online directory to help you find health services that are open and near you. Search for your closest GP, Pharmacy, Hospital and more – anywhere, anytime from your computer or smartphone.

Visit nhsd.com.au

PARKS

For information on locations, accessibility and facilities of Darebin's parks and reserves, Contact Darebin Council.

8470 8888

darebin.vic.gov.au

TABLE TENNIS

Coburg Table Tennis Club

Activities include over 50's social group.

Ray Kibby Centre
Corner Murray and Newlands
Roads, Coburg
Contact 9350 4723
coburg.tabletennisweb.com

TAI CHI

Tai Chi

Qualified Tai Chi master leads class.

Darebin Community Health
125 Blake Street, Reservoir
Contact Christobel
9470 6981

WALKING

Spiritual Healing Walk

A self directed walk to promote personal healing.

A gift as a gesture of Reconciliation from the Aboriginal and Torres Strait Islander Community.

Darebin Parklands
Yarana Road, Alphington
For further information
contact Darebin Council on
8470 8888

Darebin

Travel Smart Map

Available from Customer Services Centres this map has great information about walking paths for people of all abilities and disabilities.

darebin.vic.gov.au/walking

Darebin Walking Group

Northcote Plaza Flower Shop
Separation St, Northcote
Contact Rita 9481 3886

Italian Community Walking Group

Edwardes Lake Park
Edwardes Street, Reservoir.
English and Italian spoken.
Contact Rosa 9462 0547.

Keon Park Greek Senior Citizens Walking Group

Dole Avenue Community
Hall, Reservoir.
Contact Dimitra 9442 9620

Merri Walking Group

Edwardes Lake Park
Edwardes Street, Reservoir.
Contact John 9460 5051

Merrilands Walking Group

Contact Rob 0419 388 512
Keith 9460 6729

Northcote Aquatic and Recreation Centre Walking Group

180 Victoria Road, Northcote
Contact 9486 7200
northcote.ymca.org.au

Preston Neighbourhood House Walking Group

218 High Street, Preston
Contact 9484 5806

Preston Walking Group

Local walks and trips.

Reservoir Leisure Centre
Cuthbert Road, Reservoir.
Contact Keith 9460 6729

Bushwalking Victoria

bushwalkingvictoria.org.au

YOGA

A range of yoga/pilates activities for older people are run by organisations such as:

- **Free Exercise in Darebin**
page 14
- **Leisure Centres** page 17
- **Neighbourhood Houses
and Community Centres**
page 27



GARDENS, FOOD AND ENVIRONMENT

Alphington Community Lunches

All welcome to join us for a light lunch and some local entertainment.

Alphington Community Centre, 2 Kelvin Road, Alphington
Contact Becca 9499 7227
alphingtoncommunitycentre.org.au

Alphington Patch Garden Group

Garden group meets to help maintain the Alphington Community Centre gardens, learn skills, share information and have a cuppa.

Alphington Community Centre, 2 Kelvin Road, Alphington
Contact Becca 9499 7227
alphingtoncommunitycentre.org.au

Alphington Seasonal Produce Swap

Growers are welcome to come and share any extra vegetables and fruit.

Alphington Community Centre, 2 Kelvin Road, Alphington
Contact Becca 9499 7227
alphingtoncommunitycentre.org.au

Backyard Harvest Festival

Held every year in November, this festival celebrates home food growing. Visit home gardens and talk to local experts from a range of cultures and backgrounds. A great way to learn how to grow your own food from home.

Contact Darebin Council
8470 8888

Budget Bites Guide

Darebin Council's Budget Bites Guide has information and tips on how to make healthy, sustainable and budget friendly food choices for yourself and your family.

It is available on-line:

darebin.vic.gov.au

**Contact Customer Service
8470 8888 to be sent a copy.**

East Reservoir Community Gardens

Activities include swapmeets, markets, gardening workshops.

Garden plots available for use by locals for a small annual fee.

**TW Andrews Reserve
Cuthbert Road, Reservoir
Contact Reservoir
Neighbourhood House
9462 4611**

Environment and Sustainability

Darebin Council offers a range of information, resources and community events to help locals live and work more sustainably.

**For further information
contact Darebin Council on
8470 8405.**

sustainablecommunities.vic.gov.au or
[darebin.vic.gov.au/
environment](http://darebin.vic.gov.au/environment)

Food Swaps

Transition Darebin and Darebin Urban Harvesters fruit and veggie swap.

**Northcote Uniting Church
251 High Street
2nd Saturday of every
month, 11:00am - 12pm
Contact
transitiondarebin@gmail.com**

Fruit Squad

A community based fruit harvesting program. They can harvest your excess fruit and give it to people who are short of food. They can also help to maintain fruit trees.

Contact 9480 8200

Homemade Food and Wine Festival

Celebrate food traditions from many cultures and sustainable food practices at the Darebin Homemade Food and Wine Festival.

Contact 8470 8888

darebinarts.com.au

Northcote Library Food Garden

A communal food growing space next door to the Northcote Library.

Activities include working bees and gardening workshops.

**32-38 Separation Street,
Northcote**

northcotelibraryfoodgarden@gmail.com

northcotelibraryfoodgarden.blogspot.com.au

Preston Garden Club

Gardening information newsletters, guest speakers, raffles, annual shows in March and October and monthly competitions.

Preston Shire Hall, Gower Street, Preston

Contact Cheryl 9467 3078

prestongardenclub.org.au

Sprout Community Garden

Gardening, cooking and creative arts groups and activities for people recovering from mental ill-health. Small enterprise activities fostering vocational and personal skill development.

**40 Clapham Street,
Thornbury**

Contact 1300 286 463

mindaustralia.org.au

See also:

- **Horn of Plenty Community Centre** page 28



GETTING AROUND DAREBIN

TRANSPORT SUPPORT

Access and Mobility Maps

Shows the five main shopping centres in Darebin. Maps point out accessible toilets and car parking; taxi ranks; bus stops; railway stations and accessible pedestrian crossings. Maps available online and from Darebin Council Customer Service Centres

Contact 8470 8888
darebin.vic.gov.au

Carer Cards

Cardholders can travel for free on public transport on Sundays, and are given two return off-peak travel vouchers each year.

Contact 1800 901 958
carercard.vic.gov.au

Community Transport

Darebin Council's Community Transport Service is for older people and people with a disability who cannot use private or public transport, or taxis. This service helps community members stay active and connected with regular trips to shopping centres, social clubs and activities, local gyms, medical appointments (limited availability) and Community Health Centres.

Contact Darebin Council
8470 8828

See also:

■ **LINK Community**
Transport page 24

Disability Parking Permits

For drivers and passengers who have been assessed by a doctor as having mobility issues.

Contact Darebin Council
8470 8888

Emergency Wheelchair Assistance

Road side assistance for electric wheelchairs/scooters.

Contact RACV 13 11 11
racv.com.au

Free Myki Travel Passes

Available to eligible passengers.

Contact 1800 800 007
ptv.vic.gov.au/tickets/free-travel-passes

LINK Community Transport

Provides a range of transport options for older people and people with disabilities and carers.

Contact LINK 8358 8000
linkcommunitytransport.org.au

Mini Bus Hire

Darebin Council operates a nine seater minibus that not-for-profit community groups can hire to service the local community.

Contact Darebin Council
8470 8828

Multi Purpose Taxi

Eligible passengers get half price taxi fares.

Contact Taxi Services Commission 1800 638 802
transport.vic.gov.au/taxis/mptp

Public Transport

Public Transport Victoria provides information on all public transport services, timetables and fares.

Contact 1800 800 007
ptv.vic.gov.au



LESBIAN, GAY, BI-SEXUAL, TRANSGENDER AND INTERSEX (LGBTI)

Matrix Guild

A charitable, feminist support and advocacy group for older lesbians. Includes social activities and home visiting services.

Women's Health in the North
680 High Street, Thornbury

Contact Anneke

0427 482 976

matrixguildvic.org.au

Out and About

Volunteer home visiting service for older LGBTI people who receive Home Care Packages.

Contact Sandy 0466 218 921

switchboard.org.au

Transgender Victoria (TGV)

TGV helps transgender people, their partners, families and friends to get the health and community services they need.

transgendervictoria.com

Victorian Aids Council

Supporting services for the LGBTI community and people living with HIV. Volunteer opportunities available.

**6 Claremont Street,
South Yarra**

Contact Murray 9865 6700

vac.org.au

Vintage Men

A social and support group for older gay and bisexual men. Weekly meetings and a range of activities.

Contact Gordon 9598 7356

vintagemen.org

Val's Café,

Supports aged care services to be welcoming of LGBTI older people and promote their health, wellbeing and visibility.

**Val's Café, Australian
Research Centre in Sex,
Health and Society
at La Trobe University**
9479 8740

valscafe.org.au



LIFELONG LEARNING AND RESOURCES

DAREBIN LIBRARIES

Activities and resources include: quiet spaces for reading and writing, newspapers and magazines, books, DVDs, CDs, free internet access and help to use, community workshops, local history information and more.

Books and materials are available in a number of languages and large print. Daisy Players for hire for Talking Books.

Home Library Service is available for people who are unable to get to a Library for reasons of age, illness or disability.

Contact 1300 655 355
darebin-libraries.vic.gov.au

Darebin Library locations:

Fairfield Library

121 Station Street, Fairfield

Bus 567, 609, Train Fairfield Station

Northcote Library

32-38 Separation Street, Northcote

Bus 508, 567, Train Northcote Station, Tram 86

Preston Library

266 Gower Street, Preston

Bus 552, 553, 527, 903, Train Preston station

Reservoir Community and Learning Centre (Reservoir Library)

Edwardes Street, Reservoir

Bus 552, 555, 556, 561, 553, 558, Train Reservoir Station

HISTORY

Friends of Coburg Cemetery

Help to make sure Coburg Cemetery remains an important local and historical site through research, grave searches and tours of the cemetery.

**Coburg Cemetery, Bell Street
Preston**

Contact Julie 0412 578 676
friendsofcoburgcemetery.com

Islamic Museum

The Islamic Museum provides educational and cross-cultural experiences. Showcases the art and culture of Muslims in Australia and beyond. This museum helps the community to understand the values and contributions of Muslims to Australian society.

**15a Anderson Road,
Thornbury**
Contact 1300 915 171

See also:

- heritage.darebinlibraries.vic.gov.au

Neighbourhood Houses and Community Centres

Neighbourhood Houses and Community Centres in Darebin offer a variety of services, volunteering opportunities and programs for people of all ages and abilities. Activities include computer access and training, English language skills, arts, crafts, music, dance, health and fitness, cooking, self help groups, cultural groups, community events and more.

Alphington Community Centre

2 Kelvin Road, Alphington
Contact Becca 9499 7227
alphingtoncommunitycentre.org.au

Bus 508
Train Alphington Station

Darebin Intercultural Centre

Intercultural activities including cooking, music, films, performance, information forums and spaces for groups to meet.

59a Roseberry Avenue,
Preston
Contact Darebin Council
8470 8440
darebin.vic.gov.au

Bus 552, 553, 527, 903
Train Preston Station
Tram 86

Horn of Plenty Community Centre

Weekly community meal, community garden and bicycle workshops (general and women's).

659 Plenty Road, Reservoir
Contact Elliot 0413 773 14

Jika Jika Community Centre

Corner Plant and Union
Streets, Northcote
Contact 9482 5100
jikajika.org.au

Train Westgarth Station
Tram 86

Preston Neighbourhood House

218 High Street, Preston
Contact 9484 5806
prestonhouse.org.au

Bus 552, 553
Train Bell Station

Preston Reservoir Adult Community Education (PRACE)

Merrilands Community
Centre
35 Sturdee Street, Reservoir
Contact 9462 6077
prace.vic.edu.au

Bus 552, 555, 560
Train Keon Park Station

Reservoir Neighbourhood House

2B Cuthbert Road, Reservoir
Contact 9462 4611
reservoirnh.org.au

Bus 552, 555, 556, 561
Train Reservoir Station

SPAN Community House

64 Clyde Street, Thornbury
Contact 9480 1364
spanhouse.org

Bus 510

Spectrum Migrant Resource Centre

Support for newly arrived and established migrants and refugees. Social, recreational and cultural activities, aged care services and more.

Level 1, 306-308 Bell Street,
Preston
Contact 9496 0200
spectrumvic.org.au

See also:

- Social groups and clubs for older people page 32

Thornbury Women's Neighbourhood House

131 Shaftesbury Parade,
Thornbury
Contact 9480 0466
twnh.vic.edu.au
Bus 510, Tram 11

PUBLIC SPEAKING

The Penguin Club of Australia

Women's club for learning and practising social speaking skills, public speaking and chairing meetings.

Meets at Preston Library
266 Gower Street, Preston
Contact Alison 0459 186 670

Preston Rostrum Club 48

Opportunities to learn and practise public speaking skills and meeting procedures.

Meets at Preston Library
266 Gower Street, Preston
Contact Max 0416 243 639

University of the Third Age (U3A) Darebin

Classes held at community venues throughout Darebin. Activities include arts/crafts, computers, singing, book discussion, dancing, English skills, Tai Chi, Yoga, line dance and more.

Fairfield Railway Station
26 Railway Place, Fairfield
Contact 9489 2103



SENIORS RIGHTS, INFORMATION, CONCESSIONS AND ADVOCACY

COTA Victoria: The Voice of Older Victorians

Advocacy, education and information for older people.

Contact 9654 4443
cotavic.org.au

Housing for the Aged Action Group

Housing information and support service for older people.

**1st Floor, Ross House
247 Flinders Lane,
Melbourne 3000.
Contact 9654 7389**
oldertenants.org.au

Human Rights Officer – City of Darebin

Information, advice and advocacy on human rights protected by the Victorian Charter of Human Rights and Responsibilities. Information on discrimination, harassment and equal opportunity.

Contact 8470 8446

Seniors Information Victoria

Contact 1300 13 50 90

Seniors Rights Victoria

Information, support and advice about elder abuse

Contact 1300 368 821
seniorsrights.org.au

Victorian Companion Card

The Companion Card is given to people with a significant, permanent disability, who can show that they are can not access most community activities and venues without support. Organisations (eg movies, theatres) that accept the Companion Card will also give a second ticket for the card holder's companion at no charge.

.....
Contact 1800 650 611
companioncard.org.au

Victorian Concessions Guide

A guide to discounts and services for eligible households in Victoria. Available in book form or online.

.....
Contact 1800 658 521
dhs.vifc.gov.au/concessions

Victorian Equal Opportunity and Human Rights Commission

Free information, advice and dispute resolution on discrimination, victimisation, sexual harassment, racial or religious vilification, equal opportunity and the Charter of Human Rights and Responsibilities. Can also provide training to community groups.

.....
Contact 1300 292 153 or 9032 3583
humanrightscommission.vic.gov.au

Victorian Seniors Card

Cardholders will get discounts off public transport costs across Australia, as well as thousands of business in Victoria.

.....
Contact 1300 797 210
seniorsonline.vic.gov.au

See also:

- **Getting around Darebin**
page 23 for transport concessions.
- **Grandmothers Against Detention of Refugee Children** page 45



SOCIAL GROUPS AND CLUBS FOR OLDER PEOPLE

SOCIAL GROUPS

Social groups are run by older people and offer a range of social, cultural and recreational activities.

Groups are listed below by cultural background.

For more information and help connecting with groups, contact Darebin Council on 8470 8828.

ABORIGINAL

See page 3

ARABIC

Islamic Elderly Group

Excursions, information sessions, weekly lunches for men and women.

Merrilands Community Centre, 35 Sturdee Street, Reservoir
Contact 8470 8828

CHINESE

North East Melbourne Chinese Association

Dance performances, fitness, yoga, table tennis, mah-jong, English classes, chat and calligraphy.

384 Bell Street, Preston

Contact George

0428 342 397

george.zeng068@gmail.com

ENGLISH SPEAKING

ACES Men's Shed

See Aboriginal Activities and Groups page 3

Alphington Men's Shed

A social group with plans to build their own shed.

2 Kelvin Road, Alphington

Contact Becca 9499 7227

alphingtoncommunitycentre.org.au

Combined Probus Club of Reservoir

Day trips and tours, theatre outings, luncheons, book club, cards, morning melodies and guest speakers.

East Reservoir Senior Citizens Centre
7A Strathmerton Street,
Reservoir
Contact Dorothy 9462 2281

Darebin Euchre Group

Wednesday afternoon euchre games.

Fairfield Bowling Club,
Gillies Street
Contact Aileen 0419 593 136
Aileen_Brooks@yahoo.com.au

East Preston Senior Citizens Club

Bingo, New Vogue Dancing and art group.

East Preston Senior Citizens Centre
Donald Street, East Preston
Contact John 9478 3629
johnfc36@hotmail.com

East Reservoir Senior Citizens Club

Indoor bowls, bingo, cards, music, bus trips, celebrations.

East Reservoir Senior Citizens Centre
7A Strathmerton Street,
Reservoir
Contact Darebin Council
8470 8828.

Golden Oldies Club

Badminton, aerobics, dancing, trips and celebrations.

Darebin Community Sports Stadium
857 Plenty Road, Reservoir
Contact 9471 4935

Kingsbury Probus

Monthly meetings including guest speakers, activities and regular day trips.

Kingsbury Bowls Club, Arch Gibson Reserve,
Dunne Street Kingsbury
Contact Bob 9216 1739
greenrj01@merndaretirementvillage.com.au

Life Activities Club Darebin

Indoor bowls, canasta, games day, lunch, dine out, walks, bus trips, breakfast and theatre.

**Merrilands Community
Centre, 35 Sturdee Street,
Reservoir**
Contact Tony 9467 6731
life.org.au

Men's Shed at Darebin Community Health

Darebin Community
Health fun men's shed.
Different days for men
under 50, Aboriginal men,
and older men.

125 Blake Street, Reservoir
Contact 8470 1111

Moonee Valley Bridge Club

Bridge activities in North-
West Melbourne.

**2a Pattison Street,
Moonee Ponds**
Contact Marianne 9351 0936
mvbc.asn.au

Northcote Senior Citizens Club

Singalongs, games,
professional entertainers,
afternoon tea and New
Vogue Dancing.

**Northcote Senior Citizens
Centre**
18A Bent Street, Northcote
Contact Darebin Council
8470 8828

Northern Darts Association

Contact 0449 808 329
ndadarts.org.au

Older Men, New Ideas (OMNI)

Active group for men aged
50+ who meet to discuss
what's happening in their
lives, current affairs and
whatever they choose.

**SPAN Neighbourhood
House,**
64 Clyde Street, Thornbury
Contact 9480 1364
spanhouse.org

Reservoir West Probus Club

Fun, friendship, fellowship
and socialising.

Preston-Reservoir Bowls Club

75 Leamington Street,
Reservoir
Contact Marjorie 9469 3415
[mick_fayewilkinson@
bigpond.com](mailto:mick_fayewilkinson@bigpond.com)

Rotary Club of Preston

Darebin RSL
402 Bell Street, Preston
Contact Geoff 0418 500 031
rotary-prestonaust.com

FIJIAN

Northwest Fiji Seniors Club

Leinster Grove Community
Hall, 99 Leinster Grove,
Thornbury
Contact Navin 0422 338 891

GREEK

Australian Greek Elderly Citizens Club Northcote

Monthly lunch, cards, talking,
coffee, tabli and Greek TV.

1 Bastings Street, Northcote
Contact Darebin Council
8470 8828

Australian Greek Ex Servicemens Elderly Club of Northcote

Social activities and lunches.

Northcote Senior
Citizens Centre
18a Bent Street, Northcote
Contact Darebin Council
8470 8828

Australian Thornbury Pensioners Club

Weekly meetings for
discussion groups, recipes,
knitting, cards, activities and
excursions.

Nevoliany Scopia Social
Club Hall, 1 Miller Street
Thornbury
Contact Peter 9481 3590

Batman Elderly Greek Womens Group

Bingo, lunches, excursions and celebrations.

Batman Park Hall

Separation Street, Northcote
Contact Darebin Council
8470 8828

Darebin Greek Womens Senior Citizens Group

Bingo, cards, lunches, excursions and celebrations.

Reservoir Community and Learning Centre

Edwardes Street, Reservoir
Contact Darebin Council
8470 8828

Greek Women's Elderly and Friendly Club

Bingo, lunch, excursions, guest speakers and celebrations.

Room 2, Darebin Community Health Centre

125 Blake Street, Reservoir
Contact Penny 9484 7623

Hellenic Stegi Friendly Elderly Citizens Club Inc

Bingo, cards, lunches, walking, swimming and celebrations.

St. Methodios and Kyrilos Greek Orthodox Church

2 Yann Street, Preston
Contact Sotirios 9078 5912

Keon Park Greek Senior Citizens Club

Walking, day and overnight trips.

Keon Park Community Hall

Dole Avenue, Reservoir
Contact Antonis 9462 0043

Reservoir Greek Elderly Citizens Club

Lunches, bingo, cards, walking, music, dancing and bus trips.

Reservoir Community and Learning Centre

23 Edwardes Street, Reservoir
Contact John 9460 5051 or
0413 563 747

Thornbury Greek Senior Citizens Club

Cards, bingo, walking, backgammon and weekly lunches.

814 High Street, Thornbury
Contact Sam 9460 9302 or 0413 079 159

The Greek Nazarene Senior Citizens Club

Social lunches.

Church Hall 16-18 Martin Street, Thornbury
Contact Darebin Council 8470 8828

INDIAN

Northern Region Indian Seniors Association

Monthly meetings including lunch, information and entertainment

Northcote Senior Citizens Centre, 18A Bent Street, Northcote
Contact Dr Santosh 9816 3401 or 0411 136 612
santosh.kumarau@gmail.com

ITALIAN

Italian Elderly Citizens Group Holy Spirit

Bingo, cards, luncheons and excursions.

Holy Spirit Parish Hall
197 Clarendon Street, Thornbury
Contact Darebin Council 8470 8828

Italian Senior Citizens Club of Preston

Bocce, yoga, dances, bingo, day trips, cards and choir.

Sacred Heart Church Hall
85 David Street, Preston
Contact Frank 9478 9644
fpascale@optusnet.com.au

Italian Womens Club of Reservoir

Bingo, tombola, cards, morning tea, lunches and trips.

Reservoir Living and Learning Centre,
Edwardes Street
Contact Darebin Council 8470 8828

Kingsbury Italian Senior Citizens Club

Tombola, cards, lunches, excursions and celebrations. Activities run on Mondays.

Kingsbury Bowls Club

Arch Gibson Reserve,
Dunne Street, Kingsbury
Contact Connie 9465 3773

Merrilands Italian Senior Citizens Club

Bocce, cards and excursions.

Merrilands Community Centre, 35 Sturdee Street, Reservoir
Contact Alfredo 94620547
yotd@optusnet.com.au

Northcote Italian Pensioners Club

Bingo, cards, lunches and celebrations.

Northcote Town Hall
189 High Street, Northcote
Contact Darebin Council
8470 8828

North West Reservoir Italian Senior Citizens Club

Monthly dinner dance, weekly gentle exercises, bingo, cards and games.

St. Joseph The Worker Community Hall
79 Wilson Boulevard, Reservoir
Contact Carmencita
9469 5377 or 0409 188 189

Reservoir Italian Pensioners Club

Bocce, cards, bingo, walking, dancing, special lunch and trips.

Merrilands Community Centre
35 Sturdee Street, Reservoir
Contact Darebin Council
8470 8828

St. Marys Italian Elderly Citizens Club

Weekly gatherings, bingo, cards, social outings and monthly lunches.

St. Marys Parish
789 High Street, Thornbury
Contact Tony 0419 381 631
tony.spano@bigpond.com

Thornbury Italian Senior Citizens Club

Special lunches and cards.

Leinster Grove Community Hall, 99 Leinster Grove, Thornbury
Contact Darebin Council
8470 8828

LEBANESE

Australian Lebanese Christian Ladies Group (Darebin)

Cards, exercise, speakers, luncheons and excursions.

Reservoir Community and Learning Centre
Edwardes Street, Reservoir
Contact Yoland
0425 773 583

MALTESE

Reskeon Maltese Seniors Group

Merrilands Community Centre, 35 Sturdee Street, Reservoir
Contact Darebin Council
8470 8828

MACEDONIAN

Australian Macedonian Pensioners Group of Reservoir

Cards, chess, luncheons, cards and excursions.

Reservoir Community and Learning Centre
23 Edwardes Street, Reservoir
Contact Dimce 9467 9093

Bigla Senior Citizens Group

Lunches, coffee, chess and cards.

East Preston Senior Citizens Centre, Donald Street, Preston
Contact Darebin Council
8470 8828

Macedonian Senior Citizens Club Pellister

Cards, luncheons and excursions.

Regent Centre, Robinson Road, Preston
Contact Darebin Council
8470 8828

Macedonian Senior Citizens Group St. Nikola Merlikinski

Weekly get-togethers.

East Preston Senior Citizens Centre
Donald Street, East Preston
Contact Marika Bozinova
0412 288 553
marikabozinova@yahoo.com.au

Northcote Macedonian Senior Citizens Group

Cards, picnics, luncheons and outings.

Northcote Senior Citizens Centre
18A Bent Street, Northcote
Contact Darebin Council
8470 8828

POLISH

Polish Senior Citizens Club of Reservoir

Monthly lunches, telling jokes, bingo, singing, celebrations, lectures and outings.

Reservoir Community and Learning Centre, Edwardes Street, Reservoir
Contact Halina 9465 9069

SLAVIC

Multi Ethnic Slavic Senior Citizens Group – Preston

Light exercise, health information, excursions and celebrations.

Preston Library
266 Gower Street, Preston.
Contact Diana 9639 1930
vmeswa@slavicwelfare.com.au

See also:

- Darebin Intercultural Centre page 28
- Spectrum Migrant Resource Centre page 42

SOCIAL GROUPS – SUPPORTED BY STAFF

These groups have staff who help run social and recreational activities so that people who need extra support can join in.

Compass Clubhouse (Acquired Brain Injury)

Peer support, advocacy, rehabilitation, skills development and social inclusion.

**10 Church Street,
North Fitzroy
Contact Viron 9489 4399
melbournecitymission.org.au**

Darebin Community Health Planned Activity Groups (PAG)

Darebin Community Health run a number of PAG, including multicultural; Italian; womens, mens and mixed groups; and a memory loss group.

**Contact 8470 1135
dch.org.au**

Darebin Council Planned Activity Groups – Yanada House

Activities for Italian, Greek and English speaking people living with memory loss. Programs available for Greek, Italian and English speaking people.

**92 Dennis Street, Northcote
Contact Darebin Council at
Yanada House 9481 9570
darebin.vic.gov.au**

Multiple Sclerosis (MS) Social Support Day Program

Activities and outings for people who have MS or other neurological conditions.

**Regent Centre, 4 Robinson
Road, Reservoir
Contact Leonie 9845 2759
ms.org.au**



Spectrum Migrant Resource Centre, Planned Activity Groups

Spectrum Migrant Resources support older people who need help getting out and about. Activities for Cantonese, Greek, Macedonian, Mandarin and Italian speakers, held at **Regent Centre, 4 Robinson Road, Reservoir and Masonic Hall.**

.....
**Level 1, 306-308
Bell Street, Preston
Contact 9496 0200
spectrumvic.org.au**

SUPPORT TO LIVE AT HOME AND IN YOUR COMMUNITY

DAREBIN COUNCIL CUSTOMER SERVICE CENTRES

For information about rubbish and recycling, parking, pets, rates or other Council matters, contact or visit a Darebin Customer Service Centre.

Northcote Customer Service Centre

.....
**32-38 Separation Street,
Northcote
Contact 8470 8888
.....
Bus 508/552/567
Train Northcote station
Tram 86/112**

Northland Customer Service Centre

.....
**2-50 Murray Road,
East Preston
Contact 8470 8888
.....
Bus 251/517/527/549/550/555/556/563/566/567**

Preston Customer Service Centre

274 Gower Street, Preston
Contact 8470 8888

Bus 552/553/527

Train Preston Station
Tram 86

Reservoir Community and Learning Centre

Edwardes Street, Reservoir
Contact 8470 8888

Bus 552, 555, 556, 561, 553, 558, Train Reservoir Station

Deaf, Speech or Hearing Impaired Support

If you are deaf, or have trouble hearing or speaking, contact Darebin Council through the National Relay Service.

- TTY (Hearing Impaired):
Phone 133 677 and ask for 03 8470 8888
- Speak and Listen:
Phone 1300 555 727 and ask for 03 8470 8888
- Internet Relay:
Connect to National Relay Service – IP Relay and ask for 03 8470 8888

Dementia Care

See **Yanada House** page 41

Disability Support – Social Connection

For assistance to connect with social and recreational activities contact Darebin Council's Community Recreation Facilitator
8470 8305

For support and information about accessibility in the Darebin community contact Darebin Council's Metro Access Officer 8470 8368

Home Care

Assistance with tasks around the home and in your community, so you can stay independent, active and be part of your community.

Contact Darebin Council 8470 8828.

Home Delivered Meals

Tasty and healthy three course meals delivered to community members in Darebin. Available to older people and people with a disability who are unable to prepare regular meals.

Contact Darebin Council 8470 8828.

Independent Disability Services

Independent Disability Services offer a range of services to help people live safely and independently in their community.

Contact 9340 5100

idsa.org.au

Language support – Speak My Language (Interpreting Services)

Darebin Council offers a free interpreting service for people who don't speak English. Available over the phone and at any Customer Service Centre.

Call the Multilingual Telephone Line 8470 8470. Say your preferred language and be connected to a Language Aide or an interpreter.

Or you can visit any Customer Service Centre to be put in contact with a Language Aide or interpreter (usually over the phone).

Property Maintenance

Minor household repairs and improvements to make sure your home is safe and secure.

Contact Darebin Council 8470 8828.

Support for Carers – CarerLinks North

CarerLinks North provides a link to carer support services and assists carers with options to take a break from their caring role. Respite can include in-home respite care, day centre programs, residential respite in an aged care home or recreational activities. Carer support also includes counselling, peer support, and information and support specific for people caring for someone with dementia.

Please call 1800 052 222. For emergency respite support please call 1800 059 059 outside business hours.

Support for Carers – Darebin City Council

Respite in the home or in the community to give carers a break.

Contact Darebin Council 8470 8828.

Transport Support

See **Getting around Darebin** page 23



VOLUNTEERING

Darebin Information Volunteer Resource Service (DIVRS)

Volunteering is a great way to meet people, share and learn new skills and become a bigger part of your community. A range of not-for-profit organisations in Darebin need volunteers

287 High Street, Preston

**For more information
contact Volunteer Resource
Coordinator 9480 8215**

divrs.org.au

Grandmothers Against Detention of Refugee Children

Help this group in their fight for the release of children, their families, and all unaccompanied minors in detention.

**Grandmothers and Friends
of Grandmothers (FROGS)
are invited to contact us at**
grandmothersref@gmail.com

See also:

- **Neighbourhood Houses and Community Centres**
page 27
- **Victorian Aids Council**
page 25

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**Available in
Large Print
8470 8888**

**CITY OF
DAREBIN**

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au



**National Relay
Service**

TTY dial 133 677 or
Speak & Listen
1300 555 727
or iprelay.com.au
then enter
03 8470 8888



**Speak your
language**

T 8470 8470

العربية	Italiano
繁體中文	Македонски
Ελληνικά	Soomalii
हिंदी	Tiếng Việt