

BANYULE YOUTH SERVICES DISABILITY NEWSLETTER

December 2023 – February 2024



WELCOME!

We are proud to present the first edition of the **Banyule Youth Services Disability Newsletter**. We will provide quarterly updates about local services and free activities relevant to young people living with disability & their supports. Please reach out if you require any further information.

Acknowledgement of the Traditional Custodians

Banyule City Council is proud to acknowledge the Wurundjeri Woi-wurrung people as Traditional Custodians of the land and we pay respect to all Aboriginal and Torres Strait Islander Elders, past, present and emerging, who have resided in the area and have been an integral part of the region's history.

Inclusive Banyule Statement

Our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages and genders. We are committed to access, equity, participation, and rights for everyone: principles which empower, foster harmony and increase the wellbeing of an inclusive community.



BANYULE YOUTH SERVICES SUMMER HOLIDAY ACTIVITIES FOR YOUNG PEOPLE

Banyule Youth Services have been busy planning a range of fun events and activities tailored to young people ages 12- 25 years, to have a try of over the summer holidays. RSVP's essential!



Movie "Aquaman 2" Mon 15 Jan

Hoyts, Greensborough
1-4pm

We have hired out the whole cinema to watch the latest DC movie. See the return of Aquaman, face off against Black Manta who now wields the mythical Black Trident.

AGES: 12-18 years

COST: \$8

Bookings essential at www.banyuleyouth.com

Immersive Worlds Tues 16 Jan

Ivanhoe library, Ivanhoe
1-5pm

Explore new worlds through table top gaming, Dungeons & Dragons, board games, an escape room & switch on the BIG screen.

AGES: 12-25 years

COST: FREE

Bookings essential at www.banyuleyouth.com
This event is a partnership with Yarra Plenty Regional Libraries

Upcycling & clothes swap Thurs 18 Jan

Greenhills Neighbourhood House
2.30-5pm

A clothes swap will kick off at 2.30pm followed by a workshop "Tear & Repair" to show you how to upcycle damaged clothing to create your own unique piece.

AGES: 12-25 years

COST: FREE

Bookings essential at www.banyuleyouth.com
This event is a partnership with Greenhills Neighbourhood House

\$3 Slide Night Fri 19 Jan

Watermarc, Greensborough
6-9pm

Unlimited rides on the Tantrum Alley & Pipeline Slide. Try your skills on the giant inflatable obstacle course and listen to the sweet beats of local upcoming DJs.

AGES: 10-17 years

COST: \$3

No bookings required
This event is a partnership with Watermarc

Rainbow Yoga Mon 22 Jan

Macleod YMCA
2-TBCpm

Join us for a beginner friendly yoga session where we will move mindfully into different poses that work your strength & flexibility. Combined with focusing on relaxation & mindfulness at the same time, you will leave feeling refreshed, strong & free in body & mind.

AGES: 12-24 years

COST: FREE

Bookings essential at www.banyuleyouth.com
This event is a partnership with Macleod YMCA

Hip Hop dance workshop Wed 24 Jan

Wellbeing Studio, Level 2,
Watermarc, Greensborough
12.45-2.45pm

Want to have fun and learn some hip hop moves? Yes, then we have a free workshop for you!

No dance experience necessary.

AGES: 12-18 years

COST: FREE

Bookings essential at www.banyuleyouth.com



For more information on these great events or to find out more visit:
banyuleyouth.com or call 9457 9855

Banyule Youth Services | BanyuleYouth



Banyule Youth Services acknowledges that these events will be held on the land of the traditional owners, Wurundjeri Woi-wurrung people of the Kulin nation. We pay our respects to their elders and leaders - past, present and emerging

JOIN THE CELEBRATIONS FOR INTERNATIONAL DAY OF PEOPLE WITH DISABILITY



"IDPWD is a special time to celebrate the achievements and contributions of people with disability as well as increase public awareness, understanding and acceptance."

**Wade Lange,
FOUNDER & UN
AMBASSADOR
FOR IDPWD**

EVENTS HAPPENING @ ILCH!

Ivanhoe Library invites you to celebrate International Day of People with Disability with a one-off screening of video works, musical performances, and zine launches! Come together to celebrate our incredible and vibrant community at these two free events.

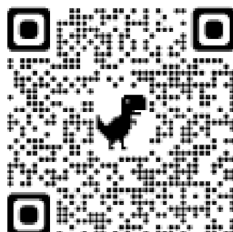


International Day of People with Disability

**Special Celebration Event:
Sunday 3 December 2023, 3:00-5:00pm**

Join us to celebrate the International Day of People with Disability with a screening of video works and musical performances by artists with disabilities. Curated and produced by Jodie Ohmzutt with contributions from the IncArt Crew and Music Vibes from Jets Studios.

Bookings Required:



Diverse City Zine Launch



Banyule City Council proudly invites you to the launch of VALID's 'diverse city' zine to celebrate International Day of People with Disability and to recognise our community in Banyule.

'diverse city' is a freshly minted publication that captures writings and images from community members across the wide and diverse disability spectrum. Gathered from VALID's growing archive of creative, community-led arts awards and projects, the 'diverse city' zine is a celebration of contributions from our rich and vibrant community.

**Monday 4 December 2023
Ivanhoe Library and Cultural Hub,
275 Upper Heidelberg Road
12pm to 2pm**

This is a FREE community event.
Lunch and light refreshments provided.
Tickets are limited and bookings are essential.

To book visit
trybooking.com and
search "Diverse City Zine
Launch Event" or scan
the code.

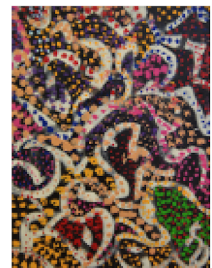


Image Title: Friends Give Love and Rainbows
Artist: Shelley McMahon



CARER SUPPORT & ACTIVITIES IN BANYULE

Banyule City Council have a recognised Carers Support Program. Join online, and receive a variety of benefits such as free or cost-reduced access to adult & youth carer support groups, lunches and events.

Ivanhoe Library 'Tour, Talk and Tea' Event

Enjoy a tour of the Ivanhoe Library, with its two art galleries, and stunning views of the city, before sitting joining the group for a cuppa and a chat in one of our community rooms. A perfect way to start your week, and the perfect excuse to jump on Banyule's free bus service!

When: Monday 11 December, 11 - 12:30 pm

Where: Ivanhoe Library and Cultural Hub

Cost/Tickets: FREE



COMMUNITY SUPPORT & MOVEMENT

Carers Walking Group

When: Friday mornings 10am.
Commences in Feb 2024.

Where: Rosanna Parklands.

Cost/Tickets: FREE

Qi Gong classes

For parents of children with neurodivergence. Qigong brings together acupressure, stretches, gentle flowing movement and stillness. **When:** 7 weekly sessions begin on from Friday 9th Feb, 11.15am. **Where:** Greenhills N'hood House

Cost/Tickets: FREE

Banyule Carer Support Group

Chat with other carers, find out about services or just have a break from your caring role over a yummy morning tea.

When: 2nd Thursday each month starting in Feb. 10.30am

Where: Watsonia N'hood House

Coffee Catchup for Carers of a child with a disability

Chat with others looking after a child with a disability. Share empathy, have a laugh over a complimentary cuppa. Carers only. **When:** Day not yet finalised, 9.30am.

Where: For Change Café, Bellfield.



**SIGN UP
HERE!**



SELF CARE TIP!

Sometimes when we are so focused on caring for others, we push our needs to the side. While staying in perfect health is unreasonable, you can make yourself a priority by:

- getting enough sleep
- eating a balanced diet
- hydrating and taking time off when you need.



CHRISTMAS IN BANYULE

Carols by Candlelight

Dust off your carolling skills, grab your picnic rug and get ready to jingle those sleigh bells, because the much-loved Carols by Candlelight event is almost here! **When:** Saturday the 16th, 5 - 9:30pm
Where: Greensborough War Memorial Park. **Cost:** FREE



The Boulevard Christmas Lights

The Boulevard in Ivanhoe will glow once again this December with a display of lights, decorations and Christmas spirit. **When:** From 19 to 24 December there will be 7 assisted crossing points along The Boulevard. **Where:** The Boulevard Ivanhoe. **Cost:** FREE

MOVIES & MUSIC IN BANYULE

Family Movie Night!!

Bring your own blanket, deckchair and a picnic, and enjoy live music by talented artists before and after the movie. There will be an on-site coffee van and food vendor and will be held at multiple locations around Banyule.

More info at : www.banyule.vic.gov.au/Home



Twilight Sounds

Twilight Sounds is a free concert held on a summer evening at featuring live music by popular Australian musicians playing a wide genre of styles. A selection of food trucks will be available on site and roving performers!

When: Saturday, 10 February 2024
Where: Heidelberg Park Oval



RSVP HERE!

IN OUR COMMUNITY

Carers Gateway

An Australian Government program providing free services and support for carers. If you care for a family member or friend with disability, a medical condition, mental illness Carer Gateway can help you.

North East Metro Mental Health and Wellbeing Connect

A warm and welcoming space for family, carers and supporters of people living with mental health to receive support and practical assistance. Located in Ivanhoe, Lilydale, Ashburton and Eltham.

Disability Inclusion Network - The Nillumbik Disability Inclusion network shares news of local events, activities and opportunities of interest to people with disability, carers and disability advocates in the Nillumbik community.



ACTIVITIES NEAR & FAR



End Of Year Picnic with the Satellite Foundation. Sunday 3rd of December, 11:00 am to 3:00pm. Royal Park, Flemington Rd, Parkville. FREE

The Other Film Festival (TOFF) is a ground-breaking disability-led program that places Deaf and Disabled people at the centre of the Australian screen industry. Wednesday 6 December, 2:30 - 5:30pm. ACMI, Flinders St, Melbourne. FREE



BanyuleYouthServices

☎ 03 9457 9855

✉ banyuleyouth@banyule.vic.gov.au

🏠 banyuleyouth.com

📘 Banyule Youth Services

📷 @banyuleyouth

☎ 03 9098 8000

✉ jets@banyule.vic.gov.au

🏠 banyuleyouth.com/jets

📘 Jets Bundoora

📷 @jets_banyule_youth_services