

EDITION 80, TERM 1 2024

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OUR COVER: Corio and Norlane area Neighbourhood House leaders Jodie Flood, Esther Konings-Oakes and Liz Bonner are planning and preparing for a busy 2024. SEE Page 5.

## Editor's note



Welcome to Term 1 and another edition of Northerly Aspects. Now is a good time to think about what the year ahead might look like.

Is your youngest child heading off to school for the first time and the time is right for you to pick up some new skills for work and life?

Have you recently retired and are looking for new social connections and things to do? Is the time right to pick up an old hobby again? Do you want to help others by volunteering?

All of these are good reasons to visit a Neighbourhood House. You can read more about the three located in the 3214 postcode area in this edition – Cloverdale, Norlane and Rosewall community centres. All are different but have the same commitment to welcoming everyone from the community and providing a range of activities and programs.

Also in the edition, Ambulance Victoria has some advice for managing the warmer weather. Our gardening guru, Batty Betty, has some tips for keeping your garden happy in summer too. We hope you enjoy the information provided by community groups, sponsors and supporters. We wouldn't be here without them.

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](mailto:info@northerlyaspects.org.au). Northerly Aspects also has a website – you'll find us at [www.northerlyaspects.org.au](http://www.northerlyaspects.org.au)



# Trip of a lifetime for students



Northern Bay College student Mikaela Apps recently participated in the Geelong Kokoda Youth Program, which culminated in walking the 96-kilometre Kokoda Trek in Papua New Guinea.

The program selects up to 24 students each year to join the intensive year-long program which includes personal development, fitness, health, diet, access to role models and support.

The Kokoda Trek helps the students learn about the history of Australian soldiers in World War II, motivated by the Kokoda pillars of courage, endurance, mateship and sacrifice.

This is Mikaela's report:

"We travelled to the airport to catch a 6am flight to Brisbane, to then catch a connecting flight to Port Moresby. There was a group of about 24 people - 12 kids from many different schools from around the Geelong and Surf Coast area and 12 mentors from all different areas of the workforce.

"The porters we had were really nice and made the whole experience so much more enjoyable as they helped us every step of the way. We were meant to walk the track in eight days, just like the Australian troops did back in 1942. We stopped in some incredible places on the Isurava Memorial site.

"Isurava was the site of a small battle that occurred from August 26-31 in 1942, when 99 Australian troops were killed here. It was such a chilling place to be at as it was such a sad place to be. We held a minute's silence in honour of those who lost their lives there.

"Half-way through the trek we stopped in Kargi and had a cultural day here. The students participated in daily activities that many of the locals did. We did things like planting banana plants, cutting grass and collecting wood for fires. We also played games of volleyball, tug-of-war and a game of touch footy. We sang songs and bonded with the children.

"We were up the next day to continue walking. When we made it to Owen's

Corner it was such a relief to know that we were done, but we were all so sad that it was done. When we got to the end we celebrated, many of us in tears.

"We visited the Bomana War Cemetery and laid a poppy with a soldier of our choosing. We had a cultural day the day before we flew back, where we went to an AFL workshop, which all the kids were amazing at. We also went to a school. The things these kids had access to was very limited.

"My Kokoda experience was something special. It was such a monumental event that I will never forget. It was an experience full of learning and meeting new people."

# Get involved in community radio

Live community radio made its way to the northern suburbs in late 2023, when broadcaster and podcaster Loretta Hart brought her show – Loretta’s Front Page – to Cloverdale Community Centre.

Loretta’s program broadcasts every Wednesday from 9am until 11am. It’s a news and current affairs program with a focus on women’s health, women’s stories and the issues that impact them. She broadcasts from outside the studio once a month, usually at a café or other busy venue.

Loretta said her interest in community radio began when she went along to an ABC outside broadcast. She was already running her own online community – Happy Chicks Collective – which focuses on “where women find their happy”.

After the broadcast, she decided to

investigate opportunities to learn and volunteer at 94.7 The Pulse. She completed the station’s Introduction to Radio Broadcasting course, which all presenters must complete. Loretta’s own program started in August 2022 and features interviews with six women each week.

Loretta said 94.7 The Pulse is always looking for new volunteers to work as presenters or in its behind-the-scenes support team. They will need to complete the Introduction to Radio Broadcasting course, which runs on Mondays from 6pm until 9pm for seven weeks, a total of 21 hours.

The course covers program design, interview techniques, panel operations and lots of hands-on experience in the studio. The cost of the course is \$480, but Loretta encouraged anyone interested to contact the station to discuss a payment plan.



For information about the Introduction to Broadcasting course, email [info@947thepulse.com](mailto:info@947thepulse.com)

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## Netball program growing again

Netball is back at North Shore Football Netball Club and will continue to grow as teams are preparing to take the court again for the 2024 season.

For the 2024 Geelong Football Netball League Netball Season, North Shore will have teams in C Grade, D Grade and E Grade. Importantly, Juniors will also be reintroduced into the club.

Netball spokesperson Edwina Wilkens said: “We are starting with NetSetGo in Term 1 and we couldn’t be more thrilled to bring back the heart and soul of our club, in the way of the junior competition.”

“Our senior netballers took the court in 2023 knowing they had a big task ahead of them,” she said. “Stepping back onto the court, wearing the blue and gold, there were teams in both D Grade and E Grade in the GFNL competition. What our girls were able to overcome in the 2023 season, to what they were able to deliver on the court is nothing short of amazing and should be celebrated.”

“We are always looking for players, coaches and volunteers – not just with netball, but the entire club,” Edwina said. “If you want to be part of the fresh start, the culture driven and fun times that encompass North Shore Football Netball Club, get in touch. This is a re-build not to be missed.”

For all netball inquiries, contact Edwina, phone 0421-653-944.



## Many community opportunities

Community centres in the northern suburbs are ready for another busy year, where they will provide a broad range of activities, services and referrals for local residents.

The community centres in Corio and Norlane are all members of Neighbourhood Houses Victoria and exist to bring people together to meet, socialise and learn. Neighbourhood Houses can also help combat isolation and loneliness because they are accessible and inclusive places that welcome people of all ages, abilities and backgrounds.

Cloverdale Community Centre is in Purnell Road, Corio; Norlane Community Centre is in Rose Avenue, Norlane; and Rosewall

Community Centre is in Sharland Road, Corio. While they are different, they have the same goal, which is to bring people together to mix, learn from each other, and support each other.

The community centres are also good places to get started on a new learning journey. They offer affordable pre-accredited courses including developing English skills, using computers, hospitality, hair and beauty, preparing for work, creative industries, trade taster courses and more.

Other activities at the centres have a health and wellbeing focus, including yoga, tai chi, gentle exercise, cooking, arts and crafts.

More information about activities and programs at each centre is on PAGES 24-29 of this edition.

The Neighbourhood Houses in Corio and Norlane also work together, including mentoring staff. Most recently, Rosewall administrator Kaylene Roberts mentored Norlane's Bec Medley to progress from volunteer to staff member.

Cloverdale Community Centre: 167-169 Purnell Road, Corio; phone 5275-4415.  
Norlane Community Centre: 39 Rose Avenue, Norlane; phone 5275-8124.  
Rosewall Community Centre: 36 Sharland Road, Corio; phone 5275-7409.

## Peer support for heart patients

Heart Support Australia has opened a Peer Support Group in Geelong to support cardiac patients in the area. Peer Support Groups offer comfort and guidance to those who have recently undergone a heart event and for those who have experienced heart conditions and rehabilitation.

Heart Support Australia CEO Dr Christian Verdicchio said: "Unfortunately, far too often when people are diagnosed with or undergo treatment for a heart condition, they don't have ongoing support and that can be incredibly isolating.

"Our support groups are designed to ensure that our patients are staying on the path to a healthier life by making it known to them that they are not alone because they are interacting with their leader and group members who have gone through similar circumstances."

The peer support program initiative is a new era of managing heart disease that empowers heart patients with education, improved self-esteem, and larger support networks that result in less of a strain on our health system with fewer hospital stays and trips to the GP.

The Geelong Peer Support Group meets on the third Thursday of each month at the Scott Accounting Group's offices at Sladen House, 410 Pakington Street, Newtown from 10am. To contact group leader Murray Chenery, call 0408-598-180 or email: [murray.chenery57@gmail.com](mailto:murray.chenery57@gmail.com).



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# Surviving the heat – know how to stay safe

During extreme heat it is easy to become dehydrated or for your body to overheat. If this happens, you may develop heat cramps, heat exhaustion or even heatstroke.

Heatstroke is a medical emergency which can result in permanent damage to your vital organs, or even death, if not treated immediately. Extreme heat can also make existing medical conditions worse.

A range of heatwave communication resources have been developed by the

Department of Health to encourage and educate individuals and the community to be aware of the impact of extreme heat on human health and how to stay safe.

Remember: Hot cars kill. Never leave kids, adults or pets in hot cars.

For more information go to:  
[www.health.vic.gov.au/environmental-health/extreme-heat-and-heatwaves](http://www.health.vic.gov.au/environmental-health/extreme-heat-and-heatwaves)



# Have your say on work to end family violence

The Department of Families Fairness and Housing is asking for community help to shape how Victoria prevents and responds to family violence over the next three years.

The department has created a survey to allow you to tell them what actions you think should be a priority over the next three years.

Feedback closes on February 4, 2024 by using the QR code or going to the site:  
<https://engage.vic.gov.au/end-family-violence>



# Concessions and benefits

A range of concessions are available to all Victorians who are on low incomes or experiencing hardship and need help meeting the cost of living.

Coronavirus alert: Are you receiving Centrelink's JobSeeker payment? If you have a Pensioner Concession Card or Health Care Card, you can read about your concession entitlements by using the QR code or going to:

<https://services.dffh.vic.gov.au/concessions-and-benefits>



# Carer card program

The Victorian Carer Card recognises the significant contribution carers make to the lives of people they care for and the communities in which they live.

The card provides discounts and benefits to carers in acknowledgement of this contribution.

It's easy and free to apply for the Carer Card. Applications can be made online by using the QR code or from the site: <https://www.carercard.vic.gov.au/>

Forms can be downloaded from the site, or you can request that one be posted to you by telephoning the Carer Card team on 1800-901-958 (toll free).

Applications may take four to six weeks to process.





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# Play your part and be summer smart

Whether you're in the sun, by the water or on the road this summer, stay cool and stay safe.

These tips for beating the heat this summer were provided by Ambulance Victoria.

## Stay hydrated

- Drink water regularly throughout the day, even if you don't feel thirsty. Check the colour of your urine – if it's pale, you're drinking enough
- Have a water bottle with you if you go outside.
- Drink alcohol responsibly.
- If your doctor normally limits your fluids, check how much you should drink during hot weather.

## Keep cool

- Use air conditioning and fans if possible.
- Protect yourself by wearing a hat and sunscreen.
- Avoid going out during the hottest part of the day.
- Use wet towels, put your feet in cool water and take cool (not cold) showers.
- Avoid intense activity like exercise, renovating and gardening.

## Check in on others

- Keep an eye on older people, those living alone, children and people with a medical condition.
- Call or visit them at least once on any extreme heat day.
- Encourage them to drink plenty of water.
- If you observe symptoms of heat-related illness, seek medical help.

## Hot cars can kill

- Never leave kids, older people or pets in a parked car – the temperature can double in minutes.
- A child's body temperature rises three to five times faster than an adults.
- Even on a mild day, the temperature inside a parked car can be 20 to 30 degrees hotter than the temperature outside.



Sam, Norlane Team Manager, Ambulance Victoria.

# Local Knowledge. Locally Placed. Local Support.

**Local by definition:**

*"relating or restricted to a particular area or one's neighbourhood."*

Canny Plan Management is locally-based in the northern suburbs, and always will be. A stone's throw away from some of the best-kept secrets of the northern suburbs of Geelong and we are proud to call North Geelong our home.

Our clients love that we are local, and so do we. We love that our clients know where to find us and know that with any interaction with our service will be personal, professional and knowledgeable.

For over 60 years, Canny Group has been

helping clients from near and far with their finances and with the introduction of Canny Plan Management in 2021, we expanded our assistance and expertise to with NDIS Participants.

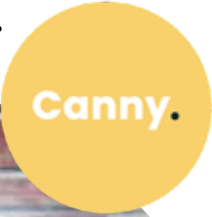
Our clients love that we are local and that they can stop into our office or phone us at any time and have a chat with us. We are real people on the end of the phone and a real person replying to your email.

Canny Plan Management is only one of the businesses that make up Canny Group as a whole and we are proud to be located where our business started.



# CANNY PLAN MANAGEMENT

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# Mediating after separating

Mediation is a form of dispute resolution where an independent, qualified person (the mediator) assists you to resolve a dispute and try to reach agreement.

Mediation can be used in a number of different areas, from commercial disagreements to estate claims, to family law disputes. Here, we're focusing on the benefits of mediating in family law disputes following separation.

Separation can be difficult and requires navigating a number of significant changes in a short space of time. Arrangements need to be made for the care of children and how to divide assets.

Mediation can be used to help discuss and reach agreement about these issues, at a lower cost than Court proceedings. Where

it is safe to do so, dispute resolution is encouraged (and in certain circumstances required) for family law matters prior to the commencement of Court proceedings.

Dispute resolution such as mediation is a cost effective and timely option for resolving disputes and allows you to have greater input into the outcome. Mediation can take place without lawyers or, if both parties agree, with their lawyers present (known as lawyer-assisted mediation).

Before attending mediation, it can help to obtain legal advice about your options, entitlements and responsibilities and how the Family Law Act 1975 applies to your circumstances. This helps you prepare for the mediation and know what outcomes to consider.

After you attend mediation, you can also seek legal advice before signing any agreement and to ensure you formalise your agreement properly. Property matters must be finalised by either Court Orders or a Financial Agreement – a signed mediation agreement will not be enough.

If you need advice on your family law matter and mediating after separation, Wightons Lawyers can help. Call 5221-8777 to make an appointment.

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

## Wightons Lawyers

### Family Law

Our dedicated Family Law team understand the impact of separation on families and that each matter is unique.

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- Divorce and Separation
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P. (03) 4214 6100



E. [legal@wightons.com.au](mailto:legal@wightons.com.au)

W. [www.wightons.com.au](http://www.wightons.com.au)



# Questions about efficiency concerns

Residents of Corio and Norlane have been sharing their experiences about home energy use, with many highlighting concerns about using gas and the cost of new appliances.

A survey conducted on behalf of the Australian Conservation Foundation Geelong asked people about the energy efficiency in their homes – how they feel in the cold of winter and heat of summer.

Volunteer Lachie Chomley, who helped conduct the survey, said people were surveyed at community organisations including Norlane Community Initiatives, Cloverdale Community Centre and the South Geelong Farmers Market. Some people also completed the survey online.

"We asked people about their experience of having gas in their household," Lachie said. "Some said they experience increased

asthma. Some people want to make the transition to using electricity and to use better appliances that will save them money, but they can't afford to change.

"Gas cost is becoming an issue for a lot of people but a lack of money to pay for a different system is prohibitive. A lot of renters told us they don't feel empowered to ask landlords to make the changes, and landlords don't have the money or will to change."

Lachie said the final report from the survey is being written and will include a list of ways that state and local governments will be asked to support in the energy transition from gas to renewables.

"Most people are very concerned about the health impact of burning gas in their homes, climate pollution and rising

costs," he said. "More than 80 per cent want government financial support to change to electric appliances.

"It's about showing government that this need to be taken more seriously. There is an opportunity to change. We can create jobs around renewal energy and infrastructure."

Lachie said improving the situation might start with the least expensive measures such as draft-proofing homes, installing insulation and installing blinds that protect from heat and cold. The more extreme measure is replacing all gas appliances with electric.

He said Australian Conservation Foundation Geelong is also working on putting together a small co-op of workers who could carry out the most basic changes in homes.

**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.

**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.

**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.

**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.

Northern Bay College 1300 348 535

# Dancing and marching with Regal

Corio-based dance drill group, The Regal Club, is looking for new members.

The Regal Club was established in 1997 and has competitive teams in Juniors, Seniors and Masters. The club's teams have had both State and National title achievements over this time, including under 8s and intermediate under 18s. The teams train at the Korayn Birrale Family Centre at 146 Purnell Road, Corio.

The Junior team, Regal Kaos, trains every Monday and Thursday from 5pm until 7pm and on Saturdays from 1pm until 3pm. Drill Dance is a competitive sport and the club's juniors participate in a Technical Drill routine, which is a marching routine, as well as a dancing routine.

Domestic competitions are at locations throughout Victoria including Corio, Broadford and Bendigo, which gives members and supporters the chance for some fun travel.

As well as the domestic competitions, members also participate in state finals and national titles, which in 2024 will be held in Tasmania in April.

In 2023, Regal Club members also enjoyed the opportunity to participate in the Drill Dance Marching Tattoo, where teams marched alongside teams from New Zealand.

All of the club's coaches are accredited and each team has a co-ordinator who looks after the welfare of members. All coaches and co-ordinators also have a Working with Children's Check as a part of their registration with Drill Dance Australia, the club's governing body.

All teams are supplied with training attire and travel uniform which they wear to events and competitions.

Spokesperson Sam Allison said: "Our sport involves various routines and it doesn't matter if you have never done Drill Dance before, because we have great coaches who



are there to teach and guide you to be the best you can be."

"It is fun, challenging and contagious. You get to make new friends in a family atmosphere with the bonus of being a part of a team. We are always looking for new recruits, so there is a team for every age group."

The teams are:  
Regal Rebels - Under 8s.  
Regal Kaos - under 13s.  
Regal Revolution - under 18s.  
Regal Intent Seniors.  
Regal Emerge Masters - over 30s.

"We have a levy for each team with affordable payment plans as well as opportunities for fundraising throughout the year, where you have the opportunity to raise money that comes directly off your fees for the year," Sam said.

"If your child loves learning new things, moving to music, costumes, hair, makeup, the opportunity to wear boots and dance shoes, then they will love Drill Dance. We offer two free come-and-try sessions to new members, which gives you the chance to have a go and see what it's all about."

For more information contact Marg Dudley, Head Coach, on 0409-417-334.

# Exciting time in our schools

It's hard to believe how quickly last year went and that we are already settling in to 2024. I hope everyone had a safe and happy holiday season.

As we are fast approaching the end of the month, it's a timely reminder that Term One resumes on January 29 this year, and with that comes 40km zones around schools coming back into effect.

It's also the beginning of what is an exciting time for many of our students beginning a new term, especially students going into their final year of secondary education.

Good luck to all the Year 12s as they embark on their final year – and all the Year 7s as they start their secondary education.

I look forward to getting around to visit all our local schools throughout the year and meeting the incredible school leaders we have representing our schools in the north.

I thought it would be a good opportunity to provide an update on some of the major projects happening in our community:

## Northern Bay Goldsworthy Campus

The State Government has provided around \$17million to Northern Bay College Goldsworthy Campus to plan and deliver the next stage of the school's master plan.

If you drive down Goldsworthy Road, you'll see the incredible new building coming to life. You can even see it when you drive down Bacchus Marsh Road. It's a new performing arts centre, classrooms and admin building – and will be ready for students to use in 2024.

## Barwon Women's and Children's Hospital

The new Barwon Women's and Children's



Meeting students at St Francis Xavier Primary School.

Hospital will provide world-class women's health and paediatric facilities, including maternity health.

With planning progressing well throughout last year, the landmark project is one step closer – ensuring families in Geelong and surrounding communities can continue to access the very best care, close to home. Importantly, locals are helping to shape the flagship Barwon Women's and Children's, with the Community Consultative Committee coming together for a series of design workshops to ensure the new facility reflects local community views and needs.

Community members were appointed to the committee following an expressions of interest process, and are joined by representatives from Barwon Health, City of Greater Geelong, Wadawurrung Traditional Owners and the Wathaurong Aboriginal Co-operative.

In addition to the Committee, all locals from Geelong and surrounding communities have been invited to have their say on the new Barwon Women's and Children's through an online survey. You can find the link to this at <https://engage.vic.gov.au/project/barwon-womens-and-childrens/survey/4496#sub-nav>

A community consultation report, detailing the consultation undertaken with the community and how community ideas and priorities are being incorporated into the design and planning of the new Barwon Women's and Children's, will be released in early this year.

You can also email me or drop into my office if there's anything you'd like to share.

## St Francis Xavier Primary School

Leading up to the 2022 State Election I was pleased to announce an election commitment of \$2million for St Francis Xavier Primary School in Corio. I was so happy to announce earlier in the year that this project was fully funded in this year's State Budget.

The project will involve construction of a new administration building and other spaces. I can't wait to see this project come to life.

As always, please feel free to reach out if there is any way I can be of assistance. You're always welcome to drop in to my office at Corio Village.

Kind regards,

*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](mailto:ella.george@parliament.vic.gov.au)

# New look for Goldsworthy campus

The Goldsworthy campus of Northern Bay College has undergone major building work, due to be ready in the new school year. It follows a long history of identifying the need for new buildings and securing funding for the work.

Northern Bay College's liaison officer David Neilson provided the following information:

"Throughout the 'noughties' school leaders, students and families in 3214 were crying out for modernisation money to improve their local Corio and Norlane schools. It is quite likely that many readers were closely involved in the schools over these 10 years.

"These nine schools had blossomed during the boom days of 1960s and 70s but by 2000 were in disrepair and not conducive to modern educational needs. The government of the time was not prepared to repair and

renovate all schools and asked that they all get together and re-draw how education could be delivered better in our area.

"Years of dialogue took place to arrive at the Northern Bay P-12 College model with the current five sites. Once agreed, construction began and slowly, and the P-8 campuses were rebuilt.

"Goldsworthy senior campus needed a bigger grant to make a difference and this happened two years ago, with funding for rebuilding that would result in a small performance/lecture theatre, an arts showcase, a modern efficient campus and central administration centre and a state-of-the-art teaching and learning block.

"There is still 25 per cent of the project to complete when another grant can be secured, but now in it is absolutely

wonderful that in February, after 20 years of hoping, Goldsworthy will finally have a construction that will not only look terrific, but will enable great community pride in the learning outcomes the school wants to achieve."

College principal Scott Diamond said: "Once funding was allocated, the first step was to bring students together to gain an understanding of what they wished to achieve in this project. Overwhelmingly the students spoke of the need for this project to symbolically represent the importance of education in the Corio and Norlane community and that they hoped this new building would 'stop traffic.'

"I truly believe this new facility will certainly achieve if not exceed these very important aims."

## 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](mailto: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	●	●	●
Introduction to Art	●		
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





pg 26-27



pg 28-29



pg 24-25

## Meets

	Cloverdale	Norlane	Rosewall
Coffee & Chat	●	●	●
Community Drop-in	●	●	●
Over 50s / Senior Citizens			●
T.O.W.N (Take Off Weight Naturally)	●		●

## Plays

	Cloverdale	Norlane	Rosewall
School Holiday Program	●	●	●
Youth Group 12-18 years			●

## Moves

	Cloverdale	Norlane	Rosewall
Ballroom Dancing		●	
Dancing (for children & adults)		●	
Meditation	●	●	
Pilates EOI		●	
Strength and Training	●		
Tai Chi / Qigong	●	●	
Walking Group	●	●	
Yoga	●		●

## Grows

	Cloverdale	Norlane	Rosewall
Community Garden	●	●	●
Food Swap		●	●

## Eats

	Cloverdale	Norlane	Rosewall
Community Kitchen	●	●	●
Community Meals	●	●	
Learn to Cook	●	●	●

## Connects

	Cloverdale	Norlane	Rosewall
Public Access Internet / Computers	●	●	●



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](mailto:info@northerlyaspects.org.au). Don't forget to include information about when and where it was taken, and who took it.



Northern Bay College's Year 7/8 ASCEND program participants had an amazing experience the Essendon Football Club's Hanger. The day consisted of a tour through the museum, meeting the players and coaches and the students being presented with Essendon merchandise signed by players.



City of Greater Geelong Windermere Ward councillor Anthony Aitken attended the Cloverdale Community Centre, learning about the achievements of the Neighbourhood House in 2022/2023. He is pictured with Cloverdale CEO Liz Bonner (right) and Rosewall Community Centre manager Jodie Flood.



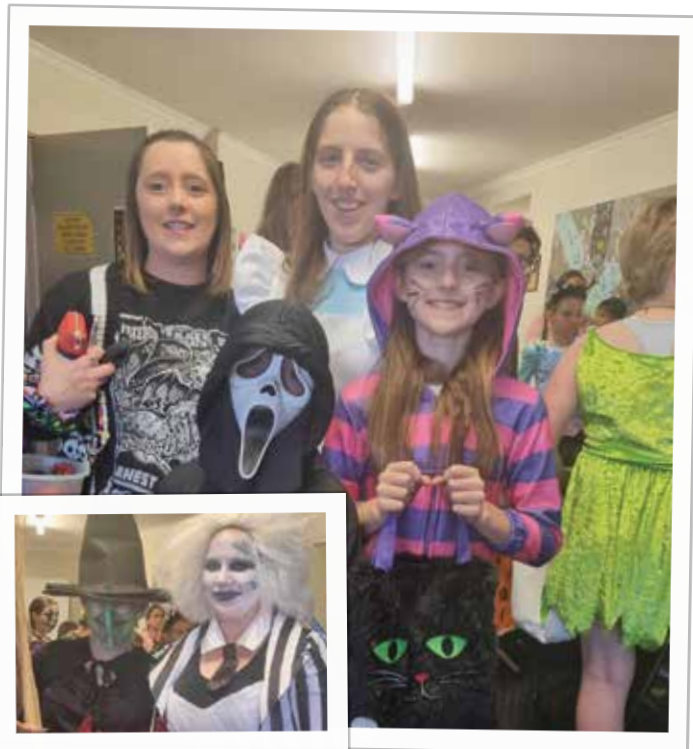
Rosewall Community Centre received a grant from Benefit Geelong to fund new pottery wheels for the centre. The new wheels will increase class capacity and ensure prices are kept as low as possible.



Northern Bay College Goldsworthy campus IMPACT students visited The BBC Experience, which is visiting Melbourne from London. The immersive experience, narrated by David Attenborough, take visitors on a majestic 360-degree audio and visual journey around the world.



Rosewall Community Centres hosted the 3214 Art Exhibition at Rosewall, a celebration of the work created by participants across the Cloverdale, Norlane and Rosewall Community Centre art classes.



Norlane Community Centre hosted a successful Halloween event. Families enjoyed dressing up and participating in a range of fun activities.



Norlane Community Centre held a sausage sizzle fundraiser at Bunnings, where food and fun combined to raise important funds for the centre.

# CITYNEWS

## You're welcome at the fOrT Youth Centre

If you're aged between 12 and 25 years, then the fOrT is for you – a fun, safe and exciting place providing free programs and a safe space for you to relax, socialise and interact with other young people in your community.

Located on the corner of St Georges and Melbourne Roads in Stead Park, Corio with the amazing skate park located just outside, the fOrT has so much on offer including free

meals, art classes/groups, cooking activities, Game On, music lessons and more.

The fOrT operates Monday to Friday year-round, including school holiday programs, workshops and long-term projects and events.

Scan the QR code or visit [geelong.link/ThefOrT](https://geelong.link/ThefOrT) to find out more. You can also follow our Facebook page for updates.



## New pet registrations half price!

Have you registered your dog or cat with us? If not, now is a good opportunity as new pet registrations are half price once we are half way through the registration year.

All dogs and cats three months of age must be microchipped and registered with us. It's also important to register them so we can reunite you as soon as possible if they get lost.

For more information, to register online or download a registration form, scan the QR code or visit [geelong.link/Pets](https://geelong.link/Pets) or request a form by calling 5272 5272.



*Youth Engagement and Connections Officer Khyl with Max, Jordan, Mia and Ishag at the fOrT.*

Keep up-to-date with what's happening in your City.



**GET CITYNEWS**  
Delivered straight to your inbox.

Subscribe at [geelong.link/CityNews](https://geelong.link/CityNews)



THE CITY OF GREATER GEELONG IS PROUDLY LOCATED ON **WADAWURUNG COUNTRY**

## NEWS



Barwon Valley Fun Park, Belmont.

### Our Top Ten Playgrounds

Do you know that we currently manage and maintain 380 public play spaces, along with an additional 62 supervised early childhood centre-based play spaces?

We recognise that play not only contributes to a child's health, wellbeing, education and physical, social and cognitive development, but is also an invaluable tool in the development of strong community connections.

Here are 10 playgrounds in Greater Geelong we think are worth a visit.

- › Barwon Valley Fun Park – Belmont
- › Coolabah Park – Grovedale
- › Eastern Beach – Geelong

- › Gateway Sanctuary – Leopold
- › Goldsworthy Playground – Corio
- › Hammersley Road Playground – Bell Park
- › Kevin Kirby Reserve – Herne Hill
- › Kingston Playground – Ocean Grove
- › The Heights Playground – Fyansford
- › Unity Drive Playspace – Armstrong Creek

To find playground locations, scan the QR code or visit [geelong.link/Playgrounds](http://geelong.link/Playgrounds)



### Showcase our region

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



Limeburners Lagoon by Wayne Laugesen.

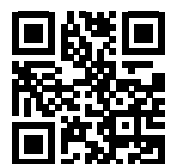
*"I just love the soft light at dawn on a cold winter's morning. This is such a peaceful place for an early walk, especially when the water is so still".*

### Free hard waste or mattress collection

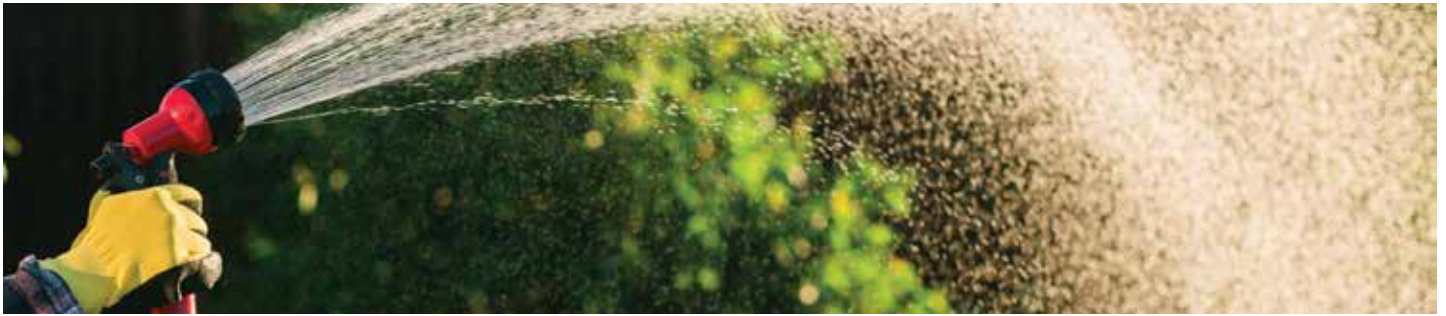
Residential properties have two hard waste and two mattress collections each financial year.

The book-in collection enables you to dispose of a wide range of items that are not accepted or do not fit into the existing residential waste bins. Large household items include mattresses, fridges, bookshelves, chairs, barbeques and more. Some conditions apply.

Scan the QR code for more information and to make a booking or visit [geelong.link/Hardwaste](http://geelong.link/Hardwaste) or call 5272 5444.



# Be prepared for warm weather



This summer is tipped to be very hot and dry, so take a few moments to search for any tips you can find to improve the outcome of your summer garden. Your plants may show signs of heat stress, so look out for wilting or crisp, brown leaves and new shoots dying back.

A common mistake people make is to water plants when they see the leaves have wilted in the middle of the day. There is a good chance that no matter how much you water, the leaves will remain limp until the temperature cools at the end of the day. This is because the roots are unable to draw enough water to compensate for the rapid moisture loss from the leaves.

The best time to water is very early in the morning. This enables your plants to absorb moisture into their systems and draw on it during the day. Encourage plant roots to go deep into the ground where they'll be insulated from the heat by giving them a deep watering.

Summer is the ideal time to install an irrigation system which will ensure your garden is adequately watered without you running around with a hose. This is

particularly effective if you have a shade house. If your garden doesn't lend itself to this type of watering, then I have found that a rainwave sprinkler works very well because you can change the setting to suit whatever area you want to cover.

One part of your garden that is adversely affected by heat is the lawn. One basic step to improve the appearance of your lawn is to raise the level on the mower. This will give the roots more shelter from the sun and will keep the roots wetter for longer. This protects them from the heat and may help prevent dried out, dead patches from appearing.

Pots also feel the effects of hot, dry, weather. If they look dry and the plants are starting to go limp and droopy you may find that water will run down inside the pots between the soil and the inner part of the pot and run out the bottom. This is because the very dry soil will actually be repelling the water.

A quick, easy way to fix this is to immerse the pot in a trough or large bucket filled with water and a little soil wetter mixed in, making sure that the water level is over the top of the soil.

Soak the pot until the bubbles cease to rise to the top, then sit the pot on the lawn or a garden bed until the excess drains out. You will usually find that this pot will accept water quite well next time you water it without run-off.

If you are looking for a pretty flower that is very resilient, then I recommend clivias. They are easy to grow because they love dry and shady conditions. They're good looking with dark green, strappy leaves, not popular with slugs and snails, and there is a variety of lovely colours, such as cream and vivid orange with yellow throats.

This season is very productive with quite a long list of vegetables suitable for planting at this time. They include beans, broccoli, brussels sprouts, cabbage, cauliflower, cress, kohlrabi, leek, lettuce, parsley, peas, radish, rhubarb, shallots, silverbeet, spinach and spring onion.

Enjoy your garden.

*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



## 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.





# Rosewall Community Centre

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

E-mail: [admin@rosewallinc.org.au](mailto:admin@rosewallinc.org.au)

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

## Something on offer for everyone

Whatever your interest, Rosewall has something on offer for everyone. The centre has state-of-the-art training, workshop and kitchen facilities, so sign up for training or pop in for a barista-made coffee.

### January School Holiday Program

#### Pottery

Monday, January 22, 9.30am to 11.30am. Come along and make and decorate your own pinch pot. Suitable for eight-year-olds and older. \$15 per child.

#### Mosaics

Wednesday, January 24, 9.30am to 12.30pm. Come along and learn the art of making a mosaic masterpiece. Suitable for eight-year-olds and over. \$15 per child.

#### Beginner Cross Stitch – FREE

Thursday, January 25, 10am to noon. In this class you'll learn cross-stitch basics as you complete a cute bookmark pattern! Suitable for eight-year-olds and over.

#### Coffee making for Youth

Free for 15- to 21-year-olds. From lattes to chais, cappuccinos to mochas, learn all the basics of making a superb cup of liquid gold. Participate in this course to gain hands-on experience in the coffee and hospitality industry or learn the basics to grow your skills for your machine at home. Four sessions running over two weeks: Tuesdays, January 16 and 23; and Thursdays, January 18 and 25. 10am to noon each day.

### Courses at Rosewall in Term 1

#### CREATIVE

#### Pottery Fundamentals

Mondays, 10am to noon for six 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 six-week course.

#### Pottery Wheel Throwing

Wednesdays for six 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 six-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 eight-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 eight-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 centre pieces. Materials supplied. \$120 for an eight-week course.

#### 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

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.

#### Beginner Cross Stitch – FREE

Monday 25 March, 1pm to 3pm. Learn to cross stitch. In this class you'll master cross-stitch basics as you complete a cute bookmark pattern.



# Courses at Rosewall in Term 1

## SOCIAL AND WELLBEING

### 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.

### 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.

\$8 per session, includes a main meal and dessert.

### 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.

### Healthy Cooking on a Budget

Wednesdays, 10am to noon.

Keep the supermarket meals down by learning how to cook healthy, low-cost, and in-season meals. In this free, five-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 GEELONG 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.

### 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 eight-week course.

### Barista Coffee Making

Tuesdays, 4pm to 6pm.

Coffee 101. From Lattes to Chais, Cappuccinos to Mochas, you will learn all the basics of 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 four-week course. Free for 15-to-21-year olds.

### 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

### 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 four-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.

### Be Job Ready – FREE

Tuesday, March 5 from 4pm– 6pm.

Learn the basic skills to get your first job. Snacks provided. We'll talk about how to make your resume stand out, even when you don't have previous experience; tax file numbers and super; how to submit a job application; and interview skills.

### FREE Youth Training in Term 1

If you are aged between 15 and 21 years old, in Term 1 you can access free training and support at Rosewall, including Coffee Making, First Aid, Safe Food Handling, and Responsible Service of Alcohol. Contact us to find out more.

New in 2024

Register your interest for some new activities coming up in 2024:

### Know Your Car

Does the thought of car maintenance give you anxiety? 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 mechanic's.

### Mind Body Health

A program to explore different ways to promote harmony and calmness. From journalling to meditation. Learn new techniques to support the best you.

### Food of the World

Do you have a traditional cultural dish that you would like to share with others? Speak with us about hosting your own Food of the World workshop – we will work with you every step of the way.

### My Family Tree

Does putting your family history together sound daunting? Or have you started the journey and not sure where to next? Express your interest to join with others on a family research journey.



# Cloverdale Community Centre

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

E-mail: [info@cloverdalecommunitycentre.org.au](mailto:info@cloverdalecommunitycentre.org.au) or [courses@cloverdalecommunitycentre.org.au](mailto:courses@cloverdalecommunitycentre.org.au)

Web: [www.cloverdalecommunitycentre.org.au](http://www.cloverdalecommunitycentre.org.au) Office Hours: 9am-3:30pm Monday to Friday

## Good time to try something new

Cloverdale Community Centre 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.

The start of the new year is a great time to try an affordable new activity. 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.

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 1 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 January 31, 10am-noon. \$5 per session.

**Introduction to Art:** A friendly introduction to different forms of art for beginners, those stepping back into the community or wanting to learn about art. Different mediums covered each term. A stepping stone to our Wednesday art group and other Cloverdale programs/activities. Tuesdays, 11am-1pm, from February 6. Cost \$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 January 31, 1pm-3pm. Cost: Gold coin donation.

**Cloverdale Singers:** Weekly community singing that includes folk, gospel, rounds, ballads and part songs. Tuesdays from February 7, 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 February 9, 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 February 10, 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 February 9, 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 February 6, 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 February 7, 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 February 7, 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.

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



# Forklift focus for new learners

A new Cloverdale program to help people work towards gaining a forklift licence has its first graduates. The program – Preparing for Forklift Licence – was created with a focus on participants for who English is a second language.

The first participants in the program attended weekly classes, where they were guided by an English as an Additional Language specialist to learn about the forklift licensing course work. The course was created in conjunction with MultiSkills Geelong.



Many of the participants are working in local businesses and want to obtain a forklift licence to improve their prospects of getting a better job.

Preparing for Forklift Licence is for anyone in the community who would like help to prepare for the licence training and testing process.

Expressions of interest are being taken for the next course. When the minimum number of participants are enrolled, it will run on Mondays from 5pm until 7pm for eight weeks. The cost is \$50.

For more information contact the centre, phone 5275-4415 or email [courses@cloverdalecommunitycentre.org.au](mailto:courses@cloverdalecommunitycentre.org.au).

# Enrol for Term 1 courses:

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 February 5 – subject to numbers – so bookings are essential. Phone 5275-4415 or email [courses@cloverdalecommunitycentre.org.au](mailto:courses@cloverdalecommunitycentre.org.au).

**Getting Started With Computers:** This is the place to start your computer education.

**Developing Computers:** Follows our introductory course.

**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 so far.

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

**Introduction to Woodwork:** Learn the basics of woodwork, 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](mailto:courses@cloverdalecommunitycentre.org.au)



[www.cloverdalecommunitycentre.org.au](http://www.cloverdalecommunitycentre.org.au)



## New things to see and do

The staff and volunteers of Norlane Community Centre hope you had a wonderful holiday break. We are looking forward to a new and exciting year here at the centre.

The end of last year saw the Centre get taken over by giant insects and spooky characters during our very popular Halloween event. We had a whopping 645 people come through the Centre to participate in activities like lantern making and face painting, and it was wonderful to see so many people coming together in the community to enjoy the night.

We also held our AGM in November and a copy of our Annual Report can be found on our website and Facebook page for anyone interested in taking a look.

You may have seen a couple of interesting looking vending machines in front of our Centre. We are proud to partner with Tomra Cleanaway as part of the Container Deposit Scheme, where you can recycle various bottles and cans for 10c each. You can also donate your 10c to local charities and sporting groups. You will find Norlane Community Centre listed as a charity in the app if you wish to support us.

This year we are taking expressions of interest on some new groups – Antifragile, a group for people interested in art who live with mental health conditions. And Sandwiches & Scribbles, a lunchtime meetup for people to socialise and collaborate creatively. Please contact the Centre to register your interest for either of these groups, or any of the others we have listed.

And as always please feel free to come into the Centre and have a chat with our friendly volunteers and make a cuppa, enquire about any of our groups, and we have printing, laminating, and photocopying available for a fee.

# Term 1 activities and programs

## 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.

### Sewing Group

Learn the basics of sewing in a relaxed environment. The Norlane group meets every Friday from 10am to 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 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.

- LGBTQ+ Hangout.
- Dog obedience.
- Family tree building.
- Walking group.
- Financial Wellbeing for Women.
- Beginners' 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.

# Individual support for families

Are you a parent, carer or family member looking for some support but don't know where to turn to? The Early Help Family Services program might be able to help.

The service provides free support to families who:

- Are looking for advice or information.
- Are experiencing family challenges and need support.
- Would like to build their skills as a parent.
- Are keen to find out about other services available for families.
- Need support with referrals to other services.

Early Help Practitioners are on site at Korayn Birralee Family Centre each day to provide free support to families, no referral



or appointment needed. Early Help can also offer one on one support to Karen/Kareni speaking families and Dari and Farsi speaking family support with bi-cultural workers available.

Families can get help on:

- Mondays from 8.30am-4.30pm; Karen/Kareni support is available from 8.30am until 12.30pm.
- Tuesdays from 1pm until 4.30pm, including Dari/ Farsi support.
- Wednesdays from 8.30am until 4.30pm.
- Thursdays from 8.30am until 4.30pm.
- Fridays from 8.30am until 4.30pm.

Free support is available for parents, carers and families living in the local area. No referral or appointment is needed.

For more information email [earlyhelp@meli.org.au](mailto:earlyhelp@meli.org.au) or drop in to Korayn Birralee Family Centre, 146 Purnell Road, Corio.



# Cloverdale

# CALISTHENICS

## COLLEGE



Calisthenics is an artistic team performing sport combining elements of dance, ballet, gymnastics, singing, acting, march and apparatus work.

Performed on stage and choreographed to music, teams aim to work as one, while demonstrating strength, flexibility, grace and poise.

### CLASS TIMES

Tinies: 3-7 years, Tuesday 4.15pm-5.30pm

Sub Juniors: 8-10 years, Monday 4.30pm-6.30pm

Juniors: 11-13 years, Tuesday 5.30pm-7.30pm

**FIRST  
TWO  
CLASSES  
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Aeromedical service CareFlight is Viva Energy's national community partner.



Damien Neal takes part in a Remote Trauma Course delivered by CareFlight.

# Learning first-aid gives you a skill for life

By Damien Neal, Safety Manager at the Geelong Energy Hub

Having the right mindset is important when it comes to being ready to act in an emergency.

Don't think that because a high-impact accident is unlikely, you don't need to plan for it. When it comes to safety, it's best to have the mindset that it's a matter of when that unfortunate event happens, not if.

When viewed from that perspective, improving safety becomes about taking preventative measures while also doing what is needed to be prepared for an emergency.

At the Geelong Refinery, we are fortunate to have an occupational health nurse group working five days a week, an emergency

response group on-site at all times, and access to excellent off-site services such as paramedics. We also regularly train for a variety of situations and have highly developed response plans.

Nevertheless, as a Major Hazard Facility, it's important to have trained people within our teams who are capable of responding to a traumatic incident. That is why we were pleased to have our safety, health, security and emergency response teams participate in a Remote Trauma Course delivered by our national community partner CareFlight.

The course teaches Australians living in remote areas how to effectively diagnose and treat critically injured individuals in their communities before aeromedical help arrives. Learning some first aid techniques can help save a life. Whether it is clearing a person's

airway, placing a person in the recovery position, or applying direct pressure to a bleeding wound. Actions such as these are taught in first aid training and are not that difficult once you have seen them performed. Importantly, those skills give you the confidence to act in an emergency, as opposed to looking around and saying, 'Can someone please help this person?'

Your preparedness to step up and help could save someone's life.

First aid training should be part of your preparation for that unanticipated emergency. To find out more, search online with St John of God and Australian Red Cross among the organisations who provide a range of services in this area, some of which are free.

# Community grants lend a helping hand



Viva Energy has awarded seven \$5000 grants to worthy community organisations in Geelong.

From helping vulnerable people access healthy food and improve their knowledge of nutrition to empowering people with disabilities through a sports program, the 2023 Viva Energy Community Grants are focused on improving access to community services.

Geelong-based not-for-profit organisation Meli welcomed Viva Energy's support for its innovative 'Feed Me Right' program, which involves delivering healthy food packs to people aged 16-25 who are experiencing homelessness, as well as running cooking classes at its refuge and in other housing. Meli CEO Grant Boyd said the grant came at a time when the need for support was greater than ever.

"We understand the significant challenges facing young people and with the cost of living increasing, food insecurity is a huge issue for young people in our region," Mr

Boyd said.

"Through the Feed Me Right program we can give young people the basic skills to prepare nutritious meals and help them understand the benefits of healthy eating."

The Viva Energy Community Grants are part of Viva Energy's broader Geelong community support program, which includes ongoing financial support to 20 sports clubs, community organisations such as Northern Futures and Give Where You Live and events such as the Geelong Chamber of Commerce Business Excellence Awards.

The other Geelong grant recipients were:  
Norlane Community Initiatives: Supporting Friends of Cowies Creek to engage with local high schools through regular educational and practical regenerative sessions.

Rosewall Community Centre: Upgrading ageing furniture at Corio's Hendy Hall to support education, creative and wellbeing programs and services.

Mainly Music: Helping Corio's Little Miracles Community team up with Mainly Play to foster healthy primary carer attachment and community connection, while providing educational fun in language, literacy and gross motor skills.

Read the Play: The Geelong-based mental health literacy project will offer 10 free workshops to sporting clubs. Participants will gain a deeper understanding of mental health issues within a healthy and supportive sports environment.

Reading Out Of Poverty: Promoting the importance of literacy in the early years and providing literacy resources and support services to families and children from low socio-economic backgrounds.

Disability Sports Australia: Supporting Abilities Unleashed events, which foster inclusivity, empower individuals with disabilities and promote improved well-being.



Dale Cooper, Viva Energy's Executive General Manager - Refining, celebrates with Anton Finch, director of Corio company Director, winner of the Innovation, Research & Development Award at the 2023 Geelong Business Excellence Awards. Director went on to be named Business of the Year.