

Archie

Archie Graham
COMMUNITY CENTRE

NEWSLETTER

APRIL - JUNE 2024



Archie Graham Community Centre

118 Timor Street, Warrnambool

Opening hours: Monday – Friday 8.45am - 5pm

Tel: 5559 4920 Email: agccustserv@warrnambool.vic.gov.au





ACKNOWLEDGMENT

Warrnambool City Council acknowledges the traditional and ongoing Custodians of the land on which we live, work and meet. The area now known as Warrnambool has always been known as Peek Whurrong and Kirrae Whurrong country, part of a network of Custodian groups of the Gunditjmarra/Eastern Maar nations. We extend respect to Elders, past and present and their ongoing connections to the land, rivers and seas. We acknowledge their sovereignty was never ceded.

WHAT'S ON AT ARCHIE



ARCHIE RECEPTION TEAM

The friendly Archie Reception Team take all bookings and payments and respond to queries every day at the Centre. If you are new to Warrnambool or new to Archie, talk to them about booking in to the next tour of the facility. (L-R: Terese, Esmae and Jenni)

TOURS OF ARCHIE

Book in to a tour of the Archie Graham Community Centre with Community Programs Coordinator Clare Vaughan and take a look at the café, hydrotherapy pool and the various rooms suited to all different activities. The Centre is a community hub that is open to EVERYONE in the community.

Monday 8 April, 9.30-10am

Tuesday 23 April, 10-10.30am

Wednesday 15 May, 10.30 - 11am

Monday 3 June, 10.15-10.45am

Thursday 20 June, 2.30-3pm

CURIOUS ABOUT WHAT ROLE THE ARCHIE GRAHAM COMMUNITY CENTRE HAS IN OUR COMMUNITY?

This poem says it all.

THERE ARE MANY WAYS TO BELONG AT ARCHIE. FROM BEING GENEROUS. GENEROSITY SPREADS. FROM BEING WELCOME. PEOPLE JOIN IN. FROM HAVING INTERESTING PRESENTATIONS. MEANINGFUL DISCUSSIONS START. FROM ASKING FOR SUGGESTIONS. GREAT IDEAS ARE OFFERED. FROM ASKING FOR HELP. VOLUNTEERS SIGN UP. FROM BUILDING STRONG BODIES. INDEPENDENCE IS MAINTAINED. FROM JOINING ARCHIE ACTIVITIES. FRIENDSHIPS FORM. ARCHIE-A PLACE TO FEEL FAB!

DIGITAL NEWSLETTER

To subscribe to receive this newsletter by email head to: <https://www.warrnambool.vic.gov.au/archie-graham-community-centre> and enter your details. Hard copies of the newsletter are available to collect from Archie Reception.



VOLUNTEERING

National **Volunteer Week**
20-26 MAY 2024
Something for Everyone

NATIONAL VOLUNTEER WEEK
20 – 26 May 2024

The theme of National Volunteer Week 2024 is -Volunteering makes us FEEL GREAT!

Celebrate National Volunteer Week with Council, and make a special effort to thank our 320 Council volunteers this week! Council is grateful to our volunteer teams and individuals for their dedication and contribution to enriching programs and services from: The Archie Graham Community Centre, Meals on Wheels, Flagstaff Hill, Visitor Economy, Children's Services, Youth Engagement, Gardens 4 Wildlife, Lighthouse Theatre, the Library, Social Support Groups, Warrnambool Art Gallery and West Warrnambool Neighbourhood House.

Council also acknowledges ALL community volunteering efforts across Warrnambool & district. Volunteers make us a wonderful community. Interested in Volunteering?

Get in touch with our team at Volunteer Connect
volunteer@warrnambool.vic.gov.au



VOLUNTEERING AT ARCHIE:

We have approximately 50 Warrnambool City Council Volunteers at the Archie Graham Community Centre. Activities with volunteer roles are depicted below.

If you are curious about how to become an Archie Volunteer, come along to one of the tours listed on the previous page and chat to Community Programs Co-ordinator Clare Vaughan about opportunities available or e-chat by email: cvaughan@warrnambool.vic.gov.au. To register to be an Archie Volunteer, contact the Team at Volunteer Connect: volunteer@warrnambool.vic.gov.au

We will work with you to enable your volunteering to fit in with your lifestyle and to create satisfying experiences for you and those who attend the centre.

Archie Cafe



Social Gardening



Food Cubes Project



Fresh Produce Exchange



Tech Support



Heart Foundation Walking



Unfinished Project Sessions



Mahjong



Backgammon



Social Activities



Book swap



Hospitality at events



ARCHIE CAFÉ

The café continues to be a popular place for friends to gather and individuals to relax.

OPEN: Mondays, Tuesdays and Thursdays 10am-1.30pm

MENU: Fresh and toasted sandwiches, soup, frittata, zucchini slice, cake and slices and espresso coffee.

VOLUNTEERS: We continue to grow our Archie Café volunteers list to enable regular volunteers to balance volunteering with some time off.



To find out more about the Archie Café volunteer role email Clare Vaughan: cvaughan@warrnambool.vic.gov.au or express interest by contacting the team at Volunteer Connect: volunteer@warrnambool.vic.gov.au

BACK BY POPULAR DEMAND! HIGH TEA AT ARCHIE GRAHAM COMMUNITY CENTRE

Date: Wednesday 1 May

Time: 12.30pm – 2.30pm

Cost: \$20

Bookings at Archie Reception. Payment required upon booking.

High Tea will include a selection of savoury and sweet delights prepared by the Archie Café Volunteers. The menu will include a choice of petite savoury pastries and fresh sandwiches accompanied by sparkling fruit juice, or mineral water. A selection of specialty sweet treats and scones with jam & cream which will be served with tea and coffee. Feel free to bring your favourite high tea cup & saucer or coffee mug for that extra flair.

Being May Race Week in Warrnambool – let's dress up a bit!

Let's get into the spirit of high tea by dressing up in favourite race wear or high tea outfit – simply wearing a hat or scarf will be great. Spot prizes will be available for those that join in the fun.



LEARN TO MAKE OR DECORATE A HAT FOR THE HIGH TEA OR THE RACES

Come along to our 'Unfinished Projects' session where experienced hat makers and crafters will guide you to create a hat for yourself to wear to the High Tea at Archie or the May Races

Date: Wednesday 10 and/or 24 April

Time: 10am-midday

Cost: \$3 to cover decorative materials







Book at Reception or call 5559 4920



TECH SUPPORT

Archie Tech Support volunteers are available to help you 'get online' and overcome the fear of using technology. Discover what you can do beyond making calls, sending a message or taking a photo!

Bring along your smartphone, Macbook, iPhone tablet or laptop – or use the computers in the Centre. Each volunteer has expertise in different areas:

	Alan Richardson	Overcome the fear of using an iPad or iPhone. This session is targeted just for you!
	Brian Richards	Computers (Windows) & Android or Apple tablets or phones
	David Pearson	Computers (Windows) Getting started online. Genealogy/ancestry.
	Richard Skilbeck	Computers (Windows) Word and Excel, Email & Networking
	Mabel Mitchell	Advanced Care planning
	Victoria Dunn	Help using iPads, iPhones or MacBook Computers

Contact the Archie Reception Team to determine which volunteer will be best suited to your needs.

Cost: \$7.30 per 1 hour session

*Are you interested in sharing your Tech skills with others? Contact Clare cvaughan@warrnambool.vic.gov.au

FOOD CUBE DEMONSTRATION PROJECT

Wednesdays between 10am-midday

A groups of volunteers and interested community members work on the food cube project and the courtyard gardens at Archie on Wednesday mornings. If you'd like to work with us, please contact Clare Vaughan on cvaughan@warrnambool.vic.gov.au or call 5559 4920 and we will arrange to meet.

FOOD CUBE DEMO PROJECT-MONTHLY INFO SESSIONS

Dates:

Wed 3 April
No session 1/5 due to High Tea & Race Week
Wed 5 June

Time:

10am-11am

Register your interest at Archie Reception or call 5559 4920 so that our team of staff, volunteers and regulars will know to look out for you and update you on what we are up to.

LAUNCH OF THE FOOD CUBE DEMO PROJECT

Date: Wednesday 8 May

Time: 10-11am.

Come along and celebrate the opening of the Food Cube Courtyard with all the people who contributed to making this idea a reality. Come along, check out our food cube set up and hear all about it. Refreshments provided so please rsvp at Reception or call 5559 4920 by 5pm Monday 6 May.



FRESH PRODUCE EXCHANGE

Wednesdays between 11am-midday

Autumn is a wonderful time for a Fresh Produce Exchange as vegie gardens and fruit trees are at their most abundant.

The exchange has had lots tomatoes, zucchinis, cucumbers, silverbeet, apples and pears exchanged so far this year and we have also had some more unusual contributions of home grown olives, heirloom pumpkins and new season seeds that people have saved and generously shared.

We expect the amount of produce will reduce in coming months so please consider how you can contribute to keeping this spirit of generosity and exchange going through the year.

We'd like to put a call out for flowers and herbs, indoor plants and succulents which are inexpensive to grow in a garden and yet costly to buy. Home grown goodies provide a simple pleasure for those who don't have access to a garden.



GREEN LIVING SKILLS SHARING SESSIONS

Come along and learn from others willing to share their skills with you. These sessions coincide with Unfinished project sessions, social gardening and the food cube project sessions promoted on the weekly timetable.

- **3 April:** Food Cube Information session
- **10 April:** Flower & vegie seed and cuttings swap – based on the friendship garden concept of sharing favourite plants
- **10 & 24 April:** Hat making and/or decorate your own hat for Archie High Tea or the May Races; materials provided or bring your own as an unfinished project
- **17 April:** Learn to knit; needles and wool provided or bring your own knitting as an unfinished project
- **8 May:** Launch of Food Cube Project; 10-11am
- **22 May:** Learn to make compost with tips for composting in a small courtyard or garden
- **5 June:** Learn to make a worm farm suitable for use in a small courtyard or garden and Food Cube Info session
- **19 June:** Bring an item of clothing to repair by hand sewing; it could be a hem or a hole in a comfy favourite.

10am-midday on Wednesdays

Cost: \$3 contribution to materials and/or notes where provided

Book at Reception or call 5559 4920

If you have a 'Green Living, gardening, circular economy or slow fashion skills you'd like to share, please come along on a Wednesday morning and chat to Clare Vaughan or email: cvaughan@warrnambool.vic.gov.au or call 5559 4920.



PHYSICAL ACTIVITY

REGULAR PHYSICAL ACTIVITY = INDEPENDENCE + SOCIAL CONNECTION & FUN

Physical activity options at Archie are particularly effective at enabling people to *'move from doing nothing... to doing something.'* Many people start coming to physical activities for health reasons and keep coming from friends because groups are welcoming and social.

HYDROTHERAPY Life guard on pool deck Bookings essential	AQUA EXERCISE CLASS Life guard & instructor Bookings essential	GROUP FITNESS With Michelle Steere Call: 5559 4920	PILATES With Karen Anderson Call: 0438 387 923
YOGA & CHAIR YOGA with Maggie or Robyn - Seniors Club	WALKING led by Heart Foundation Walk Organisers or Seniors Club members	TAI CHI Seniors Club	GENTLE EXERCISE Seniors Club
LINE DANCING Seniors Club	INDOOR BOWLS Seniors Club	BILLIARDS Seniors Club	PETANQUE Seniors Club

Please note the following changes to instructor availability/classes:

- Michelle Steere's classes will not be running on the 30th April, 2 & 7th May. Classes will resume Thursday 9th May.
- Wednesday Tai Chi & Gentle Exercise with Linda on the 1st of May won't be on due to the High Tea event.

HYDROTHERAPY POOL

The Hydrotherapy pool is a salt-chlorinated pool to support rehabilitation needs for all community. A lifeguard is on duty at all times and are available to assist with hoist access if required.

One hour Hydrotherapy sessions are available Monday to Friday from 9am-midday for a fee of \$10.50 and must be pre-booked and paid for by contacting Archie Reception. Individuals do their own workout at their own pace and for many people sessions are also very social.

Thirty minute Aqua Exercise classes are available on Thursdays 12:15pm and 1pm

for a fee of \$11.50. These sessions are led by an aqua exercise trained instructor and they are of a low-moderate intensity and participants work at their own pace. Learn a variety of water based exercises in a fun environment.

Reminder to current patrons:

- Please be considerate of others and exit the pool to allow yourself enough

time to get changed and ensure the next group can enter the change rooms on time.

- Please advise Reception as soon as possible of any booking cancellations. Individual patrons are required to provide 24 hours' notice or a charge will apply; for group bookings, 7 days' notice is required or a charge will apply.



WHAT'S ON AT WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE

Contact Jill Bourke 0418 944 276 for further information relating to Neighbourhood House Programs



Arts and
Crafts

FORTNIGHTLY CRAFTS

Every second Wednesday.

Dates for this quarter are 10/4, 24/4, 8/5, 22/5, 5/6, 19/6

Bring your own project and meet other social crafters.

Time: 10.30-2.30pm

Lane Pavilion on Hyland Street

Cost: \$5

2024 PRIMARY PERFORMERS PRODUCTION – THE LITTLE MERMAID

Join us in helping to create stage props and costumes!

Every Thursday commencing May 2

Time: 1.00-3.00pm

Lane Pavilion on Hyland Street

Cost: Gold Coin

CELEBRATING NEIGHBOURHOOD HOUSE WEEK

May 13 – 19 This Year's Theme is Stronger Together!

Toddle on Hoddle - Playgroup

Tuesday May 14, 9.30-11am

Special theme to be confirmed

Lino Cutting and Printing

Thursday May 16, 1.00-3.00pm

Lane Pavilion on Hyland Street

Cost: \$5.00

Delicious afternoon tea provided



COMMEMORATING NATIONAL SORRY DAY MAY 26

Purple Flower Making sessions: Crafting resources supplied or bring your own!

Thursday May 9 and 23

Time: 1.00 -3.00pm

Lane Pavilion on Hyland Street



WORLD ENVIRONMENT DAY

Beach Clean Up

Wednesday June 5

Please contact Jill for details

0418 944 276

WEEKLY TIMETABLE

Note: Senior Citizens Club Activities require Annual Membership of \$25

HYDRO

GROUP EXERCISE

SOCIAL ACTIVITIES

SENIOR CITIZENS CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50
9.15am Tai Chi - Linda \$5 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club	9.15am Tai Chi - Linda \$5 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies. Seniors Club	9.30am Painting - free Seniors Club
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training Michelle \$10	9.30am Heart Foundation Walking - Free. Start: Centro
		10am Social Gardening Free	9am Dru Yoga - Robyn \$5	
10.30am Gentle Exercise; Linda \$5 Seniors Club	10am Women's Strength Training; Michelle; \$10	10am Un-Finished Projects (UFP'S) Free	10am Women's Strength Training; Michelle; \$10	
	10am General Yoga Maggie; \$10	10am Scrabble \$2	10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$10.	10.30am Gentle Exercise; Linda \$5 Seniors Club	11am Kickstarters Michelle \$10.	10.30am Line dancing Seniors Club \$5
	11am Chair Yoga Maggie; \$10	12.15pm Pilates; Karen Anderson \$10	12.15pm Aqua Exercise \$11.50	
1pm, 1st& 3rd Mon/month Knitting; Free Seniors Club	Midday PulseLite Michelle \$10.	1.30pm Cards 500, \$1 Seniors Club	Midday Fit & Trim Michelle \$10.	1pm Cards Euchre, Free. Seniors Club
		1.30pm Mahjong \$2 Backgammon \$2	1pm Aqua Exercise \$11.50	1pm Singalong Free Seniors Club
1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club
			2pm Petanque - Free; Lake Pertobe Piste. Seniors Club	
	4.30pm Heart Foundation Walking - Free Start: Aquazone			

YOUTH



ARE YOU INTERESTED IN THE ENVIRONMENT?

Green Futures Now! is a leadership program aimed at building knowledge and supporting young people (aged 12-25) to help tackle local environmental issues.

Green Futures Now! Involves a series of workshops and activities that connect young people with the work that is happening locally to address climate change and other environmental issues.

Participants meet people working to create a more sustainable future, then become part of the solution by leading their own project.

This year's program will run from April-June, where participants will meet weekly.

Registrations for Green Futures Now 2024 opening soon! Visit

www.warrnambool.vic.gov.au/green-futures-now to pre-register.

Green Futures Now! is run by Warrnambool City Council Youth Engagement

team. Contact Lauren Brown for more info: **lbrown@warrnambool.vic.gov.au** 0409 449 556.



FOLLOW WARRNAMBOOL CITY YOUTH ON SOCIALS

We have some great events and opportunities coming up for all ages. Are you interested in finding out what our young people are doing and creating for the community? Follow our Facebook page or Instagram to find out what's happening, and when. **www.facebook.com/WarrnamboolCityYouth**

INTERGEN PROJECT – EXPRESSION OF INTEREST

This is a call out for expressions of interest from community members interested in being part of an intergenerational projects with senior students from Emmanuel College during Term 2 (April-June – specific dates TBC).

The intergenerational projects will involve skills sharing on practical projects based on the interests of all involved.

Past tradies, craftspeople and other creatives with skills to repair or repurpose things are most welcome to be involved or contribute project ideas.

Sessions will be held on Tuesday and/or Friday mornings.

Please contact Clare Vaughan on cvaughan@warrnambool.vic.gov.au or call 55594920 if you would like to express interest or find out more.

UP IN LIGHTS GALLERY

The Up in Lights Gallery is a public art gallery in Timor Walk Lane, Warrnambool. A series of 4 light boxes showcase 8 visual artworks made by local young artists. This is a chance for the community to come together and celebrate the creativity and skills of Warrnambool's young people.

Join us at 6pm on the 19th of April as we launch the new artworks, with a chance to meet the artists and enjoy some live music. If you can't make the launch, we hope you will take a wander down the lane another night. The artworks will be on display throughout 2024.



COMMUNITY INFORMATION

MY AGED CARE INFO SESSIONS

My Aged Care is the start point to access Australian Government funded services.

In this session we will help you find out about:

- Council Home Support Services available
- The types of aged care services available
- Your eligibility for services
- Costs you may need to pay

Presented by an Archie team member.

When: Thursday 20th June

Time: 1.30-2.30pm

After the session, stay for a tour of the Archie facility

Book: Archie Reception



GETTING OLDER AND DRIVING SAFELY - VICTORIA POLICE

As with many aspects of positive ageing, accessing information early to help with decision making related to lifestyle changes is helpful.

Being aware of how getting older impacts one's ability to drive safely and planning for these changes is no different.

Mal Agnew, Community Engagement Officer, Victoria Police and John Keats will present this workshop at the Archie Graham Community Centre. Older adults including groups of friends and family members are warmly welcome to come along and join this conversation. Light refreshments will be provided and people are welcome to stay for a chat with Mal and John after the workshop.

Date: Monday 13 May

Time: 11am – Midday

Book: Archie Reception

END OF LIFE PREPARATIONS WORKSHOP

Dying well requires thought and planning.

Learn about advanced care planning, powers of attorney and wills.

Be inspired to complete an end of life care plan, a life review, a death plan and funeral plan.

Presented by Eric Fairbank from the Warrnambool and District Hospice.

When: Thursday 11th April

Thursday 9th May

Thursday 13th June

Time: 2pm-4pm

Book: Archie Reception



MANAGEMENT OF OSTEOARTHRITIS OF HIPS & KNEES

Are you living with painful and limiting hip or knee osteoarthritis?

While osteoarthritis is not a curable disease, through education and a commitment to regularly doing a series of exercises that strengthen key muscle groups and in turn improve confidence to exercise, many people become or stay active, prevent symptom progression and reduce pain.

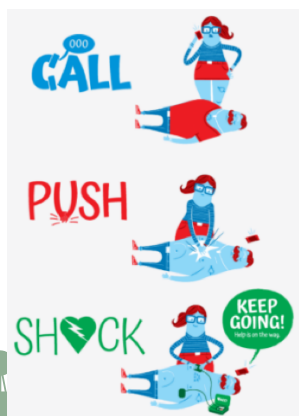
Presented by the Team at Warrnambool Osteoarthritis of Hip and Knee Clinic

- John Manderson – GP
- John Cooney or Tony Pritchard – Physiotherapists
- Sarah Serjeant – Dietitian

Date: Thursday 16 May

Time: 11am - Midday

Book: Archie Reception



CALL PUSH SHOCK TRAINING

FREE training for community members by Ambulance Victoria. Come along and learn lifesaving First Aid and CPR skills.

Download the Emergency Plus App to your smartphone and learn how it enables an ambulance to access the GPS coordinates to locate you in an emergency.

Date: Thursday 13th June

Time: 12pm-1pm

Book: Archie Reception



TRICKY TOPICS

Approaching tricky topics with the people we care about or work with, can be easier if you have a few tips.

Did you know that the Warrnambool Community spends \$63,580 on the pokies every day?

Many of our community members are experiencing increasing pressures in all different areas of their lives including finances and gambling. We know it's hard to talk about some of these things and we want to help break down the barrier and upskill people to find the support they need, when they need it.

Come along to the Archie Graham Community Centre and find out 'How to approach tricky topics' with those we care about, including resources, practical supports and referral pathways. The more of us who are informed about these issues and the services providing assistance, the better.

Take the opportunity to have a chat, a cuppa and some cake with staff from Meli, Wannon Water and MPower and find out how each of these organisations can support people in our community to live healthy, safe and thriving lives.

Date: Tuesday 14th May

Time: 11.30-12.30

Book: Archie Reception



JOIN US FOR A FREE COMMUNITY LUNCH TO ACKNOWLEDGE WORLD ELDER ABUSE AWARENESS DAY

In collaboration with the Warrnambool City Council – Archie Graham Community Centre, Mpower invites you to join us in acknowledging the issue of Elder Abuse.

Date: Wednesday 12 June 2024

Time: 12:30pm-1:30pm

Book: Archie Reception



JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY



WRAD HEALTH

PERSON-CENTRED CARE

WRAD HEALTH EMPOWERING FAMILY & FRIENDS PROGRAM

Finding the right approach to support a family member or friend who is struggling with substance use issues is challenging.

At this session you will find out about the Empowering Family and Friends Program which uses an *Invitation to Change Approach* that has a strong evidence base that is grounded in compassion, connection, and the belief that you can do something to help your loved one.

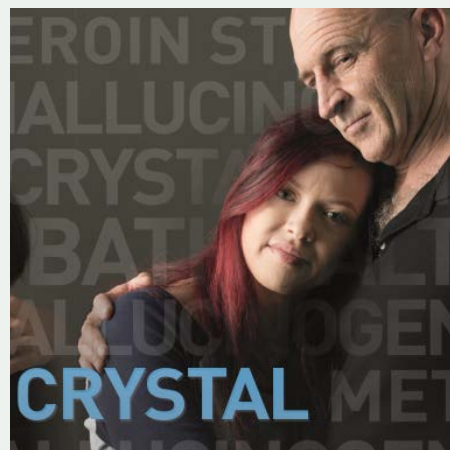
Members of Community Service Clubs and Support Services are most welcome to attend this information session.

Date: Tuesday 4 June 2024

Time: 11am-midday

Book: Archie Reception

Presenter: Mark Powell and the Team from WRAD Health





LIVE UP WEBSITE INFORMATION SESSION

Clare Vaughan and Mathew Turner will give you a guided tour of this Australian Government Healthy Ageing website to find personalised resources to live well and maintain independence and social connections: www.liveup.org.au

Date: Tuesday 7 May

Time: 1-2pm

Ageing doesn't have to mean life begins to dim. In fact, you hold the power to decide how ageing feels for you. You've earned the right to choose how you live and what it means to you to thrive, rather than survive.

Small choices, simple changes, and assistive products can make a dramatic positive impact on your health in a very short amount of time. Better yet, the cumulative effects over time keep delivering positive benefits!

ARCHIE GRAHAM COMMUNITY CENTRE FEEDBACK

The Team at Archie seek your feedback about the events and activities on offer at the Centre. Your feedback will help shape what is offered at the Centre into the future.

Click on the link to provide your feedback online:

<https://www.surveymonkey.com/r/Archiefeedback>

Printed copies of the feedback form are available from Archie Reception and in the Archie Café dining area and the secure feedback box.

The online and hard copies methods of providing feedback are anonymous. Any personal information you provide will be treated in accordance with our Privacy Policy.

SAVE WITH SOLAR

The Victorian Government's Solar Homes Program and has supported more than 250,000 Victorians to install solar panels, batteries and hot water systems.

For more information:

Online: <https://www.solar.vic.gov.au>

Phone: 1300 376 393 - 9:00am – 5:00pm Monday - Friday (except public holidays).

SAVE THE DATES: 26 MAY: SORRY DAY

Please look out for information about local actions and activities that contribute towards Reconciliation and join in.



27 MAY – 3 JUNE 2024: RECONCILIATION WEEK



TRAVELLERS AID

Have you heard about the Travellers Aid Services? There are a variety of services available as indicated by the graphics & labels below.

Some services are free others have fees and eligibility criteria. Full details are available on the website:

www.travellersaid.org.au

Travellers Aid Southern Cross Station

Opening hours: 6:30am to 9.30pm, 7 days a week

Phone: (03) 9670 2072

Email: scs@travellersaid.org.au



Connection Assistance



Mobility Equipment Hire



Luggage Storage



Companion Service



Crisis Travel



Personal Care



Backpacker Services



Station Lounges