



Merri-bek
City Council



Living and Ageing Well Community Directory



**A directory to help you
explore Merri-bek and more!**



Welcome to your Living and Ageing Well Community Directory

It lists a range of free or low cost activities, services and supports available to all of Merri-bek's diverse older community.

It contains information to help you stay connected, explore your neighbourhood, keep fit and active, discover new experiences, and know where to get support and help if you need it.

It does not include the programs and services available through My Aged Care or the NDIS.

To find out more about My Aged Care phone 1800 200 422 or visit www.myagedcare.gov.au or contact Council's Age Well Planners by phone on 9240 2270 or email agewell@merri-bek.vic.gov.au

Acknowledgement of Country

Merri-bek City Council acknowledges the Wurundjeri Woi-wurrung people as the Traditional Custodians of the lands and waterways in the area now known as Merri-bek.

We pay respect to their Elders past and present, as well as to all First Nations communities who significantly contribute to the life of the area.

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Contacting Council



Merri-bek Council Customer Service Centres

You can contact Council's friendly customer service team by phone, email or visit in person at our Customer Service Centres in Coburg, Brunswick and Glenroy.



Coburg Civic Centre
90 Bell Street
Coburg

Hours: Monday to Friday from 8.30am to 5pm



Brunswick Customer
Service Centre
233 Sydney Road
Brunswick

Hours: Monday to Friday from 8.30am to 5pm



Glenroy Customer
Service Centre
50 Wheatsheaf Road
Glenroy

Hours: Monday to Friday from 9am to 5pm



9240 1111



info@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au

Council's Age Well Planners

Offering a range of services and programs, including access to My Aged Care, support navigating aged care services, and connecting people with social and health activities.



9240 2270



agewell@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/olderpeople

Council's Living and Ageing Well resources

Information and resources to help you live and age well.



www.merri-bek.vic.gov.au/olderpeople

Council's Living and Ageing Well newsletter

A quarterly e-newsletter to keep you in the loop about news, events and programs for older adults in Merri-bek.



www.merri-bek.vic.gov.au/agenews

How to report an issue or request a service

Visit the Council website to report an issue or request a service.



www.merri-bek.vic.gov.au/my-council/contact/report-an-issue

How to make a complaint

Visit the Council website to make a complaint.



www.merri-bek.vic.gov.au/my-council/contact/complaints

Information in your language

If you or someone you know needs help communicating with Council, we offer a range of support including free interpreters, a multilingual phone line, and more.

We also have booklets and magnets in our top 10 languages available at our customer service points and libraries.



9240 1111



info@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/my-council/contact/information-in-your-language

Interpreting service: Speak with us in your language

You can use this service over the phone or in-person at any of Council's Customer Service Centres.

Italian	9280 1911
Greek	9280 1912
Arabic	9280 1913
Turkish	9280 1914
Urdu	9280 1917
Nepali	9280 1910
Spanish	9280 1916
Mandarin	9280 0750
Vietnamese	9280 1915
Hindi	9280 1918

If you speak a different language, call 9280 1919 and mention your language.

National Relay Service

The National Relay Service is a 24-hour telephone service that can help you communicate with others if you are deaf, or if you have a hearing or speech impairment.

To find the right service for your needs, and to register to use the service, visit the website.



www.accesshub.gov.au/about-the-nrs

Craft and making



Glenroy Crafting Group

A weekly crafting group where you can share your love of craft, pick up new ideas, inspiration and tips.

Bring a current project to work on and enjoy a warm drink and a friendly chat. New members welcome. No registrations required.

Glenroy Knitting Group

Learn to knit or crochet, pick up some handy hints, tips, tricks and share creative ideas at this weekly knitting group.

Bring along a current knitting or crochet project and enjoy a warm drink and a friendly chat. New members welcome. No registrations required.



Glenroy Community Hub
50 Wheatsheaf Road
Glenroy



8311 4100



libraryevents@merri-bek.vic.gov.au

Makerspaces at Merri-bek Libraries

Makerspaces are creative studio spaces for community to come together to create, connect and learn.

Makerspaces are located at Brunswick, Coburg and Glenroy libraries.

All Makerspaces users must be library members and complete a safety induction with library staff.



librarymakerspace@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/makerspaces

Makerspace Help and Community Craft Club

Every week a staff member is available to help in the Makerspace.

It's also Community Craft time where you can bring in a project of your own, craft and socialise!

Multicultural Women's Sewing Group

A community group started in 1995 by a group of Somali women. The group welcomes women and children of all socio-economic backgrounds, cultures and faiths.



Brunswick Uniting Church
214 Sydney Road
Brunswick



0413 406 208 (Luci)



womens.sewing@gmail.com



<https://sewinggroup.wixsite.com/sewinggroup>

Craft at Merri-bek's neighbourhood houses

Neighbourhood houses around Merri-bek offer a range of craft and making groups, classes and activities.

Check their websites for the latest details.

A full list of neighbourhood houses around Merri-bek is listed on page 15.

Social groups and clubs



Social groups and clubs in Merri-bek

There are over 70 social seniors clubs in Merri-bek representing a variety of cultural backgrounds.

Clubs meet at different venues around Merri-bek and provide an opportunity for residents 65 and over to stay active, socialise and learn something new in a safe and supportive environment.

Please see Council's website for contact details of all the clubs across Merri-bek.



9240 2302



homecare@merri-bek.vic.gov.au



[www.merri-bek.vic.gov.au/living-in-merri-bek/
community-services/older-people/current-programs](http://www.merri-bek.vic.gov.au/living-in-merri-bek/community-services/older-people/current-programs)

Festivals and events



Council events

Visit Council's website to find out about the latest Council and community events in Merri-bek.



9240 1111



festivals@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/whatson

Council supported events

The following events are managed by Council's Festival Team.

Brunswick Music Festival

An annual program of live music, performances and events taking place across Brunswick every March.



www.merri-bek.vic.gov.au/brunswick-music-festival

Carols by the Lake

Carols by candlelight held every December at Coburg Lake in Coburg Reserve.

Coburg Night Market

An annual market held in the lead up to Christmas. Features goods by local makers and creators. Live music. Food. Fun for everyone.



coburnightmarket@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/coburg-night-market

Fawkner Festa

Free, outdoor community event celebrating Fawkner's vibrant, diverse community. Live music, food vendors, workshops.



www.merri-bek.vic.gov.au/fawkner-festa

Glenroy Festival

Annual community festival. Live music, performances, community stalls and workshops.



www.merri-bek.vic.gov.au/glenroyfestival

Merri-bek Seniors Festival

Council hosts a number of fun, free and low-cost events each October as part of the Victorian Seniors Festival celebrations, an annual, major, state-wide festival for and involving seniors.



seniorsfestival@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/whatson

Victoria Senior's Festival



8850 6164



seniorsfestival@dffh.vic.gov.au



www.seniorsonline.vic.gov.au/festival

NAIDOC Week events

A celebration of Aboriginal and Torres Strait Islander cultures, history, and achievements. Held from the first Sunday in July until the following Sunday.



www.naidoc.org.au



www.merri-bek.vic.gov.au/whatson

Refugee Week events

Refugee Week is Australia's peak annual activity to promote greater awareness of refugees, the issues they face and the contributions they make to the Australian community.

Events are generally held in June each year to include 20 June (World Refugee Day).



www.refugeeweek.org.au/about-refugee-week

Neighbourhood houses



Neighbourhood houses in Merri-bek

Neighbourhood houses are not-for-profit community organisations that offer a range of social activities, events, courses, workshops and programs that foster community connection, health and wellbeing, and opportunities for lifelong education.

They also connect community to support services and volunteering opportunities.

Contact your local neighbourhood house to find out more.

Brunswick Neighbourhood House



43A De Carle Street
Brunswick



9386 9418



info@bnhc.vic.edu.au



<https://bnhc.vic.edu.au>

Fawkner Neighbourhood House



Main office
CB Smith Reserve (end of the car park)
79 Jukes Road
Fawkner



95 Major Road
Fawkner



9359 1824



admin@fawknernh.org.au



www.fawknernh.org.au

Glenroy Neighbourhood House



5B Cromwell Street
Glenroy



9304 3910



admin@gnh.org.au



https://gnh.org.au

Newlands and East Coburg Neighbourhood Houses (NECCHI)

 East Coburg Neighbourhood House
32 Nicholson Street, Coburg

 9913 5472

 Newlands Neighbourhood House
20 Murray Road, Coburg North

 8528 2332

 enquiries@necchi.org

 www.necchi.org

Reynard Street Neighbourhood House

 104A Reynard Street
Coburg

 9386 7128

 admin@rsnh.org.au

 https://rsnh.org.au

Sussex Neighbourhood House

 7 Prospect Street
Pascoe Vale

 9354 2210

 enquiries@sussexnh.org.au

 https://sussexnh.org.au

Community gardens



Community gardens in Merri-bek

Community gardens help bring community members together.

There are over 15 different types of community gardens across Merri-bek. Some are a collection of separate garden beds and some a single shared space for the community.

Visit Council's website to find out more.



9240 1111



info@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/community-gardens

Local Food Connect

Local Food Connect is a not-for-profit, community group which connects local growers and eaters.

Its website has information about community gardens, food swaps, garden clubs, garden tours, farmers markets and more.



info@localfoodconnect.org.au



<https://localfoodconnect.org.au>

Parks and gardens



Council's parks and gardens

There are over 350 open spaces, including parks and reserves in Merri-bek and 135 playgrounds and 54 sports grounds within these open spaces.

You can find a park near you using Council's Find a Park tool on the Council website.



www.merri-bek.vic.gov.au/find-a-park

Places of interest



Balam Balam Place

A place for community groups to meet and gather, and for artists to develop new work in affordable and flexible settings.

There's also a coffee shop that's open 7 days a week.



15 Phoenix Street
(Formerly 33 Saxon Street)
Brunswick



0429 568 798



info@balambalamplace.com.au



<https://balambalamplace.com.au>

Blak Dot Gallery

A contemporary Indigenous-run art gallery and performance space showcasing artworks from global Indigenous cultures.



Balam Balam Place
15 Phoenix Street
Brunswick



0474 328 370



<https://blakdot.com.au>

CERES

CERES is an environmental education centre, community garden, urban farm and social enterprise hub spread across 4 locations, linked by the Merri and Darebin Creeks.



CERES Brunswick East
Corner Roberts and Stewart Streets
Brunswick East



9389 0100



ceres@ceres.org.au



<https://ceres.org.au>

CERES Joe's Market Garden

A 2 acre organic farm right next to the Merri Creek, just 2km north of CERES Brunswick East.

Farm gate open Saturdays 9am – 1pm

Fresh farm produce, coffee, pastries and live music.



34 Edna Grove
Coburg



joesmarketgarden@ceres.org.au

Counihan Gallery

The Counihan Gallery is Merri-bek City Council's free public contemporary art gallery.

Counihan Gallery promotes and inspires innovation and diversity in visual arts through regular exhibitions, events, talks and workshops.



Brunswick Town Hall
233 Sydney Road
Brunswick



9389 8622



CounihanGallery@merri-bek.vic.gov.au



www.merri-bek.vic.gov.au/counihan-gallery

Health and wellness



Active Merri-bek

Active Merri-bek runs a range of programs and exercise options designed for the needs of adults over 60.

Join a casual class or sign up for a membership.



<https://active.merri-bek.vic.gov.au>

The following Council facilities are part of the Active Merri-bek program.



Brunswick Baths

14 Dawson Street
Brunswick



9381 1840



brunswickbaths@activemerri-bek.com.au



Coburg Leisure Centre

Bridges Reserve
Russell Street (off Bell Street)
Coburg



9354 3504



coburgleisure@activemerri-bek.com.au



Fawkner Leisure Centre

79/83 Jukes Road

Fawkner



9358 6600



fawknerleisure@activemerri-bek.com.au



Oak Park Sports and Aquatic Centre

563a Pascoe Vale Road

Pascoe Vale



8311 4600



customerservice.oakpark@activemerri-bek.com.au



Pascoe Vale Outdoor Pool

7 Prospect Street

Pascoe Vale



9354 1723



pascoevalepool@activemerri-bek.com.au

Dementia Australia

The national peak body supporting people living with dementia, their families and carers. You can call 24 hours a day, 7 days a week, 365 days a year.



1800 100 500



www.dementia.org.au

Heart Foundation Walking Groups

Peer-led walking groups for all abilities and interests including pram walkers, fast walkers, slow walkers, over 50s and general interest.



Various locations around Merri-bek



walking@heartfoundation.org.au



<https://walking.heartfoundation.org.au/walking>

Holstep Health

One of Victoria's largest not-for-profit community health organisations, providing more than 120 health and social care services to people in the north, north-west and north-east of metropolitan Melbourne, as well as statewide services with Carer Gateway and Gambler's Help.



11 Glenlyon Road, Brunswick



382-386 Moreland Road, Brunswick West



93 Bell Street, Coburg



Ground floor, Unit 4, 19 Pentridge Boulevard, Coburg



21 Victoria Street, Coburg



79 Jukes Road, Fawkner



5D Cromwell Street, Glenroy



1300 637 744



info@holstephealth.org.au



www.holstephealth.org.au

Nurse on Call

A free service that puts you in contact with a registered nurse for caring, professional health advice 24 hours a day.



1300 606 024



www.health.vic.gov.au/primary-care/nurse-on-call

Senior's exercise park

Specially designed for older people, the park features outdoor exercise equipment to help improve balance, strength, functional movement and joint range of motion and mobility.



21 Harding Street
Coburg



<https://active.merri-bek.vic.gov.au/sport-in-merri-bek/seniors-exercise-park>

Libraries, lifelong learning and activities



Merri-bek's 5 libraries offer free access to thousands of books including audio and e-books. They offer a Home Library Service and regular activities, events, workshops, classes, training and opportunities to expand your mind, learn and meet people.



www.merri-bek.vic.gov.au/libraries



www.merri-bek.vic.gov.au/whatson

Brunswick Library



Corner Sydney Road and Dawson Street
Brunswick



9389 8600



brunswicklibrary@merri-bek.vic.gov.au

Queer Book Group

A LGBTIQ+ book club for adults of all ages. Meets on the fourth Tuesday of each month. Bookings not required.

Spanish Conversation Club

Monthly event to enjoy a cuppa, make connections and practice your Spanish. Intermediate Spanish needed. Bookings essential.

Campbell Turnbull Library

-  220 Melville Road
Brunswick West
 -  9384 9200
 -  ctlibrary@merri-bek.vic.gov.au
-

Coburg Library

-  Corner Victoria and Louisa Streets
Coburg
 -  9353 4000
 -  coburglibrary@merri-bek.vic.gov.au
-

Chair yoga

A free, monthly, 45-minute session with a qualified Chair Yoga and Meditation teacher. Bookings essential.

Chatty Café

Come along to the library, have a chat over a cuppa and make a friend or two. Held every Wednesday. No bookings required.

Spanish Conversation Club

Monthly event to enjoy a cuppa, make connections and practice your Spanish. Intermediate Spanish needed. Bookings essential.

Tai chi

Free, weekly Tai Chi sessions for adults of all ages. Led by an experienced trainer. Bookings essential.

Women's Friendship Group 60+

A weekly get together to enjoy a cuppa and a chat with new friends. Occasional activities may include speakers, films and craft activities. No bookings required.

Fawkner Library



77 Jukes Road
Fawkner



9355 4200



fawknerlibrary@merri-bek.vic.gov.au

Board Game Night

Come for the strategy. Stay for the fun!

Short Fiction Reading Club

Meets on the third Thursday morning of each month.

Glenroy Library



50 Wheatsheaf Road
Glenroy



8311 4100



glenroylibrary@merri-bek.vic.gov.au

Chatty Café

Come along to the library, have a chat over a cuppa and make a friend or two. Held every Friday. No bookings required.

Conversation Café

A weekly group for adults who speak English as a second language and anyone interested in intercultural conversations. No bookings required.

Free Community Lunch

An annual free lunch for residents of all ages and abilities.

Jigsaw Puzzle Swap

Bring along your unwanted puzzles and swap them for new-to-you puzzles. Puzzles must be in good condition, complete and a minimum of 500 pieces. Limit of 10 puzzles per person. Free. Registrations encouraged.

Lee's Café

A monthly LGBTIQ+ social event with fun activities and events in a welcoming, inclusive environment for adults of all ages.

Monthly meditation

45-minute guided meditation sessions run by an experienced Active Merri-bek facilitator.

Designed for beginners and people wishing to extend their existing practice.

Sessions focus on mindfulness and meditation with some gentle yoga. Bookings essential.

Historic societies and groups

There are a variety of historic societies and groups in Merri-bek. Visit the website for more information.



Various locations



www.merri-bek.vic.gov.au/exploring-merri-bek/libraries/learn/local-and-family-history/local-history

Writer's talks

Libraries host regular writer's talks, discussing their latest books.



Merri-bek Libraries



www.merri-bek.vic.gov.au/whatson

Join the library

Joining Merri-bek Libraries is free. Sign up online or drop in and chat to one of our friendly library staff.



www.merri-bek.vic.gov.au/join-library

Merri-bek Home Library Service

A free delivery of library material is available to people living in Merri-bek who are unable to visit our libraries or have difficulties carrying items home due to ill health, frailty, or disability. Apply for the library home service by visiting the website or calling your local library.



www.merri-bek.vic.gov.au/exploring-merri-bek/libraries/services/home-library-service

U3A Merri-bek

U3A (University of the Third Age) Merri-bek is a membership-based organisation which provides a range of programs and activities for anyone retired or semi-retired aged 50 years and over.

They offer a variety of programs for intellectual engagement, physical activity, artistic pursuits, and opportunities for people of all backgrounds and abilities to come together to learn, share, teach and participate.



Room 1.10, Floor 1
Brunswick Town Hall
233 Sydney Road
Brunswick



0421 318 872



info.u3amerribek@gmail.com



<https://u3amerri-bek.org.au>

Volunteering opportunities



Neighbourhood houses in Merri-bek

Merri-bek's neighbourhood houses offer multiple opportunities to volunteer.

See page 15 for their contact information.

Volunteering Australia - GoVolunteer portal

Volunteering Australia is the national peak body for volunteering.

Its GoVolunteer online portal makes it easy to find a volunteer role that suits your interests, motivation, availability and location.



<https://govolunteer.com.au>



govolunteer@govolunteer.com.au

Volunteering Victoria

Check the website to find links to volunteer roles.



9052 4524



info@volunteeringvictoria.org.au



www.volunteeringvictoria.org.au

Transport



Merri-bek Community Transport

This service is available only for people over 65 who are registered for My Aged Care.

To find out more about My Aged Care, contact Council's Age Well Planners.



9240 2270



agewell@merri-bek.vic.gov.au

Multi-purpose Taxi Card

Assists with accessibility and mobility needs by offering subsidised commercial passenger vehicle (CPV) fares to eligible members. Visit the website for all eligibility criteria and more information.



<https://safetransport.vic.gov.au/on-the-road/multi-purpose-taxi-program>

Seniors Card

The Seniors Card includes free or concession public transport travel. The Seniors Card program is free. Find out more on page 47.

First Nations organisations



Aboriginal Community Elders Service (ACES)

A not-for-profit, Aboriginal community-controlled organisation dedicated to supporting and caring for Elders.



5 Parkview Avenue, Brunswick East



9383 4244



admin@acesinc.org.au



<https://acesinc.org.au>

Ballerdt Moorooop (Strong Spirit) site

Ceremonial site, and Uncle Tom's Tree.



208A Hilton Street, Glenroy



www.merri-bek.vic.gov.au/ballerdt-moorooop

Reconciliation Victoria

A state-wide body promoting reconciliation across Victoria and a deeper understanding, respect and justice for and with Aboriginal and Torres Strait Islander Peoples.



1 Tripovich Street, Brunswick



info@reconciliationvic.org.au



www.reconciliationvic.org.au

Emergency food relief



Community Information and Support (CIS) Merri-bek

Community Information and Support (CIS) Merri-bek provides information, advocacy, and referral services to help older adults connect with and stay connected to their communities.

They also provide food relief and support with practical tasks like filling out forms and negotiating utility bills.

Visit CIS's or Council's websites for a PDF list of community organisations in Merri-bek that provide emergency food and material aid relief.



512 Sydney Road
Coburg



9350 3737



info@cismerri-bek.org.au



<https://cismerri-bek.org.au/other-community-resources>



[www.merri-bek.vic.gov.au/living-in-merri-bek/
community-services/public-health/food-security/food-
access-and-security](http://www.merri-bek.vic.gov.au/living-in-merri-bek/community-services/public-health/food-security/food-access-and-security)

Glenroy Neighbourhood House

Food parcels, meals, cleaning and personal hygiene products available.



5B Cromwell Street
Glenroy



9304 3910



<https://gnh.org.au>

Merri Food Hub, Fawkner Senior Citizens Centre

A food security initiative to ensure households on a lower income are able to access fresh, nutritious, sustainable, culturally appropriate fruits and vegetables.



Fawkner Seniors Centre
77 Jukes Road
Fawkner



info@merrifoodhub.org



<https://openfoodnetwork.org.au/merri-food-hub/shop>

Nourishing Neighbours

Nourishing Neighbours is a volunteer run organisation that provides a wide variety of culturally safe and appropriate food to those experiencing food insecurity.



30 Bishop Street
Coburg North



vaissy@nourishingneighbours.org.au



www.nourishingneighbours.org.au

Salvation Army

Support with food vouchers, bill payments and pharmacy payments.



15 Headley Street
Coburg North



9320 7500



www.salvationarmy.org.au/merribek

St Vincent de Paul

Offers financial assistance and food hampers.



1800 305 330



www.vinnies.org.au/vic/find-help/food

House repairs and gardening



Council cannot provide information about private providers.

However, you can search for local services online.

If you are unfamiliar with how to do this, you can contact your local library and book into a tech help session (see details on page 40).

If you are signed up to My Aged Care, home maintenance support is available.

To find out if you are eligible, contact Council's Age Well Planners and they can assist you. You can find their contact details on page 5.

Tech and digital help



Be Connected

Free computer classes available online from the Australian Government to help build digital skills, confidence and safety online.



<https://beconnected.esafety.gov.au>

Digital privacy and security check-up

In-person and remote assistance. Learn how to keep yourself safer online and avoid unwanted surveillance with tips for safe habits and useful apps.



9389 8603



learnmore@merri-bek.vic.gov.au

One-on-one digital help at Merri-bek Libraries

Get answers to your questions about using computers, phones or devices. Service is available in person at the library or remotely.

Bookings essential.



9389 8600



learnmore@merri-bek.vic.gov.au

Group drop in digital help at Merri-bek Libraries

A weekly group drop-in session that takes place at Brunswick, Coburg and Glenroy Libraries.

Sessions answer questions about using computers, phones or devices. No booking required.



Brunswick Library

Corner Sydney Road and Dawson Street
Brunswick



9389 8600



brunswicklibrary@merri-bek.vic.gov.au



Coburg Library

Corner Victoria and Louisa Streets
Coburg



9353 4000



coburglibrary@merri-bek.vic.gov.au



Glenroy Community Hub

50 Wheatsheaf Road
Glenroy



8311 4100



glenroylibrary@merri-bek.vic.gov.au

Seniors rights and advocacy



Council on the Ageing (COTA) Victoria

The leading not-for-profit organisation representing the interests and rights of people aged 50+ in Victoria.



Level 1, 420 St Kilda Road, Melbourne



1300 135 090 COTA WISE helpline



9655 2100



askcota@cotavic.org.au



<https://cotavic.org.au>

Elder Rights Australia

Helping older Victorians, their families, and representatives with aged care service issues.



1800 700 600



<https://elderrights.org.au>

LiveUp

LiveUp is an online initiative designed to make healthy ageing information free and accessible for all.



1800 951 971



support@liveup.org.au



www.liveup.org.au

Northern Community Legal Centre

Legal services and community legal education.



Level 3, Building 2
1100 Pascoe Vale Road
Broadmeadows



9310 4376



admin@northernclc.org.au



www.northernclc.org.au

Seniors Rights Victoria

A specialist Community Legal Centre that advances the rights of older people and works to prevent elder abuse.



If you are experiencing or are at risk of elder abuse call
1300 368 821 (select option 1)



9655 2129



<https://seniorsrights.org.au>

Support



Support in Merri-bek

In addition to the information provided here, Council has a Find Relief in Merri-bek brochure that you can access from Council's Customer Services centres and libraries.

Beyond Blue

Beyond Blue offers free a mental health services for everyone in the community.

They offer phone or online mental health support, mental health information and education.



1300 224 636



www.beyondblue.org.au

Carer Gateway

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



1800 422 737



www.carergateway.gov.au

Centrelink / Services Australia

Payments and services for people retiring or accessing aged care. Help for people who care for older Australians.



132 300



www.servicesaustralia.gov.au/ageing

FriendLine

FriendLine is available for anyone who needs to reconnect or just wants a chat. Visit the website and register your number to receive calls a few times a week.



<https://friendline.org.au>

Lifeline

Provides all Australians access to 24/7 crisis support and suicide prevention services.



13 11 14



<https://lifelinedirect.org.au>

MensLine Australia

MensLine Australia offers free professional 24/7 telephone counselling support for men with concerns about mental health, relationships, anger management, family violence (using and experiencing), stress, and suicidal thoughts.



1300 789 978



<https://mensline.org.au>

Open Arms

Provides free and confidential counselling 24/7 to veterans and their families.



1800 011 046



www.openarms.gov.au

Salvation Army

Offers a range of community services and supports, and opportunities to connect with community and the Christian Faith.



15 Headley Street
Coburg North



9320 7500



www.salvationarmy.org.au/merribek

Seniors Online

A Victorian Government portal providing information to senior Victorians to participate in community life, maximise their health and wellbeing and age well.

It has great information on everything from how to access a Seniors Card to a range of services, event and festival information, volunteering opportunities and more.



www.seniorsonline.vic.gov.au

Seniors Card

The Seniors Card encourages older Victorians to keep active and engaged in the community through offers and incentives that make it affordable to get out and about.

It includes free or concession public transport travel and discounts and services from businesses that are part of the program's Discount Directory

The Seniors Card program is free, and there are no application charges associated with the card.



1300 797 210



www.seniorsonline.vic.gov.au/seniors-card

Switchboard Victoria

Switchboard Victoria is a community based not-for-profit organisation that provides a peer driven support service for the lesbian, gay, bisexual, transgender and gender diverse, intersex, queer, asexual (LGBTIQA+) communities and their allies, friends, support workers and families.

The Out and About program provides friendship and community connections for older LGBTI+ Victorians.



1800 729 367



outandabout@switchboard.org.au



www.switchboard.org.au/out-and-about

Veteran Central (VetCen) RSL Victoria

RSL Victoria's Wellbeing Navigation and Support team connects veterans and their families to government, veteran and community support services.



1800 645 838



veterancentral@rslvic.com.au



<https://rslvic.com.au/veteran-services/wellbeing-navigation-and-support/>

13YARN

13YARN is an Aboriginal and Torres Strait Islander crisis support line run by Aboriginal and Torres Strait Islander people.

Available 24/7. No shame, no judgement, a safe place to yarn.



13 92 76



www.13yarn.org.au

1800RESPECT

1800RESPECT is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.



1800 737 732



13 14 50 (interpreter)



<https://1800respect.org.au>

Emergencies and safety



Emergency (police, ambulance and fire)

Triple zero (000) for police, fire or ambulance in an emergency.

Always call triple zero (000) if there is a threat to life or property.



000

Police assistance line

To report non-urgent crimes and events.



131 444

Crimestoppers

To report crime information confidentially.



1800 333 000



www.crimestoppersvic.com.au

Aged Care Quality and Safety Commission

Australian Government body to protect and improve the safety, health, wellbeing and quality of life for people receiving aged care services.



1800 951 822 - complaints and concerns



1800 844 044 - food, nutrition and dining hotline



info@agedcarequality.gov.au



www.agedcarequality.gov.au

Compass - Guiding Action on Elder Abuse

Elder abuse resources and information for older Australians and for the people who care for and support them.



1800 353 374



www.compass.info

Local Members of Parliament



Federal government - Member for Wills



www.aph.gov.au/Senators_and_Members

State government - Member for Pascoe Vale



www.parliament.vic.gov.au/members

Merri-bek Wards and Councillors 2024-2028

Local government elections are held every 4 years. Merri-bek has 11 separate wards, each with one Councillor. Please see the details below of your local representative.

Bababi Djinanang Ward

Cr Sue Bolton

 0417 583 664

 SBolton@merri-bek.vic.gov.au



Box Forest Ward

Cr Chris Miles

 0439 685 801

 CMiles@merri-bek.vic.gov.au



Brunswick West Ward

Cr Ella Svensson

 0467 498 665

 ESvensson@merri-bek.vic.gov.au



Bulleke-bek Ward

Cr Jay Iwasaki

 0429 431 760

 JIwasaki@merri-bek.vic.gov.au



Djirri-Djirri Ward

Cr Helen Davidson

 0403 709 948

 HDavidson@merri-bek.vic.gov.au



Harmony Park Ward

Cr Helen Politis

 0456 357 280

 HPolitis@merri-bek.vic.gov.au



Pascoe Vale South Ward

Cr Oscar Yildiz

 0413 850 357

 Oyildiz@merri-bek.vic.gov.au



Pentridge Ward

Cr Nat Abboud



0487 258 044



NAbboud@merri-bek.vic.gov.au



Randazzo Ward

Cr Liz Irvin



0472 846 861



Llrvine@merri-bek.vic.gov.au



Warrk-Warrk Ward

Cr Adam Pulford



0417 835 793



APulford@merri-bek.vic.gov.au



Westbreen Ward

Cr Katerine Theodosis

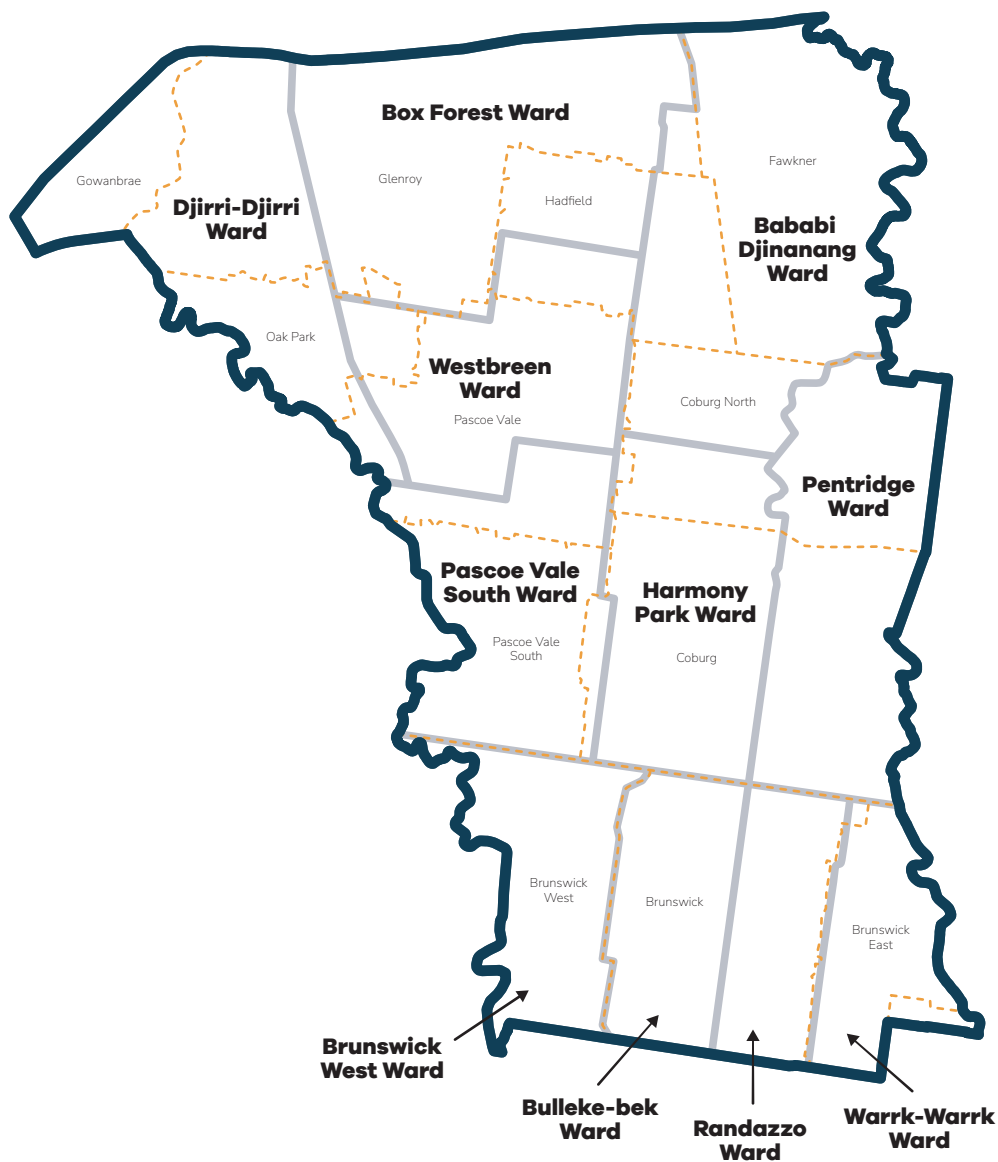


0459 959 298



KTheodosis@merri-bek.vic.gov.au







Merri-bek
City Council

Merri-bek City Council
Locked Bag 10
Brunswick VIC 3056



merri-bek.vic.gov.au



facebook.com/merribekcitycouncil



[@merri_bekcitycouncil](https://www.instagram.com/merri_bekcitycouncil)



[merri-bekcitycouncil](https://www.linkedin.com/company/merri-bekcitycouncil)



info@merri-bek.vic.gov.au



9240 1111

Coburg Civic Centre
90 Bell Street
Coburg VIC 3058

Brunswick Customer Service Centre
233 Sydney Road
Brunswick VIC 3056

Glenroy Customer Service Centre
Glenroy Community Hub
50 Wheatsheaf Road
Glenroy VIC 3046

Speak with us in your language



For more information visit merri-bek.vic.gov.au/your-language

Per maggiori informazioni nella tua lingua, chiama il numero **9280 1911**

Για να μάθετε περισσότερα στη γλώσσα σας, καλέστε το **9280 1912**

لمعرفة المزيد بلغتك، اتصل
بالرقم **9280 1913**

तपाईंको भाषामा थप जान्नुको लागि,
9280 1910 मा कल गर्नुहोस्

Kendi dilinizde daha fazla bilgi
edinmek için **9280 1914**'ü arayın

اپنی زبان میں مزید جاننے کے لیے
9280 1917 پر کال کریں۔

如需了解更多您语言版本
的信息，请致电 **9280 0750**

Para saber más en tu idioma
llama al **9280 1916**

Để tìm hiểu thêm bằng ngôn
ngữ của bạn, hãy gọi **9280 1915**

अपनी भाषा में अधिक जानने के
लिए, **9280 1918** पर कॉल करें

To speak with us in a
language not listed here,
please call **9280 1919**