

Positive Ageing Information and Resource Guide



About this guide

Welcome to the second edition of Nillumbik Shire Council's *Positive Ageing Information and Resource Guide*. The *Ageing Well in Nillumbik 2019–2022 Action Plan* identifies the importance of reliable and accessible information and advice to support residents to make independent decisions and access services, opportunities and activities. This guide responds directly to the priority issue of information and advocacy for older residents.

In this guide, you will find an overview of information and contact details for various service providers; community organisations and groups; and government bodies.

This guide was developed by Nillumbik Shire Council's Community Support Services, with support from Council's Positive Ageing Advisory Committee, Communities directorate, and Recreation and Leisure Teams.

This publication is available on Council's website in an accessible format.

The information in the guide is correct at the time of publication: June 2021.

Nillumbik Shire Council acknowledges the Wurundjeri Woi Wurrung people, who are the Traditional Custodians of the land known today as Nillumbik. We pay respect to the Elders both past and present and extend that respect to other First Nations people.

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Health and wellbeing

Mental health

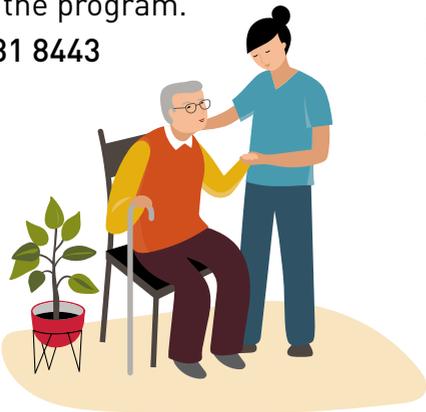
At times, you may find it difficult to stay mentally and emotionally healthy and strong. If feelings of sadness, worry or grief are preventing you from getting the most out of life, help and support is available.

St Vincent's Healthy Ageing Service

Monday–Friday,
8.30am–5pm

The Healthy Ageing Service Response is a free government program to support the mental health and wellbeing of older adults living in the north-east region of Melbourne. You, your family, carer or GP can refer you to the program.

☎ 9231 8443



Physical health

Better Health Channel

The Better Health Channel provides health and medical information.

➔ betterhealth.vic.gov.au

Disease and Chronic Condition-Specific Organisations

Many diseases and chronic conditions have their own peak body or organisation providing information, education, support, assistance, and advocacy. Speak with your doctor or other health care professional about your diagnosis and what specific information, support, services and assistance may be available to you.

National Home Doctor Service

The National Home Doctor Service is a network of qualified doctors who provide bulk-billed, after hours medical care to patients in their home and/or aged care facilities. **Doctors are available from 6pm weeknights, 12pm Saturdays, and all day Sunday and public holidays.**

13 SICK (13 7425)

➔ homedoctor.com.au

Nurse on Call

24 hours, 7 days

Nurse on Call is a free phone service providing immediate, expert health advice from registered nurses. They can help when: you or someone you're caring for is feeling unwell; you are not sure if you should seek medical help; you're away from home or situated a long way from medical help; or you simply want advice or information about health services in your area.

☎ 1300 606 024

➔ ambulance.vic.gov.au/nurse-on-call

Eltham Prostate Cancer Information & Support Group

A support group for men, their partners and family who are affected by prostate cancer. Information, education from health professionals and resource sharing.

☎ 0468 315 156

✉ info@epcisg.org

➔ epcisg.org

The 4C's Women's Cancer Support and Social Group

The 4C's stands for 'Chicks with Cancer who Coffee and Chat', and is a support group for women affected by cancer.

✉ support@4cs.com.au

➔ 4cs.com.au



Sexual and emotional health

The desire for sex and intimacy in relationships continues as we age. Sometimes, however, chronic illnesses and the ageing process can affect one's desire or ability to continue sexual relationships. Contact Family Planning Victoria for general advice or visit one of their clinics.

Being attracted to the same gender and coming out later in life is not uncommon. Many individuals do not realise or act on their true sexual orientation until mid-life for various reasons. If you or someone you know needs honest and respectful advice, Family Planning Victoria provides information and support.

Family Planning Victoria

Monday–Friday, 9am–5pm

 1800 013 952

 fpv@fpv.org.au

 fpv.org.au

Support with addiction

DirectLine

24 hours, 7 days

DirectLine is a telephone counselling, information and referral service for anyone in Victoria affected by an alcohol or drug-related issue, including partners, family members and friends. The service provides information, online, phone or face-to-face counselling and referrals.

 1800 888 236

 directline.org.au

Gambler's Help

24 hours, 7 days

Gambler's Help provides free, professional and confidential support to people with gambling problems, and those just wanting to cut back or regain control. You can chat over the phone or online with one of their counsellors, as well as peer support groups and support for family and friends.

 1800 858 858

 gamblershelp.com.au

Other services

Banksia Palliative Care Service

Monday–Friday, 9am–5pm

Banksia Palliative Care Service provides specialised, home-based, personalised palliative care services and support to carers and family, including bereavement and social work services.

 9455 0822

 reception@banksiapalliative.com.au

Seniors Rights Victoria

Monday–Friday, 10am–5pm

Seniors Rights Victoria provides information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older adults. Services include a helpline, specialist legal services, short-term support and advocacy for individuals, and community education. If you or someone you know is experiencing elder abuse contact their free, confidential helpline.

 1300 368 821

 info@seniorsrights.org.au

 seniorsrights.org.au

Support lines

Information regarding call costs

1800 numbers: Calls to 1800 numbers are free if you call from a landline telephone, and for Telstra mobile customers.

13/1300 numbers: Calls to 13 or 1300 numbers are charged at local call rates when calling from a landline telephone. Higher rates apply when calling from a mobile.

Check with your mobile phone provider for further information regarding call costs.

 If you need an interpreter, call 131 450 for immediate phone interpreting.

1800 RESPECT

24 hours, 7 days

A national sexual assault, family and domestic violence counselling line for anyone who has experienced or is at risk of physical or sexual violence.

 1800 737 732

 1800respect.org.au

FriendLine

10am–8pm, 7 days a week

FriendLine is for anyone who needs to reconnect or just wants a chat.

☎ 1800 424 287

🌐 friendline.org.au

GriefLine

Monday–Sunday,
6am–12am midnight

Provides support to people experiencing loss and grief, at any stage in life.

☎ 1300 845 745

🌐 griefline.org.au

Lifeline

24 hours, 7 days

A generalist and crisis telephone counselling, information and referral service, providing crisis support and prevention to anyone experiencing emotional distress.

☎ 13 11 14

🌐 lifeline.org.au

MensLine Australia

24 hours, 7 days

Phone and online counselling for men with family and relationship concerns.

☎ 1300 789 978

🌐 mensline.org.au

SANE Australia

Monday–Friday, 10am–10pm

Provides peer support, information, guidance and referrals to people who are affected by or need support to manage mental health concerns, including support for family and friends.

☎ 1800 187 263

🌐 sane.org

Wire Women's Support Line

Monday–Friday, 9am–5pm

Provides support, information and referrals to women on any issues, such as family relationships and legal issues, domestic and family violence, housing and homelessness, mental health.

☎ 1300 134 130

🌐 wire.org.au

Aged care services

Do you need support to live independently at home?

There are many services that can help you maintain a good quality of life as you age. Some services that can help keep you well and independent include assistance with day to day tasks around the house, meal delivery, community transport, personal care services, and allied health services.

My Aged Care

Monday–Friday, 8am–9pm
and Saturday, 10am–2pm

My Aged Care is the entry point to Australian Government-funded aged care services.

☎ 1800 200 422

🌐 myagedcare.org.au

If you need support navigating the aged care system, or want to talk to someone about your options, call Council's Aged Care Navigation and Advocacy Officer

☎ 9433 3111

✉ agedcare@nillumbik.vic.gov.au



Making a complaint

If you have a concern about the quality of the aged care service you or someone else is receiving, it is important that you talk about it.

Aged Care Complaints Commissioner

Monday–Friday, 9am–5pm

You can complain about Commonwealth-funded home care and residential care services through the Aged Care Complaints Commissioner. This can be done by phone, letter or online. Interpreting services are available.

Aged Care Quality and Safety Commission

✉ GPO Box 9819,
Melbourne 3000

☎ 1800 951 822

➔ agedcarequality.gov.au

Elder Rights Advocacy

6am–10pm, 7 days a week

If you want support with lodging your complaint, Elder Rights Advocacy (ERA)'s advocates will stand beside you and support you with finding an outcome that is satisfactory for you.

ERA is the Victorian member of the Older Persons Advocacy Network (OPAN). They provide free, independent and confidential advocacy, information and community education for older people, with a focus on Commonwealth-funded home care and residential care.

☎ 1800 700 600 or 9602 3066

➔ era.asn.au



Support for carers and family

If you are providing unpaid care to a family member, partner or friend, there is a range of support available to you.

Carer Gateway

Monday–Friday, 8am–5pm

An Australian Government initiative that supports carers of all ages with support, respite, and advocacy, particularly aged carers and older family carers. The Carer Gateway is the entry point for all carers. This is a free service and is available to parents, partners, spouses, children, or friends who look after someone with a disability, medical condition, mental illness; or someone who is frail due to age.

You don't need to be a new carer to use Carer Gateway services – any carer can use the services.

☎ 1800 422 737

➔ carergateway.gov.au

Merri Health – Carer Services

Merri Health is the Carer Gateway service provider for Nillumbik and other northern regions. They support carers with flexible, individualised help, including support with navigating, coordinating and accessing services, counselling, dementia advice, respite and emergency respite and peer support.

To register for Merri Health Carer Services, call Carer Gateway:

☎ 1800 422 737

Mind Australia Carer Helpline

Monday–Friday, 9am–5pm

Free, confidential information and support for family, carers and friends of people with a mental illness.

☎ 1300 554 660

➔ mindaustralia.org.au

healthAbility

Monday–Friday, 9am–5pm

healthAbility offers support groups for carers of older people and people with disabilities. These groups provide respite, information and support in a friendly, relaxed environment.

HealthAbility offer several dementia-specific support groups, including weekly centre based dementia programs, and an outing program for people with younger onset dementia. These programs offer flexible respite options for carers.

📍 917 Main Rd, Eltham, 3095

☎ 9430 9100

🌐 healthability.org.au



Carers Victoria

Monday–Friday, 8.30am–5pm

Carers Victoria is the statewide voice for family carers, representing and providing support to carers across Victoria. They offer free counselling, information and advice, in addition to research and policy work. They also provide education, training, and can assist you in accessing carer support groups.

☎ 1800 514 845

✉ reception@carersvictoria.org.au

🌐 carersvictoria.org.au

Grandparents Victoria

Monday–Friday, 9am–4.30pm

The needs of families are becoming more complex, and the support that grandparents offer to their own family and to other families is significant and valuable. Grandparents Victoria is the peak organisation representing and advocating for the needs of grandparents to shape a positive future for all children.

☎ 9372 2422

🌐 grandparents.com.au

If you are a grandparent or non-parent carer of a child, you may get extra help such as child care payments and Medicare services.

Centrelink Grandparent Adviser Line:

☎ 1800 245 965

Grandparents playgroup

Tuesdays during school terms, 10am–12pm

Meet other grandparents caring for children and give children in your care a playgroup experience.

Coniston Street Family Centre

📍 28 Coniston St, Diamond Creek

☎ 9433 3733

Kinship Carers Victoria

Monday–Friday, 9am–4.30pm

Provides support and advocacy for grandparents, siblings, other relatives and family friends caring for children.

☎ 9372 2422

🌐 kinshipcarersvictoria.org



Transport

Community Transport

Council provides a door-to-door transport service powered by volunteer drivers for people over 65 years of age, and referred through My Aged Care. This service is for people who can no longer transport themselves, people with a disability and/or their carers, to access activities in the community. Please contact us if transport is required for people under 65 years of age.

 9433 3111

 community.transport@nillumbik.vic.gov.au

Concessions

Victorian Seniors Card holders (available from Seniors Online Victoria) are entitled to a range of benefits on public transport services. Benefits include a free myki, which entitles you to concession fares on trains, trams, and buses during the week. It also entitles you to V/Line concessions, free off-peak travel vouchers, and free travel on Saturdays and Sundays.

For eligibility criteria and an application, you can pick up a form from your local library or download a copy from the Seniors Online Victoria website.

 1300 797 210

 seniorcard@health.vic.gov.au

 seniorsonline.vic.gov.au

Accessible Parking Permit Scheme

The Accessible Parking Permit (APP) Scheme replaced the Disabled Person's Parking (DPP) Scheme in March 2021. The new scheme is administered through local Councils, and an application form is required, either online or hard copy available through Council.

Residents who require a new permit, or to replace a permit, will need to apply via the new application process. The new scheme streamlines the application process, removes the need for reassessments for those with a permanent disability, and includes occupational therapists as assessors, as well as GPs.

Current DPP holders will receive a letter one month before their permit is due to expire, with instructions on how to apply under the new scheme.

If you require assistance in lodging an application, please call 9433 3111 to make an appointment with a Council officer from the Community Safety team.

 9433 3111

 nillumbik.vic.gov.au

LINK Community Transport

Monday–Friday, 9am–5pm

Link Community Transport is a not-for-profit organisation providing transport for older adults and their carers in Nillumbik and surrounds. This door-to-door volunteer driver service operates Monday–Friday, and they also offer a Seniors Social Outing program.

 1300 546 528

 admin@lct.org.au

 linkcommunitytransport.org.au

Multi-Purpose Taxi Program

**Monday–Friday,
8.30am–4.30pm**

The Multi-Purpose Taxi Program (MPTP) is a Victorian State Government initiative operating through the Taxi Services Commission. The program assists people with accessibility and mobility needs by offering subsidised commercial passenger vehicle fares to members.

Applicants must meet residential, medical, and financial criteria; and fill out an application form, including documentation from a medical doctor.

For more information about the Multi-Purpose Taxi Program contact the Taxi Services Commission directly.

 1800 638 802

 mptp@taxi.vic.gov.au

 taxi.vic.gov.au

Housing and accommodation

Aged Care Homes

An aged care home (sometimes known as a nursing home or residential aged care facility) is for someone who can no longer live at home and needs ongoing help with everyday tasks or health care.

Contact My Aged Care on

 **1800 200 422** to arrange an assessment and determine eligibility for residential respite or permanent care.

Supported Residential Services (SRS)

Supported Residential Services provide accommodation and assistance for people who need support in everyday life. They are privately-operated services, and must be registered with the Victorian State Government.

It is important to note that each SRS is registered and regulated by the Victorian Department of Health and Human Services and are not part of the Australian Federal Government's aged care system.

Retirement Villages

Retirement villages offer the option for older adults (aged over 55) to move into a community that is specifically designed to meet their accommodation, social, and recreational needs. Many people choose to move to a retirement village when they want to downsize from the family home and/or are looking for a lifestyle change.

Consumer Affairs Victoria have developed a 'Guide to choosing and living in a retirement village', with information about fees that may apply, as well as a public register of retirement villages.

 **1300 558 181**
 consumer.vic.gov.au/retirementvillages

Haven Home Safe

Monday–Friday, 10am–4pm

The local housing and homeless service in Nillumbik Shire is Haven Home Safe. It can help you find emergency accommodation, provide housing information and referrals, rental assistance and support.

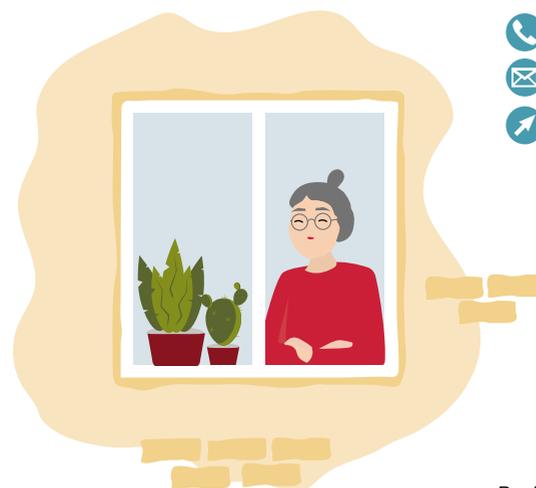
 **1300 428 364**
 havenhomesafe.org.au

Victorian Statewide Homelessness Line

24 hours, 7 days

Call if you are homeless, at risk of homelessness or escaping family violence.

 **1800 825 955**



Home at Last (HAL)

Monday–Friday, 10am–4pm

Home at Last is a free service that provides confidential advice, support and advocacy for people aged 50 years and older to assist them to find housing. Home at Last is available to any older person in Victoria on a low income. They will provide one-to-one assistance to you, or link you into a service that can help.

- Information about affordable housing options
- Support for people at risk of homelessness
- Advice and advocacy for people living in retirement housing
- Referrals to help you with tenancy issues.

 **1300 765 178**
 haag@oldertenants.org.au
 oldertenants.org.au

Housing for the Aged Action Group (HAAG)

HAAG specialises in the housing needs of older people, and advocates to achieve social change and housing justice.

☎ 1300 765 178

➔ oldertenants.org.au

Tenants Victoria

Monday–Friday, 10am–2pm

Provides information, confidential advice, assistance and advocacy for renters. Tenants Victoria does not give advice about disputes between co-tenants.

Calls are answered by lawyers, advocates and intake workers with specialist knowledge of Victorian rental laws.

☎ 9416 2577

➔ tenantsvic.org.au/contact-us/

Justice Connect

Monday–Friday, 9.30am–5pm

If you are at risk of homelessness, Justice Connect can help with free legal advice and support.

☎ 1800 606 313

➔ justiceconnect.org.au

Seniors Information Victoria

Provides free information, via a volunteer-run phone line, about housing options for older people.

☎ 1300 135 090

➔ cotavic.org.au

Victorian Legal Aid

Monday–Friday, 8am–6pm

Victorian Legal Aid focuses on protecting the rights of Victorians and representing those who need it the most.

☎ 1300 792 387

➔ legallaid.vic.gov.au

Recreation, leisure and fitness

Regular exercise and physical activity are important for the physical and mental health of almost everyone, including older adults. Being physically active can help you continue to do the things you enjoy and stay independent as you age. Regular physical activity over long periods of time can produce long-term health benefits.

Leisure facilities

Council owns five sport, leisure and community recreation centres, all managed by Aligned Leisure. The Yarrambat Park Golf Course is owned by Council and managed by Belgravia Health and Leisure Group. Contact each facility for more information about classes and programs targeted to over 55s.

Community Bank Stadium

- Three multipurpose courts
- Group fitness classes
- Function room hire
- Jets Gymnastics
- Café

📍 129-163 Main Hurstbridge Rd, Diamond Creek

☎ 9438 8900

✉ cbs@alignedleisure.com.au

➔ communitybankstadium.com.au



Diamond Creek Community Centre

- Health club
- Cardio/stretching room
- Cycle studio
- Group fitness classes
- Function room hire
- Stadium
- Child care
- Community spaces

🏠 28 Main Rd,
Diamond Creek

☎ 9438 5299

✉ dccc@alignedleisure.com.au

📍 diamondcreekcc.com.au

Diamond Creek Outdoor Pool

- Heated 25m shaded pool
- Toddlers play pool with shade
- BBQ facilities

🏠 1 Elizabeth St,
Diamond Creek,

☎ 9438 1883

✉ dcop@alignedleisure.com.au

📍 diamondcreekpool.com.au

Diamond Valley Sports and Fitness Centre

- Health club
- Group fitness classes
- Childcare
- Personal training
- Stadium
- Sports include basketball, badminton, netball, table tennis, squash, and dodge ball

🏠 44 Civic Drive,
Greensborough

☎ 9435 8444

✉ dvsfc@alignedleisure.com.au

📍 diamondvalleysfc.com.au

Eltham Leisure Centre

- 25m indoor heated pool
- Learn to swim pool
- Spa steam and sauna
- Health club
- Group exercise classes
- Cycle studio
- Stadium
- Program room
- Childcare
- Health suites
- Indoor/outdoor café

🏠 40 Brougham St, Eltham

☎ 9439 2266

✉ eltham@alignedleisure.com.au

📍 elthamleisurecentre.com.au

Yarrambat Park Golf Course

Yarrambat Golf Course features an 18-hole course as well as virtual golf, bar, bistro, pro shop, driving range and function centre.

🏠 649 Yan Yean Rd,
Yarrambat

☎ 9436 2201

📍 yarrambatgolf.com.au

Exercise groups

Regular exercise can help with the maintenance of weight, strengthen bones and muscles and improve balance and coordination. Exercise groups are suitable for everyone, including those with chronic health conditions or recovering from injury or illness.

healthAbility offers a wide range of classes and groups, for more information

☎ 9430 9100

📍 healthability.org.au/groups-programs

Be in Motion – exercises you can do at home

If you prefer to exercise from the comfort of your own home, Council, in collaboration with Aligned Leisure, has developed a gentle exercise guide. The Be in Motion booklet provides specifically-designed home exercise program aimed at improving the four pillars of health for adults: balance, strength, aerobic and flexibility. Pick up a hard copy of the booklet at:

- Diamond Creek Community Centre
- Diamond Creek Living & Learning Nillumbik
- Eltham Leisure Centre
- Eltham Living & Learning Nillumbik
- Hurstbridge Community Hub
- Panton Hill Living & Learning Nillumbik
- Council offices

Or contact Council on ☎ 9433 3111 and we will post one to you.

Local sports clubs

There are many sports clubs for people of all ages and abilities in the Shire. Many of these clubs include people over 55, and are looking for new members. From archery, bowls, tennis clubs and local walking groups, find a sports club today by calling Council.

☎ 9433 3111

✉ leisure@nillumbik.vic.gov.au

➔ nillumbik.vic.gov.au/Living-in/Sport-and-recreation/Local-sports-club-directory

Recreation Trails

Nillumbik has over 50km of both regional and local trails. Many of these trails are shared use for walking, cycling and horse riding. A list of these trails can be found on Council's website. There are also a number of user groups within the Shire using the trails network including horse riding, cycling, running, walking, and orienteering. Search 'trails' on Council's website.

☎ 9433 3111

➔ nillumbik.vic.gov.au



Emergency preparedness

Depending on your circumstances, you may be more at risk of the impacts of an emergency due to frailty, health conditions, limited mobility or a lack of access to support services and income. It is important to think about how to prepare both physically and practically for an emergency, and to communicate this plan with the people in your support networks.

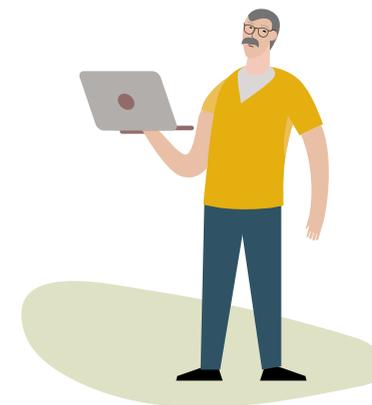
There are some planning tools available to help you prepare for emergencies.

- Australian Red Cross' RediPlan is a disaster preparedness guide packed with helpful hints and strategies on how to prepare for any disaster and make your emergency plan. Download the RediPlan at redcross.org.au/get-help/emergencies/resources-about-disasters. Hard copies can be organised by calling the Red Cross:
☎ 1800 232 969

- The CFA has a range of publications to help you plan and prepare for fires, including *Your Guide to Survival Plan*, *Your Bushfire Plan* and the *Fire Ready Kit*, all available at cfa.vic.gov.au/plan-prepare

If you need additional support, resources or advocacy to prepare, you can contact the Australian Red Cross on

☎ 1800 232 969. The Red Cross provide emergency planning support for vulnerable people. This is a free service that includes a tailored RediPlan Preparedness session.



Important contacts

In an emergency Call Police, Fire and Ambulance in a life-threatening or time-critical situation on 📞 000

Text emergency number: 106

Flood, storm, tsunami and earthquake emergency

SES
(State Emergency Services)
📞 132 500

Where to get emergency information

VicEmergency Hotline

📞 1800 226 226

If you are deaf, hard of hearing or have a speech impairment, you can contact the VicEmergency Hotline through the National Relay Service:

📞 1800 555 677

If you don't speak English, call the VicEmergency Hotline through the Translating and Interpreting Service (TIS):

📞 131 450

➔ [emergency.vic.gov.au](https://www.emergency.vic.gov.au)

VicEmergency app

Download the VicEmergency app on your smart phone from App Store or Google Play

Radio updates

- ABC Local Radio 774 AM
- Plenty Valley FM 88.6

Power outages and fallen power lines

Ausnet Services

General enquiries:

📞 1300 360 795

For electrical emergencies:

📞 13 17 99

Emergency contact number for Life support customers:

📞 1800 818 832

Gas outages and faults

Australian Gas Networks

General enquiries:

📞 1300 001 001

Report a leak:

📞 1800 427 532

Water faults and emergencies

Yarra Valley Water

📞 13 27 62

Road closures and traffic hazards

VicRoads

📞 131 170

Disaster Legal Help Victoria

Monday–Friday, 8am–5pm

Disaster Legal Help Victoria provides free legal advice and assistance and referrals to Victorians affected by a disaster.

📞 1800 113 432

➔ disasterlegalthelp.org.au



Financial and emergency relief

Reaching out can be hard, but it's okay to ask for help. There are organisations providing financial and emergency relief to Nillumbik residents.

Diamond Valley Community Support:

☎ 9435 8282

Red Cross Food Relief:

☎ 1800 675 398
(criteria may apply)

Anglicare Victoria:

☎ 1800 809 722

Kildonan UnitingCare:

☎ 1800 002 992



Digital literacy

If you want to learn or increase your confidence in using technology and devices to enhance your life, there are options for you in the Shire.

Loan an iPad

Nillumbik Shire Council has iPads available for loan. The program aims to assist older people with digital skills and improve social connections.

For more information, call Council's Social Connections Officer on ☎ 9433 3111

Tech help

Do you have questions about your devices? Or do you want to learn how to make the most of technology?

Yarra Plenty Regional Library Service

Drop in to any YPRL library with your device and get help.

Eltham Library

📍 Panther Place, Eltham

☎ 9439 9266

Diamond Valley Library

📍 Civic Drive, Greensborough

☎ 9434 3809

Living & Learning Nillumbik

Friendly and supportive volunteers can help you learn the basics of using digital devices and engaging with the internet at the following places. Call to make an appointment.

☎ 9433 3744



Volunteering

Volunteering is a great way to get involved in the community and make a positive contribution, and the benefits of volunteering are numerous and varied. The Nillumbik community has a rich legacy of volunteerism, and there are a number of opportunities available.

DVCS Volunteers Hub

Monday–Friday, 10am–4pm

To find your perfect volunteer role, speak with the team at Diamond Valley Community Support (DVCS) Volunteers Hub.

📍 Shop 378a Level 3
Greensborough Plaza, 25
Main St Greensborough 3088

☎ 9435 8282

🌐 [dvsupport.org.au/
dvcsvolunteershub](http://dvsupport.org.au/dvcsvolunteershub)

Friends Groups

A friends group is a group of volunteers with an interest in a particular park, reserve or species of native plant or animal. Members are involved in activities such as planting, weed control, mulching, or plant, animal or water quality monitoring. There are 16 Friends Groups active within the Shire. Groups are always looking for new members. Search 'help improve your local environment' on Council's website.

☎ 9433 3121

🌐 nillumbik.vic.gov.au



Historical Societies

Nillumbik has a number of historical societies and organisations which celebrate the history of individual townships and districts. These volunteer organisations play an important role in preserving the unique heritage of our Shire, and provide a great opportunity to meet with like-minded people.

St Andrews/ Queenstown
Historical Society:

☎ 9710 1519

✉ flygayef@hotmail.com

Eltham District Historical
Society Inc.:

☎ 0409 021 063

✉ edhsoffice@gmail.com

Nillumbik Historical Society:

☎ 9438 5619

✉ elliscottage@gmail.com

Yarrambat
Historical Society:

☎ 9435 5320

✉ bjsmith007@bigpond.com



Community centres, neighbourhood houses and libraries

Allwood House

Allwood House is a not-for-profit community organisation providing a range of activities and services. They connect people through affordable learning and social opportunities, regardless of age or background.

- 📍 901 Main Rd, Hurstbridge
- ☎ 9718 2717
- 🌐 allwoodhouse.org.au



Living & Learning Nillumbik

Nillumbik has three neighbourhood houses offering a range of community activities, short courses and nationally recognised qualifications. You can meet new people, learn something new, challenge yourself, volunteer or just connect with your local community

- 🌐 livingandlearning.vic.gov.au

Diamond Creek Living & Learning

- 📍 119 Cowin St, Diamond Creek

Eltham Living & Learning

- 📍 739 Main Rd, Eltham

Panton Hill Living & Learning

- 📍 18 Bishops Rd, Panton Hill
- ☎ 9433 3744

St Andrews Community Centre

St Andrews Community Centre offers health and wellbeing classes, art and craft, film groups, community social events and more.

- 📍 35 Caledonia St, St Andrews 3761
- ☎ 9710 1223
- 🌐 standrewscommunitycentre.org



Yarra Plenty Regional Library Service

YPRL offers numerous activities, sessions, and workshops across nine branches, two of which are in Nillumbik Shire. The libraries offer more than just borrowing books, magazines, and movies, they are also somewhere to make friends, explore something new, or get tech help. Other YPRL services include an extensive eLibrary, a Click & Collect station in the Hurstbridge Community Hub, a Mobile Library, as well as home library and outreach services.

- 🌐 yprl.vic.gov.au

Eltham Library

- 📍 Panther Place, Eltham
- ☎ 9439 9266

Diamond Valley Library

- 📍 Civic Drive, Greensborough
- ☎ 9434 3809

Social connections

There are plenty of opportunities to meet new people in Nillumbik, find new interests and activities.

Country Women's Association (CWA)

The Country Women's Association provides spaces for women to create friendships, learn and share new skills, volunteer to assist those most vulnerable and in need.

Hurstbridge CWA

☎ 0419 917 016

✉ cwahurstbridge@gmail.com



Evening VIEW Club

VIEW is one of Australia's leading women's volunteer organisations and supports disadvantaged children through The Smith Family's Learning for Life program. There are two VIEW Clubs in Nillumbik. Both offer monthly guest speakers, various activities, fun & friendship while supporting Learning for Life Students.

Greensborough Evening VIEW Club:

☎ 0423 739 785

Eltham Evening VIEW Club:

☎ 0402 910 240

Hurstbridge Sow and Grow Garden Club Inc.

The Hurstbridge Sow and Grow Garden Club Inc. supports members with a lively interest in gardens, gardening and care for the environment. Their monthly meetings vary in content, though usually includes a specialist guest speaker or involves a hands-on activity aimed at enhancing practical skills.

☎ 0437 352 378

✉ hbridgegardenclub@gmail.com



Lions Clubs

The Lions Clubs are part of an international service organisation, supporting local community initiatives and further afield. Experience fun and friendship whilst making a positive difference to the local community.

There are three Lions Clubs in Nillumbik.

Diamond Valley Lions Club

☎ 0458 687 639

✉ presidentdvlions@gmail.com

Eltham Lions Club

☎ 9068 3923

✉ lthamlionsclub@gmail.com

Lions Club of Nillumbik

☎ 0407 400 743

✉ michaelangan70@gmail.com

Men's Sheds

Men's Sheds offer men a safe and active environment where you can feel good about yourself, be a productive and valuable member of the community, connect with other men and maintain an active mind and body. There is no pressure to participate or get involved; simply pop in for a chat and cuppa, if that's all you want as well.

mensshed.org

Diamond Creek Men's Shed

53 Challenger St,
Diamond Creek

0439 646 892

Eltham Men's Shed

20 Wattletree Rd,
Eltham North

0490 208 243

Hurstbridge Men's Shed

50 Graysharps Rd,
Hurstbridge

0432 213 495

St Andrews Men's Shed

35 Caledonia St,
St Andrews

0417 525 169

National Seniors

National Seniors Australia is a community organisation that represents over 50s' concerns to all levels of government. Regular catch ups and activities, as well as speakers are provided on various interesting topics.

9459 0653

greensboroughnational_seniors@gmail.com

nationalseniors.com.au

North of the Yarra Quilters Guild

North of the Yarra Quilters Guild (NOTYQ) meet regularly at the Diamond Creek Senior Citizens Centre to quilt together.

9433 3733

notyqcommittee@gmail.com



Older Men: New Ideas (OM:NI)

OM:NI Men's Discussion Groups are for men over 50. They offer opportunities for men to talk about their lives, their ups, their downs and discuss interesting topics in a trusting, confidential environment.

Eltham

0425 544 491

Panton Hill

0438 277 427

Hurstbridge

0431 828 942

Diamond Creek

0418 376 863

Doreen

0410 191 840

Greensborough

0416 243 639

Watsonia

0428 999 941

Out & About – Rainbow Door

Out & About provides friendship and community connections for older LGBTI Victorians.

1800 729 367

outandabout@switchboard.org.au

Probus

Probus is an association for members of the community no longer working full time, who share common intellectual and cultural interests. There are a number of clubs in the Shire which you are welcome to register your interest with via their website or phone.

Diamond Creek Probus Inc.

Eltham Combined Probus Inc.

Hurstbridge Probus Inc.

Nillumbik Combined Probus Inc.

1300 630 488

probussouthpacific.org

Rotary

Rotary clubs provide services to others as part of an international network of business, professional and community leaders striving to make the world a better place through practical efforts.

Diamond Creek

- ✉ info@diamondcreekrotary.org.au
- 📍 diamondcreekrotary.org.au

Eltham

- ✉ admin@rotaryeltham.org.au
- 📍 rotaryeltham.org.au



Senior Citizens Clubs

Senior Citizens Clubs offer fun, friendship, and outings. Whether it's bowling, cards, or lunch at the pub, Nillumbik's three Senior Citizens Clubs always have something on offer.

Diamond Creek Senior Citizens Club

- 📍 Corner of Elizabeth and Gipson Streets, Diamond Creek
- ☎ 9438 1006

Eltham Senior Citizens Club

- 📍 903 Main Rd, Eltham
- ☎ 9439 7957

Hurstbridge Senior Citizens Club

- 📍 Hurstbridge Hall, 974 Heidelberg-Kinglake Rd, Hurstbridge
- ☎ 9433 3733

Social Support Groups

Social Support Groups (SSGs) help older adults and people with disabilities stay healthy and active by offering interesting and fun group activities that enhance people's independence, social interaction and quality of life. SSGs also provide respite for carers, allowing one to work, rest or engage in community activities. Council and healthAbility both offer SSGs within the Shire.

Nillumbik Neighbours

Panton Hill Living & Learning

- 📍 18 Bishops Rd, Panton Hill
- ☎ 9433 3111

healthAbility

- 📍 917 Main Rd, Eltham
- 📍 healthability.org.au
- ☎ 9430 9100

U3A Nillumbik

University of the Third Age (U3A) Nillumbik is a voluntary organisation that provides a wide range of classes including art, languages, science, philosophy, technology, history, literature, dining out, walking groups, golf and games for mature age people. Classes are held in various venues throughout the Shire.

- ☎ 0468 300 764
- ✉ office@nillumbiku3a.org.au
- 📍 nillumbiku3a.org.au



Didn't find what you were looking for?

Have a look on Council's Community Directory to connect with more community groups or services in the area:

[nillumbik.vic.gov.au/
Community-Directory](https://nillumbik.vic.gov.au/Community-Directory)

You can also search through the Community Listings of Nillumbik and Environs by the Eltham Rotary Club:

rotaryeltham.org.au

Contact Council's Social Connections Officer on **9433 3111** for more information.

Council supports and organises a number of community events and festivals throughout the year.

nillumbik.vic.gov.au/events

Stay in touch

Council provides a wide range of information for the community via its website, Facebook, Twitter, e-newsletters, *Nillumbik News* and other hard copy information booklets and publications.

Council's *Ageing Well in Nillumbik* quarterly newsletter keeps residents up to date with Council news, community news, events and information. The newsletter can be delivered directly to your preferred address.

If you would like to be added to the *Ageing Well in Nillumbik* mailing list, phone **9433 3111** or email positive.ageing@nillumbik.vic.gov.au and leave your preferred contact address.



Feedback

We would greatly appreciate any feedback and or suggestions for improvement to this guide. To provide feedback, contact the Positive Ageing Officer at Nillumbik Shire Council.

9433 3111

positive.ageing@nillumbik.vic.gov.au

Nillumbik Shire Council

Civic Drive (PO Box 476)
Greensborough, Victoria 3088

9433 3111 | nillumbik@nillumbik.vic.gov.au



nillumbik.vic.gov.au