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northerlyaspects

CELEBRATING GEELONG'S NORTHERN SUBURBS

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OUR COVER: Northern Bay College captains Jevic Mwenza and Ali Sinawalizada credit participation in the school's SEED program with helping them establish clear goals for their future. SEE Page 5 for the full story.

Editor's note



As we begin Term 3 and realise that the year is almost half over, some of us will be looking back at what we've achieved so far in 2023. Alternatively, we might prefer to look ahead and think about possibilities for the rest of the year.

This edition contains information about people, services and organisations in the northern suburbs who are providing opportunities for the community to participate. Whether it's work, learning, volunteering, access to support or community participation, there are plenty of possibilities.

On Page 3, Northern Futures' new CEO Andrew Palmer reflects on his role and the importance of education and training. On Page 5, the SEED program at Northern Bay College celebrates many levels of success.

There are opportunities for you to volunteer, outlined on Page 13, while our Ambulance service has some good advice for us all on Page 12. Member for Lara Ella George outlines budget spending in the northern suburbs on Page 14.

As always, the Neighbourhood Houses in the north are the greatest supporters of Northerly Aspects and are featured too. Check out their content on Pages 24-29.

The weather might be cold and the days short, but winter will soon be behind us. I hope you find some inspiration and ideas to get you out of the house and being part of your community.

Jeanette Anderson
Editor, on behalf of the 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



New CEO has community focus

Norlane-based not-for-profit organisation Northern Futures has a new CEO, with Andrew Palmer recently replacing Lyn Morgan.

Northern Futures uses partnerships, education and employment to connect, support and advocate for people in the northern suburbs. It aims to help people find long-term sustainable employment, and support them to keep it.

Andrew's background is in adult education, including teaching English to international students and managing language schools. He also worked at The Gordon, Box Hill and Holmesglen TAFEs.

While working at The Gordon for 13 years, Andrew managed the Foundation Skills program and also created the Getting Ahead program for Northern Futures. He also used the time to develop valued community connections.

Andrew said: "I knew about the work of Northern Futures and how it significantly changes people's lives. It means a lot to be able to support people into something better."

"The (CEO) job came at the right time for me; I want to be in my community, making a difference. As the first leader of Northern Futures with an education and training background, I understand the pathways to work and the need for supporting and mentoring participants."

Andrew said his first priority in the job was establishing stronger grassroots partnerships in the community. As a result, a Memorandum of Understanding with Cultura Training means that Northern Futures will deliver Certificate III in Early Childhood and Care, starting in July, at the Northern Futures site in Station Street, Norlane.

Andrew said the Northern Futures approach is to 'reverse plan' by talking to employers about their particular needs and creating



courses that are current, relevant and provide every opportunity to help people into work at the end.

Current courses Introduction to Civil Construction and Certificate III Individual Support are examples of the model. "We have employers in those fields waiting for our graduates," Andrew said.

"Our track record is that of the people who do a course with us and complete it, about 80 per cent will get a job. We walk with people from the day they come in our door,

through showing them options, seeing their potential, through training, introductions to employers and support to make sure they have resources to be an independent worker."

"Northern Futures' mission to address disadvantage in the northern suburbs of Geelong. That can mean a lot of different things. We know we can improve employment outcomes with resilience, resources, confidence and employability." For more information about Northern Futures programs, phone 5277-3519.

Help with building computer skills

Do you want to build your online skills? Learning new digital skills is more important than ever and to help, Geelong Regional Library is providing free digital skills workshops for over 50s.

New computer skills will help participants discover a world of entertainment online, video call friends and family, set up a MyGov account or order groceries online—even if they've never used a computer before.

The Building Digital Skills workshops are suitable for beginners and intermediates. They will begin at Corio Library in June when participants can enjoy a cuppa, take the digital skills checker and get started.

The program begins with an enrolment session, then participants learn at their own pace using the resources provided. They are also supported by a Digital Mentor.

A graduation ceremony, six weeks after enrolment, includes prizes, afternoon tea and the opportunity to share stories of new skills with other participants.

The sessions are free and designed to help participants confidently use their smartphone, computer or device. Enrolment dates at Corio Library are from 3pm to 4pm on June 19, July 17, August 14, September 11, October 9 and November 6.

Visit Corio Library or call 4201-0658 to book in or for more information.

Time to enrol in kindergarten for 2024

Kindergarten enrolments are now open for 2024 and young families are encouraged to enrol their children and give them the best start in life.

In Victoria, free kinder is available for three and four-year-olds at participating services, including sessional kindergartens and long day-care centres. Children are eligible to attend kindergarten if they turn four years of age on or before April 30 in the year of attendance.

Enrolment at a kindergarten can be arranged directly through local kindergartens or alternatively contact the relevant kindergarten to find out how to register. There is generally high demand for available kindergarten places, which are limited for each kindergarten by operating regulations.

Parents can find kindergarten services near them by visiting vic.gov.au/kinder or contacting their local council.



MEET AT YOUR LIBRARY

Affordable meeting rooms available for hire at Corio Library. Featuring free Wi-Fi, access to photocopiers, PCs and printers & AV facilities. Perfect for local businesses, freelancers, book clubs, off-site meetings or community groups.

INFO & BOOKINGS

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grlc.vic.gov.au



Changing young lives through sport

Northern Bay College captains Jevic Mwenza and Ali Sinawalizada have clear goals for life, thanks largely to their involvement in their school's SEED program.

SEED stands for Sport, Empowerment, Education and Development. It uses sport as a foundation for creating young people with leadership and life skills, as well as pathways to future study and work.

Jevic is striving to secure a scholarship with a USA college that will see him playing soccer and studying. Ari is aiming to complete a Business Degree and keep playing soccer. Both have been in the SEED program throughout their secondary schooling, and both credit it with helping guide their future pathways.

"SEED is a guide for sport and life," Jevic said. "It's a structure to be a better person. My family sees it as professional, like an academy school. It makes me want to be better."

Ari said the program is "all about opportunity and building character and giving back to the school. Being role models is important to us; we want to leave a legacy."

SEED, in its sixth year, is overseen by Director of Sport Steven 'Stoofa' Lewry and Sports Co-ordinator Ben Lowry. They co-ordinate sports including cricket, basketball, volleyball, badminton, AFL, soccer and athletics both onsite at the Goldsworthy Campus, and other sporting venues. Specialist coaches are brought in for each sport.

The students have access to a gym for strength and conditioning, while a Track Club running every day from 7.30 until 8.15am has up to 60 participants. Coach and trainer Mark McDowell went the former Corio Technical School on the same site and is amazed at the transformation of the school and the opportunities it has created. "I also enjoy the diversity and how they all get on," he said.



SEED participant Lauren Kelly and Director of Sport Steven 'Stoofa' Lewry.

Senior students have the option to study Sport and Recreation as a VET course, which gives them a qualification and keeps them involved in their sport. For some it results in a job at the school, with nine graduates employed in traineeships this year, on their pathway to teaching.

Campus principal Erin Prendergast said the success of SEED lies in its ability to engage students and give them purpose. "For some, it gets them here for the day."

Ms Prendergast said about 70 per cent of students on the Goldsworthy campus are SEED participants. SEED Links programs have also been established on the college's four other campuses and play a role in helping Grade 5 and 6 students transition to the senior campus.

Lauren Kelly is another participant who is setting big goals – she wants to play cricket for Australia and become a primary school PE teacher. She's confidently on track to meet both goals.

Lauren is receiving additional training as a Barwon Sports Academy athlete and last cricket season with North Geelong won a premiership, the batting award for Geelong Cricket Association's Under 19 competition, was second in the bowling award and was named best junior.

Basketballer James Finnie was considering a change of school before he entered the SEED program. He is now thinking about his future study, which might be sports science or nursing.

"SEED made the difference," he said. "It gives me something I'm passionate about. I'm genuinely grateful."

Steven Lewry remains committed to the program and delights in every success. "I'm proud of the students and their growth," he said. "They have stature in the community and a plan for their future."



NORTHERN AQUATIC AND COMMUNITY HUB

With construction now over 50 per cent complete, we look forward to welcoming you to the brand new Northern Aquatic and Community Hub on the corner of Cox Road and the Princes Highway in Norlane.

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2024

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Protect yourself this winter

Now is the time to protect yourself against COVID-19 and influenza. All adults can get a booster if it's been six months or more since their last COVID-19 vaccine or confirmed COVID-19 infection – whichever was most recent.

A booster is especially recommended for people at higher risk of severe illness, including people 65 years or older; 18 years or older with medical conditions, disability or complex health needs.

The new COVID-19 bivalent vaccines

help protect against the original strain of COVID-19 and the Omicron variants. A booster provides strong protection against serious illness from COVID-19. For more information visit: <https://www.health.gov.au/top-up-covid-19-protection>

The influenza vaccine is also recommended for everyone aged six months and over. It not only protects you, but also helps protect those around you. It is available free under the National Immunisation Program for people most at risk.



Keeping young out of criminal justice system

Victoria will be the first state to raise the minimum age of criminal responsibility from 10 years old to 12, and to 14 years old by 2027 – bolstering the Victorian Government's work to avoid young people entering the criminal justice system early and keeping the community safe.

Medical evidence indicates very young children are at a critical stage of cognitive development and may be incapable of understanding their behaviour is seriously wrong. Therefore, they are unable to form

criminal intent as defined by law.

Experience also shows that the younger a child is when they're first sentenced, the more likely they are to re-offend more frequently and violently as adults.

Helping young people, who show harmful behaviours, turn their lives around with rehabilitative support services that stop further offending while holding them to account is not only good for them, it makes the community safer in the long term.

These reforms are part of broader work by the Government to improve Victoria's youth justice system, including the development of a new legislative framework for Youth Justice that helps reduce re-offending and improves community safety.

For more information visit: <https://www.premier.vic.gov.au/keeping-young-people-out-criminal-justice-system>

CALD Kinder outreach

The City of Greater Geelong has a CALD Outreach program that aims to increase kindergarten participation for children from culturally and linguistically diverse (CALD) backgrounds. Its aim is to link families to kindergartens and other early childhood programs in the Barwon region.

The program provides support for families by increasing awareness and understanding

of three and four-year-old kindergarten; linking families to kindergartens and other early childhood services in their local area; identifying barriers for kindergarten participation and helping to maximise attendance and participation.

For more information call Catherine, phone 0466-479-717 or Louise, phone 0456-363-840 or email caldearlyyears@geelongcity.vic.gov.au

Free inclusive soccer

Free weekly soccer sessions are held in Geelong, where players take part in training and a friendly match in an inclusive and supported environment.

Games are played on Thursdays from 4pm to 6pm in the Kardinia Park Activation Space, enter via La Trobe Terrace. While this is an initiative of The Big Issue, it is open to all.



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Corio Foodshare program

St Andrew's Church in Corio provides important support for the community with its Foodshare program. Spokesperson Anne Asciak said the program has been running for more than 20 years.

The community Foodshare program is open Tuesday to Friday from 10am until 3pm. It takes place at the rear of the Op Shop (next to the church) in Bacchus Marsh Road.

The program is for Centrelink Card Holders who live in the church's service range - Corio, North Shore, Bell Post Hill, Lovely Banks and some parts of North Geelong.

Anne said the program is run by volunteers who enjoy helping others and "doing something for the community."

Eligible community members can receive a food parcel once a month. Each parcel contains pantry staples such as long-life milk, cereal, bread, pasta, pasta sauce and tinned goods. Additional items are sometimes available.

Anne said food for the service is received from Food Bank and Geelong Food Relief, as well as donations from the community. A recent appeal through Bay FM resulted in a restock of the shelves that had been "almost empty".

The service welcomes donations of non-perishable food items as well as excess fruit and vegetables from people who grow their own produce. They can be delivered during the program's opening hours.



Anne Asciak volunteers at the Corio Foodshare Program at St Andrew's Church.

For more information, phone 0451-095-881.

Help with grieving

A workshop designed to help people grieve healthily will be held at Cloverdale Community Centre in July.

Robyn Cameron, a trauma practitioner from Golden Keys Healing, will run the one-hour session to help people whether they are grieving a loved one, a relationship, job or other loss.

"By attending the session, people will learn some unique insights into the grieving process and a simple but effective way to move through their grief and find the right balance in their life again," Robyn said.

"Many people have heard of the five stages of grief, but that might not be the right fit for everyone. I want to give them the tools to grieve healthily."

The session will be held at Cloverdale Community Centre, 167-169 Purnell Road, Corio on Sunday, July 2 from 11am until noon. The cost is a gold coin donation.

To book, phone Robyn, 0427-123-292.

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Trust, expertise and understanding

Canny Plan Management likes to stick to the facts in everything we do, it's as simple as that.

NDIS Participants often come to us with a list of questions that they are seeking answers to. This is where Canny Plan Management takes the time to understand the question that is being asked and ensures that the information we are providing to the NDIS Participant is going enable them to make an informed decision.

Not unlike the NDIS itself, not all questions and answers are straight forward.

Some questions that we hear more often than not include What actually is reasonable and necessary? How can I make the most of my support funding? What's the difference between registered and unregistered

providers? What happens if I run out of NDIS funding and the one that we never get tired of is What about GST?!

Like a lot of areas of the NDIS, the answer to these questions is commonly "it depends". It depends on what is included in your personal NDIS Plan and what supports are included, if there I a signed service agreement, if the NDIS rules allow it, and the list goes on.

We take the time to get to know our NDIS participant clients and understand their plan, their goals and what they are wanting to try to achieve. Once we have this information, we are able to provide relevant information to assist our clients to make an informed decision within the context of their plan and the NDIS.



Our aim is to help anyone on the National Disability Insurance Scheme to be empowered to make the most of the supports that best suit their needs. Trust, expertise, and understanding are what you want to be looking for when it comes to working with a registered NDIS Plan Management Team.

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Wilderness camp fun for kids

Children from Geelong's northern suburbs were among a group of 80 who experienced the Lions Village Licola children's wilderness camp, thanks to the Lions Club of Geelong Corio Bay.

Licola is a former timber town located 54 kilometres north of Heyfield and at the gateway to the Alpine National Park. The children's village was purchased by Lions clubs of southern New South Wales and Victoria in the late 1960s.

Camp organiser Brian Edward, who is a retired police officer, said: "The purpose of these adventure camps is to provide children aged 8 to 11 an opportunity to live in a community setting and to participate in challenging outdoor activities designed to promote self-worth and to allow them to rise to their full potential."

"This is a big ask of some children who are

away from home and challenged to make decisions about first-time participating in a variety of outdoor activities," he said.

"The children are always in the care of child-safe volunteers, and they take advice from outdoor activity specialists. They are encouraged to listen to instructions and to make decisions about, for example, being fitted into a harness and taking that first step off a platform that sends them flying down the flying fox zip line. Their after-activity smiles and reactions are unforgettable."

Brian said the children participated in activities from arts and crafts and indoor games, to being harnessed and lifted to great heights and then pulling a pin on a giant swing.

"Many children overcame their fear of heights. Mini golf, disc golf, the trampolines



Camp organiser Brian Edward with some of the children on camp.

were popular and they all participated in a last night camp concert. They talked to one another, encouraged one another and made new friends".

The 80 children who attended the camp were jointly sponsored at \$400 per child by the Dawn Wade Foundation, The Howard Glover Trust, West Carr and Harvey (Accountants) and Geelong Community Foundation.

The next Lions Village Licola camp is programmed to take place in January 2024.

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Call us on (03) 5221 8777 to arrange an appointment with our Family Law Team. Appointments are available at our Geelong, Corio and Ocean Grove offices, as well as by telephone and online.

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Free Virtual Health Care Service

Intensive Care Paramedic Sasha (pictured) is playing an important role helping paramedics and the community access and use the Victorian Virtual Emergency Department (VVED) health service.

Sasha has been a Paramedic for almost 20 years, initially working in Mildura before moving to Geelong 15 years ago. Her current role is as a Regional Improvement Lead.

"VVED is a free public health service for non-life-threatening medical conditions that can be accessed by anyone from anywhere in Victoria, 24 hours a day, seven days a week for all age groups including children," Sasha said. "An interpreter service can be provided for anyone who wishes to speak in another language.

"There is no referral required, and all you need to have is a personal device such as

a smartphone, tablet, or computer with a camera as your consultation will be via video. Eligible patients will then be connected to a registered nurse, emergency doctor or nurse practitioner, who is trained to assess and provide medical advice and assistance."

Ambulance Victoria Paramedics can refer patients to the VVED service when they feel that a trip to the Emergency Department can be avoided. In some cases, a patient still may need to go to the Emergency Department so the Paramedics will stay and wait with them on scene during a consultation in case transport in the ambulance is required.

In circumstances where patients need prescription medications, a member of the VVED team can send them an electronic prescription, known as an E-script, that they can then take to any pharmacy.



To access VVED head to the website at vved.org.au.

Sasha said: "Remember to always call Triple Zero (000) for an ambulance for all life-threatening conditions such as shortness of breath, severe chest pain, and weakness down one side of the body."

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Join the team supporting GenU

GenU is looking for volunteers to support others to help them live the life they want. Volunteering opportunities include assisting childcare, education and training, allied health, leisure and lifestyle, pet therapy, art and music therapy, animal care, retail nurseries, business enterprises, community access as well as providing social respite and companionship.

GenU resulted from the merger of Karingal and St Laurence. It supports people of all ages living with a disability, mental illness, isolation and increasing age-related frailty to make the most of every opportunity that comes their way.

Volunteer Programs Co-ordinator Georgia Carmichael said: "Our volunteers are an extremely important part of our team and help to build inclusive communities by being compassionate, patient and empathetic.

"All our volunteers have ongoing support and training throughout their journey with us. We match their interests, skills and experience to an activity that they will enjoy but will also help to connect them with the community."

For more information contact the volunteer program team, phone 5282-0038 or email volunteers@genu.org.au.

Little athletes need helpers

Anyone looking for a welcoming, fun way to give back to their community is likely to find something to suit them at the Corio Little Athletics Centre.

The centre is recruiting volunteers for its summer season, with roles available in the canteen, coffee-making, first aid, barbecue, coaching, as event officials and helpers, time keeping, race starting, photography, announcing, setting up equipment and administration roles.

The Little Athletics Centre, based at Goldsworthy Reserve, relies on a team of volunteers who are current parents, community members, and parents or grandparents of past athletes who have stayed because they enjoy the atmosphere so much.

There is much to be gained by volunteering - meeting new friends, becoming part of a team and making a difference. Volunteers are valued for bringing their existing skills and being supported to learn new ones. Several volunteers have been with the Centre for many years and love being able to

provide the Little Aths experience to today's athletes.

Meridith and her son joined the Centre four years ago and soon realised what a great family activity Little Aths is. When the canteen manager retired, she saw an opportunity to use her experience and took over the role.

Meridith has also recently become the Centre Secretary and loves volunteering "to give back to the community and for socialisation".

Past athletes are also staying on, building the start of the next generation of volunteers. Jess is a race walk judge and first aider during summer and sets up equipment for schools during winter. Jess volunteers "because I like giving back to the community who supported me".

Some volunteer roles require a Working with Children Check. For information, contact Meridith, phone 0412-166-760 or email corio@lavic.com.au



corio@lavic.com.au
Meridith
0412 166760

CORIO LITTLE ATHLETICS CENTRE

Avalon Airport Athletic Arena, 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.

Run, jump & throw. Have fun, keep fit & make new friends.

Come & Try Day in September. Season starts early October.



Sharing good news for the north

As your new local MP, I have hit the ground running advocating for our community. I am pleased to share good news for Geelong's northern suburbs from this year's State Budget.

The Victorian Government is getting on with delivering on its election promises for our community – investing in what matters for the people of Geelong's northern suburbs.

As part of a more than \$2billion investment in schools across Victoria, this year's Budget includes \$7.55 million to deliver a new gym at Western Heights College in Hamlyn Heights.

Students and teachers at St Francis Xavier Primary School in Corio are also set to benefit from this year's Budget, with the Labor Government delivering \$2million towards an upgrade.

Sport is such a big part of our community, helping families in Geelong to stay active and get engaged. With \$2million to upgrade North Shore Sports Club in Norlane with new women's change rooms, we'll give local women and girls more opportunities to participate in the sports they love.

With huge demand for a skilled workforce, the State Government is making sure Victorians can get the skills they need for the job they want.

We're making Free TAFE more widely available to Victorians – including people returning to study or who want to complete multiple TAFE courses.

People with a disability in Geelong deserve access to the best training possible. A targeted investment of up to \$36million for the Gordon TAFE Disability Services Hub will make sure they get it.

We know many apprentices scrimp and save as they start out in their careers. But when you rely on your vehicle to do your job every day, costs can quickly add up. We'll ease the cost-of-living pressure for our hard-working apprentices, making rego free – saving eligible trade apprentices up to \$865 every year.

Every Victorian should be able to get the healthcare they need, when they need it, close to home. That's why we're ensuring women and their health are given the focus, funding and respect they deserve.

A comprehensive women's health clinic at Barwon Health will change the way women's health issues are treated, providing care and support for conditions like endometriosis, pelvic pain, polycystic ovary syndrome (PCOS), perimenopause and menopause.

This joins other recent investment in health in Geelong – such as the new Women's and Children's Hospital and the Children's Emergency Department at University Hospital.

The You Yangs and Serendip Sanctuary are popular reserves for getting out in nature, education and outdoor recreation, enjoyed by more than 470,000 people every year. This Budget will deliver \$11million in funding to improve access, walking and cycling tracks, picnic areas and shelters.

In this Budget, we'll keep improving V/Line, with 23 new VLocity trains built right here in Victoria – meaning more trains, more often. Geelong commuters deserve a great public transport network that gets them where they need to go – that's why we're delivering 20-minute weekend services for Geelong.



North Shore Sports Club's female players will enjoy new facilities to help them participate in sport.

Every community deserves great spaces to come together to celebrate and share in culture and tradition. We promised to build, upgrade and renovate new community infrastructure for the Sikh community and we're doing just that with the \$500,000 towards a new Sikh community centre in Geelong. We're also supporting our local Islamic community with \$50,000 for the Islamic Society of Geelong.

We know that supporting community events like the Pako Festa allow Victoria's multicultural and multifaith communities to stay connected to their culture, traditions and heritage. We'll provide \$200,000 per year over the next four years to ensure this local institution is bigger and better than ever.

These are the things that matter – and the things we promised to Victorians. And with this Budget, we're getting on with delivering every election commitment we made at the last election.

Don't forget that my office is here to help in any way we can, including by helping you fill out your \$250 Power Saving Bonus, so please pop in and see us, or give us a call.

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 programs for families

Our Place Northern Bay has a range of weekly programs and activities for families to try. The team has provided the following information:

Are you looking for a fun, friendly and supportive playgroup? The Wexford Supported Playgroup runs on Tuesday and Thursday mornings from 9.30am until 11am, during school terms.

Storytime is also a good opportunity to come along and listen to stories, songs and meet others. With a guest reader from local community services and organisations each week, it is a great way to spend time with your child and foster their love of reading.

Remember your baby/child is never too young to be introduced to reading. Storytime runs every Thursday morning during term from 9.10am until 9.30am.

My Time is a free program offered every Wednesday morning from 9am-11am, during term. My Time is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay. It is a space to unwind and share experiences with others who understand.

Our Place Northern Bay also has parenting programs, free support for families through Early Help Families Support, English Conversation group and more.

All programs are free and anyone from the local community is welcome.

For more information and to keep up to date with activities on the site and in the local community, follow us on Facebook facebook.com/ourplacenorthernbay send an email to northernbay@ourplace.org.au or drop by



and say hello to the staff of Our Place - Rebecca, Tanya and Karen. We are situated at Korayn Birralee Family Centre, 146 Purnell Road, Corio.

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



Northern Network

"One network, many opportunities"



Learns

	Cloverdale	Norlane	Rosewall
Barista Skills	●	●	●
Become Job Ready	●	●	●
Beginner Computers	●	●	●
Buying & Selling Online		●	
Café Skills/Kitchen Operations			●
Conversational English	●		●
Creative Arts - visual & performing	●	●	●
Early Childhood			●
Event Planning			●
Financial Wellbeing		●	●
First Aid			●
Intermediate Computers	●	●	
Introduction to Community Services	●		
Introduction to Hair and Beauty			●
Introduction to Mental Health Sector			●
Responsible Service of Alcohol			●
Safe Food Handlers	●		●
Staying Safe on the Internet		●	
Tell My Story	●	●	



Creates

Art	●	●	●
Community Singing			
Craft/knitting/Sewing	●	●	●
Creative Workshops	●	●	●
Instrumental music lessons	●		
Life Drawing		●	
Mosaics		●	●
Community Band/Orchestra	●		
Portfolio Development	●		●
Pottery			●
Screen Printing / Printmaking	●		●
Singing & Songwriting	●	●	
Theatre Group		●	
Ukulele	●		



All programs are subject to COVID-19 protocols



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pg 24-25



pg 26-27

Meets

Cloverdale

Norlane

Rosewall

Chess Club

Coffee & Chat

Community Drop-in

Over 50s / Senior Citizens

T.O.W.N (Take Off Weight Naturally)

Plays

Occasional Care

School Holiday Program

Playgroup

Youth Group 12-18 years

Moves

Dancing (for children & adults)

Line Dancing

Meditation

Pilates

Strength and Training

Tai Chi / Qigong

Walking Group

Yoga

Grows

Community Garden

Food Swap

Eats

Community Kitchen

Learn to Cook

Connects

Public Access Internet / Computers

Tax Help



These Neighbourhood Houses acknowledge the support of the Victorian Government.

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.



Children from the northern suburbs were among 80 who attended the Lions Licola Village wilderness camp, thanks to the Lions Club of Geelong Corio Bay. The children participated in a variety of fun, adventure activities.



VIVA Energy Australia donated cars for students at the Geelong Industry Trade Training Centre to enhance their skills. The budding mechanics enjoy opportunities to work on the cars.



Corio Library, Our Place Northern Bay and Cloverdale Community Centre have joined together to run a series of mini engagement blitzes to share information about what they do in the community. The sessions have alternated over the three sites. At the Cloverdale event were Karen Butterworth (Our Place Northern Bay), Rosie Fawcett (Corio Library) and Jeanette Anderson (Cloverdale Community Centre).



Education Week was celebrated across schools in May and Northern Bay College families were encouraged to come along and learn with their children. A Teddy Bear Picnic was a success with preps and their buddies from Year 5 attending alongside family members.



Interest in cooking has never been higher on our TV screens and streaming services. There has been a flow on at Northern Bay College where Year 9 students were fully immersed in research and creativity to help them decorate cakes they had made. There was some terrific detail and attention given and of course the odd "I tried my best", which is the goal for every student.



The Corio Community Sports Club recently recognised the club's sponsors at a special event. Club president Greg Ince made a presentation to Viva Energy Executive General Manager – Refining, Dale Cooper, with the company signing on as club partner for a further three years.



Governor General David Hurley and his wife Linda recently attended a function at the City of Greater Geelong. Catering for the event was provided by the Lotus Kitchen from Cloverdale Community Centre.



Cloverdale TOWN group celebrated its annual awards day to recognise the weight loss achievements of members. From left, Cathy Field (runner-up), Aileen Meade (Queen), Kathy Drue (Princess) and Christine Dagleish graduated after meeting her weight loss goal. TOWN (Take Off Weight Naturally) meets at Cloverdale every Thursday at 9.30am.

CITYNEWS

Recycle plastic lids and more with us!

You may know that small plastic bottle lids can't go in your recycling bin, as they're too small to be machine-sorted. We have a new option for you – bring them in to our new recycling station at Wurriki Nyal.

Thanks to your feedback you can now bring in plastic lids, old pens, X-Rays, eyeglasses and small e-waste, in addition to the CDs, DVDs and batteries we already collect.

Lids4Kids recycle plastic bottle lids into plastic products including park benches, kitchen splashbacks and cubby house roof tiles. Eyeglasses have their lenses popped out then the Lions

Club donate them overseas.

X-rays containing silver can now be recycled, meaning less silver needs to be mined. Fibres and plastics from pens are recycled into raw formats to make new products, such as watering cans.

Call in to our Wurriki Nyal Civic Precinct foyer at 137-149 Mercer Street, Monday to Friday between 9.00am and 5.00pm to deposit your recyclables.

For more information about recycling and rubbish, scan the QR code or visit geelong.link/recycle



Aye Point with TAC L2P Program volunteer mentor Jude Adams

Calling all volunteers

Are you a fully licensed driver over 21 years old and interested in road safety? We are looking for enthusiastic people who can commit one to two hours a week to help a learner driver to get their licence.

The TAC L2P Program helps young learner drivers who don't have a supervising driver or a vehicle to complete the 120 hours of driving experience they'll need before taking their licence test.

To read more about this program, scan the QR code or visit geelong.link/volunteer



For more information about volunteer mentor requirements contact April Livesley or Jennifer Mundy at l2p@geelongcity.vic.gov.au or call 0466 869 101.



Mayor Trent Sullivan recycles CDs - new expanded recycling station at Wurriki Nyal.

HAVE YOUR SAY

Have your say and help us make decisions that reflect the best interests of our diverse community.

yoursay.geelongaustralia.com.au

2026 COMMONWEALTH GAMES

Supporting local suppliers to maximise 2026 Commonwealth Games opportunities

It's less than three years until the 2026 Commonwealth Games come to town. We want to make sure local suppliers are aware of 2026 Commonwealth Games tender opportunities, are educated about how to participate, and have the capacity to participate. Major procurement opportunities have already been released for big infrastructure projects including the Athletes Village and Major Competition Venues.

With a further four projects

recently released, our Business and Industry Experience team is delivering a local supplier engagement program to make sure local suppliers make the most of the Games opportunities.

For more information about the 2026 Commonwealth Games in Geelong and the supplier engagement program scan the QR code or visit geelong.link/commgames2026



SHOWCASE 3214

Share your favourite photos by tagging #mygeelong

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



Corio Bay by Jason Sommer @darkhorse_images

NEWS

We're a Tree City!

We're proud to have been officially recognised as a Tree City of the World by the United Nations Food and Agriculture Organisation.

As one of nine cities in Australia to be recognised, it solidifies our commitment to making our region a greener place. Being part of a select group of cities from around the world allows us to share ideas and insights, ensuring we continue to see our trees and forests flourish.

An initiative of the United Nations and the Arbor Day Foundation, the program recognising cities committed to ensuring that their urban forests and trees are properly

maintained, sustainably managed and celebrated.

Our tree canopy coverage is approximately 14 per cent with a target of 25 per cent to be in line with the Urban Forest Strategy 2015.

In addition to making an area more appealing, trees are vital to reducing temperatures between 5-20 degrees Celsius, improving wellbeing and providing native wildlife habitat.

Scan the QR code to learn more about locations and species of trees being planted or visit geelong.link/Treecity



This year's cover image: Corio Bay Aerial by Lasith Merinpanayagam.

2024 Geelong Calendar competition now open

Share your photographs from across the region for a chance to be featured in our 2024 Geelong calendar.

We want to see Greater Geelong through your lens, seeking images that represent what makes our region unique and diverse.

To find out more scan the QR code or visit geelong.link/calendarcomp





Winter is still a time for gardening

Many things in your garden may be dormant over winter, but there are still plenty of things to be done.

Bare rooted roses are ready for planting now. They need plenty of sun and soil that drains well. Plant into soil prepared with well-rotted cow manure. Don't plant where roses have grown before – this slows growth.

Older roses are due for pruning now, but don't chop too hard. I prefer a lighter prune with a touch up later in the year if necessary. If you cut too deep, you end up with an ugly plant which can take quite a long time to recover.

Deciduous summer fruit trees such as apples and peaches need pruning, as do nectarines and apricots. Nectarine and peach trees will also need spraying with a copper fungicide product like copper oxychloride to prevent the foliage-deforming disease leaf curl appearing in spring.

Citrus trees need feeding with a specialist fertilizer – just don't add the fertilizer too close to the trunk. Spray with white oil to prevent scale.

An old favourite around the world is lavender. It's an easy to grow plant that needs full sunshine and well-drained soil. It will grow quite well in a raised bed if drainage is a problem. The plants must be pruned at least once a year, but not too hard – you can't cut into the older wood because this can kill the plant. They don't like to be over-fertilised and prefer to be on the dry side.

An alternative flowering plant is the hydrangea. They're easy to grow from a cutting with flowers, and potting up any excess cuttings also provide great gifts during the year.

Home grown vegetables deliver double benefits to the household – not only are they fresh and good for you but they also save you money. Broad beans, cabbage, capsicum, onions, peas, radish, rhubarb and silverbeet are handy additions to the family dinner menu.

There is also the urge to over-care for your garden in winter to ensure it's in top shape come spring so there a few things to take into consideration:

- Don't overfeed – this causes the leaves to soften and become more susceptible to disease.
- Don't overprune – well-pruned plants produce more flowers and fruit, and allow more light through. However, pruning too hard can knock your plant around.
- Don't overwater – low spots in the garden, trenches around trees, badly drained garden beds and uneven turf can potentially drown plants, cause root rot or stunt growth.
- Don't overcrowd – when growing vegies it can be tempting to throw entire packets of seeds in your garden beds, however sowing too close together risks choking your plants and blocking winter light with a resulting lower crop.

Happy gardening,

Betty



On Goldsworthy Road
Family Learning Centre
Northern Bay College

Kindergarten
3 and 4 Year old 2023



Northern Bay College
Early Learning Centre

Child Care - Long Day 5224 9784 Mandy Minhas
7.30am to 5.30pm

0-5 Playgroups
Community Hubs Australia
Family Support



Northern Bay College Family Centre
5224 9791 Helen O'Connor



Free and confidential service

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 brand-new, 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 or scan the QR code for more information about the service. 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.



Community is welcome at Norlane

The first half of the year has been a busy time at Norlane Community and we can't believe it's already Term 3. As always, we have a range of programs and activities on offer and we encourage our community to come and join in.

Feel free to come into the Centre and have a chat with our friendly volunteers and make a cuppa. We can help with your \$250 Power Savings Bonus applications. We also have printing, laminating and photocopying available for a fee.

Term 2 featured a range of events and activities including a Bunnings sausage sizzle fundraiser, Easter hat parade, attending the SKAART Festival and hosting a Biggest Morning Tea event to raise funds for The Cancer Council. Some photos of those events are featured on this page.



Term 3 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.

Boomerang Bags

Boomerang Bags aims to reduce the use of plastic bags by engaging local communities to make bags from recycled materials. The Norlane group meets every 2nd & 4th Friday from 1-3pm. If you like sewing or want to learn and have some spare time, come along and join in.

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.

Ballroom Dancing

Learn the fundamentals of Ballroom Dancing in a relaxed environment. Thursdays, noon-1:30pm. Cost is \$5.

SOCIAL

Community kitchen

*Please note our Community Kitchen is on hold temporarily. We hope to have the group up and running again soon. Norlane Community Kitchen meets at the centre to socialise, cook and share a meal together. They often cook using food grown in the centre's community garden. Fridays, 10am-1pm. Cost is \$5.

Conversational English

Come and learn English skills in a friendly and welcoming environment. Mondays 1pm-2pm. Gold coin donation.

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.

DIGITAL

Digital drop-in

Digital drop-in 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, gold coin donation. Bookings are recommended.

Buying and Selling on the Internet

*Start date in July, to be confirmed. Learn how to safely buy and sell online on various websites, which practical hands-on experiences. Mondays 9.30am-noon for eight weeks. Please contact Centre for information about costs and the register your interest.

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 Geelong Food Relief Centre and is sponsored by atWork Australia. 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.
- Dog obedience.
- Family tree building.
- Walking group.
- Financial Wellbeing for Women.
- Beginner's computers.
- Staying safe on the internet.
- Supercharge your digital job skills.
- Tell My Story.
- Norlane Tin Can Orchestra.



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



Term 3 events

Healthy Cooking on a Budget – FREE

We all notice our supermarket bills rising – learn 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 meals and recipes to share with others.

Starts in July– contact Rosewall on 5275 7409 to secure your spot.

Quilting Bee – FREE

A quilting bee is a get-together for people who sew and quilt to work on their individual or group projects with like-minded individuals. Celebrate the joy of creating with plenty of snacks, good conversation, advice and inspiration. BYO project and materials if you have them or we can help you get started with a new project. Saturday the August 12, 10am-1pm. Contact us on (03) 52757409 to secure a spot

Let's Talk Money– FREE

Join us over two weeks to learn about ways to make money go further, where you can seek support when needed and learn your

consumer rights.

Participants said, "Loved it, so informative." & "Rewards from setting a budget."

Free sessions running on Thursday the 20th & 27th of July -10am till 1pm.

Contact Rosewall on 52757409 to reserve your spot.

Showcase Exhibition: Robert 'Bob' Strachan

Bob Strachan is an icon of Rosewall with more than 40-years' pottery experience. We'll be celebrating his lifetime's work with an exhibition of ceramics, painting, and books. Join us for the launch on Monday 17 July at 1.30pm.

Monday 17 to Friday 31 July 2023 during opening hours.

Rosewall Clothes Swap – FREE

Join us for a night of free shopping with at a Clothes Swap! Refresh your wardrobe and have fun while also giving unwanted clothes a new home.

How does it work?

Bring along up to 10 gently used, clean items of clothing. Each item entitles you to a token which you can use as currency to 'buy' another item from the racks. You can drop off clothes during Centre hours anytime between 26 July and 2 August. Any items leftover from the Swap will be donated to a

worthy cause.

Clothing drop-off and refreshments 5.45pm to 6.15pm

Swapping commences at 6.30pm

Wednesday 2 August, 6.30pm to 8pm

Power Saving Bonus

Have you applied for your Power saving bonus yet? We can help you – Pop into the Centre with your power bill, some ID and your BSB and account number, and we will get your application processed. Be quick before applications close.

Sick Pay Guarantee

Did you know that if you are employed casually or you are self-employed, you are eligible for the sick pay guarantee. If you need help in applying Rosewall can help.

Register your interest

We are taking expressions of interest for the following activities – contact us for more information:

- Hospitality training workshops for 16-to-24-year old's
- Accredited Safe Food Handling training
- Introduction to Event Planning
- Micro business start ups

What's on at Rosewall in Term 3

CREATIVE

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 12pm

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.

Pottery Fundamentals

Mondays, 10am to 12pm for 6 weeks.

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.

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 centre pieces. Materials supplied.

\$100 for an 8 week course.

Pottery Wheel Throwing

Thursdays for 6 weeks, 1pm to 3pm

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.

Painting and Drawing – portfolio development

Thursdays, 9am to 12pm

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 12pm

BYO craft project or come along to learn new skills like scrapbooking, knitting, Crocheting & more. Scrapbooking materials provided.

BYO other materials.

\$5 per session

SOCIAL AND WELLBEING

Garden Group – FREE

Tuesdays, 10am to 12pm

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.

Community Kitchen

Fridays, 10am to 12.30pm

Get together once a week to plan, shop, cook and eat a meal together. All abilities and experience levels welcome.

\$7 per session

Over 50s Social Group

Fridays, 1pm 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

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.

Hair and Beauty

Wednesdays, 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 Training

Tuesdays, 6pm to 8pm

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.

LITERACY AND COMPUTERS

English Conversation

Wednesdays, 12pm to 1.30pm

Practice your English skills in a fun, relaxed environment – all experience levels are welcome in this supportive group.

\$Free

Tea and Tech

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.

\$Free



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

Come and try Cloverdale



Cloverdale Community Centre is a vibrant Neighbourhood House that hosts a range of general interest and hobby classes during each school term. We also have a strong focus on wellbeing, for the community and individuals.

You're invited to come and try a session 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.

Weekly programs on offer in Term 3 are:

Introduction to Art: Our friendly art trainer, Gale Jarmyn, will introduce you to the basics of art, including drawing, painting and colour mixing. Classes are held on Tuesdays from 11am until 1pm over eight weeks, from July 18. The cost is \$5 and materials are supplied.

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 July 12, 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 to work on while sharing the space with other artists. Wednesdays from July 12, 1pm-3pm. Cost: Gold coin donation.

The Art of Kit-bashing: A four-week program exploring Collage in 3D. Participants will deconstruct a range of electronic toys and gadgets, destined for landfill, and repurpose them into small scale 3D collage. Fridays from 10am until noon at our North Geelong site

Cost is \$80 inclusive of all materials. Participants to bring their own snacks. Tea and coffee provided. Taking expressions of interest – call the Centre to register your interest.

Cloverdale Singers: Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from July 11, 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 July 13, 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 July 14, 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 July 13, 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.

HEALTH AND WELLBEING

Tai Chi: Learn Tai Chi to reduce stress and improve your balance, strength, flexibility and confidence. Mondays during school term from July 10, 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 from July 11, 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 July 11, 9.30am-10.30am. \$5 per session.

Cloverdale Walking Group:

Join with a motivated group of community members for a walk and a chat every Wednesday, 10am. FREE.

Brazilian Jiu Jitsu:

Wednesday evening, Juniors 5.45-6.30pm, Open 6.30-8pm. Free. A community where 'anyone and everyone' can feel comfortable, connected, loved and supported while learning the transformational art of Brazilian Jiu Jitsu.

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.



Learn new skills for study, work and life

Cloverdale Community Centre is a Learn Local organisation, which means we offer pre-accredited training and programs across a range of interest areas. They are carefully designed to help you learn new or update existing skills for study, work and life.

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).

Cloverdale's program staff can help design a learning schedule across one or more terms. We encourage you to make an appointment to create a plan for learning.

Courses will start in the week beginning July 18 – subject to numbers – so bookings are essential. Phone 5275-4415 or email courses@cloverdalecommunitycentre.org.au.

Getting Started With Computers

This is the place to start your computer education. Our gentle introduction starts with knowing where to turn the computer on through using Microsoft Word, setting up and using email. Classes run over eight weeks during term, on Mondays, 9.30am-noon.

Developing Computers

The next step (1 and 2) follows our introductory course and covers Excel, PowerPoint, creating charts and tables, the internet and computer maintenance. Classes run over nine weeks, Mondays 12.30pm-3pm.



Introduction to Community Services

This program might be a taster course for Community Services at an RTO or just to give participants an understanding of what community services means in a Neighbourhood House. It is a 40-hour course and runs on Wednesdays, 9.30am-12.30pm, by blended delivery.

Maths for Real Life

Maths for Real Life is a fun class to help you learn or improve your mathematics skills for use in everyday life. Our friendly tutor will guide you through basic maths for budgeting, percentages, fractions, shopping, calculators, interest rates, tables, probability, odds, decimals and more. Classes run over eight weeks, Tuesdays from 9.30am until noon.

PACE (Printing and Community Enterprise): Using art to explore the world of enterprise and business. A gentle but practical approach to learning how to use your artistic interests and creations to earn an income. A course run over two terms, on Wednesday afternoons, 1pm-3pm at our North Geelong site.

Getting Ahead

Getting Ahead is aimed at creating awareness about making changes for a better life. Participants work with a facilitator to look at their own life, why others think and work the way they do, language, motivation and resources for building a better future. Call to discuss your suitability.

Tell My Story

Everyone has a story to tell, whether they've been on this earth for 18 years or 80. Tell My Story is an eight-week program where you will be guided through the process of writing the story of your life so far. The result will be an edited, published version of your life. Classes are held weekly, on Wednesdays 1.30pm-2.30pm, and you'll do the writing in your own time.

Introduction to Barista

A 24-hour course designed to help pathway our learners into hospitality work or further study. Weekly sessions include a range of coffee-making experiences at Cloverdale. An opportunity to expand employability skills and gain a taste of the industry, including pathway options to kitchen operations. Call to register your interest.

Introduction to Horticulture

A hands-on introduction to horticulture for general interest or as a pathway to work and further study. Using theory and practical projects at Cloverdale to learn and develop knowledge and skills. Available at Cloverdale and our North Geelong trade site (subject to numbers). Call to register your interest.

Introduction to Small Motors

Hands-on experience with small motors and outdoor equipment, including onsite work experience at our trade training centre. Pathways include automotive industries. Call to register your interest.

Introduction to Woodwork

Learn the basics of woodwork, including work safety and tools. Hands-on learning at our trade training centre. Pathways include carpentry, cabinet-making and general maintenance. Call to register your interest.

Introduction to Metalwork

Learn the basics of metalwork and welding, including work safety and tools. Hands-on learning at our trade training centre. Pathways include welding, panel beating, fitting and turning, metal fabrication. Call to register your interest.

Introduction to Creative Industries

An exploration of contemporary art modalities. Participants will explore a range of art forms, including screen printing, collage, sculpture and street art, hear from local industry experts, explore pathways to developing an arts practice and create a small portfolio of work. A 10-week program, Mondays from 10am until 2pm at our North Geelong site. Taking expressions of interest.

www.cloverdalecommunitycentre.org.au

Real Deal brings hope for change

The following information has been provided by Cr Anthony Aitken, City of Greater Geelong councillor for the Windermere Ward

... We are big believers that public participation leads to better decision making.

It was fantastic to learn more about the Real Deal for Geelong process, and to get an insight into how community members are working together to deliver a raft of improvements.

The passion and energy in the room at Cloverdale Community Centre for the forum in May fills us with a lot of optimism that this will be an effective vehicle for substantial change.

Lifting the quality of housing stock; increasing the range of social and affordable housing; helping people transition and take advantage of the green economy – these are all things that the Council is working towards, and asking other governments to invest in.

However, we all recognise that the community can be the biggest drivers of change and can make a significant difference to the lives of all residents. This is why we're very interested in the findings of this project and look forward to seeing it progress.

To contact Cr Aitken, email aaitken@geelongcity.vic.gov.au

Governor-General's taste of the north

Governor-General David Hurley was in London to witness the historic coronation of His Majesty The King in early May.

Two weeks later, he and Her Excellency, Linda Hurley were in Geelong, touring Leisurelink and the SES South Barwon unit, before visiting Wurriki Nyal.

As part of their visit, the Council hosted a lunch for about 40 invited guests, including councillors, youth councillors, and advisory committee members.

It was fantastic to have Lotus Kitchen volunteers from the Cloverdale Community Centre program prepare the stand-up luncheon.

Lotus Kitchen provides a great outlet and social connection for many in the Thai community and acts a conduit to link women through to the necessary support services.

It was a real thrill to see an organisation from the northern suburbs take centre stage at a significant event for the city.



Issara Saeyim from Lotus Kitchen at Cloverdale Community Centre, Cr Anthony Aitken and Governor General David Hurley at the lunch.



LIVE INTERACTIVE EVENT

DISCOVERY EVENT

Healthy Grieving 

Location CLOVERDALE COMMUNITY CENTRE 167 - 169 Purnell Road, Corio	Date & Time Date: Sunday July the 2nd Time: 11am - 12pm	TO REGISTER FOR THE EVENT: sms or call Robyn on 0427 123 292
Total Cost: Gold Coin Donation	Length: 1hr Session	or goldenkeyshealing.com.au/contact.htm

Five keys to speaking up on safety



Respectful communication is a key to intervening if you see behaviours that have the potential to increase risk.

By DAMIEN NEAL

It can take a little courage to speak up when you notice that someone is behaving in a manner that is potentially putting that person, or others, in harm's way.

That shouldn't be the case because it is in everyone's interest to avoid an accident but many of us are conditioned to look the other way for fear any words of caution will not be welcomed, no matter how well intended.

For instance, when driving a vehicle a person is 10 times more at risk of crashing if they are using their mobile phone to take a call, text or read their email.

But what do you do when you are a passenger in a car being driven by someone who is distracted by their phone? Do you speak up? If someone else in the car does so, do you offer your support?

At the Geelong Refinery, workers are encouraged to respectfully intervene if they see behaviours or situations that have the potential to increase risk and these interventions are acknowledged as being exemplary behaviour.

Here are five keys to respectfully communicating an intervention at Viva Energy:

1. Create a connection: Open the conversation in a respectful, engaging manner. Be persistent, interventions are best done on the spot, at the time and by you, the observer. Don't yell or be angry.
2. Be attentive: Maintain your level of engagement. Paraphrase to verify understanding.
3. Seek to understand: Focus on the facts and issue at hand. Be specific. Treat

them like the expert. Declare what you observed. Actively listen to the other person's response.

4. Explore options: Agree what needs to change (an individual's behaviour, practice or equipment) and what follow-up is required.
5. Commitment: Be clear on the plan once you leave the conversation. Say 'Thank you!'



Damien Neal (pictured) is the Safety Manager at Viva Energy's Geelong Energy Hub.

Passionate local looks out for the community



In our latest interview with people at Viva Energy's Energy Hub in Corio, we speak to Brendan Robertson about the journey that led to him becoming a polymer operator trainer in the plastics business.

Brendan Robertson's commitment to both safety and community are reflected in his 48 years of service as a volunteer firefighter. The operator trainer at Viva Energy Polymers, Brendan's drive to protect people is inspired in part by a family tragedy.

"I lost a brother in a house fire," Brendan says. "Since then I do a lot of home fire safety talks. I am passionate about home safety, smoke alarms in homes and things like that.

"And I am very passionate about safety in the workplace."

Brendan (pictured) started his career at Geelong Refinery as a firefighter in 1985 before moving into operations 10 years later with the company that subsequently became LyondellBasell, which is co-located on the Refinery site.

Last year Viva Energy acquired LyondellBasell Australia, the country's only manufacturer of polypropylene, now known as Viva Energy Polymers. The Geelong based polymer manufacturing plant provides the base material used to produce diverse plastic products ranging from flexible packaging films and rigid packaging consumer products to polymer bank notes.

Viva Energy is now exploring how the combined capacity of the Geelong Refinery and Viva Energy Polymers may be used to recycle soft plastic waste.

"Bringing the plastic back in, breaking it down and putting it through the system is an excellent idea," Brendan says. "That has to be the future of plastics and it is great Geelong can play such a key role in it."

Brendan says he is very grateful for the opportunities that he has had throughout his career, and for the time that shift work has allowed him to spend with his family.

Brendan and his wife Leanne are well-known for the spectacular Australian-themed Christmas displays at their home in Manifold Heights. But their commitment to the local community doesn't end there – they are planning to have a public defibrillator set up at the house, with the irrepressible Brendan training locals on how to use it.



Brendan Robertson is committed to safety and community.