Emergency Services and Helplines

GENERAL SERVICES AND SUPPORT
Emergency: 000
Police: 13 14 44
Crime Stoppers: 1800 333 000
State Emergency Services (SES): 13 25 00
Poisons Information: 13 11 26
Victoria Legal Aid: 1300 792 387
AAC Public Tenants Group: 0478 514 057 or 9888 2020

FAMILY CRISIS SUPPORT
1800RESPECT: 1800 737 732
Safe Steps Family Violence Response Centre: 1800 015 188 (24 hours)
The Orange Door (Inner East Melbourne): 1800 354 322 or orangendoor.vic.gov.au
Wesley Family Crisis Support: 9662 2355
Family Violence: 1800 806 292
Kids Helpline: 1800 551 800 (24 hrs)
Parentline: 13 22 89
Mensline Australia: 1300 789 978
Elder Abuse Helpline: 1300 368 821

HEALTH SERVICES AND SUPPORT
Health Direct: 1800 022 222
Nurse on Call: 1300 606 024 (24 hrs)
Maternal and Child Health Advisory Line: 13 22 29 (24 hrs)
Disability Information Helpline: 1800 643 787
National Disability Insurance Scheme (NDIS): 1800 800 110
Carers Victoria: 1800 242 636

COVID-19 INFORMATION
Victorian Coronavirus Hotline: 1800 675 398 or coronavirus.vic.gov.au
Victorian Department of Health and Human Services: 1300 650 172 or dhhs.vic.gov.au/coronavirus

MENTAL HEALTH CRISIS SUPPORT
Suicide Support Line: 1300 651 251
Lifeline: 13 11 14
Beyond Blue Support Service: 1300 224 636
Headspace: 1800 650 890
Eheadspace: 1800 650 893 or headspace.org.au/eheadspace (Youth support)

EMERGENCY FOOD AND HOUSING
Foodbank: 9362 8300
Victorian Government Emergency Relief care packages: 1800 675 398
Crisis After Hours: 1800 825 955
Monash Council Crisis Housing: 0488 601 051
Salvo Care: 9853 5680
Uniting Harrisons: 1300 277 478
Monash Oakleigh Community Information and Support Service: 9568 4533
Monash Waverley Community Information and Support Service: 9807 9844 or 9807 5996

Neighbourhood News is a joint project of Power Neighbourhood House and Amaroo Neighbourhood Centre Inc.

Power Neighbourhood House and Amaroo Neighbourhood Centre Inc are not for profit, community-managed organisations.

Each offers a wide range of fun, affordable, educational, social and recreational activities that are open to people of all ages, abilities, genders, and cultural backgrounds.

Our neighbourhood houses provide a place for all to be a part of the local community, in a safe and supportive environment.

Drop in for a chat anytime.

We can also connect you with many valuable support providers including community housing, social services, community health centres and more.
Co-office work space
Looking for a new space to work? Over working from home? Maybe you just launched a start-up? Here is an affordable space to work - not far from home with wi-fi, printing facilities and a kitchen supplied with tea and coffee. Come to a place known for being “happy.”
We have three work spaces available that can be booked individually or as a bundle. Reasonable rates. Group and long term discounts apply.
Call or email Janine to arrange a tour or make a booking on 9807 2625 or coordinator@amaroonc.org.au.

Gardening with Heidi
We’re looking for volunteers to help care for our beautiful garden full of vegetables, fruit trees and flowers. Learn about basic permaculture practice in an organic garden!
Day and time: Every Tuesday during the school term from 11 am to 2 pm (weather permitting).
Contact: Janine on 9807 2625.

Senior’s strength training with Angela
This gentle exercise program tailored by Angela will lift your arms, legs and spirits, too. Improved strength and balance are a bonus.
Day and time: Thursdays from 10.30 am to 11.30 am.
Cost: $10 per class.
Contact: Janine on 9807 2625.

Get connected locally!
Not all of us are comfortable using digital devices. Did you know your local library can help you learn about and be confident using different devices and apps?

Contact your local library to find out more.

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clayton</td>
<td>9-15 Cook St, Clayton, 9541 3120</td>
<td>1300 552 509</td>
</tr>
<tr>
<td>Glen Waverley</td>
<td>112 Kingsway, Glen Waverley, 9518 3030</td>
<td><a href="http://www.linkhc.org.au">www.linkhc.org.au</a></td>
</tr>
<tr>
<td>Mount Waverley</td>
<td>41 Miller Cres, Mount Waverley, 9518 3950</td>
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<tr>
<td>Oakleigh</td>
<td>148 Drummond St, Oakleigh, 9518 3970</td>
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<tr>
<td>Wheelers Hill</td>
<td>860 Ferntree Rd, Wheelers Hill, 9285 4877</td>
<td></td>
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<tr>
<td>Mulgrave</td>
<td>36 - 42 Mackie Rd, Mulgrave, 9518 3502</td>
<td></td>
</tr>
</tbody>
</table>

You can access WiFi, get computer and digital skills training, or use computers and devices for free or at a low cost at many places across Monash. Link Health and Community is developing a resource with all of this information in the one spot. Keep an eye out in your local community library, Power Neighbourhood House and Amaroo Neighbourhood House.

Get help with your aged care options. Whether you’re looking for help at home or looking at aged care options, we can help.
Book an appointment with an Aged Care Specialist Officer on 1800 227 475. For general information call 1800 200 422. You can also visit a Services Australia office or go to our website myagedcare.gov.au.
After cancelling last year’s Family Fun Day, we promised to deliver an event to our community and here it is....

A FREE MOVIE NIGHT offering an evening of Fun Family entertainment featuring a sausage sizzle, popcorn, ice cream, coffee vendors and a family friendly movie, Moana (PG)

Saturday 26th March
7pm - 10pm
Greenspace behind Waverley Basketball Stadium, Batesford Reserve

PLEASE NOTE: Parking at Batesford Reserve is limited, we encourage you to find other alternatives to the site.

For more information: 9518 3636 www.monash.vic.gov.au/festivals

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**Amaroo Annual Art Show**

Featuring local and regional artists and a new digital art category. Art available for sale.

Join us for the opening event on Wednesday 20 April 2022 at 6 pm.

**Cost:** Admission is free, the program cost is $2 and refreshments will be available.

**Contact:** Janine on 9807 2625.

**Exhibition hours:** Thursday 21 April 9 am to 4 pm.
Friday 22 April 9 am to 4 pm.
Saturday 23 April 9 am to 12 pm.

Our Op Shop will be open during all exhibition hours.

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**International Women’s Peace Group 4th Loving Peace Art Competition**

This competition is open to primary school students aged 7 to 12 years. Artworks will be created and completed at Amaroo NC on Monday 4 April and Tuesday 5 April from 4 pm to 5 pm.

An Art Show will be held for the competition on Wednesday 6 April and awards will be presented on that day at 4 pm.

**Contact:** Janine on 9807 2625.

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**Community Lunches @ Amaroo NC**

2-course meal with a vegetarian option available.
Great company. Bookings essential.

**Date and time:** Last Monday of the month at 12 pm.

**Cost:** Gold coin donation.
World dance with Rosie
Dance the COVID blues away. This fun class will be easy to follow and include a wide variety of dances to get people moving and feeling good. All welcome.

**Date and time:** Tuesdays 2 pm to 3 pm.

**Cost:** $10 per session ($7 for concession).

The first session is free.

**Contact:** Carol or Rachel on 8849 9707.

Garden volunteers!
Do you enjoy spending time with others who have a love of gardening?

We’re looking for volunteers to help our amazing Beulah who has developed and cared for our beautiful gardens for many years!

It would be great if you could spare at least 1 to 2 hours per week. There are no specific days or times, we can fit in with the times that suit you.

**Contact:** Carol or Rachel on 8849 9707.

Gentle yoga, relaxation and meditation for seniors
Come and enjoy chair-based yoga postures tailored for seniors followed by a lovely relaxing meditation that will leave you feeling wonderful. This is a new class, so try it before it gets full. Beginners are welcome and bookings are essential.

**Date and time:** Mondays 1 pm to 1.45 pm during school terms.

**Cost:** $10 per session. The first session is free.

**Contact:** Carol or Rachel on 8849 9707.

Did you know your household could be eligible for $250 off your power bill?

If you have a Pensioner Concession Card, Health Care Card or Veteran Affairs Gold Card you can claim the $250 Energy Power Saving Bonus. Available till 30 June 2022

You will need your Health Care Card and an Electricity Bill with the address listed on the HCC.

Power Neighbourhood House
54 Power Ave, Ashwood Vic 3147
Phone: 03 8849 9707
Email: PSHPowerNH@gmail.com
Please book in using above details or drop-in Mondays & Wednesdays

Amaroo Neighbourhood Centre
34 Amaroo Street, Chadstone Vic 3148
Phone: 03 9807 2625
Email: Coordinator@amaroonc.org.au
Please book in using the above details.