

OUT & ABOUT

2026

.....
Your guide to activities and
support for older people
in the City of Melbourne



CITY OF MELBOURNE



Acknowledgement of Country

The City of Melbourne respectfully acknowledges the Traditional Owners of the land we govern, the Wurundjeri Woi-wurrung and Bunurong / Boon Wurrung peoples of the Kulin Nation and pays respect to their Elders past and present. We acknowledge and honour the unbroken spiritual, cultural and political connection they have maintained to this unique place for more than 2000 generations.

We accept the invitation in the Uluru Statement from the Heart and are committed to walking together to build a better future.



WELCOME TO OUT AND ABOUT

Here is your 2026 guide to activities, services and support for older people in the City of Melbourne.

In each category you will find activities listed alphabetically and colour-coded by neighbourhood. Most activities are either free or low-cost. The guide includes services, support and information on topics which may be relevant to older people and their carers, families and friends.

Out and About is an annual publication. We make every effort to provide accurate and up-to-date information, however the activities and information in this guide could change or discontinue. Please contact the activity organiser directly for further information.

You can also keep up to date with all the latest events and activities, and sign up to our monthly e-newsletter, by visiting melbourne.vic.gov.au/olderpeople, calling us on **9658 9190**, or chatting to our team at your local neighbourhood centre (see page 16 for details).

Activity neighbourhoods

The following coloured symbols are at the beginning of each section to indicate the neighbourhood in which the activity takes place.

- Carlton
- CBD Hoddle Grid
- Docklands
- East Melbourne
- Kensington
- North Melbourne
- Parkville
- Southbank
- South Yarra
- West Melbourne

STAY UP TO DATE

Sign up for our newsletter

Stay up to date with the latest in healthy ageing news and opportunities for older people in the City of Melbourne. Scan the QR code to sign up to receive our monthly Melbourne: A Great Place to Age e-newsletter.



We'd love your feedback

Share your thoughts on the 2026 Out and About guide. **Submit a response and go into the draw to win a \$50 book voucher.** Alternatively, you can contact the Healthy Ageing team directly at healthyageing@melbourne.vic.gov.au to complete your submission via email.

This draw will be open from 1 January 2026 to 1 July 2026. A winner will be notified after this date.



Scan the QR code or visit: surveys.melbourne.vic.gov.au/n/WI7FqeM to complete the survey.

SHAPE MELBOURNE'S FUTURE



Join the conversation and participate in Melbourne's big issues and future plans. Visit participate.melbourne.vic.gov.au



ONLY IN THIS CITY OF OURS



Meyers Place



Melbourne Central / Emporium Bridge



The Tea Rooms 1892

SCAN TO SEE
WHAT'S ON
MELBOURNE



Regent Theatre



Chinatown



Flinders Photobooth

ONLY
IN THE
CITY



Mapping Aboriginal Melbourne

Look into our city's living
culture and history



How well do you know our city?

Created with our Traditional Owners, the Wurundjeri Woi-wurrung and Bunurong Boon Wurrung peoples, this interactive digital map shares places, stories and events of historical and cultural significance within the City of Melbourne. Explore the map online to learn more.

Please note the map contains images and names of people who have since passed.



Scan the QR Code and use the map to explore
by theme and via the timeline.

aboriginal-map.melbourne.vic.gov.au/welcome



**ABORIGINAL
MELBOURNE**



CITY OF MELBOURNE



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1. CITY OF MELBOURNE HEALTHY AGEING

Our vibrant neighbourhood centres are activity hubs for older people and carers. Find them in South Yarra, Kensington and North Melbourne. We also offer healthy ageing programs in various locations, including libraries and community hubs.




Participation in most activities is free, however bookings are essential. To book, scan the QR code or visit melbourne.vic.gov.au/healthyageing





Healthy ageing programs

To find out more about any of the listed programs, contact **9658 9190** or email healthyageing@melbourne.vic.gov.au See our social groups section for more information on the community groups listed.

You can also hire our three neighbourhood centres for your own community activities or events. For program details and venue hire information, visit melbourne.vic.gov.au/olderpeople.

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne Jean McKendry Neighbourhood Centre	<p>This centre is a popular meeting space for older people to enjoy social, recreational and educational activities such as singing, dancing, art, cooking, sewing and community gatherings.</p> <p>Centre community groups</p> <ul style="list-style-type: none"> • African Community Elderly Association • Association of New Elderly • Australian Multicultural Community Services Cantonese Social Support Group • Chinese Arts Association • Melrose Art Group • North Melbourne Chinese Association • Slavic Women's Group 'Nase Zene' 	Monday to Friday 9am to 4.30pm	North Melbourne 91-111 Melrose Street  Tram no. 57, 59	9658 9190 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
CENTRE PROGRAMS	DAY/ TIME	PROGRAM DESCRIPTION		
Line dancing	Wednesday 2pm to 3pm (intermediate) 3.15pm to 4pm (beginner)	Beginner and intermediate line dancing sessions. Spaces are limited.		

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne Kensington Neighbourhood Centre	Located close to public transport, Kensington Neighbourhood Centre is a vibrant community hub featuring a welcoming sensory garden for older people and carers to enjoy. Centre community groups <ul style="list-style-type: none"> • Australian Vietnamese Women’s Association • cohealth Stronger Me • Greek Senior Citizens Club of Kensington and Flemington • Happy Abuela’s Group • Horn of Africa Senior Women’s Group • Spanish Speaking Elderly Group • Western Suburbs Organ Club 	Monday to Friday 9am to 4.30pm	Kensington 18 Anthony Street  Tram no. 57	9658 9190 healthyageing@melbourne.vic.gov.au
		CENTRE PROGRAMS	DAY/ TIME	PROGRAM DESCRIPTION
		Stronger Together	Monday 1pm to 2pm and 2.15pm to 3.15pm	Improve strength, balance, coordination and overall wellbeing. Tailored to all abilities.
		Sensory Garden	Thursday 11am to 1pm	Hands-on gardening activities in a social group setting. Facilitated fortnightly by a professional gardener, with drop-in opportunities available in between sessions.
		Chatty Café	Thursday 1pm to 3pm	A social program with afternoon tea running weekly on Thursdays. Fortnightly tech help with librarians. No booking required.

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne South Yarra Senior Citizens Centre	Nestled in the picturesque setting of Fawkner Park, this centre hosts a number of wellbeing, recreational and intergenerational activities for older people and carers. Centre community groups <ul style="list-style-type: none"> • Association of New Elderly • Italian Lessons • Melbourne Seniors Bridge Club • Men's social group • Singing Group • U3A 	Monday to Friday 9am to 4.30pm	South Yarra Fawkner Park 65 Toorak Road West  Tram no. 58	9658 9190 healthyageing@melbourne.vic.gov.au

CENTRE PROGRAMS	DAY/ TIME	PROGRAM DESCRIPTION
Monthly Carers Walk	First Monday of the month 10.45am to 12.30pm	Enjoy a relaxing walk with other carers through the Royal Botanic Gardens followed by morning tea at a local cafe.
Cards and Dice	Monday 1pm to 3pm	An opportunity to socialise as well as play board games and cards.
Books and Biscuits	Wednesday fortnights 11am to 12pm	Join us to read together and talk books with our local librarians.

CENTRE PROGRAMS	DAY/ TIME	PROGRAM DESCRIPTION
Creative Wednesdays	Wednesday fortnights 10am to 12pm	Socialise over a creative activity of your choice. Facilitated by a professional artist.
Intermediate Tai Chi	Thursday 10am to 11am	Experience the health benefits of tai chi in the peaceful surrounds of Fawkner Park.
Monthly Lunch	Last Friday of the month 12pm to 2.30pm	A social lunch with entertainment. A small fee applies.
Afternoon Social	Second Friday of the month 2pm to 3.30pm	Connect with friends and meet new people.

City of Melbourne Healthy Ageing support services

City of Melbourne offers assistance for carers and older people seeking services and support. Please note, to be eligible to access these services the person seeking



Connections Program

Our Connections Program helps older people with information and support to connect with services they need, including:

- Understanding the aged care system including eligibility, access, assessment and how to find a service provider
- Linking with social, health and community support
- Getting involved in healthy ageing programs and community participation opportunities.

melbourne.vic.gov.au/connectionsprogram

support must reside within the City of Melbourne, or care for someone who does. For more information on the listings below email healthyageing@melbourne.vic.gov.au, phone **9658 9190** or visit melbourne.vic.gov.au/olderpeople.

Support for Carers

Providing carers with opportunities to connect, improve health and wellbeing and access information about local support services.

Activities focus on creativity, wellbeing, connection and lifelong learning. They offer opportunities to be active, explore culture and engage with others in the community.

Refer to page 136 for information on Carer Gateway, an Australian Government program providing free services and support for carers.






2. ARTS AND CULTURE

From cinemas and museums to historical tours, a wide range of free and low-cost cultural activities are available right on your doorstep.









ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
APY Gallery Melbourne	Indigenous-owned art gallery that exhibits and displays the work of early career artists from the APY (Anangu Pitjantjatjara Yankunytjatjara) Lands in regional South Australia. \$ Free entry, artwork for sale	Tuesday to Friday 10am to 5pm Saturday 10am to 4pm	Docklands 34 Tom Thumb Lane Tram no. 11, 48	7021 1240 melbournegallery@apyacc.com apygallery.com
Austral Salon Recital	Performances from emerging musicians. Come along to offer them an engaged and supportive audience. Light refreshments included. \$ \$20	Fourth Monday of the month 11.45am to 1.30pm	East Melbourne The Main Hall, St Peter's Church, 15 Gisborne Street Tram no. 11, 12, 109	australsalonofmusic@gmail.com australsalon.org
Australian Centre for Contemporary Art ACCA	A contemporary art gallery hosting exhibitions, floor talks and lectures. \$ Free entry, ticketed events	Tuesday to Friday 10am to 5pm Saturday and Sunday 11am to 5pm	Southbank 111 Sturt Street Tram no. 1	9697 9999 acca.melbourne
ACMI	Melbourne's museum of screen culture in the heart of Fed Square. \$ Free entry, ticketed events	Daily 10am to 5pm	CBD Hoddle Grid Fed Square Swanston Street Tram no. 1, 16, 3, 5, 6, 64, 67, 72	8663 2200 acmi.net.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Arts Centre Melbourne	A performing arts complex of theatres and concert halls in the Melbourne Arts Precinct. \$ Free entry, ticketed events	Monday to Friday 7am to 7pm Saturday 8.30am to 7pm Sunday 10am to 5pm	Southbank 100 St Kilda Road  Tram no. 1, 3, 3a, 5, 6, 16, 64, 67, 72	9281 8000 1300 182 183 tickets@artscentremelbourne.com.au artscentremelbourne.com.au
Arts House	Year-round program of dance, theatre, music, installations and community projects. \$ Free entry, ticketed events	Monday to Friday 9.30 to 4.30	North Melbourne 521 Queensberry Street  Tram no. 57	9322 3720 artshouse@melbourne.vic.gov.au artshouse.com.au
Australian Sports Museum	Celebrating sport in Australian society. \$ \$35 \$ \$25 concession entry	Daily 10am to 5pm	East Melbourne Gate 3, Melbourne Cricket Ground, Yarra Park  Tram no. 75, 48	9657 8879 contactus@australiansportsmuseum.org.au australiansportsmuseum.org.au





ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Chinese Museum of Australia	Showcasing the history, heritage and culture of Australia's Chinese community. 💰 \$12.50	Daily 10am to 4pm	CBD Hoddle Grid 22 Cohen Place 🚊 Tram no. 86, 96	9662 2888 info@chinesemuseum.com.au chinesemuseum.com.au
City of Melbourne Art and Heritage Collection Tour	Explore City of Melbourne's Art and Heritage Collection store, located in the historic Melbourne Town Hall. Bookings essential. 💰 Free	Tuesday 11am to 12pm 1pm to 2pm Thursday to Friday 2.30pm to 3.30pm	CBD Hoddle Grid Melbourne Town Hall 90-130 Swanston Street 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72, 109, 11, 12, 48	9658 9658 townhalltour@melbourne.vic.gov.au whatson.melbourne.vic.gov.au/things-to-do/art-and-heritage-collection-tour
City of Melbourne Melbourne Greeter Service	A walking tour of Melbourne conducted by a knowledgeable volunteer. Book via email or over the phone. 💰 Free	Daily 10am	CBD Hoddle Grid Melbourne Visitor Hub at Town Hall 90-130 Swanston Street 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72, 109, 11, 12, 48	Weekdays: 9658 9658 Weekends: 9658 9942 Melbourne.GreeterService@melbourne.vic.gov.au whatson.melbourne.vic.gov.au/things-to-do/melbourne-greeter-service
City of Melbourne Melbourne Town Hall Tours	Take a guided tour of one of the city's most iconic buildings. Bookings essential. 💰 Free	Monday, Wednesday to Friday 11am to 12pm 1pm to 2pm	CBD Hoddle Grid Melbourne Town Hall 90-130 Swanston Street 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72, 109, 11, 12, 48	9658 9658 townhalltour@melbourne.vic.gov.au whatson.melbourne.vic.gov.au/things-to-do/melbourne-town-hall-tours

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Fox Collection Classic Car Museum	A collection of the world's most rare and prestigious vehicles. 💰 \$16.50	Thursday and Saturday 10am to 2pm	Docklands 749-755 Collins Street 🚊 Tram no. 11, 48, 35, 70, 75	9620 4086 adminfoxcollection@linfox.com foxcollection.org.au
Hellenic Museum	Art and history museum dedicated to Hellenic culture. 💰 Seniors card holder \$7.00	Daily 10am to 4pm	CBD Hoddle Grid 280 William Street 🚊 Tram no. 58, 30, 35	8615 9016 info@hellenic.org.au hellenic.org.au
Koorie Heritage Trust Birrarung Wilam (River Camp) Walk	Learn about the land on which Naarm (Melbourne) is located and the significance of the Birrarung Wilam to the local Kulin peoples. 💰 \$40 💰 \$20 concession	Monday to Friday 1pm to 2pm	CBD Hoddle Grid Yarra Building, Federation Square 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72	8662 6313 info@kht.org.au kht.org.au
Koorie Heritage Trust Koorie Heritage Trust Exhibitions	Connect with the rich, living Aboriginal culture, heritage and histories of Victoria. 💰 Free	Daily 10am to 5pm	CBD Hoddle Grid Birrarung Building, Federation Square 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72	8662 6300 info@kht.org.au kht.org.au
Magnet Galleries Melbourne	A social enterprise and living centre for photography hosting exhibitions that preserve and celebrate Australian photography. 💰 Free	Wednesday to Friday 10am to 4pm Saturday to Sunday 11am to 4pm	Docklands SC G19 Wharf street 🚊 Tram no. 35, 70, 86	8589 0371 contact@magnet.org.au magnet.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Malthouse Theatre	Presents a wide range of theatre performances, from classic to modern. 🇺🇸 Ticketed performances. Seniors and discount tickets available.	Check current opening hours via phone	Southbank 113 Sturt Street  Tram no. 1	9685 5111 boxoffice@malthousetheatre.com.au malthousetheatre.com.au
Melbourne Recital Centre	Local and international artists and ensembles. Free open rehearsals one Monday per month. 🇺🇸 Ticketed admission	Subject to show times	Southbank 31 Sturt Street  Tram no. 1	9699 3333 boxoffice@melbournerecital.com.au melbournerecital.com.au
Museums Victoria Bunjilaka Aboriginal Cultural Centre	Telling the story of survival and celebrating the vibrant cultures of First Nations communities through performances, storytelling and artwork. 🇺🇸 Free concession entry 🇺🇸 \$10 seniors ticket	Daily 9am to 5pm	Carlton 11 Nicholson Street  Tram no. 86, 96	13 11 02 mvbookings@museum.vic.gov.au museumsvictoria.com.au/melbournemuseum
Museums Victoria Immigration Museum	Learn about Victoria's immigration history through shared storytelling, exhibitions and events. 🇺🇸 Free concession entry 🇺🇸 \$10 seniors ticket	Daily 10am to 5pm	CBD Hoddle Grid 400 Flinders Street  Tram no. 48, 55, 70, 75	13 11 02 mvbookings@museum.vic.gov.au museumsvictoria.com.au/immigrationmuseum
Museums Victoria Melbourne Museum	Learn about natural and cultural history. Seniors tickets are available for general museum entry and some special exhibitions. 🇺🇸 Free concession entry 🇺🇸 \$12 seniors ticket	Daily 9am to 5pm	Carlton 11 Nicholson Street  Tram no. 86, 96	13 11 02 mvbookings@museum.vic.gov.au museumsvictoria.com.au/melbournemuseum

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
National Gallery of Victoria (NGV) NGV programs	Australia's oldest and most-visited art gallery with exhibitions, programs and events across both locations. Seniors Card holders receive a discount on ticketed exhibitions every Wednesday. \$ Free general entry \$ Special ticketed exhibitions, events and programs	Daily 10am to 5pm	Southbank NGV International 180 St Kilda Road, Southbank The Ian Potter Centre NGV Australia Fed Square, Melbourne  Tram no. 1, 16, 3, 5, 6, 64, 67, 72	8620 2222 ngvenquiries@ngv.vic.gov.au ngv.vic.gov.au/whats-on/programs-events
NGV programs				
Gallery Visits You	Join NGV guides online each month as they showcase selected works. \$ Free			
Relaxed Sessions	Access to exhibitions after hours with fewer people and reduced sensory stimuli. \$ Ticketed program			
Seniors' Tea with NGV	A four-session interactive program exploring NGV art and design. Bookings essential. \$ Ticketed program			
NGV Collection Tours	Join our regular public tours daily at 11am and 1pm. No bookings required. \$ Free			
'Best of NGV' Experiences	Uncover the unexpected, the overlooked and the occasionally outrageous stories in the NGV Collection with an NGV expert. Bookings essential. \$ \$35 per person			

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Parliament of Victoria Parliament public tour	Explore this historically significant building. Tours run when Parliament is not sitting. Contact the organiser to confirm schedule. 💰 Free	Monday to Friday Check website or contact for tour times	East Melbourne Parliament House Spring Street 🚊 Tram no. 35, 86, 96	9651 8911 info@parliament.vic.gov.au new.parliament.vic.gov.au/visit/public-tour/
RMIT Gallery	A program of contemporary exhibitions featuring emerging and established artists. 💰 Free	Tuesday to Friday 11am to 5pm Saturday 12pm to 4pm	CBD Hoddle Grid Building 16 344 Swanston Street 🚊 Tram no. 1-6, 16, 30, 64, 72	9925 1717 rmit.gallery@rmit.edu.au rmitgallery.com
State Library Victoria History of the Library Tour	An informative, one-hour tour hosted by volunteers. Bookings essential. 💰 Free	Daily 10.45am and 1.45pm	CBD Hoddle Grid State Library Victoria 328 Swanston Street, 🚊 Tram no. 30, 35, 1, 16, 3, 5, 6, 64, 67, 72	8664 7000 inquiries@slv.vic.gov.au slv.vic.gov.au/whats-on/history-library-tour
The Mission to Seafarers Victoria Sea Shanties and Folk Songs	Join a singalong of shanties, folk songs, work songs and drinking songs. No experience needed. Newcomers welcome. Song books provided. 💰 Free	Thursday 7.30pm	Docklands 717 Flinders Street 🚊 Tram no. 35, 70, 86	9629 7083 info@missiontoseafarers.com.au missiontoseafarers.com.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
The Old Treasury Building	Showcasing the history of Melbourne and Victoria. Public tours on last Sunday of the month (except July). \$ Free \$ \$15 tour	Sunday to Friday 10am to 4pm	East Melbourne Old Treasury Building 20 Spring Street  Tram no. 11, 12, 35, 48, 109, 86, 96	9651 2233 oldtreasurybuilding.org.au
U3A Melbourne City	Get creative and explore Melbourne with a range of arts and culture programming. Further your skills or explore a love for the arts. There is something for everyone, including: Let's Do Drawing, Galleries and Museums and Photography \$ \$95 annual membership	Monday to Friday 10am to 4pm	CBD Hoddle Grid Suite 1, Level 5, 168 Lonsdale Street  Tram no. 30, 35, 86, 96	9639 5209 office@u3amelbcity.org.au u3amelbcity.org.au
University of Melbourne Museums and Collections at the University of Melbourne	University of Melbourne venues offer a diverse range of programs, events and exhibitions, providing welcoming spaces to explore, interact, experience and be inspired by collections and creators. Entry is free – visit individual museum or gallery websites for opening hours and current exhibitions and events. \$ Free entry \$ Ticketed events	Various times and days	Parkville University of Melbourne, Grattan Street  Tram no. 1, 3, 5, 6, 16, 64, 67, 72	13 MELB (13 6352) museumsandcollections.unimelb.edu.au
Western Suburbs Organ Club	Special organ concerts and afternoon tea in a friendly atmosphere. \$ \$8	Second Monday of the month 1.45pm to 3.45pm	Kensington Kensington Neighbourhood Centre 18 Anthony Street, Kensington  Tram no. 57	0407 853 958 healthyageing@melbourne.vic.gov.au

3. HEALTH AND WELLBEING

City of Melbourne provides opportunities for exercise, recreation, stress reduction and access to fresh produce to help you thrive and stay well.







Recreation centres

Our recreation centres provide a wide range of options to keep you active and healthy. Please check centre websites for up-to-date scheduling as opening hours may be altered to accommodate programming and special events. Our Active Melbourne

Reciprocal Rights program gives members access to selected facilities across Active Melbourne recreation centres. The YMCA Open Doors program can provide financial assistance for people who are unable to access some facilities.

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Active Melbourne Carlton Baths	Carlton Baths offers members and visitors a range of facilities and services, including gym facilities, group fitness classes, an indoor stadium and a 25 metre outdoor pool which is open from October to April each year. Casual visits and ongoing memberships are available.	Monday to Friday 6am to 10pm Saturday to Sunday 8am to 8pm	Carlton 248 Rathdowne Street 🚊 Tram no. 1, 6	9347 3677 carltonbaths@ymca.org.au carltonbaths.ymca.org.au
Active Melbourne Kensington Community Aquatic and Recreation Centre	Kensington Community Aquatic and Recreation Centre is the City of Melbourne's newest and largest recreation centre. It features a 25 metre eight-lane swimming pool that is fully accessible with a ramp and handrail, a large gym, and three full-sized multipurpose courts. The centre also includes accessible change rooms, a dedicated children's water play area, health and wellness spaces, large flexible rooms for classes and a new café.	Monday to Thursday 6am to 10pm Friday 6am to 8pm Saturday to Sunday 8am to 7pm Gym is open 24/7 for inducted members	Kensington 99 Altona Street 🚊 Tram no. 57	9376 1633 kcarcenquiries@ymca.org.au kensington.ymca.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Active Melbourne Melbourne City Baths	Melbourne City Baths provides health and fitness services to the community. It is home to the largest indoor swimming pool in the CBD, as well as a gym, multiple fitness studios, squash courts, reformer Pilates beds and much more. An array of tailored classes for older adults focusing on strength, agility and stability are on offer.	Monday to Thursday 6am to 10pm Friday 6am to 8pm Saturday to Sunday 8am to 6pm	CBD Hoddle Grid 420 Swanston Street  Tram no. 1, 3, 5, 6, 16, 64, 67, 72	9658 9011 mcb@melbourne.vic.gov.au melbourne.vic.gov.au/mcb
Active Melbourne North Melbourne Community Centre	Backing onto Buncl Street Reserve, the centre offers gym facilities with options for personal training and group fitness classes with a membership. In addition to its health and fitness services, the facility offers casual and ongoing hireable spaces, including a large community hall with a kitchen suitable for events, a stadium, and meeting rooms.	Monday to Friday 6am to 9pm Saturday to Sunday 8am to 5pm	North Melbourne 49-53 Buncl Street  Tram no. 57, 59	9320 4700 nmcc@ymca.org.au nmcc.ymca.org.au
Active Melbourne North Melbourne Recreation Centre	Enhance your health and wellbeing at North Melbourne Recreation Centre with access to gym facilities, stadium programs and group fitness classes. Choose from casual entry, ongoing memberships or train with our qualified personal trainers through tailored one-on-one sessions. Memberships include access to Active Melbourne Pools.	Monday to Friday 6am to 9pm Saturday to Sunday 8am to 6pm	North Melbourne 204 - 206 Arden Street  Tram no. 57	9658 9444 nmrc@ymca.org.au nmrc.ymca.org.au
Active Melbourne North Melbourne Recreation Centre - Pool	North Melbourne Outdoor Pool opens from October to April each year. It is the ideal spot to cool off, relax or stay active. Offering swimming lessons for all ages and abilities in our 25 metre pool, refine your lap swimming skills or learn to swim for the first time. Casual visits and memberships available.	Monday to Friday 6am to 8pm Saturday to Sunday 8am to 7pm* *Please see website for operating hours during October and April.	North Melbourne 39 Macaulay Road  Tram no. 57	9658 9444 nmrc@ymca.org.au nmrc.ymca.org.au

Active Melbourne support for older people



Prime/Active Adult memberships

Our Prime or Active Adult membership is exclusively for people aged 60 and above. Get expert fitness guidance with tailored programs and regular instructor consultations. Enjoy classes like Circuit, Pilates, Yoga, Zumba Gold and Aqua

Contact your local recreation centre for more information.



Adult swimming lessons

Dive into our adult swimming lessons designed to support older people seeking improved confidence, skills and safety in the water. It is never too late to learn to swim and our adult lessons cater to all, regardless of your age or proficiency.

Contact your local recreation centre for more information.



Outdoor gym equipment

Combine fresh air and exercise using free outdoor gym equipment nestled in Melbourne's parks. All spaces offer a range of options for your workout needs - with no opening hours to worry about!

Visit the website to find your nearest outdoor gym.
melbourne.vic.gov.au/outdoor-gym-equipment




Pickleball




Pickleball is currently the fastest growing sport in the world. It's a paddle sport that combines elements of tennis, badminton and table tennis and is suitable for people of all ages and abilities. Beginners to more experienced players are all welcome. Classes run throughout the week at Carlton Baths and North Melbourne Recreation Centre.




Contact your local recreation centre for more information.

Other health and wellbeing opportunities

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne Boating and Waterways	See our city from a fresh perspective. The Birrarung River, Melbourne's lifeblood, runs through the heart of the city, connecting urban life and nature. Marinas along Docklands and South Wharf offer gateways to the city. Whether it's fishing, sailing, kayaking, cruising or more, Melbourne's waterways have a lot to offer. Head to the website for berthing opportunities, fishing locations and to explore our waterways.	Various	Docklands Melbourne City Marina Unit 120, 439 Docklands Drive 🚊 Tram no. 35, 70, 86	9658 8738 berthing@melbourne.vic.gov.au melbourne.vic.gov.au/boating-and-waterways
Active Melbourne Flagstaff Gardens Tennis Courts	Flagstaff Gardens Tennis Courts are multi-purpose sports courts and can cater to a range of activities including dodgeball, netball, soccer, tennis, volleyball or other games. The courts are available to hire for casual bookings. 💰 \$23.40 per court, per hour (off-peak) 💰 \$34 per court, per hour (peak)	Monday to Friday 6am to 5pm Saturday to Sunday 6am to 10pm	West Melbourne 309-311 William Street 🚊 Tram no. 30, 35, 58	8622 4822 docklands.hub@ymca.org.au activemelbourne.ymca.org.au/venues/ flagstaff-gardens-tennis-courts
Active Melbourne Royal Park Golf Course	Royal Park Golf Course provides a range of offerings for older people including discount green fees, beginner golf clinics with PGA Professionals and a number of resident golf clubs. 💰 Seniors green fees: \$17.50 (nine holes) 💰 \$22.60 (18 holes)	Daily 6.30am to 8.30pm	Parkville 11 Old Poplar Road 🚊 Tram no. 19	9387 1326 info@royalparkgolf.com.au royalparkgolfcourse.ymca.org.au
Docklands Yacht Club Community Sailing at Docklands Yacht Club	Take part in community sailing days, held all year round unless there is a gale warning. Step into a sturdy, easy-to-operate boat. All ages, abilities and experience welcome. 💰 \$40 per boat (two person occupancy)	Second and fourth Sunday of the month 11am to 4pm	Docklands 912 Collins Street (adjacent to Library at the Dock) 🚊 Tram no. 11, 48	docklandsyachtclub@gmail.com docklands.yachting.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Fed Square Fed Free Workshops	Live and learn with Fed Free Workshops. Join one of the ongoing workshops below or visit the website to explore limited edition programming. \$ Free	Various times and days	CBD Hoddle Grid Fed Square  Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75	9655 1900 info@fedsquare.com fedsquare.com/fed-free-workshops
Fed Free Workshops				
Tai Chi	Exercise your mind, body and soul with a qualified tai chi instructor.	Tuesday 7.30am to 8.30am (Main Square)		
Gentle Dancers	Learn the fine art of gentle Chinese dancing under the high ceiling of Fed Square's Atrium.	Thursday 10am to 4pm (The Atrium)		
Kensington Neighbourhood House Gentle Exercise	Improve your stamina, strength, flexibility and balance with low impact gentle exercise class. Suitable for people aged 55 and up of all abilities. \$ \$20 per month	Friday 9.30am to 10.30am and 10.30am to 11.30am	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com
Kensington Neighbourhood House Gentle Movement	This is a mindful movement class that combines yoga, relaxation and exercise for peace of mind and body. Suitable for people aged 55 and up of all abilities. \$ \$20 per month	Monday 10am to 11am	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Kensington Neighbourhood House Stretch and Strengthen	A class for women of all abilities. This floor-based gentle and low-impact class is aimed at improving flexibility, balance, co-ordination and spinal mobility by strengthening the whole body. Using body weight and/or resistance bands, participants can work within their own parameters in a fun and supportive environment. Each session ends with a few minutes of mindfulness and relaxation. Please BYO mat. \$ \$20 per month	Wednesday 10am to 11am	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com
North & West Melbourne Neighbourhood Centre Intro to Pilates	Improve body awareness and strengthen your postural muscles. This class caters for all levels. \$ \$21 \$ \$15.50 concession	Wednesday 9.15am to 10.15am	North Melbourne Legion Hall, George Johnson Lane  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
North & West Melbourne Neighbourhood Centre Older Adults Exercise Class	A general strengthening class for those 60 and older. Includes low impact aerobics, balance and strengthening exercises. Suitable for all abilities. \$ \$21 \$ \$15.50 concession	Monday 11am to 12pm	West Melbourne West Melbourne Baptist Community Centre, 4 Miller Street  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
North & West Melbourne Neighbourhood Centre Older Adults Exercise Class	A general strengthening class for those 60 and older. Includes low impact aerobics, balance and strengthening exercises. Suitable for all abilities. \$ \$21 \$ \$15.50 concession	Wednesday 10.30am to 11.30am	North Melbourne Legion Hall, George Johnson Lane  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Parkville Tennis Club Parkville Tennis Club Social Seniors Tennis	Weekly sessions for people over 35 and suitable for all skill levels. Racquets are available for loan. \$ Free (first four sessions, then \$5 per session)	Wednesday 9am to 11.30am	Parkville 151 Royal Parade, Parkville  Tram no. 19	0412 279 156 tennis.com.au/parkvilletc
parkrun	parkrun is a free, weekly, 5k community event in open spaces around the world. Walk or run Parkville parkrun every Saturday, or check the website for surrounding events. \$ Free	Every Saturday 8am	Carlton Princes Park, 200-590 Royal Parade, Carlton North.  Tram no. 19	parkrun.com.au/parkville
U3A Melbourne City	Elevate your wellness with an array of activities offering a chance to socialise and stay active. Programs include: <ul style="list-style-type: none"> • Let's Do Cycling, Walks, Lawn Bowls • Scottish country dancing • Circle dancing • Yoga \$ \$95 annual membership	Monday to Friday 10am to 4pm	CBD Hoddle Grid Suite 1, Level 5, 168 Lonsdale Street  Tram no. 30, 35, 86, 96	9639 5209 office@u3amelbcity.org.au u3amelbcity.org.au

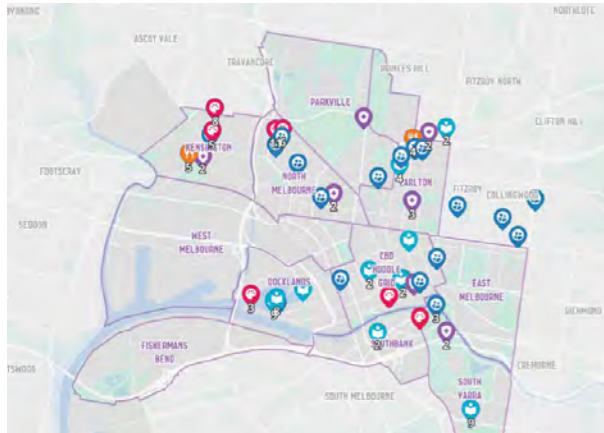
Explore health and wellbeing services in your neighbourhood



Helping Out Guide

The Helping Out guide provides a comprehensive list of free and low-cost services for people experiencing hardship and homelessness.

melbourne.vic.gov.au/helpingout



Wellbeing and Connection Map

This digital map simplifies access to diverse initiatives across categories like health, arts, education, social groups, gardening, and food, ensuring everyone, regardless of age or background, finds a welcoming and supportive space in our vibrant community.

melbourne.vic.gov.au/wellbeing-and-connection-map

Volunteer opportunities



City of Melbourne Volunteering

City of Melbourne engages more than 1000 volunteers each year in a wide range of roles and programs. Volunteering with City of Melbourne can provide you with an opportunity to do something positive for your local community. We recruit volunteers throughout the year, and advertise roles through our volunteering page.

melbourne.vic.gov.au/volunteering



Volunteering Victoria

Volunteering Victoria focuses on advocacy, sector development and the promotion of volunteering. Volunteering Victoria can help you start or continue your volunteering journey.





9052 4524

info@volunteeringvictoria.org.au

volunteeringvictoria.org.au

Community markets

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Collins Square Bourne Local Market	Explore a carefully curated variety of local market stalls, featuring handmade crafts to artisanal treasures. Check website for up to date schedule. \$ Free entry	Varying Thursday monthly (check website)	Docklands Collins Square 727 Collins Street  Tram no. 11, 38	9252 7670 marketing@collinssquare.com.au collinssquare.com.au
Docklands Sunday Community Craft and Food Market Docklands Farmers' Market	Enjoy a walk by the harbour, grab some lunch, explore fantastic craft shops and discover unique handmade items and support local artisans. \$ Free entry	First Sunday of the month (check website)	Docklands Seasonal locations (check website)  Tram no. 30, 35, 70, 75, 86	0400 221 266 docklands@communityfarmersmarkets.com.au communityfarmersmarkets.com.au
Kensington Community Fresh Food Market	Support urban farmers and community gardens to contribute locally grown, fresh produce, either for sale, a donation or to share. \$ Free entry	First Saturday of the month 10am to 12pm	Kensington Skinny Park Bellair Street Reserve, Bellair Street	facebook.com/people/Kensington-Community-Fresh-Food-Market/100086673673183/
Kensington Market	Browse an eclectic mix of locally-made designer fashion, homemade treats, coffee, homewares, jewellery, kids wear and art. \$ Free entry	Third Sunday of the month 10am to 3pm	Kensington Kensington Town Hall 30-34 Bellair Street  Tram no. 57	0402 752 257 info@kensingtonmarket.com.au kensingtonmarket.com.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Melbourne Farmers Markets Carlton Farmers Market	Enjoy access to a variety of the finest seasonal produce. BYO coffee mug and reusable bags. \$ \$2 voluntary entry donation (card only)	Saturday 8am to 1pm	Carlton 6054/60 Lee Street, Carlton North (Entrance at O'Grady Street)  Tram no. 1, 6, 96	0429 146 627 mfm.com.au
Southgate The Sunday Market at Southgate	Come and explore this undercover market, meet the makers and artists face-to-face and learn about their products and what inspires their work. \$ Free entry	Sunday 10am to 4pm	Southbank Ground Level, Mid Level, Upper Level 3 Southgate Avenue  Tram no. 1, 16, 3, 5, 6, 64, 67, 72	0437 222 628 fran.hutcheson@esr.com southgatemelbourne.com.au
The Community Grocer Carlton Market	Fresh and culturally appropriate produce at affordable prices. Attend on the day or check the website for local pick up hubs. \$ Free entry	Friday 8.30am to 12.30pm	Carlton 510 Lygon Street  Tram no. 1, 6	thecommunitygrocer.com.au/carlton
Queen Victoria Market	Home to hundreds of small businesses, it's the largest open air market in the southern hemisphere. If you can't make it to the market, shop online with same-day delivery of fresh produce to more than 150 suburbs. Click and collect is also available. \$ Free entry	Tuesday, Thursday to Friday 6am to 3pm Saturday 6am to 4pm Sunday 9am to 4pm	CBD Hoddle Grid Queen Victoria Market Queen Street  Tram no. 19, 57, 58, 59	9320 5822 info@qvm.com.au qvm.com.au

Community meal programs



Community Food Guide

Our Community Food Guide is for anyone who needs information about how to access local, affordable, fresh and healthy food. Visit the website to explore an interactive community food map and to access a digital copy of the guide.

melbourne.vic.gov.au/communityfoodguide



Wednesday Social Group

Weekly social gathering in the company of a friendly group at Kensington Neighbourhood House. Offers friendship, meals, outings, bingo and other activities.

See page 102 for pricing and more information.



Local Lunch Club and FareShare Library Feeds

Join us on the third Saturday of the month for a friendly, free community lunch at Kathleen Syme Library and Community Centre. Commencing 21 February.

12.45pm to 2pm.

We have also teamed up with FareShare to offer free, healthy frozen meals for people who need them.

See page 119 for more information.



Community lunch

Visit CAN Community Support on Wednesdays to enjoy a free social gathering and healthy halal meal.

See page 94 for pricing and more information.

4. LIFELONG LEARNING


Experience the benefits of lifelong learning in friendly and welcoming environments.







City of Melbourne Libraries



Libraries are a big part of the reason Melbourne is a great place to age. Our libraries are located throughout the City of Melbourne and offer a wide range of services, groups and

support for older people. Book groups, tech help, information and 'Ask a Librarian' are just a few of the services our libraries have on offer. Visit your local branch today.

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne City Library	Located near bustling Degraeves Street and co-located with the Centre for Adult Education (CAE), City Library is Victoria's busiest public lending library. The library is a major destination and meeting place for residents, workers, students and visitors. After 20 years, it has undergone a revamp – creating a space for Melburnians and visitors to borrow books, access technology and come together to share ideas.	Monday to Thursday 9am to 7pm Friday 9am to 6pm Saturday 10am to 4pm Sunday 12pm to 4pm	CBD Hoddle Grid 253 Flinders Lane  Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne East Melbourne Library	East Melbourne Library is one of Australia's most ecologically sustainable public libraries. Offering plenty of quiet study space, a north-facing deck with community herb garden and bursting with a fresh and well-maintained collection of books, magazines and movies.	Monday, Tuesday and Thursday 10am to 6pm Wednesday 10am to 7pm Friday 1pm to 6pm Saturday 10am to 1pm Sunday 12pm to 4pm	East Melbourne 122 George Street  Tram no. 48, 75	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries
City of Melbourne Kathleen Syme Library and Community Centre	Kathleen Syme is a modern, welcoming space where all members of the community can read, connect, learn and create. The centre is home to a library, learning and training rooms with a computer lab, recording studio, meeting rooms, community activity spaces and a cafe.	Monday to Thursday 10am to 7pm Friday 1pm to 6pm Saturday 10am to 4pm Sunday 12pm to 4pm	Carlton 251 Faraday Street  Tram no. 1, 3, 5, 6, 16, 64, 67, 72	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne Library at The Dock	Located on the waterfront, Library at The Dock is a next-generation library and community hub. As well as the library collection, there is a recording studio, makerspace, creative editing suites, community spaces and a large performance venue. A gallery and exhibition space celebrates Docklands' heritage.	Monday to Thursday 10am to 7pm Friday 1pm to 6pm Saturday 10am to 4pm Sunday 12pm to 4pm	Docklands 107 Victoria Harbour Promenade  Tram no. 11, 48	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries
City of Melbourne narrm ngarrgu Library and Family Services	Located in the Queen Victoria Market precinct, this space is designed for the community to explore, learn, and access integrated family support. It features a book collection, meeting spaces, and a community rooftop terrace with city views. Visitors can also enjoy artworks, sound studios or create in the makerspace equipped with 3D printers, laser cutters and sewing machines. Digital literacy classes are also on offer.	Monday to Thursday 10am to 7pm Friday 10am to 6pm Saturday 10am to 4pm Sunday 12pm to 4pm	CBD Hoddle Grid 141 Therry Street  Tram no. 19, 57, 59	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
City of Melbourne North Melbourne Library	One of the longest established libraries in Victoria, it has provided a free public lending service to the City of Melbourne since 1905. The Hotham Room at North Melbourne Library is available for community and commercial hire.	Monday to Thursday 10am to 7pm Friday 1pm to 6pm Saturday 10am to 4pm Sunday 12pm to 4pm	North Melbourne 66 Errol Street  Tram no. 57	1800-MYLIBRARY (1800 695 427) library@melbourne.vic.gov.au melbourne.vic.gov.au/libraries
City of Melbourne Southbank Library/ Boyd Community Hub	Southbank Library is located at Boyd Community Hub, where you will also find art studios, maternal and child health services, various rooms for hire, outdoor spaces and House of Cards cafe.	Monday 10am to 7pm Tuesday to Thursday 10am to 6pm Friday 1pm to 6pm Saturday 10am to 1pm Sunday 12pm to 4pm	Southbank 207 City Road  Tram no. 58	1800-MYLIBRARY (1800 695 427) boyd@melbourne.vic.gov.au melbourne.vic.gov.au/libraries

City of Melbourne Libraries programs and services



Book a Librarian

Our librarians can help you with accessing ebooks and audiobooks, researching a subject, using library apps on your tablet or smartphone, setting up an email account, creating a myGov account or finding your next great read.

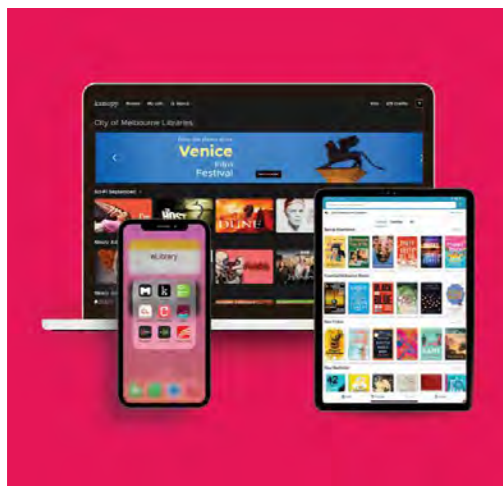
9658 9500
melbourne.vic.gov.au/bookalibrarian



English conversation classes

Meet new people and improve your English language skills in an informal setting. Sessions run online via Zoom and in person at City Library, Southbank Library and Kathleen Syme Library. All sessions are free and bookings are essential.

1800-MYLIBRARY (1800 695 427)
melbourne.vic.gov.au/englishlearning



eLibrary

Your Libraries membership gives you access to a range of free online services. Download ebooks and audiobooks, skill up with online classes, stream film and music, uncover family history records, read publications and more.

1800-MYLIBRARY (1800 695 427)
melbourne.vic.gov.au/elibrary



Makerspaces



Library makerspaces are the places for crafting, digital designing, coding, music and video production. Featuring a variety of tools and creative technology gear like sewing machines, laser cutters and 3D printers, this space encourages makers of all levels who are wanting to do, learn and create more. Located at Library at The Dock, Kathleen Syme Library and Community Centre and narm ngarrgu.

1800-MYLIBRARY (1800 695 427)
melbourne.vic.gov.au/makerspaces

Neighbourhood houses

Visit one of your local neighbourhood houses in the City of Melbourne to connect, learn and contribute to local communities through activities, events, classes and volunteering

opportunities. Neighbourhood houses are about meeting people, having fun, building skills, and celebrating culture and diversity.

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Carlton Neighbourhood Learning Centre	Join community programs, English language and computer classes, community gardening and other general-interest courses.	Monday to Friday 9am to 5pm	Carlton 20 Princes Street, Carlton North  Tram no. 96	9347 2739 info@cnlc.org.au cnlc.org.au
Kensington Neighbourhood House	Take part in a range of education, art, social groups and health and wellbeing programs. A place to connect with others and develop skills.	Monday to Friday 9am to 5pm	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com
North Melbourne Language & Learning	English language classes, computer classes and a range of activities that help to build the local community, with a focus on connecting culturally and linguistically diverse communities.	Monday to Friday 9am to 5pm	North Melbourne Level 1, 174-178 Macaulay Road	9326 7447 enquiries@nmll.org.au nmll.org.au
North & West Melbourne Neighbourhood Centre	Participate in a range of education programs, financial literacy courses, exercise classes, creative pursuits, bus trips and community gatherings.	Monday 10am to 6pm Tuesday 10am to 4pm Wednesday to Friday 10am to 3pm	North Melbourne 58 Errol Street  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au

Digital learning opportunities

Our world is increasingly becoming more digital. There are many ways to access digital help around the city of Melbourne. Get help using devices such as phones, tablets and computers through our fortnightly tech help at Chatty Café (page 19)



Learn Local - Build Your Digital Skills

Melbourne and regional Victoria. With more than 200 locations state-wide, Learn Local delivers a wide range of digital skills and technology courses to help you build confidence at your own pace.

You can learn in a classroom, online, or a combination of both, with experienced trainers creating a relaxed and supportive environment.

Check pages 78-79 for the contact details of your local neighbourhood house to discuss their Learn Local program offerings.

You can also find a provider near you by visiting the website.

learnlocal.org.au

or our Book a Librarian service (page 76). You can also explore the services below for further digital learning and support.



Be Connected

Be Connected helps older Australians build confidence, skills and safety when using the internet and everyday technology.






The free online modules cover online safety, using devices, connecting with others, finding hobbies and social groups, staying up to date, and online shopping.






Be Connected is supported by a national network of community partners who offer in-person digital help for people who are new to technology or feeling left behind.




Visit the website to explore free courses or locate a local program provider.

beconnected.esafety.gov.au

Other lifelong learning opportunities

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
AMES Australia Multicultural Hub	The Multicultural Hub is owned by the City of Melbourne and managed by AMES Australia. A welcoming space for the community to connect, get support, and join activities. Regular events include language classes, book clubs, music and dance sessions, health and wellbeing programs, and special interest groups.	Monday to Friday 9am to 5pm	CBD Hoddle Grid 506 Elizabeth Street  Tram no. 1, 3, 5, 6, 16, 19, 57, 59, 64, 67, 72	9092 1500 enquiries@multiculturalhub.com.au melbourne.vic.gov.au/multicultural-hub
Centre for Adult Education Centre for Adult Education (CAE)	Offers inclusive and accessible learning for all ages, with short courses ranging from creative pursuits like art, cooking, photography, music, and languages to professional development in business, technology, and communication.	Monday to Friday 9am to 5pm	CBD Hoddle Grid 253 Flinders Lane  Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75, 109, 11, 12, 48	9652 0611 enquiries@cae.edu.au cae.edu.au
Handknitters Guild Sit and Knit	Bring along some yarn and needles and get help with some basic techniques and tips.	First Sunday of the month 1pm to 5pm	CBD Hoddle Grid Ross House 247-251 Flinders Lane  Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75, 109, 11, 12, 48	9878 3758 hkguild@gmail.com bit.ly/3GImpDU
Melbourne Ukulele Community Ukulele sessions	Whether you're a complete beginner or expert player, come along and connect with other ukulele players. There are ukuleles available to borrow if you don't yet have one. RSVP online.  Free	Thursday 6pm to 8pm	Kensington Flemington & Kensington RSL, 25-27 Rankins Road  Tram no. 57	meetup.com/melbourne-ukulele-community/events/

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
North & West Melbourne Neighbourhood Centre The Centre Adventure Bus Trips	Visit historical, cultural or horticultural places of interest or significance. Normally a full-day bus trip. Includes lunch and morning tea. Bookings essential. \$ \$65 \$ \$45 concession	Fourth Tuesday of every month 9am to 5pm	North Melbourne The Centre, 58 Errol St  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
Royal Botanic Gardens Victoria The Explorer – Melbourne Gardens	Discover the beauty of this inner-city oasis with a 30-minute guided tour in the comfort of an open-air minibus. \$ \$15 \$ \$12 concession	Daily 11am to 5pm	CBD Hoddle Grid Birdwood Avenue  Tram no. 3, 5, 6, 16, 64, 67, 72	9252 2300 rbg@rbg.vic.gov.au rbg.vic.gov.au/melbourne-gardens/
Royal Botanic Gardens Victoria Free Guided Walks	Discover the remarkable plant diversity of this sanctuary in the middle of bustling Melbourne. Bookings are essential. \$ Free	Tuesday to Sunday 10.30am Saturday to Sunday 1.30pm	CBD Hoddle Grid Visitor Centre, Birdwood Avenue  Tram no. 3, 5, 6, 16, 64, 67, 72	9252 2300 rbg@rbg.vic.gov.au rbg.vic.gov.au/melbourne-gardens/
Royal Historical Society of Victoria A Walk in the Flagstaff Gardens	Join expert tour guides on a 75-minute walking tour through the beautiful Flagstaff Gardens. Bookings essential. \$ \$10	Monday 11am	CBD Hoddle Grid Royal Historical Society of Victoria, 239 A'Beckett Street  Tram no. 58, 30, 35	9326 9288 office@historyvictoria.org.au historyvictoria.org.au/rhsv-walking-tours
Shrine of Remembrance Shrine Tours	Discover the fascinating history of this monument by joining a 45-minute guided tour. Tours depart every hour. \$ \$20 \$ \$15 concession	Daily 10am to 4pm	CBD Hoddle Grid Shrine of Remembrance, Birdwood Avenue  Tram no. 3, 5, 6, 16, 64, 67, 72	9661 8100 reception@shrine.org.au shrine.org.au



ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Story Studios Australia Thursday Write Night	A welcoming space for local writers to come together, practise their craft and take part in hosted discussions. Tea and coffee provided. \$ \$15	Second and Fourth Thursday 10am to 3pm Check website for dates in 2026	Carlton 170 Elgin Street  Tram no. 1, 6	9958 5799 info@mywritersstudio.com.au mywritersstudio.com.au
U3A Melbourne City	Discover a range of lifelong learning opportunities including languages, history, literature and more. There is something for everyone, including: <ul style="list-style-type: none"> • bridge, chess, mahjong, and Cryptic Crosswords • language classes • Music for Pleasure • Poetry Appreciation \$ \$95 annual membership	Monday to Friday 10am to 4pm	CBD Hoddle Grid Suite 1, Level 5, 168 Lonsdale Street  Tram no. 30, 35, 86, 96	9639 5209 office@u3amelbcity.org.au u3amelbcity.org.au
Queer Melbourne Stitch 'n' Bitch	A free, volunteer-run, intergenerational craft event for LGBTIQA+ people aged 18 and over. Learn, share your skills or share a room with other crafty people. \$ Free	Varying Sunday monthly (check website) 2pm to 5pm	Carlton Kathleen Syme Library and Community Centre, 251 Faraday Street  Tram no. 1, 3, 5, 6, 16, 64, 67, 72	1800 695 427 queersnbmelbourne@gmail.com queerstitchnbitch.wordpress.com

5. SOCIAL GROUPS

There are so many opportunities to connect with others who share similar interests. Where days, times and costs are not provided, contact the organiser for more information.








ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
African Communities Elderly Association	Join in meals, outings, cards, billiards, afternoon tea and information with other men. Languages spoken by participants are Tigre, Tigrinya and Arabic.	Monday and Thursday 12.30pm to 4pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street 🚊 Tram no. 57, 59	9328 1665 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Association of New Elderly	Offers a wide range of activities to support Japanese people and their carers including singing, reading, Japanese meals, yoga and walks.	Various days and times	Various locations	0425 766 485 ANEnonprofit@gmail.com facebook.com/ANEAustralia/
			CBD Hoddle Grid	
			North Melbourne	
			South Yarra	




ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Australian Men's Shed Association Men's Sheds	Men's Sheds provide a welcoming space where men can connect, share skills, and work on meaningful projects in an atmosphere of mateship. They offer a safe, supportive environment where men can focus on their health and wellbeing, combat isolation, and find purpose through community involvement.	Various days and times	Various locations (see below)	1300 550 009 mensshed.org
Men's sheds				
Melbourne Men's Shed	This modern Men's Shed welcomes everyone, including retirees, CBD workers, women, artists, and students. Connect through activities such as woodworking, walking groups, cooking classes and volunteering.	Monday 10am to 2pm Tuesday 10am to 2pm and 5pm to 9pm Saturday 10am to 2pm	CBD Hoddle Grid Level 1 Federation Square carpark Russell Street Ext  Tram no. 35, 70, 75	9639 2040 secretary@melbournemensshed.org melbournemensshed.org
Peter Mac Men's Shed	This shed welcomes patients from both Peter Mac and nearby hospitals. It supports men, their families, and caregivers dealing with illness. It provides a safe space to reduce social isolation, improve mental wellbeing, and share experiences.	Tuesday and Thursday 10am to 3pm	North Melbourne 3 Bedford Place  Tram no. 19, 58, 59	secretary@melbournemensshed.org melbournemensshed.org






ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Australian Multicultural Community Services Chinese (Cantonese) Social Support Group	Cards, karaoke, line dancing, mahjong and excursions for older Chinese people. Language spoken by participants is Cantonese.	Friday 9am to 12pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street 🚊 Tram no. 57, 59	9689 9170 info@amcservices.org.au amcservices.org.au
Australian Romanian Community Welfare - Seniors Group	Weekly social lunch and activities for Romanian older people.	Tuesday 12pm to 4pm	North Melbourne 55 Melrose Street 🚊 Tram no. 57, 59	9348 9066 arc@ausromwelfare.net.au
CAN Community Support	Serving those in the Carlton community through numerous programs from emergency support to family learning, community meals, a drop-in space and women's groups.	Tuesday to Thursday 10am to 2pm	Carlton 180 Palmerston Street 🚊 Tram no. 1, 6	9347 7077 contact@cancarlton.com.au cancommunitysupport.org.au
CAN Community Support and Carlton Neighbourhood Learning Wednesday Community Lunch	Enjoy this social gathering and healthy halal meal every Wednesday for conversation and connection. 💰 Free	Wednesday 12pm to 1pm	Carlton 180 Palmerston Street 🚊 Tram no. 1, 6	9347 7077 contact@cancarlton.com.au cancommunitysupport.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Carlton Neighbourhood Learning Centre Eritrean Women's group	Information, forums and social support for local older Eritrean women. Includes shared weekly meal, health information and group outings. 💰 Free to eligible participants	Friday 7pm to 10pm Outings and activities on various times and days	Carlton 530 Lygon Street Community room, Carlton Housing Estate 🚊 Tram no. 96	9347 2739 info@cnlc.org.au cnlc.org.au
Carlton Neighbourhood Learning Centre Harari Women's Group	Older members of the Harari community come together to practise cultural traditions and pass them on to the younger generation.	Once per month on Saturday 5pm to 8pm	Carlton 180 Palmerston Street 🚊 Tram no. 96	9347 2739 info@cnlc.org.au cnlc.org.au
Chinese Arts Association of Melbourne	Singing, dancing, tai chi, Chinese drumming, meals and other social activities. Language spoken by participants is Mandarin.	Tuesday and Friday 12.30pm to 4pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street 🚊 Tram no. 57, 59	9328 1665 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Chinese Social Centre Chinese Social Centre of North Melbourne	A warm, welcoming and inclusive place for Chinese older people to meet, make friends, develop skills and participate in a range of social activities and information sessions. 💰 \$20 annual membership	Monday 9.30am to 4.30pm Wednesday to Thursday 9.30am to 3.30pm	North Melbourne Room 1, Ground Floor, 76 Canning Street 🚊 Tram no. 57, 59	0412 285 008 info@fsnlc.net farnhamst.net/chinese-social-centre
cohealth AROT Chinese seniors group	Support and activities for Chinese older people including individual support, carer support, elder abuse awareness and social activities. Meets at various locations.	First Wednesday of the month 11am to 1.30pm	Kensington Various (contact organiser) 12 Gower St	9448 6335 josefa.puche-cano@cohealth.org.au cohealth.org.au





ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
cohealth Carlton Women's Turkish Group	Connect and share experiences with other Turkish women, participate in cultural events and learn new information.	First Tuesday of the month 12pm to 4pm	Carlton Community Hall Ground Floor, 510 Lygon Street  Tram no. 1, 6	9448 6577 maria.ibrahim@cohealth.org.au cohealth.org.au
cohealth Eritrean Men's Group	Take part in cultural events, meals, information and social activities with other men. Languages spoken by participants are Tigre, Tigrinya and Arabic.	First Thursday of the month 5pm to 8pm	Carlton Community Hall Ground Floor, 510 Lygon Street  Tram no. 1, 6	9448 6577 maria.ibrahim@cohealth.org.au cohealth.org.au
cohealth Social Support Group	A welcoming social support and respite group for older people. The program includes transport, activities, a meal and support from trained and caring staff. Eligibility criteria apply.	Monday to Friday	Carlton Kathleen Syme Library and Community Centre 251 Faraday Street  Tram no. 1, 16, 3, 5, 6, 64, 67, 72	9448 5509 patrick.lahn@cohealth.org.au cohealth.org.au
Elderly Greek Club of Kensington and Flemington Inc.	Weekly get together with meals, bingo, other games and occasional outings for Greek speaking seniors.	Friday 9am to 3pm	Kensington Kensington Neighbourhood Centre 18 Anthony Street  Tram no. 57	9376 9743 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Fun Singing Group	A welcoming and light-hearted group where people come together to sing for fun! No experience needed — just bring your voice and a love of music.	First Friday of the month 1pm to 3.30pm	South Yarra South Yarra Senior Citizens Centre, 65 Toorak Road West  Tram no. 58	9820 2760 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople




ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Happy Abuela's Group	Take part in weekly painting classes for Spanish speaking seniors.	Thursday 9am to 3pm	Kensington Kensington Neighbourhood Centre 18 Anthony Street 🚊 Tram no. 57	9376 9743 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Horn of Africa Senior Women's Group	Join in meals, outings and exercise with other women. Languages spoken by participants are Tigre, Tigrinya and Arabic.	Wednesday 10am to 3pm	Kensington Kensington Neighbourhood Centre 18 Anthony Street 🚊 Tram no. 57	9376 9743 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Inner Melbourne Life Activities Club	Providing activities to members as they go through life-changing events such as retirement or moving into a new area. Everyone is welcome. 💰 \$30 per year membership. Extra costs apply for activities.	Clubs offer interest groups running at various times.	Southbank Monthly catch up at Jarrah Bar, 26 Southgate Avenue 🚊 Tram no. 1, 16, 3, 5, 6, 64, 67, 72	0407 873 741 (John) 0418 316 183 (Sue) imlac@life.org.au lifeinnermelbourne.org.au
Indo-China Ethnic Chinese Association of Victoria	Monthly meals, social activities, special events and English classes for older Chinese people.	Every third Tuesday Other celebrations based on Chinese calendar	CBD Hoddle Grid Meals at Chine on Paramount, Little Bourke street 🚊 Tram no. 86, 96	henryktq@hotmail.com
Italian Lessons	Learn Italian in a friendly group setting. Also offered online. Beginners welcome.	First and Third Friday of the month 11.30am to 12.30pm	South Yarra South Yarra Senior Citizens Centre, 65 Toorak Road West 🚊 Tram no. 58	9820 2760 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Kensington Neighbourhood House Vietnamese and Indochinese Elders Social Group	Fortnightly meeting for older Vietnamese people. Activities include daytrips, gentle exercise, health and wellbeing presentations and lunch. Bookings are essential. 💰 \$25 per year	Every second Thursday 10.30am to 1pm	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com
Kensington Neighbourhood House Wednesday Social Group	Weekly social gathering in the company of a friendly group. Offers friendship, meals, outings, bingo and other activities. 💰 \$10 for lunch bingo and 💰 \$8 for outings, plus entry and lunch costs	Wednesday 12.30pm to 2pm	Kensington 89 McCracken Street	9376 6366 info@kenhouse.org.au kensingtonneighbourhoodhouse.com
Melbourne Line Dancing Group	Weekly exercise and dance sessions for people over the age of 55 to stay fit and socially connected.	Thursdays 10am to 1pm	CBD Hoddle Grid The Atrium at Federation Square  Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75	mldgi.team@gmail.com mldgi.org
Melbourne Seniors Bridge Club	A friendly and social group for older adults who enjoy playing bridge. Whether you're a seasoned player or looking to learn, join us for fun, strategy, and great company in a relaxed and welcoming atmosphere.	Thursday 1pm to 4pm	South Yarra South Yarra Senior Citizens Centre, 65 Toorak Road West  Tram no. 58	9820 2760 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Melrose Art Group	Take part in weekly painting and craft activities for seniors from all cultural backgrounds.	Mondays 10am to 3pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram no. 57, 59	9328 1665 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
North & West Melbourne Neighbourhood Centre Afternoon Tea for Mandarin speakers - “Cha Hua Hui”	Join this group of Mandarin speakers for an informal chat over afternoon tea. Facilitated by a Mandarin speaker. \$ Free	Every second Wednesday 2pm to 3pm	North Melbourne 58 Errol Street  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
North & West Melbourne Neighbourhood Centre North Melbourne Men’s Afternoon Tea	A casual get-together for some food and a chat with other men from the neighbourhood. \$ Free	Every second Tuesday 2.30pm to 4pm	North Melbourne 58 Errol Street  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
North & West Melbourne Neighbourhood Centre Senior’s Morning Tea	An informal chat over morning tea. A place where friendships can flourish. Sometimes with a guest speaker. \$ Free	First Tuesday of the month 10am to 11.30am	North Melbourne 58 Errol Street  Tram no. 57	9328 1126 admin@centre.org.au nwmnc.org.au
North Melbourne Chinese Association	Social support and activities including dancing, mah-jong, cards and singing.	Wednesdays 9am to 3pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram no. 57, 59	9328 1665 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
Prahran Place Neighbourhood Centre Men’s Group	A social group for older men to get together for coffee, conversation and occasional outings.	First Wednesday of the month 1pm to 4pm	South Yarra South Yarra Senior Citizens Centre, 65 Toorak Road West  Tram no. 58	9820 2760 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Probus South Pacific Probus Clubs	Opportunities for retired and semi-retired people to keep minds active, enjoy the fellowship of old and new friends and to maintain and expand interests. Visit the website for more information on how to become a member and join one of the sessions below.	Clubs offer interest groups running at various times.	Various locations (see below)	1300 630 488 admin@probussouthpacific.org probussouthpacific.org
Probus clubs				
Carlton	Carlton Gardens Probus Club	First Tuesday of the month 10am	Carlton The Clyde Hotel, 385 Cardigan Street 🚊 Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75	0417 323 909 carltongardensprobus@gmail.com probussouthpacific.org/microsites/carltongardens
Carlton	Carlton Parkville Probus Club	Second Tuesday of the month 10am to 12pm	Carlton Graduate House, 220 Leicester Street 🚊 Tram no. 1, 3, 5, 6, 16, 64, 67, 72, 35, 70, 75	probuscarltonparkville@gmail.com probussouthpacific.org/microsites/CarltonParkville
Docklands	Melbourne Bearbrass Probus Club	Second Tuesday of the month 10am to 12.30pm	Docklands Community Hub at the Dock 912 Collins Street 🚊 Tram no. 11, 48	0407 787 117 bearbrassprobus@gmail.com bearbrassprobus.org/
Docklands	Melbourne Sunrise Probus Club	First Thursday of the month 10.30am to 12pm	Docklands Community Hub at the Dock 912 Collins Street 🚊 Tram no. 11, 48	0419 348 191 michaelpipi@bigpond.com clubrunner.ca/mspc

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
Slavic Women's Group 'Nase Zene'	Share meals, celebrations, outings, information and socialising. Language spoken by participants is Serbo-Croatian.	Thursday 9am to 2pm	North Melbourne Jean McKendry Neighbourhood Centre 91-111 Melrose Street  Tram no. 57, 59	9328 1665 healthyageing@melbourne.vic.gov.au
Spanish Speaking Elderly Group of North Melbourne	Enjoy meals, art and craft, outings and social activities.	Tuesday 9am to 3pm	Kensington Kensington Neighbourhood Centre 18 Anthony Street  Tram no. 57, 59	9376 9743 healthyageing@melbourne.vic.gov.au melbourne.vic.gov.au/olderpeople
St Nicholas Antiochian Orthodox Church St Nicholas Antiochian Orthodox Church Senior Citizens Group	Regular seniors' meeting with activities including information sessions, exercises, games, meals and outings. Language spoken is Arabic.	Every second Tuesday 11am to 2pm	East Melbourne 176 Simpson Street  Tram no. 109, 12	0411 811 468 stnicholas.org.au
The Federation of Chinese Associations	Offers singing, dancing, information, exercise, meals, festivals and outings for older Chinese people.	Various times and days	Docklands 1418/401 Docklands Drive  Tram no. 30, 70, 86	9650 6468 info@vicfca.org.au vicfca.org.au

ORGANISER/ ACTIVITY	DESCRIPTION	DAY/ TIME	NEIGHBOURHOOD ADDRESS	CONTACT DETAILS
U3A Melbourne City	U3A Melbourne City provide a range of initiatives which offer members a chance to socialise and remain connected. Social groups include: <ul style="list-style-type: none"> • Let's Do: movies, weekends, and pub lunch and more \$ \$95 annual membership	Monday to Friday 10am to 4pm	CBD Hoddle Grid Suite 2, Level 4, 168 Lonsdale Street  Tram no. 30, 35, 86, 96	9639 5209 office@u3amelbcity.org.au u3amelbcity.org.au
Uniting Church Gospel Hall Yee Hong Fellowship	Connect with other Mandarin speaking participants, meet new people and establish new friendships during meals and outings.	Fourth Sunday of the month 11.15am to 12pm	CBD Hoddle Grid Gospel Hall Melbourne 196 Little Bourke Street  Tram no. 30, 35	9663 6822 info@ucghm.org.au ucghm.org.au
Victorian Elderly Chinese Welfare Society Inc.	Planned Activity Group providing social support, recreation, activity-based programs and enhancement of daily living skills for Chinese older people.	Various times and days	West Melbourne 187-189 Victoria Street  Tram no. 57, 58	9329 2258 vecwslow@hotmail.com

6. SERVICES AND SUPPORT

This section offers a starting point for older people, carers and families to access the support, information and services they need. For more information you can contact Healthy Ageing on 9658 9190 or email healthyageing@melbourne.vic.gov.au. **If your matter is an emergency, always call 000.**





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Local support

City of Melbourne

Customer service

City of Melbourne is here to help. You can contact us by phone, or visit our Customer Service Centre. You can also visit our website to report an issue, submit an enquiry, provide feedback or a complaint, make online payments, or access commonly requested services. We aim to respond within three working days.

Customer Service Centre at Melbourne Town Hall

120 Swanston Street, Melbourne

8.30am to 5pm, Monday to Friday (public holidays excluded).

9658 9658

Submit a query from services.melbourne.vic.gov.au/ask/question
melbourne.vic.gov.au

Local support

Connections Program

Helping older people with information and support to connect with services they need, including:

- Understanding the aged care system, eligibility, assessment and how to find a service provider
- Linking with social, health and community support
- Getting involved in healthy ageing programs and community participation opportunities.

9658 9190

0455 911 142

healthyageing@melbourne.vic.gov.au

melbourne.vic.gov.au/connectionsprogram

Local support

Accessibility in City of Melbourne

Learn about accessibility support services and resources available in the City of Melbourne. Discover the home library service, accessible facilities like mobility device recharge points, and discounted entry with carer and companion cards — plus more information online.

<https://www.melbourne.vic.gov.au/services-people-disability>

Helping Out Guide

A comprehensive list of free and low-cost services for people experiencing hardship and homelessness. Pick up a free copy from venues across the city, like our libraries, Melbourne Town Hall and cohealth venues, or visit the website to download a digital copy.

melbourne.vic.gov.au/helping-out-guide

Local support

Community Food Guide

A resource for anyone in the community who needs information about accessing affordable, fresh and healthy food. Visit the website to explore an interactive community food map and to access a digital copy of the guide.

melbourne.vic.gov.au/communityfoodguide

Fareshare Library Feeds

We have teamed up with FareShare to offer free, healthy frozen meals for people who need them. Collect during opening hours from the freezer in the foyer at Kathleen Syme Library and Community Centre. Halal, vegetarian and other options are available.

251 Faraday Street, Carlton
9658 7300

Local support

Service directories

Ask Izzy

A service referral website connecting people in need with housing, a meal, financial help, family violence support, counselling, recreation and much more. It is free and anonymous, with thousands of services listed from across Australia.

askizzy.org.au

Seniors Online Victoria

Providing information to senior Victorians to participate in community life, maximise their health and wellbeing, and age well. This includes the Victorian Seniors Card program, with offers and incentives that make it affordable to get out and about.

1300 797 210

seniorsonline@dffh.vic.gov.au

seniorsonline.vic.gov.au

Aboriginal and Torres Strait Islander Services

13 YARN

13YARN is the national crisis support line for those who are feeling overwhelmed or having difficulty coping. Call for a confidential, one-on-one yarn with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter who can provide support 24 hours a day, seven days a week.

13 92 76

13yarn.org.au

Aboriginal Community Elders Services

This service provides support for Aboriginal Elders to access individualised care while living independently in the community and in residential aged-care settings. Programs include residential aged care, Outreach Care Program, Social Support Group and support for carers.

9383 4244

admin@acesinc.org.au

acesinc.org.au

Aboriginal and Torres Strait Islander Services

Djirra

An Aboriginal Community Controlled Organisation providing a place where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past. Services include the Aboriginal Family Violence Legal Service.

1800 105 303

info@djirra.org.au

djirra.org.au

Elizabeth Morgan House: Aboriginal Women's Service Inc

Provides refuge accommodation, family violence services, therapeutic support, and works with women in the justice system, to uphold their rights to live a life free from violence. Support also extends to parents of Aboriginal children, as well as partners and ex-partners of Aboriginal people.

9403 9400 or 1800 364 297

info@emhaws.org.au

emhaws.org.au

Aboriginal and Torres Strait Islander Services

Mob Strong Debt Help

A free nationwide legal advice and financial counselling service for Aboriginal and Torres Strait Islander people. Access information about topics such as money problems, debt, insurance and superannuation.

1800 808 488

financialrights.org.au/mob-strong-debt-help

Ngwala Willumbong Aboriginal Corporation

Ngwala provides individuals and families support through a range of outreach and residential services aimed at holistic health and healing. This includes alcohol and other drug treatment and recovery, housing and homelessness, family violence, counselling and outreach programs.

9510 3233

reception@ngwala.org.au

ngwala.org.au

Aboriginal and Torres Strait Islander Services

Victorian Aboriginal Health Service

VAHS provides a comprehensive range of medical, dental and social services for the community. VAHS supports the wellbeing of the community through community events and activities.

9419 3000

info@vahs.org.au

vahs.org.au

Victorian Aboriginal Legal Service

Provides referrals, advice and information, and case work to Aboriginal and Torres Strait Islander peoples in Victoria. Their solicitors specialise in one of three areas of law: Criminal Law, Family Law and Civil Law.

1800 064 865

vals@vals.org.au

vals.org.au

Advocacy and elder abuse response services

1800RESPECT

This is a free service available 24 hours a day, seven days a week to support people impacted by domestic, family or sexual violence. Support is also available via a live chat service on the website.

1800 737 732

1800respect.org.au

Better Place Australia: Respecting Elders service

This service supports older people to address conflict relating to family or carers in their lives and preventing elder abuse. It prioritises the safety, rights, and independence of the older person, working with them and, when safe, involving family or carers.

1800 214 117

respectingelders@betterplace.com.au

betterplaceaustralia.com.au

Advocacy and elder abuse response services

cohealth - Legal service for older people

cohealth has partnered with Justice Connect to help older people experiencing elder abuse and other legal issues. This is a free, confidential legal service for people aged 55+ years. Eligibility criteria apply, including income testing.

9448 5537

cohealth.org.au/service/legal-service-for-older-people

Compass

A national website created to help older Australians navigate the complex issue of elder abuse. Resources and information is available for older Australians, and for the people who care for and support them, about a wide range of topics.

1800 ELDERHelp (1800 353 374)

compass.info

Advocacy and elder abuse response services

Council on the Ageing (COTA) Victoria

The leading not-for-profit organisation representing the interests and rights of people aged 50 and older in Victoria. COTA promotes opportunities for, and protects the rights of, older Victorians. Call the COTA WISE Information Line to access support and information.

1300 135 090

askcota@cotavic.org.au

cotavic.org.au

Advocacy and elder abuse response services

Older Persons Advocacy Network: Elder Rights Advocacy (OPAN)

OPAN is the national network of organisations that have been delivering advocacy, information and education services to older people across Australia.

Elder Rights Australia is the OPAN organisation in Victoria. The service is free, confidential and independent.

1800 700 600

admin@era.asn.au

elderrights.org.au

opan.org.au

Advocacy and elder abuse response services

The Orange Door

The Orange Door provides help for people who are experiencing family violence, or who need support with the care and wellbeing of children and young people.

The Orange Door will listen, and help you to get the support you need, quickly and easily. It's free and you don't need a referral. Open business hours.

1800 271 045

wma@orangedoor.vic.gov.au

orangedoor.vic.gov.au

Safe Steps

Safe Steps is Victoria's 24/7 phone-based family violence crisis service. Whether you need immediate assistance, ongoing support, or guidance through the legal system, this crisis line is answered by highly trained, experienced and compassionate Family Violence Crisis Specialists.

1800 015 188

safesteps@safesteps.org.au

safesteps.org.au

Advocacy and elder abuse response services

Seniors Rights Victoria

Seniors Rights Victoria provides free information, referrals, legal advice and casework on matters relating to elder abuse, and elder abuse prevention. **If you, or someone you know is experiencing elder abuse in Victoria, help is available through the confidential helpline. Call the number listed and select option 1.**

1300 368 821

seniorsrights.org.au

Aged care

My Aged Care

If you are 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), you may be eligible for Commonwealth subsidised aged care services.

The first step to accessing support is to contact My Aged Care - the Australian Government system that connects you with services that can help you stay independent for longer. This support includes, but is not limited to:

- **transport to appointments**
- **home delivered meals or shopping help**
- **mobility aids and equipment to live safely at home**
- **housework and personal care support**
- **respite services**

For more information and to arrange an assessment for services, call My Aged Care or visit the website.

1800 200 422

myagedcare.gov.au

Aged care

Services Australia

Supporting Australians through services and government payments. Payments, services and resources are available for people entering retirement, accessing aged care or in need of general assistance. Aged Care Specialist Officers also offer face-to-face or video appointments.

Services Australia Aged Care line:

1800 227 475

Centrelink Older Australians line:

132 300

servicesaustralia.gov.au/ageing

servicesaustralia.gov.au/aged-care-specialist-officer-my-aged-care-face-to-face-services

Aged care

Care finder

Some older people need extra, intensive support to access aged care services and other support in the community. Care Finder is a free service to support vulnerable older people to learn about, apply for and set up aged care services visit myagedcare.gov.au/help-care-finder

Care Finders in the City of Melbourne

cohealth

9448 5536

The Housing for the Aged Action Group Inc.

1300 765 178

intake@oldertenants.org.au

VincentCare

8327 7400

carefinder@vincentcare.org.au

Wintringham

9034 4824

intake@wintringham.org.au

Aged care

Residential aged care

An aged care home (sometimes known as a nursing home or residential aged care facility) is for older people who can no longer live at home and need ongoing help with everyday tasks or health care.

Visit myagedcare.gov.au or call **1800 200 422** to learn what you need to do to access residential aged care home services.

Residential aged care facilities in the City of Melbourne

Coppin Centre – Royal Freemasons

Melbourne

1300 623 642

royalfreemasons.org.au/aged-care

Elderly Chinese Home

Parkville

9328 4558

echinc.org.au

Aged care

Residential aged care facilities in the City of Melbourne (cont.)

Lynch's Bridge - Doutta Galla Aged Services

Kensington

9680 3300

dgas.org.au

Mercy Place East Melbourne - Mercy Health

East Melbourne

9413 1777

residential-care.mercyhealth.com.au

Mercy Place Parkville - Mercy Health

Parkville

9385 9222

residential-care.mercyhealth.com.au

Rathdowne Place Aged Care - Australian Unity

Carlton

9240 7000

australianunity.com.au/assisted-living

Carer support

Carer Gateway

Carer Gateway is an Australian Government program providing free services and support for carers.

If you care for a family member or friend with disability, a medical condition, mental illness, or who is frail due to age, then Carer Gateway can help you. Carer Gateway provides many services to support carers in their caring role, including:

- **peer support groups**
- **tailored support packages**
- **counselling, coaching and courses**
- **emergency respite**

Check out the Healthy Ageing section of this guide for details of City of Melbourne's Support for Carers Program.

1800 422 737
carergateway.gov.au

Carer support

Carers Victoria

Carers Victoria is the leading organisation supporting carers in the state, and advocating for carers nationwide. The Statewide Carer Advisory Service is dedicated to supporting unpaid carers. No matter your situation, get expert guidance, practical advice, and the support you need to care well – and stay well.

1800 514 845
reception@carersvictoria.org.au
carersvictoria.org.au

Carer Card Program

The Victorian Carer Card provides unpaid carers, and foster and kinship carers, with a Carer myki Card for concessional public transport across Victoria's public transport system, including V/Line. There are also discounts at participating businesses across Victoria, including eating out, shopping, leisure, recreation and fuel.

1800 901 958
carercard.vic.gov.au

Companionship support services

Aged Care Volunteer Visitors Scheme (ACVVS)

The ACVVS arranges volunteer visits to older people to provide friendship and companionship. Visits are available to anyone living in residential aged care or receiving Support At Home aged care services. If you are interested in requesting a volunteer visitor, visit the website and fill out a request form, or speak with your aged care service provider.

health.gov.au/acvvs

Friendline

Friendly volunteers are ready for anyone who needs to reconnect or just wants a chat. All conversations with FriendLine are anonymous. Register with your phone number online.

1800 424 287

friendline.org.au

Companionship support services

Telecross

The Red Cross Telecross service provides a daily telephone call to check on your wellbeing. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.

You must be registered with My Aged Care to access these services.

1300 885 698

redcross.org.au/telecross

Dementia

National Dementia Helpline

Dementia Australia supports and advocates for the estimated half a million Australians living with dementia and almost 1.6 million people involved in their care.

If you or someone you know is living with or caring for someone with dementia, you can call the National Dementia Helpline, available 24/7, for counselling, resources and support.

1800 100 500
dementia.org.au

Disability Support Services

Companion Card

A card for people with significant and permanent disability who need a high level of support to participate in community events and activities. The card allows a person's carer free entry into participating venues and events.

1800 650 611
companioncard@dffh.vic.gov.au
companioncard.vic.gov.au

Deaf Connect

Deaf Connect is the largest service provider for Deaf, Deafblind and hard of hearing Australians. Community members can get personal support with document translations, information access, referrals to connect with services, and access to technology via the Community Access service.

Connect online via video call, email, or SMS for information and support.

SMS: 0438 384 360
CommunityAccess.S1@deafservices.org.au
deafconnect.org.au

Disability Support Services

Disability Advocacy Network Australia (DANA)

DANA is the national representative body for independent disability advocacy organisations across Australia.

Independent advocacy organisations are not-for-profit and not affiliated with direct care providers.

Search the database for free and confidential advocacy support in your area.

1300 186 453

info@dana.org.au

dana.org.au

Disability Support Services

Disability Discrimination Legal Service (DDLS)

DDLS is a statewide independent community legal centre that specialises in disability discrimination legal matters.

9654 8644

info@ddls.org.au

ddls.org.au

Disability Gateway

The Disability Gateway helps people with disability, their families and carers find the information, services and support they need in Australia.

This may include information about housing, health, transport, financial support and legal rights.

1800 643 787

disabilitygateway.gov.au/about/about-you

Disability Support Services

Expression Australia

Expression Australia is a not-for-profit organisation created by and for the Deaf community. They provide a range of services to support people who are Deaf or hard of hearing to choose how they want to live, and celebrate Deaf community and culture.

1300 780 225

SMS/Facetime: 0402 217 586

info@expression.com.au

expression.com.au

Disability Support Services

National Disability Insurance Scheme (NDIS)

The NDIS provides support for people aged under 65 who live with a disability, their families and carers in Australia.

1800 800 100

ndis.gov.au

Vision Australia

Australia's leading provider of individualised services, technology, and resources for people with blindness and low vision. Specialists in therapy, mobility, and daily living offer expert care and support.

1300 847 466

info@visionaustralia.org

visionaustralia.org

Emergency contacts

Hospital emergency departments

Visit the Better Health website to find your nearest hospital with an emergency department.

In an emergency, call 000

betterhealth.vic.gov.au/health/servicesandsupport/hospital-emergency-departments

SES

For storm, landslide, tsunami and earthquake emergencies.

132 500

ses.vic.gov.au

Triple Zero

Stay focused, stay relevant, stay on the line:

- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000). Triple Zero calls are free.

000

triplezero.gov.au

Victoria Police Assistance Line

Report non-urgent crimes and events to Victoria Police, to help us prevent further crime and assist you with support.

131 444

police.vic.gov.au/police-assistance-line-and-online-reporting

End-of-life and advance care planning

Advance Care Planning Australia

Advance care planning enables you to make decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

1300 208 582

advancecareplanning.org.au

Grief Australia

An independent, not-for-profit organisation and the largest provider of grief and bereavement education in Australia.

9265 2100

grief.org.au

Griefline

Offers a variety of free grief support and resources, seven days a week. Trained volunteers are here for you and are ready to listen when you are ready to talk.

1300 845 745

griefline.org.au

Office of the Public Advocate (OPA)

A human rights organisation which promotes the diversity and inclusion of all people. The OPA offers support, information and official documentation relating to appointing an enduring power of attorney, medical treatment decision maker and advance care planning.

1300 309 337

publicadvocate.vic.gov.au

End-of-life and advance care planning

Palliative Care Victoria

Palliative care is person and family-centred care provided for a person with a life limiting illness, for whom the primary goal is to optimise the quality of life.

9662 9644

info@pallcarevic.asn.au

pallcarevic.asn.au

Victorian Palliative Care Advice Services

The Victorian Palliative Care Advice Service offers free, confidential advice for all Victorians seeking information about life-limiting illness, palliative care or end-of-life care.

1800 360 000

pcas.org.au

Financial support services

Moneysmart

The Moneysmart website is a self-help portal offering simple tools, tips and calculators to help people of all ages, backgrounds and incomes to be in control of their finances.

moneysmart.gov.au

Mortgage Stress Victoria

Providing free help to Victorians in mortgage stress, at any stage of mortgage stress – even if your payments are up to date, or if there are court orders for repossessing your home.

1800 572 292

mortgagestress.org.au

Financial support services

National Debt Helpline

National Debt Helpline helps people tackle their debt problems. Professional financial counsellors offer a free, independent and confidential service.

1800 007 007
ndh.org.au

Services Australia - Financial Information Service

Helps you make informed decisions about your finances, and make plans for your future financial needs.

132 300
servicesaustralia.gov.au/financial-information-service

Financial support services

Social Security Rights Victoria

Social Security Rights Victoria (SSRV) is a community legal centre that provides free legal services in relation to Social Security and Centrelink matters to people across Victoria.

9481 0355
ssrv.org.au

WIRE: Financial Planning Clinic

WIRE is a state-wide, free support, information and referral service for Victorian women, non-binary and gender-diverse people. WIRE can help you kickstart your financial plan with a free one-hour appointment with a financial professional.

1300 134 130
support@wire.org.au
wire.org.au/events/financial-guidance-clinic

Form filling assistance

CAN Community Support: First Stop program

This program is designed to assist community members to fill in challenging forms. Volunteers or social work students can assist with:

- identity documents
- passport applications
- Centrelink forms and MyGov queries
- Working with Children checks and Police Checks
- Utility grants and more.

9347 7077

contact@cancarlton.com.au

cancommunitysupport.org.au

Form filling assistance

Kensington Neighbourhood House: Help Hub

Free support from friendly volunteers to help you fill out forms, such as housing forms, passport applications, Centrelink forms. Call to book an appointment.

9376 6366

kensingtonneighbourhoodhouse.com/post/help-with-forms-and-other-documents

West Melbourne Baptist Church and Community Centre: Form Filling Assistance

Free help with filling in forms, writing letters and completing applications. Make an appointment by phone or email.

8394 7139

hello@wmbc.org.au

wmbc.org.au/form-filling

Healthcare

cohealth

cohealth community health service offers a range of services to promote your health and wellbeing. At cohealth, you can see a doctor, dentist or allied health clinician. You can also socialise and connect to your community at a social group.

9448 5537

cohealth.org.au

DirectLine

A 24-hour telephone counselling, information and referral service for anyone in Victoria wishing to discuss an alcohol or drug-related issue.

1800 888 236

directline.org.au

Healthcare

Harm Reduction Victoria

Harm Reduction Victoria is a not-for-profit, community organisation for people who use drugs. HRVic provides peer driven and designed education and resources, practical support, information and advocacy to current and past users of illicit drugs, their supporters and the services who work with them.

9329 1500

info@hrvic.org.au

hrvic.org.au

Healthcare

Urgent care services

When you need urgent healthcare now, but it's not life-threatening and you can't wait to see your GP, help is available. betterhealth.vic.gov.au/urgent-care-services

Your urgent care options

Nurse-On-Call

Health advice from a registered nurse, 24 hours a day, seven days a week.

1300 60 60 24

healthdirect.gov.au/nurse-on-call

Victorian Virtual Emergency Department

Visit the website to access 24-hour virtual emergency care.

vved.org.au

Urgent Care Clinic

Walk into a Medicare Urgent Care Clinic or a Priority Primary Care Clinic.

betterhealth.vic.gov.au/urgent-care-clinics

Housing

City of Melbourne: Homelessness and affordable housing

For more information on housing options and information, visit our housing webpage for older people.

To learn more about City of Melbourne's commitment to reducing homelessness and increasing safe, secure, and affordable housing in our city, visit our webpage.

melbourne.vic.gov.au/housing-older-people

melbourne.vic.gov.au/homelessness-and-affordable-housing

cohealth: Housing support for the aged

A free service for people aged over 50 who live in the City of Melbourne or City of Moonee Valley in public housing. It provides support and links to services for older public tenants at risk of losing their public housing.

0459 455 005

9448 5537

cohealth.org.au/service/housing-support-for-the-aged

Housing

Council on the Ageing (COTA) Victoria

COTA's role as an advocate for the needs of older people extends to support around housing and accommodation options for older people.

1300 135 090

askcota@cotavic.org.au

bit.ly/3EyrTtw

Housing for the Aged Action Group - Home at Last

Offers free and confidential advice, support and advocacy to older people who are homeless, at risk of homelessness, or are wanting to plan their housing future including renting and retirement housing.

1300 765 178

intake@oldertenants.org.au

oldertenants.org.au

Housing

Justice Connect - Dear Landlord

A free online self-help resource for renters in Victoria that can guide you through your options and help you take action.

justiceconnect.org.au/help/dear-landlord

Launch Housing

Launch Housing gives people in a housing crisis a supported pathway out of homelessness. Offers emergency shelter, crisis accommodation, specialist supports, and rough sleeping services so those at risk can secure a safe home.

1800 825 955

launchhousing.org.au

Housing

Ozanam House - VincentCare

A world-class, modern and safe location where people experiencing homelessness are given opportunities to access housing, health and social support services. Ozanam House offers flexible accommodation options as well as the Homelessness Resource Centre.

8327 2222

vincentcare@vincentcare.org.au

vincentcare.org.au

Rental Dispute Resolution Victoria

Helps renters and rental providers get the support they need. Whether it's settling a dispute or asking a question, they can offer support and assistance to resolve rental disputes quickly and fairly before they escalate to a formal hearing.

1300 01 7378

cases@courts.vic.gov.au

rdrv.vic.gov.au

Housing

Tenants Victoria

Promoting and protecting the rights of renters in Victoria. Contact the renter support line to speak with a renter rights officer with specialist knowledge of Victorian rental laws.

9416 2577

admin@tenantsvic.org.au

tenantsvic.org.au

Unison Housing

Unison provides services for homeless people or those at risk of homelessness in Melbourne's north and west. They connect people to safe and affordable short, medium or long-term housing combined with support to address any challenges to maintaining a secure home.

9689 2777

1800 825 955

unison.org.au

Housing

Wombat Housing: Tenancy Plus

Assists social housing tenants in the inner west and parts of the north of Melbourne. Tenancy Plus can assist tenants with providing case management, advocacy, support and information. Please note that Tenancy Plus has a waiting list, so there may be a delay prior to support.

8327 2222

tenancyplus@wombat.org.au

wombat.org.au

LGBTIQA+ services

Bent Twig Alliance (BTA) – LGBTI Elders and Allies Social group

A safe space for older LGBTIQA+ people to meet, connect and be. It aims to open up social opportunities, support and information for members of the community.

9205 5555

bit.ly/3UVFlwT

Matrix Guild Victoria

Advocates for lesbians aged 40 and older on issues such as appropriate care and support, challenging age discrimination and providing accommodation for older lesbians who are financially disadvantaged.

secretary@matrixguildvic.org.au

matrixguildvic.org.au

LGBTIQA+ services

Memory Lane Café – Victorian Pride Centre

A safe and inclusive space for people from LGBTIQA+ communities living with dementia and their carers, this pop-up café is a space where participants can socialise while enjoying refreshments and entertainment. Bookings are essential.

9815 7864

vic.memorylanecafe@dementia.org.au

pridecentre.org.au/series/memory-lane-cafe

Rainbow Connection – Community Support

Aims to reduce social isolation among older members of the LGBTIQA+ community. Volunteers can join participants in their home or aged care facility or for an outing. For people with a Support at Home package or living in residential aged care.

9863 0426

rainbowconnection@thorneharbour.org

thorneharbour.org

LGBTIQA+ services

Rainbow Door

A free, specialist LGBTIQA+ helpline providing information, support, and referral to all LGBTIQA+ Victorians, their friends and family.

1800 729 367

support@rainbowdoor.org.au

rainbowdoor.org.au

Switchboard – Out & About

Out & About is a peer service connecting LGBTIQA+ people across Victoria. It is a free community visitors program run specifically for older members of the LGBTIQA+ community, aiming to reduce social isolation and loneliness. For people with a Support at Home package or living in residential aged care.

1800 729 367

outandabout@switchboard.org.au

switchboard.org.au

Mental health support

Anxiety Recovery Centre Victoria

This helpline provides support, information and referral to people with anxiety disorders (including OCD and hoarding behaviours), their families and carers, and mental health care providers. ARC Vic also run online anxiety support groups.

1300 269 438 or 9830 0533
arcvic.org.au

Beyond Blue Support Service

Mental health counsellors are ready to listen to you any time of day or night and will help you find the extra mental health help you need. You can also chat with an experienced counsellor online via Beyond Blue's webchat support service.

1300 224 636
beyondblue.org.au

Mental health support

Gambler's Help

Gambler's Help services include online, telephone and face-to-face counselling, advice and information. Specialised services for First Nations people. Interpreters available.

1800 858 858
gamblershelp.com.au

Lifeline

Providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. Lifeline exists so that no person in Australia has to face their darkest moments alone.

13 11 14
lifeline.org.au

Mental health support

MensLine Australia

MensLine Australia is a free 24-hour telephone and online counselling service offering support for Australian men. Access support for mental health, anger management, family violence, addiction, relationships, stress and wellbeing.

1300 78 99 78
mensline.org.au

North Western Mental Health - Triage Service

The Older Adult Community Team provides assessment, treatment, rehabilitation and case management to people with complex and compounding mental health issues related to ageing.

1300 874 243

Mental health support

SuicideLine

Free, 24/7 counselling and support for people at risk of suicide and anyone experiencing or caring for someone with mental health issues. Online chat and video counselling also available.

1300 651 251
suicideline.org.au

Suicide Callback Service

Suicide Call Back Service offers free professional 24/7 telephone counselling support to people at risk of suicide, concerned about someone at risk, bereaved by suicide and people experiencing emotional or mental health issues. Online chat and video counselling also available.

1300 659 467
suicidecallbackservice.org.au

Multicultural services

Action on Disabilities within Ethnic Communities (ADEC)

ADEC is a state-wide organisation that strives to empower people with a disability from non-English speaking backgrounds.

9480 7000

info@adec.org.au

adec.org.au

Arabic Line

A phone support service for Arabic-speaking Australians to connect and chat in Arabic. All conversations with Arabic Line are anonymous (this is not a crisis service).

friendline.org.au/arabic

Multicultural services

Australian Multicultural Community Services (AMCS)

AMCS provide a range of services to aid you and your family. Support and relief services are free to individuals and families who are experiencing financial disadvantage.

amcservices.org.au/support-and-relief-services

Ethnic Communities Council of Victoria (ECCV)

The ECCV Ageing Well Hub is a resource for older people from migrant and refugee communities and their families and carers, as well as the multicultural aged care sector, to support them to navigate the aged care system and access support.

eccv.org.au/ageing-well-hub

Multicultural services

inTouch

Provides services, programs and responses to family violence in migrant and refugee communities. Providing culturally-informed case management, perpetrator programs, a fully accredited community legal centre and specialised migration assistance.

1800 755 988

intouch.org.au

Online safety and fraud

Australian Cyber Security Centre

The Australian Government has developed easy-to-follow cyber security information and resources to support people to be more cyber secure. Translated information available.

1300 292 371

cyber.gov.au/learn

Be Connected

An Australian government initiative committed to building the confidence, digital skills and online safety of older Australians.

1300 795 897

beconnected.esafety.gov.au

Online safety and fraud

Scamwatch

Scamwatch is run by the National Anti-Scam Centre to collect reports about scams to help warn others and to take action to stop scams. They also provide up-to-date information to help you spot and avoid scams, and what to do if you think you have been scammed.

scamwatch.gov.au

Transport

LINK - Community and Transport

LINK is a not-for-profit, community-based social enterprise connecting clients to volunteers, services, transport, health systems, outings, and friendships.

LINK operates Victoria's largest community transport fleet of accessible vehicles, specially trained drivers, mobility assistants and in-home carers.

1300 546 528

admin@lct.org.au

lct.org.au

Multi Purpose Taxi Program (MPTP)

This Safe Transport Victoria program assists people with accessibility and mobility needs by offering subsidised commercial passenger vehicle fares. Eligibility criteria apply - speak to your doctor to request an application for membership.

safetransport.vic.gov.au/on-the-road/multi-purpose-taxi-program

Transport

South Port Day Links

South Port Day Links is a local not-for-profit, volunteer-driven organisation that supports older residents, people with disabilities, and their carers. DayLinks is a door-to-door community transport service helping residents stay connected and independent.

9646 6362

info@spdl.org.au

spdl.org.au

Travellers Aid

Travellers Aid Australia operates from service sites at Southern Cross and Flinders Street Stations in Melbourne. Available services include transit connection assistance, mobility equipment hire, luggage storage, appointment companion services, crisis travel assistance, personal care and station lounge services.

9654 2600

travellersaid.org.au



SIGNIFICANT HEALTHY AGEING EVENTS

We observe a number of significant awareness days and events in 2026, so be sure to mark your calendar.

Scan the QR code to stay up to date with the latest opportunities from the City of Melbourne, or visit each event's website directly for more information and the most up-to-date schedules.



National Advance Care Planning Week March

Encouraging conversations about future health care preferences so your wishes are known and respected.
advancecareplanning.org.au

World Elder Abuse Awareness Day 15 June

Raising awareness about elder abuse and the right of all older people to safety and dignity.
elderabuseawarenessday.org.au

Dying to Know Day 8 August

A national day to help people talk openly about death, dying, and grief and plan ahead with confidence.
dyingtoknow.au

Dementia Action Week September

Access information and tips to increase understanding of dementia, help eliminate discrimination, and learn how you can make a positive difference in the lives of those impacted.
dementia.org.au

Victorian Seniors Festival 1 to 31 October

A month-long festival celebrating older Victorians with free and low-cost events across Melbourne and statewide.
melbourne.vic.gov.au/VSF or
seniorsonline.vic.gov.au/victorian-seniors-festival

Ageism Awareness Day October

Shining a light on ageism and encouraging a national conversation to end it. City of Melbourne is proud to be a member of the EveryAGE Counts coalition and has taken the pledge to end ageism.
everyagecounts.org.au

National Carers Week October

Honouring the 2.65 million Australians providing unpaid care and raising awareness of their vital roles.
carersweek.com.au



**KENSINGTON COMMUNITY
AQUATIC AND RECREATION**

WOMINJKA
You are on Wurundjeri Woi-wurrup Country

We're multilingual too:



Interpreter services

We cater for people of all backgrounds
Please call 03 9280 0726

03 9280 0717	廣東話
03 9280 0719	Bahasa Indonesia
03 9280 0720	Italiano
03 9280 0721	普通話
03 9280 0722	Soomaali
03 9280 0723	Español
03 9280 0725	Việt Ngữ
03 9280 0726	عربي
03 9280 0726	한국어
03 9280 0726	हिंदी
03 9280 0726	All other languages

Important legal notice

Any activity you undertake is at your own risk. If you have any health or other concerns, you should seek your own independent medical advice before participating. The City of Melbourne accepts no responsibility for any loss or damage suffered, either directly or indirectly, arising out of reliance on information contained in this publication and participation in any activity advertised.

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CITY OF MELBOURNE