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OUR COVER: The 2024 Preps at Northern Bay College have settled well into school routine. It's now time to start thinking about the 2025 school year. SEE Page 5.

Editor's note



Welcome to the Term 4 edition of Northerly Aspects. By now the weather is starting to warm up, even if it's not every day, and some sunshine can give us hope that good days are ahead. It's great to see more people out and about – walking, running, walking the dog, just being outside.

Anyone who has been unwell over winter would probably say "make the most of every day you can get out and about", especially if they're normally active. Being confined to bed or the couch is very frustrating when you're used to a daily walk or more.

If being active outdoors is not for you, finding a new activity to get out of the house might lead you to an organised group. This also applies to social activities, where connecting with others is good for your health too.

The Neighbourhood Houses in the area have weekly activities with something for everyone – yoga, tai chi, art, social groups, cooking, music and much more. Check out the programs for Rosewall, Norlane and Cloverdale community centres in this edition.

I hope you embrace the new season and the opportunities it presents. Look out for the Term 1, 2025 edition of Northerly Aspects in mid-January.

Jeanette

Jeanette Anderson, editor, on behalf of the Northerly Aspects Editorial Committee.

Northerly Aspects is published quarterly by a voluntary editorial committee comprising community workers and representatives from Cloverdale, Rosewall and Norlane neighbourhood houses, who employ a part-time editor. Each issue is dependent on income from advertising and sponsorship.

If you would like input into Northerly Aspects, call 5275-4415 or email info@northerlyaspects.org.au. Northerly Aspects also has a website – you'll find us at www.northerlyaspects.org.au



Time to vote in council elections

Council elections will be held in Victoria this October – and voting is compulsory for everyone who is enrolled to vote.

Elections are held every four years in Victoria, and there are changes to the structure of the City of Greater Geelong wards in this year's election.

A review of the wards by the Minister for Local Government resulted in the change to 11 wards, with one councillor in each ward.

The names of the 11 wards are Barrabool Hills Ward, Charlemont Ward, Cheetham Ward, Connewarre Ward, Corio Ward, Deakin Ward, Hamlyn Heights Ward, Kardinia Ward, Leopold Ward, Murradoc

Ward, and You Yangs Ward.

For northern suburbs residents, this will mean that if you have previously voted in Windermere Ward, you will now vote in either Corio or You Yangs.

Each ward will have one councillor, which is also a change from previous elections, when Windermere Ward had two councillors.

The Geelong Council elections will be held via postal voting. Ballot material will be sent to voters in October 2024 and must be returned by post, by 6pm on Friday, October 25. Councillors will be elected for a four-year term.

Results of the election will be available on the Victorian Electoral Commission website:
<https://www.vec.vic.gov.au/results/council-election-results/>

Candidate nominations for the election closed on September 17.

Candidates were invited to provide a 200-word statement and a photo of themselves to be included in the election material provided by the Victorian Electoral Commission. The information provided in the statement might help you decide who to vote for.

Northern Futures and Meli join forces

Northern Futures, the grassroots program dedicated to supporting disadvantaged communities in Geelong's north, has joined community services organisation Meli.

Northern Futures CEO, Andrew Palmer, said the decision reflected a mutual respect between the two not-for-profit organisations and a shared commitment to better address barriers to employment in Corio and Norlane.

"The success of Northern Futures' model is the strength of trusted partnerships and the effectiveness of our bespoke support to clients," Mr Palmer said.

Northern Futures Board Chair, Rob Birch, said stakeholders and existing funders had unanimously confirmed their support of Northern Futures at Meli. "The ongoing success, sustainability and growth of Northern Futures is our highest priority, and we believe that joining Meli is the key to this success," Mr Birch said.

Meli CEO Grant Boyd said bringing Northern Futures into Meli would build on the positive outcomes already achieved and provide a foundation for better outcomes going forward. He confirmed the expert team at Northern Futures would continue at the current location in Station Street, Norlane, and existing clients would experience no disruption to their service.

Northern Futures provides critical wrap-around support to help clients navigate employment barriers to help them into sustainable employment as a bridge out of instability.

Data shows that 78 per cent of clients who undertook Northern Futures training in 2022-2023 found employment, and both their training completion and employment outcomes consistently exceeded national outcomes for previously unemployed people.



Northern Futures Board Chair Rob Birch, Northern Futures CEO Andrew Palmer and Meli CEO Grant Boyd.

Support for young stroke survivors

Cloverdale Community Centre volunteer Jasmine West is providing important feedback on a support service being trialled for young stroke survivors.

Jasmine, who suffered a stroke when aged just 25, became involved with the Young Stroke Service trial through her involvement with The Stroke Foundation.

"Eighteen young Australians have a stroke every day," Jasmine said. "I was busy working one day and collapsed. I ended up on life support for 18 days."

Jasmine (pictured) spent five months in hospital, learning the skills she needed to live independently. She has right-side weakness but has resumed university studies and volunteers up to 15 hours a week.

The Young Stroke Service supports young people with stroke aged 18 to 45. It is an outpatient service established to fill critical gaps in care for young people with stroke and is being trialled in Victoria and South Australia.

The Young Stroke Service can help:

- Understand stroke and navigate services.
- Understand and manage memory and emotional changes.
- Explore transport options, including driving.
- Explore options for work and study.
- Suggest ways to connect with other young people with stroke.

The services are provided via telehealth for young stroke survivors from anywhere across the state. To access the service, you need a



referral from a healthcare professional, such as a General Practitioner or Allied Health Professional.

The Young Stroke Service details can be found at <https://www.youngstrokeservice.org.au/>. For more information phone 0427-259-191.

VOTE 1 ANTHONY AITKEN

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AUTHORISED BY SANDRA & MORRIS ANDERSON, 48 NORTH SHORE RD, NORLANE VIC 3214



Time to get ready for 2025

Families are getting ready to finish another school year, but it's also time to think about 2025.

Preparing children for a new school year is more than buying a uniform, bag and lunchbox. Many will start their transition to school in Term 4.

Prep teachers at Northern Bay College have suggested that parents follow tips from the Department of Education and Training, which advises them to:

- Practise the journey to and from school.
- Arrange play dates with families who have children at the same school.
- Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet.
- Label all belongings – clothing, bags, lunch boxes, drink bottles.
- Talk about and practise any after-school arrangements.
- Check the start and finish times and where to drop off and collect your child.
- Be positive, get your child excited and talk about any worries they have.
- Visit a library and read with your child.
- Start using the name of their new teacher to help build familiarity.
- Establish predictable routines including dinner, bath time and bedtime.

Other things to focus on include opening zips on bags and lunchboxes, practicing a morning routine, children packing their bag, bathroom routines including washing hands, taking on and off jumpers and jackets and tying shoelaces.



There are Prep classes at four of the Northern Bay Colleges – Wexford, Peacock, Tallis and Hendy – and up to 160 new school starters are expected in 2025.

Other primary schools in the northern suburbs include St Francis Xavier and St Thomas Aquinas.

To enrol your child for 2025, contact the office of the nearest campus to where you live. The staff will support you with enrolment paperwork and provide dates of information and transition sessions.

Families wanting to enrol children other than Preps can also contact the office of the campus they are zoned to for help with paperwork. They'll also be able to meet with a member of the Principal Team to talk about starting dates and answer any questions.

If you're not sure about which campus you're zoned to, contact any of the P-8 campuses and they will point you in the right direction.

These don't belong in your recycling bin.

Geelong's biggest recycling mistakes are: paper cartons or cups, electronics, clothes and textiles, items in bags and soft plastics. These items cannot go in your recycling bin.

Recycling right is an easy way to help the planet and keep the costs of waste low for everyone in Greater Geelong.

Learn more and get a recycling fridge magnet at geelong.link/recycleright



Find out more.



Art supporting mental health

An exhibition in October will celebrate the work of Antifragile, a Norlane-based art collective of people living with mental health disabilities. The exhibition aims to start conversations about the true lived experience of mental illness.

Antifragile grew from a concept of co-ordinator Clare Johnston, who dreamt of "using art to elevate and communicate the experiences of mental illness". The idea became reality when she moved to Geelong last year and attended an appointment at Norlane Community Centre.

"I was encouraged to talk to Esther, the centre co-ordinator, and she invited me to start the group at Norlane," Clare said. "I was encouraged and mentored through the project plan to bring the concept to life."

The group formed in February this year, with members meeting for weekly workshops. Its goal is to reduce barriers for people with mental health disability to create art and meet with others with a unique understanding of those barriers.

Co-ordinator Chloe Rintoule said her involvement with Antifragile has changed her career path, at the same time growing her own capacity. She took on an organising



Clare Johnston, Chloe Rintoule and Amanda Mentiplay are working on sculptures for the October exhibition.

role with Clare while completing a work placement for Diploma of Community Services studies at Norlane Community Centre.

"The group is building capacity in people in different ways," Chloe said. "It provides peer support for both the art and mental health aspects."

Participant Amanda Mentiplay has returned to art and discovered she has some talent.

"I loved art at school but never finished anything," she said. "I did some art therapy online during COVID to help with my mental

health and got to try a lot of varieties. Then I started art classes at Norlane and found out about Antifragile."

Amanda said the group has helped with her mental health and "I've discovered I'm okay at art".

The Antifragile Exhibition will be held during Mental Health Week in October. It will open with a function at Norlane Community Centre on Saturday, October 5 at 7pm, then from 10am until 4pm on Sunday, October 6. A smaller display will be exhibited at Creative Geelong's May'd Market, in Centrepoint Arcade, throughout October.

Master Plan for Moorpanyal Park

The City of Greater Geelong Council has adopted the Moorpanyal Park Master Plan and thanked the community for its contributions in multiple rounds of engagement.

Moorpanyal Park is a district level foreshore reserve to the north of Corio Quay and is an area of cultural and environmental significance that sits on 5.7 hectares of Crown Land. The reserve is managed by the City of Greater Geelong and extends around 1.4 kilometres along the coastline at North Shore.

Since 2004 the City of Greater Geelong, in conjunction with the North Shore Residents Group, has undertaken extensive rehabilitation and revegetation works at the site, which is situated near the Spirit of Tasmania terminal.

City of Greater Geelong Mayor Trent Sullivan said the feedback from the community had been valuable in finalising the master plan. Key initiatives include:

- Vehicle management in response to increased visitation and unauthorised overnight stays.
- Play space improvements and

supporting infrastructure (shelter, seating, rubbish bins and drinking fountains).

- Off-road shared path.
- Revegetation of sensitive coastal environments.
- Public place lighting to improve reserve safety and amenity.

The 2024/2025 City of Greater Geelong budget includes an allocation of \$600,000 that will help deliver items as identified in the master plan.

Sustainability focus for students

Year 12 students Northern Bay College held a sustainability showcase event at the Goldsworthy Campus as part of their VCE Vocational Major and Victorian Pathways Certificate Unit 3 Literacy and Personal Development Skills studies.

The students used the event to raise awareness for their issues, through information, quizzes and competitions.

One group was able to describe and demonstrate the in-school Container Deposit Scheme to students, which has so far collected 1500 cans and bottles, raising more than \$150. There was also information about the Simply Cups Coffee Cup Recycling scheme through 7-11, for which the college has two collection bins, saving more than 350 cups and lids from landfill so far.

Students were involved in planting more than 200 plants and grasses on the Goldsworthy



Campus and opened a second-hand clothing store, which they hope will develop into a Vocational Major store.

The sustainability showcase is an annual event and students also held a Social Justice Issues Expo in September to celebrate their

work for Unit 4.

The Goldsworthy Campus is registered as a Resource Smart School, where it will look at all aspects of sustainability across the campus and look to improve its resource use over several years.



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Lions members helping others

The Lions Club of Corio Norlane is conducting its annual community raffle to raise funds for important community projects.

Lions Club members work for the community in many ways. The Corio Norlane club, formed in 2012, runs an opportunity shop in Alkira Avenue, Norlane. The shop is open Monday to Friday from 10am until 3pm.

Other projects include a bicycle recycling program which has already seen more than 4000 bikes refurbished and donated to community members. The club also has a bicycle education trailer available for schools to borrow.

Lions clubs are community service organisations and have been operating

in Australia for more than 75 years. Their members are people who want to make a difference to their local community and sometimes at national and international levels.

Corio Norlane member Chuck Leszyk said the community raffle is a way for people to support the work of the club, with the chance of winning one of 16 prizes donated by local businesses. Tickets are available from the club's opportunity shop, schools and other participating community groups. The raffle will be drawn on October 29 and the winners will be notified.

The Lions Club of Corio Norlane comprises men and women who want to serve their community and welcomes new members. The club's meetings are held on the second



Corio Norlane Lions Club members Chuck Leszyk, Daniel Kovacev and Robyn Carter preparing raffle books at the club's opportunity shop in Alkira Avenue, Norlane.

Tuesday of the month at Norlane Bowls Club.

For information about joining the club, visit the opportunity shop at 55 Alkira Avenue, Norlane or email corionorlanelions@gmail.com.



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Safety checks are important in homes

A safety check is very important and will keep you safe at home. Checks are completed for DFFH houses each year and include the testing of smoke detectors and any gas or electrical installations, appliances, and fittings.

To complete a safety check, maintenance contractors will need to visit your home. Maintenance contractors from the department or local housing office staff will contact renters to arrange a suitable time to

complete the safety check at your property.

Make sure we have the right contact details for you and if your contact details change, please let us know. If you are not available our contractors will make another time to visit you and complete the safety check.

If you cannot make the scheduled appointment, please get in touch with your local office to discuss how the check can be completed.

Rent reviews affect rebates

The market rent of a property is what the property could rent for in the private market. The initial market rent of a public housing property is outlined in the residential rental agreement. The market rent value is reviewed once a year, in August. If your market rent amount changes because of the review, we will write to let you know.

All public housing renters in Victoria can apply for a rental subsidy called a rental rebate. The rental rebate is the difference between 25 per cent of the total assessable income of all household members and the market rent of the property. You must be

eligible and apply for a rental rebate.

We review your rental rebate twice a year, every six months. This may change your weekly payment amount. If this happens, we will send you a letter to let you know what your new rent is.

You can apply for a rental rebate by updating your household and/or income details via www.housing.vic.gov.au/online-services and completing the application form for rental rebate. A guide to completing the form is on the website.

Become a permanent carer

Have you thought about forming or adding to your family? There are many children who need a stable and loving home because they are not able to safely live with their natural parents or extended family.

Permanent Care provides a child with relationships for life that are secure, loving, nurturing and sustained. There are children of all ages, cultures, and abilities; and some are part of sibling groups who all need a forever family to grow up in. Training and support are provided.

To make an inquiry, contact Permanent Care Specialist Services by email APCBarwon@dffh.vic.gov.au. For more information please go to <https://services.dffh.vic.gov.au/permanent-care> or pcafamilies.org.au.

Ask Izzy

Many things in life are out of our control, and any of us can face unexpected hardships. When you need help, now or in the future, Ask Izzy is there for you.

Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support, counselling and much more. It is free and anonymous, with thousands of services listed across Australia.

If you're on the Telstra or Vodafone mobile networks, you can access Ask Izzy on your phone even if you don't have credit or access to Wi-Fi. You can head to the website www.askizzy.org.au

Help spread Christmas joy for families

Uniting Emergency Relief provides disadvantaged Geelong families with emergency food and other useful support at its Norlane and Grovedale centres.

Emergency Relief Co-ordinator at Uniting Barwon, Karen Mather, said "we know the impact of cost-of-living pressures has stretched many budgets beyond breaking point. Whether it's the cost of rent, gas and electricity or putting fuel in the car, we know people are really struggling to get by.

"With Christmas approaching, this is adding extra pressure on many families. Christmas should be a special time for food, fun and memories to last a lifetime.

"But sadly, for many families, as rising cost of living pressures continue to bite, it will

be so much tougher to afford gifts for their children."

Ms Mather said Uniting's Gifts for Families Appeal provides toys and gifts generously donated by the community for children in need at Christmas.

"Gifts For Families is one of the highlights of every year for us. For our volunteers, putting smiles on the faces of families and providing gifts to deserving children and young people is so rewarding," she said.

"We hope you, your group, school, workplace or family can support Gifts For Families in some way and help us make sure there are gifts under every Christmas tree in our community."



Anyone able to help is asked to contact Uniting Barwon on uniting-mobile@vt.uniting.org or phone (03) 5278-8492.

Wishing 2024 be a rewarding and successful one for our students, staff and families.

We welcome all our students to share our values in 2024

Growth

The College has a shared community commitment to support every child to grow academically and emotionally. With a growth culture, we celebrate improvements in skills, engagement, outcomes and participation.

Growth

Collaboration

We value positive actions and relationships across the College that increase our collective potential for improvement. Actively working together supports our goal to better improve outcomes in learning, health and participation.

Collaboration

Persistence

Our College communities share expectations to continue to pursue our goals and outcomes, even if challenging or when it takes time and energy. We seek solutions and strategies to ensure our ongoing improvement.

Persistence

Kindness

All members of our community are encouraged to model, and interact with each other, in a positive and respectful manner. As students, staff and families we operate with a kindness mindset that encourages and develops an inclusive and diverse community.

Kindness

Northern Bay College 1300 348 535

Northern Bay College 1300 348 535

Do you need NDIS Support Co-ordination?

Canny Plan Management can help with navigating your NDIS Plan. Support Coordination falls under 'Capacity Building' support in the wide world of the National Disability Insurance Scheme (NDIS).

NDIS Plan Managers work alongside Support Co-ordinators who help NDIS participants to understand and make the best use of their plan and to pursue their goals, and can help with connecting to NDIS Providers, the community, and mainstream and other government services, all while building your confidence and skills to use and co-ordinate your supports.

Did you know that only 45% of active NDIS Participants have Support Coordination in

their plans? So, what happens if you don't receive Support Co-ordination in your NDIS Plan?

Canny Plan Management was born out of the need to be able to continue assisting the community with their finances and achieve their goals. This doesn't change if NDIS participants don't have Support Co-ordination included in their NDIS Plan.

We take the time to help our clients navigate their NDIS Plan and connect with appropriate support providers and suppliers. A good NDIS Provider will be person-centred and ensure that they are working in partnership with you, the NDIS Participant and your family/carers.

We will meet with you, take you through your NDIS Plan, your allocated funding and budgets and work out how you can reach and achieve your goals, all while ensuring you exercise your right for choice and control over your supports – who you want to support you, when you want the supports and how you want the supports delivered.

As an experienced and trusted registered NDIS Provider, Canny Plan Management becomes part of clients' wider support network. We work together with our clients and their families so that they do not miss out on supports and services available through their plan.

CANNY PLAN MANAGEMENT

Like a trusted friend, we are here to help you navigate + maximise your NDIS plan.



+ CANNY PLAN MANAGEMENT

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www.cannygroup.com.au

Canny Plan Management is a Registered NDIS Provider



Getting the best energy deals this summer

I hope everyone in the community is keeping healthy and well as we head into the end of the year. We know that as summer hits, electricity bills can spike as we want to keep our homes cool.

To make sure you are getting the best deal for your energy bills, visit compare.energy.vic.gov.au - an independent energy price comparison site.

Doorknocking ban begins

We've all heard stories about getting doorknocked by a salesperson and being pressured into buying an expensive energy upgrade for our home.

From August 1, 2024, the Allan Labor Government has banned doorknocking for the Victorian Energy Upgrades (VEU) program. A ban on telemarketing under both the VEU and Solar Victoria also came into effect on May 1, 2024. Doorknocking for Solar Victoria programs has been banned since September 2021.

These bans strike the right balance between ensuring the program is accessible to all Victorians, but protects them from unwanted contact or high-pressure environments.

Thinking about switching from gas to electric?

The State Electricity Commission is running free information sessions to guide Victorians through the process of switching from gas to electric, to save money on their energy bills.

You can find out more information about switching to electric, or register to attend an information session on the SEC website, www.secvictoria.com.au.



Local schools celebrate new learning spaces

Term three saw the official opening of the brand-new learning spaces at Nelson Park School's Libau Avenue Campus.

These works include new learning spaces for students and staff, office spaces, an art room, sensory room and STEM space, and a stand-alone year nine learning space. It was great to hear from students what these new spaces mean to them.

Tyson, who is in the Grade 5/6 class, said: "We have gone from 1 to 100. Our new buildings are comfortable and we can learn. We have new furniture and our teachers have places to meet. We have a great deck and a beautiful view. We are able to put our artwork up and it is like a gallery." And Mia from Year 9 said:

"All of the Year 9 students are together,

and we have been able to decorate our new space. It is beautiful."

A big thank you to Principal Libby Gatgens, teachers, staff and students and the entire school community for the way they came together to support students throughout the capital works process.

This will be the last edition for the year, so even though it is early, I hope everyone has a happy holiday season, a safe New Year, and I look forward to what 2025 brings for our community.

As always, please get in touch if you have any questions or if I can help out with any State Government matters.

Ella George

Ella George MP
State Member for Lara

Level 1, Corio Village Shopping Centre,
Bacchus Marsh, Corio.

Phone: 5275-3898
Email: ella.george@parliament.vic.gov.au

Free internet for school students

Families and carers of school-age children who are struggling to pay their bills may be eligible for free home internet. But time is running out to apply.

The School Student Broadband Initiative is an Australian Government program. To qualify for the offer:

- You must be caring for a school-age student at your home.
- Must not have an active nbn connection at your home now or in the past 14 days. (Having a mobile internet service does not affect eligibility).
- Must live in property that can access the nbn network through a standard connection.

To apply, contact the National Referral

Centre, phone 1800-954-610. The centre is open Monday to Friday from 10am until 6pm.

The National Referral Centre will ask some questions to see if the offer is right for you. If you qualify, you'll receive a voucher and have until December 31 to connect through a participating internet provider. You will have access to free internet until the end of 2025.

The offer includes free home internet until December 2025; a free WI-FI router; unlimited data; 50/20 plan; no lock-in contracts; choice of participating internet providers; ongoing support from the National Referral Centre to apply - callback, webchat, and interpreting services available.



Please contact my office for any assistance with any State Government matters.

Proudly serving the communities of Anakie, Avalon, Bell Park, Bell Post Hill, Corio, Drumcondra, Hamlyn Heights, Lara, Lovely Banks, Moorabool, Norlane, North Geelong, North Shore, Point Wilson, Rippleside.

Also covering parts of Balliang, Batesford, Little River and Staughton Vale.

Ella George MP

Labor Member for Lara

-  ella.george@parliament.vic.gov.au  Ella George MP
-  5275 3898  @ellageorgemp
-  Level 1, Corio Village Shopping Centre, Cnr Bacchus Marsh Rd & Purnell Rd, Corio, 3214



Happy snappers

Do you have photos of people getting out and about in the Corio Norlane area? Northerly Aspects wants to promote the many positive activities of residents in the area. If you have a photo you'd like considered for the next edition, email it to info@northerlyaspects.org.au. Don't forget to include information about when and where it was taken, and who took it.



Norlane ARC employee Georgia Gordon won the Emerging Leader Award at the Aquatics and Recreation Victoria (ARV) Industry Awards. The awards recognise excellence within the aquatic and recreation industry, with 25 awards presented out of a competitive field of 254 nominations.

Georgia (centre) has been a City of Greater Geelong employee for almost nine years, starting as a lifeguard and is currently the Aquatic Manager/2IC at the Norlane ARC and Lara Swimming Pool.

Norlane West Scout Group members have been busy with group and community activities. A camp with the theme of 'Art and Culture' included visits to art venues in Melbourne followed by the group's own Messival Art Games.

Scouts have also assisted at community events, including recent events at Labuan Square. They provided first aid and are also able to run small activities such as soft hatchet throwing, stick archery, assorted bushcraft activities and campfire cooking.



Corio Little Athletics Centre has partnered with Sport4All through the City of Greater Geelong with Travis Zimmer in the role of inclusion coach. Travis (left) is pictured with all abilities athlete Florence and Corio Little Athletics Centre coach Brendan.



Our Place Northern Bay hosts a variety of weekly activities for families during school terms. They include Give It A Go Tuesday, My Time Parent and Carers Group, Storytime, English Conversation, Careers Connect, School Families Coffee and Chat and Meli playgroups. Our Place Northern Bay is based at Korayn Birralee Family Centre in Purnell Road, Corio.



The Rosewall Over 50s group celebrated 21 years of laughs and friendship with a high tea in August. The group welcomes new members anytime and meets every Friday at Rosewall Community Centre, noon to 3pm.

Little Aths is sport for all

Corio Little Athletics Centre has partnered with Sport4All through the City of Greater Geelong and has welcomed Travis Zimmer in the role of inclusion coach.

The Corio centre is committed to providing an inclusive environment and is confident the support provided by Sport4All will help enhance what it provides. Travis is guiding the centre to make the sport and facilities more inclusive and accessible for athletes, families, visitors and volunteers with disabilities to actively participate.

Committee members recently had their first inclusion training session, facilitated by Travis, and coaches and officials will also be trained to help the centre provide a supportive experience for everyone. Travis is also developing a targeted plan for Corio Little Athletics Centre to achieve its goals.

Corio Little Athletics Centre Publicity Officer Sharron Colls-McKenzie said Little Athletics is an individual sport, so is able to integrate all-abilities athletes into the program at Centre level, with personal adjustments as needed.

"The Centre's All Abilities Co-ordinator works with families to identify the best way to support their athletes," Sharron said. "This might be adjusting weights and heights of equipment, allowing a support person to run or walk alongside the track etc."



Sport4All inclusion coach Travis, all-abilities athlete Florence, vision impaired athlete Andrew and Corio Little Athletics Centre Coach Brendan.

Kirrilie, mum of all-abilities athlete Florence, said: "Corio Centre is inclusive and encouraging and provides a safe space for Florence to develop confidence in her abilities both on and off the track."

Athletes with disabilities wanting to compete at Region and State events need to be assessed and classified by Little Athletics Vic to compete as multi-class athletes.

Another initiative by the Centre last season was creation of a quiet sensory space inside the clubrooms, for athletes to take a break if needed.

For more information about Corio Little Athletics Centre, contact Meridith, 0412-166-760.



Proudly supported by



corio@lavic.com.au
Meridith
0412 166760

CORIO LITTLE ATHLETICS CENTRE

Viva Energy Athletics Arena

Goldsworthy Reserve, Goldsworthy Rd

5 clubs compete together;

Corio West, Corio South, Bell Park, Golden Plains & Lara.

Athletes of all abilities are supported to achieve their personal best.

Athletes to be aged 5-16 on December 31, 2024.

Learn to run, jump & throw. Have fun, keep fit & make new friends.

Come & Try Saturday September 21 10.00am-12.00pm.

Season starts Saturday October 5 8.15am



Prepare for your first appointment

The end of a relationship is often an uncertain time. It can be crucial to obtain early legal advice from a family lawyer to be clear about your options, rights and responsibilities.

Many clients are unsure about what to expect from their first appointment or how to prepare. Below are some tips to make the most of your first meeting with your family lawyer:

Write down your main questions: This will help focus the discussion at your first appointment.

Gather important documents: Bring along copies of key documents, such as Court Orders, Intervention Orders and any prior agreements. Having this information readily available will help your lawyer provide accurate advice.

Outline the assets and liabilities: For financial/property matters, prepare a list of the assets, liabilities and superannuation owned by you and your former partner/

spouse, including any jointly owned items. This will include, for example, real estate, vehicles, bank accounts, shareholdings, mortgage accounts, loans and credit cards. List the current value or balance if known.

Be honest and transparent: Share all relevant details, even those that might seem unfavourable to you. By providing full disclosure, this enables the lawyer to better advise you and avoids surprises later.

Understand your lawyer's role: Clarify the lawyer's approach and how they plan to handle your case. Understanding their strategy and communication style will help you work together more effectively.

By preparing using the above tips, you'll ensure a productive first family law appointment and a strong foundation for navigating your legal issues following separation.

This article is general information only and is not legal advice or a substitution for such advice.

New community play space for Rippleside

A new play space at Rippleside Park, in Geelong's north, is one step closer with construction due to start soon.

The City of Greater Geelong has partnered with the Australian and Victorian governments to get the new multimillion-dollar inclusive play space off the ground. It will be part of the Livvi's Place network, the first of its kind in Geelong.

The park was designed in consultation with the local community, with feedback from children and families with lived experience of a disability, local school children and residents. It will include bespoke inclusive play space equipment with sensory and artistic elements, fully accessible Changing

Places toilet facilities and sitewide accessible connected pathways.

Expected to be complete mid next year, it will replace the much-loved existing playground which was opened in 2001 and is now in need of replacement.

The multi-million dollar project is supported by \$2.1 million from the Australian Government's Local Roads and Community Infrastructure (LRCI) program, \$910,000 from the Victorian Government, and \$1.7 million from the City of Greater Geelong Council. Quintessential will also provide a valuable \$300,000 contribution, along with the Touched by Olivia Foundation's in-kind partnership.

Annual Youth Awards presented

Young people making an outstanding contribution across Geelong were recognised at the annual Geelong Youth Awards. The City of Greater Geelong presented awards recognising the contributions of young people aged between 12 and 25 years who live, work, learn or play in the Geelong region.

The awards ranged across areas of leadership, innovation, cultural awareness, community work, sport, arts, music and youth development.

Youth Council members were involved in the awards, developing the Unsung Hero Award category and participating on the judging panel, as well as speaking at the awards ceremony.

The winners were:

- Active Achievement Award: Tahlia Denham and Simon Wolfe.
- Arts and Music Award: Fiston Baraka and Heidi Cahir.
- Citizenship Award: Daniel Lim.
- Cultural Awareness Award: Nazdana Hussein.
- Innovation Award: Casper Horne.
- Inspiration Award: Belle Boland and Juliet Doling.
- Leadership Award: Imogen O'Shannessy.
- Unsung Hero Award: Ruby-Rose Braddock.
- Volunteer Award – Working with young people (open to all ages): Skye Thompson and
- Finlay Sinclair.

CITYNEWS



ACT NOW TO CONTROL SERRATED TUSSOCK

The City is urging all rural landowners' to be on the lookout for and control serrated tussock now, before it starts to seed in late spring.

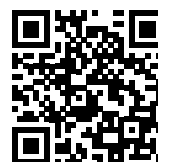
A fast-spreading noxious weed, serrated tussock (*Nassella trichotoma*) can have disastrous environmental and agricultural impacts if left unchecked.

The worst local infestations have historically occurred on farmland in Anakie, Lara and Little River, but the species can be found anywhere in our region (including lifestyle blocks and in residential gardens).

We're controlling serrated tussock on 311 rural roadsides and on land we manage between mid-August and late September this year.

Each serrated tussock plant can produce up to 100,000 seeds which can be blown several kilometres infesting new areas. Seed can also be spread by moving water, machinery, livestock or in hay.

For more information including identifying and controlling serrated tussock, scan the QR code or visit geelong.link/SerratedTussock4



Masked Lapwing also known as Spur-winged Plover.

SWOOPING SEASON IS HERE

Breeding season for swooping native birds has begun and is expected to continue until the middle of November.

Take extra precautions when you're outdoors during this period, as swooping birds can be present across urban and rural areas.

Many native birds, such as Magpies and Masked Lapwings (also known as Spur-winged Plovers), are inclined to protect their eggs and young during breeding season. This protective behaviour can sometimes lead to an increase in swooping, especially in areas where people and birds coexist.

You can minimise the risk of being swooped by avoiding nesting areas where birds are swooping if possible, or

protecting your head and eyes and moving through the area quickly.

While swooping birds can be alarming, the behaviour is confined to approximately 10 percent of birds and it's rare for a bird to cause an injury.

All native birds are protected under the Wildlife Act 1975, so please do not harm or scare swooping birds, or interfere with their nests.

You can report a swooping bird on our land by calling us on 5272 5272. We'll place warning signs at the site and assess the behaviour of the bird.

For more information, scan the QR code or visit geelong.link/SwoopingBirds4



NEWS



SHOWCASE GEELONG

Share your favourite photos by tagging #mygeelong

We regularly post photos of our region from our community. Share yours with us by tagging us or adding #mygeelong to your posts.



Photo by Annette Kelly. Sunrise over Lara.

POTHOLE MANAGEMENT PROGRAM BOOSTS CIRCULAR ECONOMY

Did you know we're responsible for an extensive network of streets and roads including more than 2,040 kilometres of sealed streets and more than 330 kilometres of unsealed roads?

During the 2023–2024 financial year, our City Works crews fixed 5,814 potholes showing our commitment to maintaining road safety and accessibility for the community.

The pothole management program uses sustainable materials and practices that reduce waste and support a circular economy. For instance, each year at our depots a crushing machine recycles about 12,500 tonnes of waste asphalt from our road and construction projects, transforming it into road base for future use.

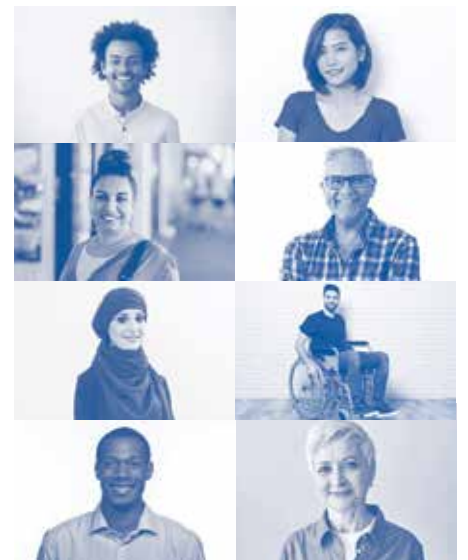
We have three grader crews and three trucks working

year-round, with inspectors proactively checking roads for issues in addition to responding to notifications from the community.

The biggest contributor to road defects is rain, which seeps into the road through a small hole or crack in the asphalt and then causes the foundation to weaken and shift. Traffic on wet roads increases the amount of water seeping into minor cracks on the road network and creating potholes.

Roads throughout Greater Geelong are managed by three road authorities: VicRoads, Regional Roads Victoria and the City of Greater Geelong.

For more information on relevant road authorities or to report a road issue, scan the QR code or visit geelong.link/Roads4



GEELONG COUNCIL ELECTION OCTOBER 2024

Post your vote by 6.00pm, Friday 25 October 2024.

For more information and to enrol to vote, scan the QR code or visit geelong.link/Election4



Hygiene for you and your garden



Just as you should brush your teeth and wash your hair without being reminded, your garden needs regular maintenance to keep it hygienic. Weeding, mulching, removing dead and diseased plants, picking produce when ready are the usual grooming required.

Good watering practices are the primary activity to help keep your patch in top shape. Develop a habit of watering first thing in the morning, allowing your plants to suck it up during the day when they need it.

Having your garden wet at night, while the plants are dormant, only encourages pests and disease. That's because pests are looking for water and food and a good breeding ground, and most are active at night.

Another problem can be overcrowding. We hate throwing healthy plants out, but removing the overcrowded seedlings to allow the rest to flourish is common sense.

Less is more in the vegie patch. Too many plants in the garden will not only compete

for room and other resources on hand, but will limit the airflow. Stagnant air is another opportunity for pests and disease to flourish.

Weeding and mulching also play their part. Mulching provides benefits to the garden by locking in a consistent soil temperature providing nutrition to plants while suppressing excess weeds from competing with your chosen plants.

Picking your crops when ready is sensible. Not only is food tastier and healthier when fresh, it also prevents the plants from being stressed.

At this time of the year the gardener's thoughts tend to move in one direction – TOMATOES.

A recent poll showed that more than 90 percent of gardeners grow at least one plant per year. The biggest questions seem to be what type and when and how to plant, but only a fraction get it right.

The main thing is to check the plant's

growth early or your tomatoes will surge into towers of green mess with limited fruit. This means having the correct growing frame in place when planting the seedlings, so they are properly supported during the growth period. You should also pinch out the growth tips to help define a plant that is stronger, with greater air flow and therefore an increased ability to produce fruit.

Get your garden ready for summer by covering beds and pots with a mulch like pea straw, lucerne hay or sugar cane. Now is also the time to wake up your vegie garden by planting carrots, celery, cabbage, peas, beans, silverbeet, squash, sweetcorn, parsnips, turnips, leeks and a few early tomatoes.

Most tomatoes are best planted when soil is warmer. An old adage is to plant your tomatoes at Melbourne Cup time, and I have always found this to be a good tip. A winner in the cup and a winner in the garden is a double that's hard to beat!

Betty

On Goldsworthy Road
Family Learning Centre
Northern Bay College

3 and 4 year old Kindergarten
Child Care - Long Day 7.30am to 5.30pm
0-5 Playgroups
Community Hubs Australia
Family Support

Northern Bay College
Early Learning Centre
5224 9784 Mandy Minhas

Northern Bay College Family Centre
5224 9791 Helen O'Connor

Mental health support services

Geelong Head to Health is a free and confidential service for adults who are experiencing distress, feeling overwhelmed or are worried about themselves.

Whether you're trying to improve your sense of wellbeing, looking for help with something that's bothering you, or helping someone you care about, Geelong Head to Health is here for you. The service also offers support for carers, families and friends of people experiencing distress.

Head to Health can connect you with a range of mental health professionals, including clinicians and those with lived experience of mental health challenges. The multidisciplinary team also includes a LGBTQIA+ worker, family worker, an Alcohol and other Drug (AOD) clinician, and General Practitioner (GP).

Geelong Head to Health's purpose-built facility is open at Ground Floor, 8 Station Street, Norlane. The centre is open between noon and 9pm Monday to Friday and 1pm to 6pm on weekends and public holidays.

If you need support now, you can call Head to Health on 1800-595-212. Geelong Head to Health is a Neami National service, delivered in partnership with Drummond Street and supported by Western Victoria PHN.

If you or someone you care about needs immediate emergency assistance, call 000. For 24-hour mental health support call Lifeline on 13-11-14 or the Mental Health Triage on 1300-094-187.



Getting ready for summer

The following information was provided by the Department of Families, Fairness and Housing ...

Extreme heat or heatwaves are a period of unusually hot weather that cause people to become ill from heat-stress or heatstroke – which can be fatal.

How to cope and stay safe in extreme heat:

- **Keep cool:** Use air conditioning or a fan, wear light and loose-fitting clothing, and keep skin wet, using a spray bottle or damp sponge and by taking cool showers.
- **Stay hydrated:** During days of extreme heat, keep drinking water before you feel thirsty, especially if outdoors or performing physical activity.
- **Plan ahead:** Cancel or reschedule activities for the coolest part of the day and avoid exercising and being outdoors in the heat.
- **Check in with others.** Let family, friends and neighbours know you are okay or check in with those at increased risk or who may need your support during days of extreme heat.
- **Monitor the weather forecast** and the Bureau of Meteorology Heatwave warnings online or via the Bureau's app.
- **Subscribe to receive Department of Health heat health warnings.**





Rosewall Community Centre

36 Sharland Rd, Corio VIC 3214. Phone (03) 5275 7409.

E-mail: admin@rosewallinc.org.au

Office Hours: 9am to 4pm, Monday to Thursday; 9am to 3pm, Friday

Events and workshops in Term 4

3214 Art Exhibition and Market

Saturday, November 30, 10am to 2pm.

Celebrate local creativity with an exhibition of the works created at the Community Centres in Corio and Norlane this year.

Pottery, painting, drawing, mosaics, sewing and more will be on display and available for purchase - perfect timing to pick up locally hand-made Christmas gifts.

Family Christmas Movie Night - FREE

Coming in early December.

Enjoy a free night out with the family with

a movie on the big screen. A chance to slow down and make festive memories, close to home and completely free. Popcorn, hot drinks and fairy floss provided. Get a selfie with Santa. The event is free but numbers are limited, so bookings are essential.

Know Your Car - NEW

Starting this November - register your interest

Does the thought of car maintenance give you anxiety? Let's torque! This is a workshop for absolute novices to gain confidence and learn the essentials to stay safe on the road and also save you money at the mechanics.

Get ready for Spring: Garden workshop series - FREE

Setting up a sustainable garden: Tuesday, October 8, 10am to noon. Learn how to improve soil with composting, fertilizing and setting up for food production.

Food all-year round: Tuesday, October 22, 10am to noon. Seed saving, propagation, seed raising, weeds and pollinators.

Automatic systems: Tuesday, November 5, 10am to noon. Hygiene and pest management, watering systems and weed management.

Tools and tricks: Tuesday, November 19, 10am to noon. Tool maintenance, seed storage, knowing your climate and area.

Courses at Rosewall in Term 4

CREATIVE

Pottery Fundamentals

Mondays, 10am to noon for 6 weeks.

Mondays, 6pm to 8pm for 6 weeks - NEW timeslot for Term 4.

Whether you are new to pottery or need a refresher on the basics, this class will focus on a different hand building technique each week. Some materials included. \$180 (\$160 concession) for a 6-week course.

Pottery Wheel Throwing

Wednesdays for 6 weeks, 1pm to 3pm (day class) or 6pm to 8pm (evening class).

Take your pottery skills to the next level. Designed for beginners as well as those who want a little more help throwing. Materials supplied. \$180 (\$160 concession) for a 6-week course.

Pottery for the Passionate

Mondays, 1pm to 4pm or Thursdays, 6pm to 8.30pm.

Learn to make beautiful ceramic creations

with an experienced tutor. Some materials included. Learners are responsible for extra supplies and firing. All abilities welcome. \$220 (\$190 concession) for an 8-week course.

Screen Printing

Tuesdays, 9.30am to noon.

Learn the basics in screen printing, including how to make design stencils, and print onto fabric, clothing or paper. \$70 for an 8-week course.

Creative Open Studio

Tuesdays, 12.30pm to 3.30pm or Fridays, 9am to 3pm.

Looking for more space and time to work on your art practice? Artists across all mediums are welcome to join these self-directed sessions. \$5 for half-day, \$10 for full-day.

Making Mosaics

Wednesdays, 9.30am to 12.30pm.

Make magic from your broken crockery. Learn the art of recycling and re-using your broken crockery by turning it into creative stand-out centrepieces. Materials supplied. \$120 for an 8-week course.



Courses at Rosewall in Term 4

Painting and Drawing – Portfolio Development

Thursdays, 9am to noon.

Work closely with our tutor to develop your painting or drawing skills. All abilities welcome. Some materials supplied. \$70 per term.

Crafty Creatures

Mondays, 10am to noon.

BYO craft project or come along to learn new skills like scrapbooking, knitting, crocheting and more. Scrapbooking materials provided. BYO other materials. \$5 per session.

All about Yarn – FREE

Tuesdays, 10am to 11.30am.

A weekly knitting and crochet group perfect for beginners. Come along to learn basic crochet and knitting stitches from friendly volunteers or bring along your unfinished masterpieces. Some materials supplied.

SOCIAL AND WELLBEING

Mind Body Health

Mondays, 6pm to 8pm.

A short introductory course to explore different mind-body modalities for better balance and wellbeing. You will explore areas such as meditation, journalling, grounding, chakras, setting boundaries, mindfulness and presence. \$50 for a 5-week course.

Garden Group – FREE

Tuesdays, 10am to noon.

Get your hands dirty as you plant and pick your own fresh vegetables and herbs and learn new skills in this supportive group.



Youth Group – FREE

Wednesdays, 4pm to 6pm.

A youth-led group with crafting, cooking, games and more. 12–18-year-olds welcome. Snacks supplied.

Over 50s Social Group

Fridays, Noon to 3pm.

A chat, cuppa, and new friends – what more could you want on a Friday afternoon. Tea and coffee provided. For more information call Sue on 0410-008-013 or Ronnie on 0418-653-309. \$3 per session.

Healthy Cooking on a Budget – FREE

Wednesdays, 10am to noon.

Keep the supermarket meals down by learning how to cook healthy, low-cost, and in-season meals. In this free, 5-week course we'll show you how to make the food budget stretch further while keeping even the fussiest family members happy. This is a hands-on course and you will get to take home your ready-made meal.

NOTE: THESE CLASSES WILL RUN AT GEE LONG FOOD RELIEF CENTRE, 37-41 Morgan St, North Geelong.

WORK SKILLS

Café Skills

Mondays and Tuesdays, 9.30am to 2.30pm.

Learn to work in a real-life café environment. Skills gained include coffee making, food preparation, customer service and cash handling. The course includes an accredited safe food handling qualification. \$185 per term or \$70 without safe food handling qualification. FREE for youth aged 17 – 21 years.

Hair and Beauty

Thursdays, 9.30am to 2.30pm.

Learn how to present yourself and others for work, social and special occasions by discovering the current trends in make-up, hair styles, nails, skin care and basic treatments. \$60 for an 8-week course

Barista Coffee Making

Tuesdays, 4pm to 6pm.

Coffee 101. From Latte's to Chai's, Cappuccino's to Mocha's. You will learn all the basics in making a superb cup of liquid gold. Participate in this course to gain hands-on experience in the hospitality industry or learn the basics to grow your skills for your machine at home. \$50 for a 4-week course

Sewing – FREE

Wednesdays, 9.30am to 11.30am.

Beginner-friendly sewing group. Learn to sew and make items for yourself, family or friends. All equipment and some material supplied.

Safe Food Handling – SITXFSA005 Use hygienic practices for food safety

Tuesday, October 22, 9am to 4pm.

An essential skill for a career in the hospitality industry. Learn about correct storage temperatures, dealing with 'danger' foods, personal hygiene, cleaning, and more. This course is delivered by Laverton Community and Education Centre (RTO 6408) at Rosewall Community Centre. Cost \$120.

LITERACY AND COMPUTERS

Introduction to Computers and Devices

Wednesdays, 1pm to 3pm.

Find out all the basics you need to know in this friendly computer course. Grow your tech skills, from online applications to emails, spread sheets to flyers, and social media to marketing. \$50 for 4-week course.

Tea and Tech – FREE

Thursdays, 9.30am to 11.30am.

Drop-in for one-on-one assistance or come along every week with your basic device and technology questions. Our supportive coaches can help with common questions.



Cloverdale Community Centre

167-169 Purnell Road Corio, VIC 3214. Phone: 03 5275 4415

E-mail: info@cloverdalecommunitycentre.org.au or courses@cloverdalecommunitycentre.org.au

Web: www.cloverdalecommunitycentre.org.au Office Hours: 9am-3:30pm Monday to Friday

Variety of activities and programs



Cloverdale Community Centre's range of general interest and hobby classes are planned for the coming school term, which starts on October 7. We also have a strong focus on wellbeing, for the community and individuals.

You're invited to join activities and be part of our centre. Call in to book or phone 5275-4415. Ask about a free come-and-try voucher for your first class.

We regularly post new and one-off activities on our Facebook page, so follow Cloverdale Community Centre to receive updates. Weekly programs on offer in Term 4 are:

ART AND CREATIVE

Art@Cloverdale: Drop in and explore a range of media and techniques in a fun, relaxed and social environment with a professional artist. Wednesdays from October 9, 10am-noon. \$5 per session.

The Artist's Way: A collection of artists from varied disciplines – writers, painters and musicians – who meet monthly to mentor each other on their artistic journeys.

Their aim is to unblock the artist within as they work their way through Julia Cameron's well-respected book, *The Artist's Way*. The group meets on the second Tuesday of each month from 1.45pm until 2.45pm. To join, you'll need to buy Julia Cameron's book – *The Artist's Way* (any edition) – and pay \$2 monthly when you attend the meetings.

Wednesday Open Studio: Bring your own art project and materials to work on while sharing the space with other artists. Wednesdays from October 9, 1pm-3pm. Cost: Gold coin donation.

Cloverdale Singers: Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from October 8, 10.30am-noon. \$3 per session.

Ukulele Players: A great musical gathering for those who have a grasp of the basics and want to refine their skills including performing, strumming and chord progressions. Thursdays from October 10, 10am-noon. \$3 per session. Beginner classes are also available (bookings essential). \$3 per class.

Cloverdale Craft and Knitting Group: Bring your craft or knitting project for a relaxed craft or knitting session. Fridays from October 11, 1pm-3pm. \$2 per session.

North Geelong Community Big Band: Join in with musicians of varying abilities in a dynamic band experience under band-master Ian Burrowes; from brass to strings, vocals and more. Rehearsal is Thursdays from October 10, 6.30pm-9pm. Gold coin donation.

COOKING

Cooking for Blokes: Facilitated by Support Pathways, this is a socially inclusive space for men to meet, cook and socialise. Mondays at 11am. \$5 per session.



Women's Cooking Group: Facilitated by Support Pathways, this is a socially inclusive space for women to meet, cook and socialise. Tuesdays at 3.30pm. \$5 per session.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays during school term from October 7, 9.30-10.30am. \$5 per session.

Yoga: Invigorate your body and soul in our multi-level class and discover the benefits of yoga. Improve your strength, flexibility and health. Bring your own mat. Tuesdays, 5-6pm. \$5 per session.

Fit and Balanced with Dee Martin: A gentle introduction to exercise to improve muscle strength, balance and increased mobility. Tuesdays from October 8, 9.30am-10.30am. \$5 per session. Bookings essential.

Cloverdale Walking Group: Join with a motivated group of community members for a walk and a chat every Wednesday, 10am. FREE. A second group offering a gentle walking experience on the paths at Cloverdale, is also facilitated.

Gardening: Community gardening at Cloverdale facilitated by Wyld Works Projects. Wednesdays from 10am until noon. FREE.

T.O.W.N Club (Take Off Weight Naturally): TOWN Club meets at Cloverdale Community Centre every Thursday from 9am-11am. For more information, contact 0438-517-215.

Hands-on learning

Cloverdale Community Centre's trade site in North Geelong is the place to build your skills or try woodworking, metalwork, horticulture and small motors. The site also has a retail space selling goods made by Cloverdale participants.

In Term 4 the centre will offer Introduction to General Maintenance and Construction, with plenty of hands-on experience.

Classes will be held weekly and help build new skills in participants that might lead to future work, study or hobbies. Importantly, participants will be involved in a project to construct a prototype for a tiny home.

The cost of the course is \$90 full fee or \$50 concession. Bookings are essential, so if you're interested call the centre on 5275-4415 or call in to our Purnell Road site to add your name to our list.



Enrol for Term 4 courses at Cloverdale:

Cloverdale Community Centre courses have been carefully planned to help you learn new or update existing skills for study, work and life. Some are specifically designed to help you move into further study or help you get a job.

Cloverdale provides pre-accredited training and programs under the Learn Local banner. Learn Local programs require a commitment to attend classes over 8-10 weeks. Some courses are free, others are \$50 to \$115 for the term (depending on eligibility).

Classes don't start until we have a minimum of eight participants, so it's important to let our program staff know if you're interested in any course. Staff can also help design a learning schedule across one or more terms.

Courses will start in the week beginning October 7 – subject to numbers – so bookings are essential. To let us know you're interested, phone 5275-4415 or email courses@cloverdalecommunitycentre.org.au.

Digital Essentials 1: This is the place to start your computer education. A gentle introduction that includes email, Microsoft Word and phone apps.

Digital Essentials 2: Follows our introductory course with some more challenging digital tasks and apps.

Buying and Selling Online: Learn the art of buying and selling online, as a hobby or future business opportunity.

Introduction to Creative Industries (Music Production): A taster course for learners wanting to explore work within music industry.

Introduction to Creative Industries (Visual Arts): An introduction course providing hands on experience in creative arts.

Preparing for Forklift Licence: For anyone preparing for training and testing for a Victorian High Risk Work (Forklift) Licence.

Living and Working in Australia: Improve knowledge of life and culture in Australia, including preparation for the citizenship test.

Tell My Story: Be guided through the process of writing the story of your life.

Introduction to Barista: Hands-on learning about coffee-making and hospitality.

Introduction to Horticulture: A hands-on introduction to horticulture using theory and practical projects.

Introduction to Nursery Operations: Hands-on learning and experience to prepare you for further study or work in the horticulture industry.

Introduction to General Maintenance and Construction: Build new skills that might lead to future work, study or hobbies while working on a project to construct a prototype for a tiny home.

Introduction to Small Motors: Hands-on experience with small motors and outdoor equipment, including work safety and tools.

Introduction to Woodwork: Learn the basics of woodworking, including work safety and tools.

Introduction to Metalwork: Learn the basics of metalwork and welding, including work safety and tools.

Preparing for Work: Learn about preparing for a job interview and being in the workforce. Activities for personal development, language and creativity.

Introduction to Kitchen Operations: Hands-on learning in the Cloverdale kitchen – food preparation, food storage and safety, equipment, hygiene and customer service.

Getting Ahead: Skills for work and life that help you understand the hidden rules of education, work and community; language that helps you navigate life; skills to help you find a job.

All courses are subject to sufficient numbers – call the centre on 5275-4415 or email courses@cloverdalecommunitycentre.org.au



www.cloverdalecommunitycentre.org.au



Getting ready for another busy term

We can't believe it is already time for Term 4.

Our Winter Solstice event was a massive success, seeing around 400 people attend the Centre and enjoy free food and entertainment. The waffle van and fire twirlers seemed to be the hits of the night.

Our Anti-Fragile group is holding an exhibition during Mental Health Week. Come along to the opening night on Saturday, October 5 at 7pm, or pop in between 10m

and 4pm on Sunday, October 6 and take a look at the artworks the participants have been working hard on.

Make sure to save the date for our always popular Halloween event on October 31. More details will be coming soon about the tricks and treats we will have for you all.

Stay tuned to our Facebook page for more frequent updates and information.



Term 4 activities and programs at Norlane

CREATIVE

Art with Isabel

Learn the basics of how to draw and paint. Mondays, 10am-noon. Cost is \$2.

Mosaics

All are welcome and no experience is necessary. Basic materials are included. Mondays, 1pm-3pm. Cost is \$10 and bookings are essential.



Art group

Would you like to paint in a friendly and comfortable self-help group? Come and join us; all art mediums are invited. Bring your own materials. Tuesdays, 9am- 1pm. Cost is \$4.

Craft group

Come and enjoy afternoon tea and a laugh with a group of talented people of all ages. This group is an opportunity to share your craft ideas or learn something new. Bring your own materials and projects. Fridays, 1pm-3pm. Cost is \$1.

Antifragile

A creative space for anyone living with mental health challenges and wanting to express their feelings and symptoms using art. Feel free to join in at any time. Fridays, 1pm-3pm. Free.

Sewing Group

Learn the basics of sewing in a relaxed environment. If you like sewing or want to learn and have some spare time, come along and join in. Fridays, 10am-3pm. Free.

FITNESS

Tai Chi for all Abilities

Learn the art of tai chi. All ability levels are welcome, whether you are a beginner or have had some previous experience. Wear comfortable clothing and flat shoes. Tuesdays, 10am-11.30am. Cost is \$ 2.50.

SOCIAL

Gardening group

Have you got any gardening questions or ideas? Would you like to start a home garden but don't know where to begin? Join our resident volunteer gardener at Norlane to ask questions or just share knowledge. Tuesdays, 10am-noon. Free.

Community Meal

For people living vulnerably or struggling to access a hot meal. All food prepared, cooked and served by our friendly volunteers. Tuesdays, 1pm. Free.

DIGITAL

Virtual Village

Our Virtual Village is a space where you can learn about computers in a safe and supported environment. Our volunteers have a wide range of knowledge about various devices, programs and technological questions. Fridays, 10am-noon, \$5. Bookings are required.

OTHER

Tool pool

Need to mow the lawn but can't afford a mower or to hire someone to do it? Join our tool pool and you can hire a lawn mower or other manual gardening tools. Fuel is even included. Tool pool membership is \$5 for the year, and mowers are \$5 per hire.

Food share table

Our food share table is refreshed every Thursday at 1pm by donations from Geelong Food Relief Centre. The fruit, vegetables, bread and pantry items are available to anyone who needs them.



We also provide photocopying and laminating services, access to computers, a book and clothing swap, as well as tea and coffee. And of course, our friendly staff and volunteers are always available to answer any questions you might have or give you a tour of our lovely centre. We look forward to seeing you soon.

EXPRESSIONS OF INTEREST

We are still taking expressions of interest for the following groups. Please contact the Centre to register your interest.

- LGBTIQ+ Hangout.
- Walking group.
- Financial Wellbeing for Women.
- Beginner's computers.
- Staying safe on the internet.
- Supercharge your digital job skills.
- How to buy and sell on the internet.
- Tell My Story.
- Norlane Tin Can Orchestra.
- Parents group.
- Games group.
- Ballroom Dancing.
- Community Kitchen.
- Conversational English.

New centre is proving popular



The following was provided by the City of Greater Geelong CEO Ali Wastie ...

Since the Norlane Aquatic Recreation Centre (ARC) opened its doors in February, we've seen amazing community use of the facility. In six short months, there have been more than two million centre visitations, along with 2129 group exercise classes and 1975 Webstar's Swim School Lessons.

And it's little surprise locals are taking full advantage of the centre, with its 25-metre and learn-to-swim pools, waterslides, spa, sauna and more.

Located upstairs is the mezzanine-level gym and a variety of group exercise rooms

including a cycle studio and reformer pilates studio. The centre also has a creche and a large multi-purpose community performance hall.

The performance hall offers the community a place for events and has already held 41 functions including a wedding, cultural celebrations and the Wathaurong Youth NAIDOC Ball.

But while the centre has been well-used, the City of Greater Geelong is committed to further reducing barriers to participation by offering a low-cost concession off-peak membership and great programs. It is also important to promote water safety and survival skills, and Webstar's Swim School

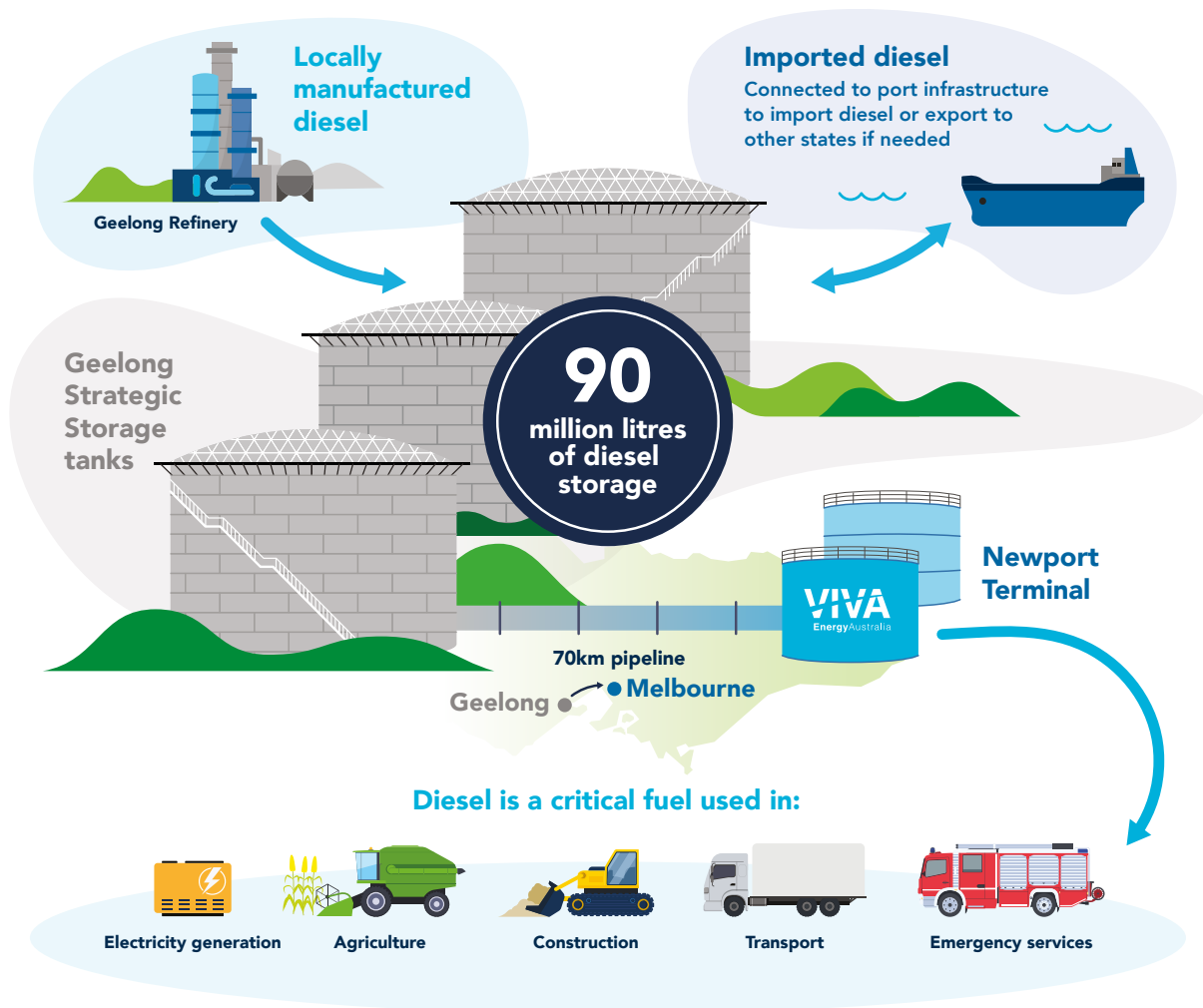
runs not only children's swimming lessons, but also classes for adults.

Almost 400 older adults are staying active and social with LiveWell Gym and group exercise programs. We also have an upcoming women's only program that provides times for women to be active in a safe space. During these sessions, the aquatic and gym facilities will be women-only access, and the staff will be all female.

For almost 60 years, Waterworld served the local community, providing a place for swimming, exercise and fond memories. Now, the modern and accessible Norlane ARC offers even more facilities to be enjoyed by the community for many years to come.



Boosting Australia's fuel security



Our new strategic diesel storage at the Viva Energy Hub will improve Australia's fuel supply security.

For more information
energyhub@vivaenergy.com.au
1800 515 093
vivaenergy.com.au/energy-hub

The development of the strategic storage tanks was part-funded by the Federal Government through the Boosting Australia's Diesel Storage Program.



New General Manager at Geelong Refinery

In July, Viva Energy announced the appointment of Bill Patterson as General Manager of its Geelong Refinery, in Corio.

Bill (pictured) is a chemical engineer with more than 20 years' experience in the energy industry, including a number of roles at the Geelong Refinery where he started his career. He worked for Shell and later Viva Energy in roles that have taken him from Australia to Oman and Singapore.

"I'm excited to be back at the refinery where I began my career back in 2001," Bill said. "Like so many others, I found it was a great place to work while I learnt new skills, and I hope that it will continue to provide opportunities to other generations for years to come."

Bill said he is proud of what the work the refinery does in Geelong, producing fuels and other vital products which are supplied to every state in the country.

"We play a big role in Australia's energy security – our ability to turn raw materials into high-quality products means we are providing resilience to the nation's fuel supply chains while keeping value-add and skilled jobs onshore," he said.

Viva Energy and the Australian Government are investing in significant development projects at the refinery over the next 18 months, representing a significant investment in the refinery's future, allowing it to produce cleaner fuels and contribute to Australia's energy security

Bill has family roots in the Geelong region, where he lives with his wife and three children. He recognises the importance of the refinery's role in the Geelong community, especially its northern suburb neighbours.

"We are committed to running the refinery safely and want to be a good neighbour to the people and businesses in the north of Geelong" he said.

"We are keen to have a positive impact on the community and will continue to actively work with local community organisations at a grass roots level."

