



Positive Ageing Program

July – December 2026



City of
Whittlesea

Whittlesea
2040
A place for all

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Acknowledgement of Country

The City of Whittlesea recognises the rich Aboriginal heritage of this country and acknowledge the Wurundjeri Willum Clan and Taungurung People as the Traditional Owners of lands within City of Whittlesea.

Let Everyone Actively Participate Program (LEAP)



The Let Everyone Actively Participate Program (LEAP) program is a Council program which provides enjoyable and affordable events and activities for people aged 50 years and over living in the City of Whittlesea. The program enables you to participate in physical and social activities to improve and maintain health, wellbeing and social connectivity.

LEAP Membership:

Membership is free and available only to residents over 50 years of age living in the City of Whittlesea. Participation in all LEAP programs and activities requires enrolment as a LEAP Member prior to attending any of the activities.

LEAP Programs are a wonderful way to:

- Meet new people
- Build new friendships
- Learn new skills
- Remain active and physically fit
- Be socially connected to the local community



LEAP offers a variety of regular programs, including:

- Sports and recreation
- Exercise classes
- Music and entertainment
- Opportunities to learn new skills

In addition to this, LEAP members are eligible for a discounted membership to the Thomastown Recreation and Aquatic Centre and Mill Park Leisure Centre located in the City of Whittlesea.

Becoming a LEAP Member is easy. Scan the QR code or visit



 whittlesea.vic.gov.au/LEAP or complete online LEAP application form - and return the completed form via email  ageingwell@whittlesea.vic.gov.au Alternatively, you can call the Ageing Well team  **9217 2170** and select option 4.

Social Connection and Centre Based Respite



For residents aged 65 and older (or 50 and older for Aboriginal or Torres Strait Islander individuals) who are eligible for services under the Commonwealth Home Support Program (CHSP), participation in certain programs requires an assessment and referral through My Aged Care.

Following the assessment, My Aged Care will facilitate a referral to a social support group or Centre Based Respite (Dementia group) with the City of Whittlesea ensuring access to vital community services.

Participants who are assessed as eligible for social support through My Aged Care and live in the Northern Metropolitan Region (City of Whittlesea, City of Yarra, City of Hume, City of Darebin, City of Banyule, City of Nillumbik, City of Merri-bek) are eligible to attend the programs. Participants need to organise their own transport to the activity.

Our Programs

The City of Whittlesea offer an exciting range of programs to help keep you stay active, healthy, and independent for longer.

We have a range of different exercise programs run by our associate providers who are professionally trained staff and City of Whittlesea volunteers. We also have a range of activities that all LEAP members and Social Support referred members can participate in. **Refer to our weekly and monthly timetable.**





Morning Melodies Program

Enjoy a fun filled morning with music, singalongs, and dance, catch up with friends, and connect with others. Morning Melodies is a fantastic way to share some of your favourite songs with others and to stay connected to those around you in your community.

July 28	Morning melodies – <i>Dame Cara Lynn Wollert</i>
August 25	Morning melodies – <i>Elvis impersonator show with Cheerymusic entertainment Thomastown</i>
September 29	Morning melodies – <i>Daniel Todd - tenor Mernda</i>
October 27	Morning melodies – <i>Line Dancing – Neon cowboy boot scoters Wollert</i>
November 24	Morning melodies – <i>Omega Pott – violinist Thomastown</i>



To book scan the QR code or visit
🔗 trybooking.com/DHVAV or call ☎ 9217 2170 Option 4.



Monthly Timetable

July – December

July

Wednesday 15 July Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

📍 Various locations TBC

🕒 12pm-2.30pm

💰 CHSP \$10



Friday 24 July Know Your City Bus Tour (KYCBT)

Our historical Journey Tour 2026

Step back in time and explore the rich history of the City of Whittlesea on this engaging guided bus tour. Travel through South Morang, Thomastown, Lalor, Mernda and Whittlesea Township, visiting key heritage sites and uncovering the stories that have helped shape our community.

This relaxed and social experience includes a lunch stop in Mernda (at own cost) and offers a wonderful opportunity to connect with others while learning more about the local area's history and heritage.

Due to the popularity of the Know Your City Bus Tours and high demand for bookings, priority may be given to participants who have not attended a KYCBT within the past 12 months.

🕒 9am-3.30pm

💰 \$10

📞 Bookings please call
9217 2170 Option 4



Tuesday 28 July Morning Melodies with Dame Cara Lynn

Back by popular demand, Caz Dunell is Dame Cara Lynn in “We’ll Meet Again”.

A one hour extravaganza, enjoy the hits of the 40s, 50s and 60s.

Music to move you and get you moving, bring your tissues and your dancing shoes for a gorgeous trip down memory lane. Refreshments provided

📍 Kirrip Community Centre,
135 De Rossi Boulevard,
Wollert

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12

📞 Bookings essential
trybooking.com/DHVAV
or call **9217 2170** Option 4

August

Wednesday 19 August Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

📍 Various locations TBC

🕒 12pm-2.30pm

💰 CHSP \$10



Tuesday 25 August Morning Melodies with Cherry Music Entertainment – Elvis Show

Ivan and Rhonda are engaging entertainers that bring lots of laughter and joy to the audience. Their theatrical musicals are crafted to captivate audiences, blending music and drama. Their shows feature lively dancing and interactive elements. Among their most popular acts is the Elvis impersonator show.

Refreshments provided.

📍 Barry Road Community Centre, 36 Barry Road, Thomastown

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12

📄 Bookings essential
trybooking.com/DHVAV
or call **9217 2170** Option 4



Wednesday 16 September Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

📍 Various locations TBC

🕒 12pm-2.30pm

💰 CHSP \$10

Tuesday 29 September Morning Melodies with Daniel Todd

Daniel is a member of the Ten Tenors, and has sung opera, musical theatre and crossover repertoire around the world.

Daniel's performances will feature a charming and eclectic mix of classical, music theatre, crossover, and folk music from all around the world.

Refreshments provided

📍 Mernda Social Support Centre, 70 Mernda Village Drive, Mernda

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12

📄 Bookings essential
trybooking.com/DHVAV
or call **9217 2170** Option 4





Wednesday 21 October Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

📍 Various locations TBC

🕒 12pm-2.30pm

💰 CHSP \$10

Tuesday 27 October Morning Melodies Line Dancing with Neon – Cowboy Bootscooters

Senior Festival Event

Join us to celebrate Senior Festival 2026 with energising, fun and unforgettable dance experience lead by Edward Kays from Neon Cowboy Bootscooters, a vibrant and welcoming line dancing community based in Victoria. Refreshments provided

📍 Kirrip Community Centre,
135 De Rossi Boulevard,
Wollert

🕒 10am-12pm

💰 CHSP \$6 LEAP \$12
Senior festival fee
\$6 flat rate for all

📍 Bookings essential
trybooking.com/DHVAV
or call **9217 2170** Option 4



Friday 23 October Know Your City Bus Tour (KYCBT)

Nature and wellbeing Journey 2026

Explore the natural beauty of the City of Whittlesea on this relaxing bus tour through local parks, reservoirs and national landscapes. Visit Yan Yean Reservoir and Kinglake National Park, take in scenic views, and enjoy time in nature with gentle walks and guided insights along the way.

The day includes lunch stop (own purchase, also welcome to bring your own lunch) and a visit to Toorourrong Reservoir Park, offering a peaceful and reflective experience.

A refreshing day out to connect with nature and community

- 🕒 9am-3.30pm
- 💰 \$10
- 📞 Bookings please call
9217 2170 Option 4





Wednesday 18 November Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

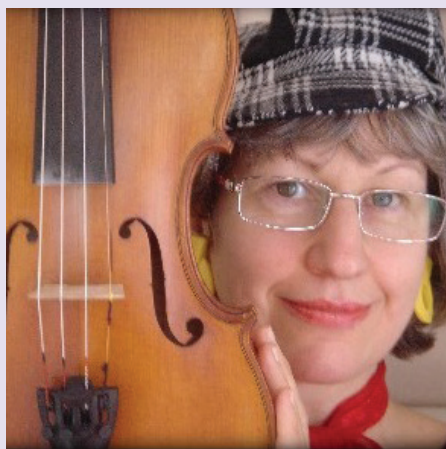
- 📍 Various locations TBC
- 🕒 12pm-2.30pm
- 💰 CHSP \$10

Tuesday 24 November Morning Melodies with violinist Omega Pott

Omega is a wonderful and talented musician/Violinist with a large repertoire and who is always in great demand. She plays the violin, Irish Fiddle and maybe a little piano and harmonica and sing at the same time.

Refreshments provided.

- 📍 Barry Road Community Centre, 36 Barry Road, Thomastown
- 🕒 10am-12pm
- 💰 CHSP \$6 LEAP \$12
- 📄 Bookings essential
trybooking.com/DHVAV
or call **9217 2170** Option 4





Social Ten Pin Bowling

Join us for a weekly Ten-pin bowling session for people 50+. Ten-pin bowling is a great recreational activity, with numerous health benefits and social interaction with people with similar interests.

 every Friday

 10am – 12pm

 Oz Tenpin Epping 41-53 Miller Street, Epping

 1 Game: CHSP \$5, LEAP \$ 8.50

2 Games: CHSP \$10, LEAP \$17



Wednesday 16 December Lunch in a Bunch

3rd Wednesday of the month

Looking for good company and great conversation? Lunch in a Bunch is a friendly social support group where older adults can connect, share stories, and enjoy a delicious meal together in a relaxed setting. Join us for laughter, friendship, and a sense of community.

📍 Various locations TBC

🕒 12pm-2.30pm

💰 CHSP \$10

Social Golf

Social Golf for people 50+ offers numerous physical, mental, and social benefits, making it an excellent activity for maintaining health and well-being, while enjoying the outdoors in wonderful scenery.

Whether you are a regular or new to the game, participants of all skill levels are welcome in this friendly and supportive environment.

📅 Every Tuesday

🕒 7am-12pm

📍 Growling Frog
Golf Course,
1910 Donnybrook Road,
Yan Yean, Donnybrook

💰 9 holes: CHSP
\$13 LEAP \$22.50

18 holes: CHSP
\$18 LEAP \$32.50



*Pull out
and place on
your fridge*

Weekly Timetable



**City of
Whittlesea**

Monday



Exercise for people 50+



📍 Nick Ascenzo Community Centre,
2 Boronia Street,
Thomastown

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7

Walking Football



📍 Mill Park Basketball and Netball Stadium,
Redleap Avenue,
Mill Park

🕒 10am-12pm

💰 CHSP \$3, LEAP \$5

Social Connections program



📍 Mernda Social Support Centre,
70 Mernda Village Drive,
Mernda

Coming soon
(CHSP only clients)

Tuesday

Exercise for people 50+



📍 70 Mernda Village Drive,
Mernda

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7

Social Golf



📍 Growling Frog Golf Course,
1910 Donnybrook Road,
Yan Yean, Donnybrook

🕒 7am -12pm

💰 9 holes
CHSP \$13, LEAP \$22.50
18 holes,
CHSP \$18, LEAP \$32.50

Exercise Park for people 50+



📍 Barry Road Community Centre, 36 Barry Road,
Thomastown

🕒 10am-11pm,
then after time for a
cuppa at our Social
Connections Centre.

💰 FREE

Social Connections program



📍 Barry Road Community Centre, 36 Barry Road,
Thomastown

🕒 9.30am-2pm

💰 CHSP \$18

Wednesday

Chair Exercise for people 50+



📍 Brookwood Community Centre,
25 Hazel Glen Drive,
Doreen

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7



Lunch in a Bunch



3rd Wednesday

📍 Various restaurants

🕒 12pm-2.30pm

💰 \$10

Social Connections program



📍 Barry Road Community Centre,
36 Barry Road,
Thomastown

🕒 9.30am-2pm

💰 CHSP \$18

Thursday

Exercise for people 50+



📍 Kirrip Community Centre, 135 De Rossi Boulevard, Wollert

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7

Social Connections program



📍 Mernda Social Support Centre, 70 Mernda

Village Drive, Mernda

🕒 9.30am-2pm

💰 CHSP \$ 18

Dementia Friendly group



📍 Barry Road Community Centre, 36 Barry Road, Thomastown

🕒 9.30am-2pm

💰 CHSP \$ 18

** Requires a Centre Bases Respite Referral from My Aged Care*



Friday



Exercise for people 50+



📍 Whittlesea Community Activity Centre, 57-61 Laurel St. Whittlesea

🕒 9.30am-10.15am

💰 CHSP \$5, LEAP \$7

Social Ten Pin Bowling



📍 Oz Tenpin Epping 41-53 Miller Street, Epping

🕒 10am-2pm

💰 1 Game,
CHSP \$5, LEAP \$8.50
2 Games,
CHSP \$10, LEAP \$17

Social Connections “Buongiorno” Italian program



📍 Barry Road Community Centre, 36 Barry Road, Thomastown

🕒 9.30am-2pm

💰 CHSP \$ 18



To book scan the QR code or visit
🔗 whittlesea.vic.gov.au/LEAP
or call **9217 2170** and select
option 4.

Key:



**Social Support
run programs**



**LEAP member
run programs**

Program Descriptions:

Social Connection Program

The Social Connection Program offers a welcoming space to build friendships and stay engaged through a variety of enjoyable activities, including music, craft, gardening, games, and more.

It's a wonderful way to stay active, social, and connected within the community, maintain independence and wellbeing.

Dementia-Friendly Program

The Dementia-Friendly Program supports individuals living with dementia, or those showing early signs of memory loss, by providing opportunities for social interaction, mental stimulation, and gentle physical activity, while promoting dignity, independence and sense of belonging.

The program also offers valuable respite for carers, helping them take a break while their loved ones participate in a safe and supportive environment.

Key:



Social Support Group and Centre Based Respite Program

Note: You must be a Commonwealth Home Support Program (CHSP) recipient to attend these programs. If you are a CHSP recipient, you will need a My Aged Care Social Support referral to attend or a Centre Based Respite Referral for the Dementia friendly program. If you do not have a referral, My Aged Care to organise for an Assessment or if you have any questions about the programs, contact us on  **9217 2170** and select **option 4**.



LEAP member run programs

Note: You must be a LEAP member or a social support recipient to attend these programs. If you are not a LEAP member, visit  whittlesea.vic.gov.au/LEAP to download the application form or contact us for an application form. If you are a CHSP recipient, you will need a My aged Care Social Support referral to attend. If you do not have a referral, please contact us on  **9217 2170** and select **option 4**.

Walking football

Looking for a fun way to stay active and meet new people? Walking Football is a welcoming, social program for people aged 50+ that's all about enjoyment, connection and gentle movement. No running, no pressure—just good company, plenty of laughs and a great way to keep moving.

Whether you're new or returning, come along and be part of a friendly and supportive community.

 every monday

 10am–12pm

 Mill Park Basketball and Netball Stadium, Redleap Avenue, Mill Park

Please note: Sessions on 17 August, 31 August, 14 September, 26 October, 9 November and 16 November will be held at Thomastown TRACC, 52–54 Main Street, Thomastown

 CHSP \$3, LEAP \$5





Queenie van de Zandt DIVA

Senior Festival Launch Event:
Wednesday 7 October

Get ready for DIVA — a celebration of the power and beauty of the female voice, starring acclaimed Australian performer Queenie van de Zandt.

Praised as

“in a league of her own,”

Queenie is celebrated for one of Australia’s most extraordinary voices. In DIVA, she reimagines timeless songs made famous by legendary artists including Barbra Streisand, Patti LuPone, Ella Fitzgerald, Aretha Franklin, Eva Cassidy and Joni Mitchell.

Blending extraordinary music, warm humour and sensational vocals, DIVA is a joyful celebration of iconic songstresses performed by one of Australia’s finest vocalists.

 **Wednesday 7 October, 11am**

 **70 minutes**

 **Yan Yean Theatre**

 **\$10 each**

 Book via  **pracc.com.au**
or call PRACC on  **9217 2317**



Other Seniors festival events:

Beginner Golf Clinic – introduction to Golf

Week 1 – Tuesdays

📅 13 October

💰 \$10 per class

Week 2 – Tuesdays

📅 20 October

💰 \$10 per class

Week 3 – Tuesdays

📅 27 October

💰 \$10 per class

Across Generations

Mernda Community Centre
– Senior citizens,
grandparents, families
and children are invited
to join:

Connecting Across Generations

📅 8 October

🕒 10am-12pm

Create Across Generations

📅 15 October

🕒 10am-12pm

Celebrate Across Generations

📅 22 October

🕒 10am-12pm

For more info on the
Seniors Festival check City
of Whittlesea website and
Seniors Festival program

PERFORMANCE PROGRAM 2026



Wednesday 1 July
Australian Ballet -
Workshops

Wednesday 8 July
Gina Hogan

Saturday 22 August
Crescendo Screen Classics

Monday 24 August
Melissa Langton

Saturday 19 September
Beauty and the Beast,
Victorian State Ballet

Sunday 20 September
Beauty and the Beast,
Victorian State Ballet

Wednesday 7 October
Queenie van de Zandt
- Seniors Festival Launch

Wednesday 16 December
Lucy Durack

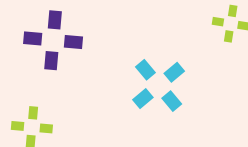
❖ Silver Rainbows

Connect, Celebrate, Belong

The Silver rainbows is a safe and inclusive space for people aged 50 and over who are interested in connecting with the LGBTI+ community.

Join us to meet others, share experiences and take part in local catch ups and activities. Contact us on 9217 2170, option 4 to find out how we celebrate diversity and stay informed about upcoming catch ups and events.

An inclusive space that welcomes and celebrates LGBTIQA+ (lesbian, gay, bisexual, transgender, intersex, questioning/queer, asexual and other genders) people of all backgrounds.



WALKING THOMASTOWN

A night of *art, lights and fun*

FREE
EVENT



Saturday
29 August | 6PM-9PM

Starting at Main Street Recreation Reserve to Ziebell's Farmhouse

Carols

Friday 11 December 2026

The City of Whittlesea is set to sparkle once again with festive spirit as Carols by Candlelight returns to the Civic Centre Lawns in December 2026.



Exercise classes for people 50+

Join our energising exercise classes designed for people aged 50 and over, focusing on strength, balance, and flexibility.

Stay active, healthy, and connected in a fun and supportive group setting! Classes are run by trained instructors. Due to classes popularity from 2026 participants number will be capped for each class and bookings will be required for each session.

Due to classes popularity from 2026 participants number will be capped for each class and bookings will be required for each session.

Bookings essential

Monday Thomastown
trybooking.com/DHVEG

Tuesday Mernda
trybooking.com/DHVEP

Wednesday Doreen
trybooking.com/DHVET

Thursday Wollert
trybooking.com/DHVEU

Friday Whittlesea
trybooking.com/DHVEY

Exercise park for people 50+

Exercise Park program winter break from 1 June – 31 August
recommencing on Tuesday 1 September

Do you want to improve balance, strength, functional movement, joint range of motion and mobility?

Then the Seniors Exercise Park sessions are for you. Enjoy gentle exercise on a range of outdoor exercise equipment designed for people 50 + to improve fitness, mobility, and general wellbeing, while connecting to others. You will be guided through the exercises by our wonderful trained Senior Champions.



Every Tuesday



10am – 11am



**36 Barry Road,
Thomastown**
(front of Barry Road
Community Activity Centre)

FREE

Enjoy a cuppa at
Social Connections
Centre after
the class



Fee Schedule:

Commonwealth Home Support Program (CHSP) and LEAP Program

Please note that applicable fees and charges apply for participation in these programs. Payments must be made in full and on time to maintain eligibility and continued access to services.

Fees listed are current; however, they are subject to review and may change in the next financial year. Participants will be notified of any updates in advance.

Program	CHSP clients	LEAP members
Walking Football	\$3	\$5
Exercise for people 50+	\$5	\$7
Exercise Park for people 50+	Free	Free
Social Tenpin Bowling	\$5 one game	\$8.5 one game
	\$10 two games	\$17 two games
Morning Melodies	\$6	\$12
Know your city bus tour	—	\$10 flat rate
Social Golf Program	\$13 (9 holes)	\$22.50 (9 holes)
	\$18 (18 holes)	\$32.50 (18 holes)
Social Connections Program	\$18	(CHSP Client Only)
Dementia Friendly Program	\$18	(CHSP Client Only)

Closing dates 2026

LEAP program closing date: **Friday 11 December**

Social Connection Closing date: **Friday 18 December**

Other services provided by City of Whittlesea

Ageing Well Services

Council delivers a range of ageing well services through Commonwealth Home Support program (CHSP) and provide services to people over 65 years of age (or 50 and above for Aboriginal or Torres Strait Islander individuals).

Our services are designed to support you in maintaining a safe and independent lifestyle within the comfort of your own home and in the community. Our service can be provided at a frequency that meets your assessed needs, and this will be discussed with you.

The services available include:



Domestic Assistance

General household tasks such as cleaning, vacuuming, dusting, laundry services and shopping.



Personal Care

Various tasks as part of your daily routine, such as meal preparation, showering, washing, dressing and more.



Social Support Individual and Escorted shopping

We can pick you up from home and support you to do your own shopping and other errands like going to the bank or chemist.



Flexible and Centre Based Respite



Support for Carers

We offer a range of flexible respite services to support carers to take care of themselves. You can take a break or get things done knowing your loved one is in great care. This can be at home, centre based or in the community.



Meals

We offer a range of options including meals delivered to your home or in a local café or restaurant. Delivered meals have a wide range of fresh and frozen meals to choose from, that cater to most dietary needs.



Property Maintenance

our services include assisting with minor household repairs and modifications to ensure your safety and well-being at home.

To receive these services, an assessment and referral from My Aged Care is required.

You can call My Aged Care on **1800 200 422** to register and arrange an assessment.



Volunteering at the City of Whittlesea

Did you know that volunteering is good for you?

It's a wonderful way to make a positive impact in your local community while enhancing your own wellbeing. Volunteering not only strengthens community connections, it can also:

- Reduce loneliness and isolation
- Improve health and wellbeing
- Provide a pathway to employment
- Lower stress levels
- Expand networks and friendships
- Build new skills and knowledge

Volunteering opportunities

- Arts and crafts
- Music and performance
- Digital literacy
- Sport and recreation
- Cooking and food support
- Reading, creative writing, and conversation
- Multilingual communication
- Driving and transport support
- ...and much more!

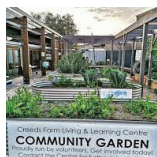
If you'd like to join our amazing team of volunteers, contact the Ageing Well Team on ☎ 9217 2170 (Option 4).



Community Gardens

In the City of Whittlesea, we support several community gardens.

If you love gardening but do not have the space at home and want to meet like-minded gardeners like you contact us to find your nearest community garden on ☎ **9217 2170** option 4.



Creeds Farm Living and Learning Centre

- 📍 2 Snugburgh Way, Epping
- 🕒 Open every day



Carome Homestead

- 📍 10 Hathfelde Boulevard, Mernda
- 🕒 Unrestricted hours



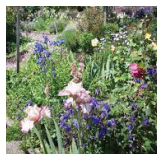
Lalor Community Garden

- 📍 35 Duncan Road, Lalor
- 🕒 Wednesday and Saturday 10am-2pm



Mernda Seed Sow and Grow Community Garden

- 📍 2 Heals Road, Mernda
- 🕒 Wednesday 10am-12pm



Mill Park Garden Club

- 📍 11 Mill Park Drive, Mill Park
- 🕒 Third Friday of the Month 12.30pm-3pm



Little learners Village Community Garden

- 📍 211M Gordons Road, South Morang
- 🕒 Open to the public 24/7



Links Garden Lalor

- 📍 403 Station Street, Lalor
- 🕒 Saturday, 10am-12pm



Whittlesea Community Garden

- 📍 55 Laurel Street, Whittlesea
- 🕒 Monday 8.30am-11.30am
Thursday 8.30am-12.30pm

Useful phone numbers

City of Whittlesea

Ageing Well Department

- ☎ 9217 2170: choose option 4
- ➦ whittlesea.vic.gov.au/seniors

My Aged Care

- ☎ 1800 200 422
- ➦ myagedcare.gov.au

Senior Rights Victoria

- ☎ 1300 368 821
- ➦ seniorsrights.org.au

Office of the Public Advocate

- ☎ 1300 309 337
- ➦ publicadvocate.vic.gov.au

Aged Care Assist

- ☎ 0438 849 400
- ➦ dpvhealth.org.au/aged-care-assist/

Carer Gateway

- ☎ 1800 422 737
- ➦ carergateway.gov.au/services-and-support

Banksia Palliative Care

- ☎ 9455 0822
- ➦ banksiapalliative.com.au

Healthy Ageing Service

- ☎ 9231 8443
- ➦ supportconnect.org.au

Northern Health-Advanced Care Planning

- ☎ 9495 3235
- ➦ nh.org.au/service/advance-care-planning

Whittlesea Mental Health and Wellbeing Local

- ☎ 1800 571 145
- ➦ neaminational.org.au

Dementia Australia

- ☎ 1800 100 500
- ➦ dementia.org.au

Specialist Family Violence Services:

Whittlesea Community Connections

- ☎ 9401 6666
- ➦ whittleseacommunityconnections.org.au

Rainbow Door

- ☎ 1800 729 367
- ➦ rainbowdoor.org.au

Specialist family violence services:

Safe Steps

- ☎ 1800 015 188
- ➦ safesteps.org.au

The Orange Door

- ☎ 1800 319 355
- ➦ orangedoor.vic.gov.au

Everyone has the right to be free of violence or the fear of violence.

If you or someone you know is in immediate danger or experiencing violence, call **000**.





COUNCIL OFFICES

Civic Centre
25 Ferres Boulevard
South Morang, VIC 3752

Whittlesea Services Hub

63 Church Street,
Whittlesea, VIC 3752

Email: ageingwell@whittlesea.vic.gov.au

Website: whittlesea.vic.gov.au

Phone: 9217 2170, select option 4

National Relay Service: **133 677**

(ask for **9217 2170**)

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