



# spewine



Macrame Pot Hangers by Anita Shaw | Photo Provided. Related story on page 9

# **COORDINATOR UPDATE**

By NATEESHA THOMASSEN

What a busy start to the year it's been!

The Steering Group have been busy preparing our new Strategic Plan using all the feedback collected during last years Shaping Your Neighbourhood community consultation. We look forward to sharing the plan with you in the coming months.

Thanks to additional funding from the Victorian Government, a new round of the Power Saving Bonus commenced on Friday 24 March. As an outreach partner, we can assist our community to access the \$250 Power Saving Bonus available to all Victorian households even if you have previously claimed. If you or someone you know doesn't have access to a computer or find it difficult using technology, we're here to help you claim your bonus. For more information or to make an appointment please contact us on 5241 5717.

We're excited to announce our new 'Taster Series' program

commences this term with the Safe Seats Safe Kids program (details page 8) and Gelato Macrame Hanger Workshops (details page 9). We're also busy working on other exciting new activities for our community to try including Tai Chi and Mosaics. 'Taster Series' activities are heavily discounted thanks to grant funding received from the City of Greater Geelong.

We hope this program will inspire and engage our community in activities that we can continue to offer at the Grovedale Neighbourhood House. Please keep an eye out on our noticeboards, on Facebook and in future editions of the Grapevine for more 'Taster Series' activities.

**CONTINUE TO PAGE 2** 



The Grovedale Grapevine is compiled and published quarterly by Grovedale Neighbourhood House.

#### **OFFICE**

45 Heyers Rd, Grovedale VIC 3216 Phone: 5241 5717 Monday to Thursday 9am-2pm Fridays CLOSED www.grovedalenh.org.au

#### **ADVERTISING & EDITORIAL**

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#### TO ADVERTISE

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Email: info@grovedalenh.org.au

#### **EDITORIAL POLICY**

Contributors should note that the right to modify submitted articles is retained by the Grovedale Grapevine. All contributors are asked to provide their articles electronically on Microsoft Word format and any images as separate high resolution files. New contributions welcome. Please email us.

#### LAYOUT & DESIGN

Tet Kelly / Kubo Kreative





Grovedale Neighbourhood House acknowledges Wadawurrung Traditional Owners of this land and all Aboriginal and Torres Strait Islander People who are part of the Greater Geelong community today.



#### **CONTINUED FROM PAGE 1**

This term we also open the doors to our Moonah room for our 'Creative Open Studio' sessions. These weekly sessions offer creatives of all skill levels a space to dedicate time to work on their art practice. These will be self-directed 'bring along your own project' sessions, with tea and coffee available. More information can be found on our term program (page 6-7)

Have you ever considered becoming a volunteer? Would you like to be rewarded by knowing you are helping the local community and making a difference? Perhaps you would like to build your confidence and self-esteem or expand your social networks by meeting other people? This edition of the Grapevine contains information about volunteer opportunities available with GenU, Uniting Barwon and EdConnect that may just be right for you.

If you're interested in submitting articles to our Grapevine you can subscribe on page 11 to receive an email reminder of the submission deadline.

Happy reading!

TERM2 DATES 2023 | 26 April to 24 June.

# Stories are welcome



Does your group or class have important updates for the community next term? If you use the Grovedale Neighbourhood House within the hub and have anything you would like to contribute or share with the Grovedale Hub community for the upcoming issues, please contact info@grovedalenh.org.au.

### GROVEDALE NEIGHBOURHOOD HOUSE ACKNOWLEDGES THE SUPPORT OF:





# KARDINIA WARD UPDATE

An update from your City of Greater Geelong, Kardinia Ward councillors Ron Nelson, Belinda Moloney and Bruce Harwood

Supporting our local community's priority projects is one of the most rewarding things we do on Council.

Whether it is in the arts, cultural, sporting, recreation, heritage or environment sectors, our Community Grants program funds a massive range of interests and activities.

In the latest round of our annual grants program, Council allocated a total of \$3.13 million to 44 different recipients.

There are a number of projects that will be completed in the local area due to Community Infrastructure grants.

Waurn Ponds Tennis Club has received \$212,600 to install lights on tennis courts 1-3, increasing usage of the facilities.

And East Belmont Saints Baseball Club will use a \$211,600 grant from Council to improve accessibility and to install new scorer's boxes on both fields.

Other community infrastructure grant recipients of interest:

Grovedale Sports Club – facilities upgrade (safety and access) -\$50,000

Belmont Lions Sports Club - Behind the goal netting at Winter Reserve - \$49,500

Geelong Baseball Club - Indoor batting / training facility upgrade - \$48,300

To find out more about our current grant opportunities, visit: www.geelongaustralia.com.au/grants

Another infrastructure project closing in on completion is the Waurn Ponds Skate Park.

The upgrade is designed to create a more inclusive and cohesive space, suitable for various wheeled sports, ages, and skill levels.



East Belmont Saints Baseball Club president Stuart McGovern with Councillor Ron Nelson.

It is being delivered thanks to \$1.35 million from the State Government, and \$600,000 from Council.

You can really see the features of the park taking shape now, including the rail and skate elements, and the bowl formwork.

The project is expected to be completed in winter, so we're looking forward to seeing a wide range of people using the site soon.

In the latest round of our annual grants program, Council allocated a total of \$3.13 million to 44 different recipients.







# COMMUNITIES AT PLAY

By GROVEDALE TOY LIBRARY

In March, representatives from 15 countries around the world descended on Melbourne to play! Well, to learn about play - to focus on 'Communities at Play' at the 16th International Toy Library Conference. Grovedale Toy Library was thrilled to be able to send two representatives, funded by a Geelong Connected Communities grant.

What can you achieve in 30 minutes? This was the question posed by Robyn Monro Miller AM, President of the International Play Association - in just 30 minutes of unstructured play, as much as one third of the neurons in the brain are changed, grow and develop. When we as an organisation or as carers create conditions for play, we are helping to grow little people's brains! Play is in fact a biological necessity - one of the big 4 for childhood development, alongside good nutrition, adequate sleep and quality caregiving.

A key theme running throughout the conference was sustainability, and we were amazed at how much

positive work is being done by other countries to combat toy waste, introduce creative recycling solutions, and use donation drives to facilitate stock for toy libraries, as well as generating funding

to run them. Australia has a long way to go! Currently, 51% of toys purchased in Australia are destined for landfill within 12 months. Toy libraries are a key factor to disrupting this alarming statistic.

On Sunday 5<sup>th</sup> March, we were excited to welcome delegates from the conference to visit Grovedale Toy Library and share with them aspects of our operations, highlight our successes from 2022, and discuss challenges and potential solutions.

This conference was an amazing opportunity to network with other passionate toy librarians, volunteers and play experts from around Australia and the world. Whilst members and the local community may only see the immediate services delivered by their local toy library, behind that lies a professional and experienced network of play advocates. We look forward to sharing more of our learnings with the Grovedale Toy Library community and implementing new ideas for play!



### HARMONY WEEK

By MERRIN WOOD | Kindergarten Teacher | Willie Wagtails



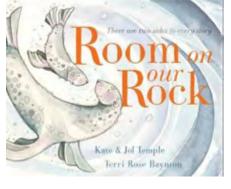
Harmony Week, celebrated on March 20th -24th celebrates all the cultures and backgrounds of our community living together as one. We shared the message of inclusiveness, respect and why everyone, from the traditional custodians of the land to those from around the world who now call Australia home should feel that they belong.

At the Grovedale Child and Family Services Centre, we invited the families to contribute a photo for a display of all the families in our foyer, to show that we all belong. Children tend to be very accepting and interested in differences between them and their peers. We discuss these topics by highlighting that in some ways we are all different but inside we are all the same. We all have different families and friends but we all just want to feel safe and loved.

One family shared about their Irish heritage, one their Thai dances and another came in their traditional Indian Sari. We participated in Holi, which is a festival of colour. We were also shown how to do origami by a Japanese educator at our service.

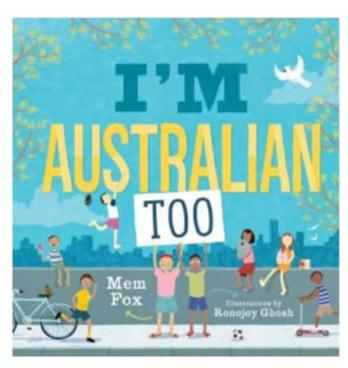
We shared a lovely book called "Room on our rock". This clever picture book has one story that can be read two different ways. When read from

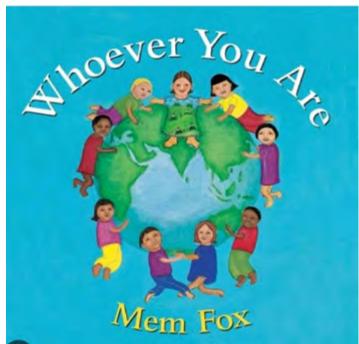
front to back.



the seals believe there is definitely no room on their rock for others. But when the book is read from back to front, the seals welcome others to shelter on their rock. It is a heartwarming story about sharing, compassion and living in harmony.

At our centre we have 48% CALD families (Culturally and Linguistically Diverse) and we are all respected and valued. We share a wonderful sense of community and WE ALL BELONG.







# WHAT'S ON at the hub TERM 2 2023



#### **NEW IN TERM 2!**

#### **CREATIVE OPEN STUDIO**

Commencing Monday 8 May 9.30am-12.30pm

Are you looking for time and space to work on your art practice? We have the space if you have the time!

Creatives across all mediums are invited to use our creative space in these self-directed sessions.

Tea and coffee provided.

\$3 per session Call 5241 5717

#### **GET ACTIVE**

#### STAYING ACTIVE

Low impact exercise Mondays 9.15am Wednesdays 9.15am \$8 per session Registration Essential

Contact: GNH 5241 5717

#### THE JUNGLE BODY WITH KAT B

Thursdays 6pm Contact: Katrina 0433 663 996

#### COMING SOON!

#### **TAI CHI**

Coming Soon! Call 5241 5717 to register your interest today.

#### DANCE

#### **WINGROVE CALISTHENICS**

Mondays 5pm - Juniors Mondays 7pm - Seniors Tuesdays 4.30pm - Sub Juniors Tuesdays 6.30pm - Inters Thursdays 7.30pm - Masters Saturdays 9.30am - Tinies Contact: Cathy 0416 255 684

#### **FOLKWAVE PUNJABI DANCE**

Tuesdays 6pm-8pm Contact: Avtar 0423 193 998

#### LINE DANCING

Classes Fridays from 9am
Events 4th Saturday of the month
12noon-5pm
Contact: Pauline 0409 164 701

#### **BALLROOM DANCING**

Suitable for beginners Fridays 6.30pm-9pm Contact: Jose 0401 673 221

#### MUSIC

#### **UKES 'N' MORE**

Community Ukulele Group Wednesdays 7.30pm \$2.50 per session Contact: Ross 0430 871 045

#### **MUSIC WITH ABBEY**

Music class for children Thursdays 2pm-3pm Contact: Abbey 0490 704 668

#### **TECHNOLOGY**

#### JEZA'S COMPUTER TECH HELP

Providing support with phone, tablet and laptop issues Tuesday mornings Bookings Essential Contact: GNH 5241 5717





#### **ACRYLIC & PASTEL ART CLASSES**

Mondays 1.30pm-4pm Contact: Jen Jones 0408 461 559

#### **SOGETSU IKEBANA**

Thursdays 6pm-8pm Contact: Christopher 5261 3983

## CRAFT CREATORS SOCIAL GROUP

Fridays 9.30am-12noon \$4 per week Contact: GNH 5241 5717

#### LANGUAGE & PHILOSOPHY

#### KYBALION DISCUSSION GROUP

Wednesdays 9.30am-12noon \$2.50 per session Contact: GNH 5241 5717

#### **GITA DISCUSSION GROUP**

Wednesdays 12noon-3pm \$2.50 per session Contact: GNH 5241 5717

#### SPIRITUAL DISCUSSION GROUP

Wednesdays 7pm-9pm \$2.50 per week Contact: GNH 5241 5717

## ZIMBABWEAN LANGUAGE CLASS

Sundays 2pm-4.30pm Contact: Athanas 0424 326 267

# DO YOU HAVE AN IDEA FOR A CLASS, ACTIVITY OR GROUP?

Grovedale Neighbourhood House would love to hear from you!

Email info@grovedalenh.org.au Call 03 5241 5717

#### WELLBEING

# TOWN (TAKE OFF WEIGHT NATURALLY) WEIGHT LOSS SUPPORT GROUP

Wednesdays 6pm Contact: Heather 0417 516 020

#### **BUDDHIST MEDITATION**

Sunday fortnightly from 10.30am Contact: Alex 0407 018 498



#### U3A

## FOR ALL BOOKINGS CONTACT U3A 5244 5114

## SPANISH INTERMEDIATE / ADVANCED

Wednesdays 2pm-4.15pm

# TRADGEDY AND COMEDY IN LITERATURE

Thursdays 1.30pm-3.30pm

#### YOGA

Wednesdays 1.45pm-3pm Fridays 7.45am-9am

#### COMMUNITY GARDEN

#### **FOOD SWAP**

Bring your excess produce to swap at the Grovedale Community Garden Third Saturday of the month 9.30am-10.30am Contact: Vic 0407 231 350

#### TOY LIBRARY

#### **GROVEDALE TOY LIBRARY**

Tuesdays 9am-10.30am
Saturdays 9.30am-11.30am
Appointments may be necessary.
For more info go to:
grovedaletoylibrary.org.au

#### SENIOR CITIZENS

#### **GROVEDALE SENIOR CITIZENS**

Offering regular activities at the Grovedale Hub.

Contact: Julie 0419 549 521

#### Carpet Bowls

Mondays 1pm-3pm

Gentle Exercise

Tuesdays 9am-10am

Cards 'Euchre'

Tuesdays 1pm-3pm

Bingo

Thursdays 1pm-3pm



# IS YOUR CHILD TRAVELLING SAFELY?

GET FREE CHILDCAR RESTRAINT FITTINGS & SAFETY CHECKS





Grovedale Neighbourhood House invites local parents and carers to book in for a free child car restraint fitting or safety check!

**WHERE** 

Grovedale Neighbourhood House, 45 Heyers Road, Grovedale

WHEN

Tuesday 2 May 2023 between 10.00am - 2.00pm

HOW

Bookings are essential. Parents and carers (including grandparents!) can book in a free child car restraint fitting or check by registering through: www.safeseatssafekids.com.au

Please note, if you need to have more than 1 child car restraint fitted/checked, you will need to book multiple appointments.

**WHY** 

90% of child car restraints are incorrectly installed or used, posing a serious safety risk to children travelling in those restraints. For peace of mind, have a professional fitter check your restraints so you know your child is safe.

For more information about the program, please visit: kidsafevic.com.au/road-safety/free-child-car-restraint-checking-program







**GNH TASTER SERIES** 

# GELATO Macrame HANGER

Create your own gorgeous pot hanger while learning the art of macrame with skilled artisan Anita Shaw.

WORKSHOP



\$10

bookings are essential.

Saturday 17 June
2pm - 5pm
Numbers are limited and



Anita discovered her passion for creating macrame 3 years ago and has since expanded her love of knots by sharing her knowledge with others. Anita enjoys teaching macrame in a fun, relaxed and supportive social setting and is thrilled to be offering macrame workshops at the Grovedale Neighbourhood House.

In this workshop Anita shares her love of combining unique and colourful pots with beautiful cord to create stunning macrame hangers. Select from six colour options to match your décor.

#### LOCATION

Grovedale Neighbourhood House Correa Room, 45 Heyers Rd, Grovedale

#### **MATERIALS**

Thursday 15 June 10am-1pm OR

All materials including pot are supplied. Light refreshments provided.

#### **BOOKING**

Contact Grovedale Neighbourhood House to book your spot today on 5241 5717.

#### **GNH TASTER SERIES**

This activity is part of the Grovedale Neighbourhood House Taster Series made possible by grant funding received from the City of Greater Geelong through its Community Investment and Support Fund.







### **OUR VOLUNTEERS CHANGE LIVES.**

EdConnect Australia trains and supports volunteers to work in local schools to provide a safety net for young people who might otherwise struggle to realise their potential - in school and life.

We offer two volunteering roles:

#### **MENTORING**

Provide one-on-one support to a student to improve their emotional and social wellbeing as well as their academic performace.

#### **CLASSROOM LEARNING SUPPORT**

Provide general support within the classroom such as reading, numeracy skills or assist with various school projects under the teacher's guidance.

If you know someone who would make a great role model, share our info!



### EdConnectAustralia.org.au

P 1800 668 550

E edconnect@edconnect.org.au Facebook @EdConnectAustralia



# Free Rapid Antigen Tests and N95 Masks available now!

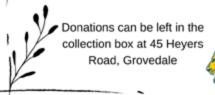
Grovedale Neighbourhood House have received a delivery of Rapid Antigen Tests and N95 Masks from Barwon Health to provide to our community free of charge. These items can be collected from our office during office hours Monday to Thursday, 9am-2pm. Limited supply available.

# Seeking Donations Hygiene Products

Grovedale Neighbourhood House are collecting hygiene products for the Lions Club of Corio Norlane Inc to distribute to people experiencing homelessness

We gratefully accept donations of personal hygiene products including:

Tooth Brushes
Combs
Soaps
Hair Sprays
Perfumes
Deodorants, etc









# DEADLINE FOR THE NEXT ISSUE OF THE GRAPEVINE

Call for content: Monday, 29 May 2023

Copy Due: Monday, 5 June 2023

Publication: Monday, 19 June 2023

WANT TO RECEIVE A REMINDER TO SUBMIT YOUR ARTICLE?

Sign up at: <a href="https://bit.ly/Grapevinereminder">https://bit.ly/Grapevinereminder</a> or call us on 5241 5717

# THE LIONS CUB OF GROVEDALE/WAURN PONDS

Hello to our Grovedale neighbours!

The Lions Club of Grovedale/Waurn Ponds is holding a major fund-raising BBQ at Bunnings, Waurn Ponds on Thursday 13 April.

All profits realised will go to the Australian Lions Childhood Cancer Research Foundation (ALCCRF).

Never heard of it?

Well, here's the news.

The ALCCRF was formed by Lions Australia some 30 years ago.

And in those years Australian Lions have been spearheading the fight against childhood cancer in Australia. Ground-breaking treatments have been developed in that time.

17 years ago, we formalised our commitment to supporting children with cancer by establishing the Lions Cord Blood and Childhood Cancer Research Appeal.

Since then, we have raised more than \$12 million dollars for childhood cancer research.

Significant advances in the treatment of childhood cancers have been achieved with the support of these funds.



Here is a link, should you wish to find out more. https://alccrf.lions.org.au/what-we-do/

Lions Biggest BBQ is an annual fundraising event undertaken by many of the 1,200 Lions Clubs across the country. This year the BBQ can take place at any time during the year, from January to December.

The Lions Club of Grovedale/Waurn Ponds BBQ is on Thursday 13 April, at the Bunnings Waurn Ponds store.

So, please come along to Bunnings on the day to buy a sausage and support this great cause.

As always, if you want to talk to us about joining the great organisation of Lions Clubs International, give us a call, have a coffee. There is no obligation.

Contact Phone numbers:

Mark Grey (Membership Chairman) – 0428 557 564 David Ridley (Club Secretary)– 0459 574 347



#### **BOOK YOUR EVENT**

Grovedale Neighbourhood House has a range of rooms, and a beautiful hall with a commercial kitchen that you can rent for workshops, meetings, events and activities. Give us a call now to discuss your needs and we will let you know availability and the range of reasonable rental costs. Email info@grovedalenh.org.au. Call 03 5241 5717. More information is on https://www.grovedalenh.org.au/venue-hire/



# TRANISTION SOUTH BARWON



#### **Practical Preserving Workshop**

Saturday 15th April

Session One- 9am- 12pm

Session Two- 1pm-4pm

Come along to one of these interactive workshops to learn about the process of preserving food and create some preserves including jam, relish, fruit cordial and quick pickles



#### **Preserving Foods Seminar**

Saturday 22nd April

Session time- 2pm-4pm

In this seminar Adrian Dent will educate people about the principals of preserving foods, including freezing, dehydrating, bottling, pickling and why foods spoil and what halts or slows this

Free Event: Booking essential

https://foodpreserving.eventbrite.com.au

These workshops are supported by the City of Greater Geelong







0439 309 197



andonkers@hotmail.com





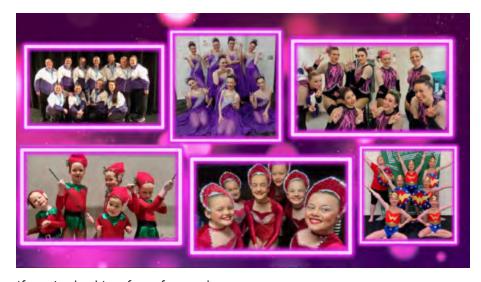


Wingrove Calisthenics is celebrating our 30th year in 2023! Based in the Grovedale Neighbourhood House, Wingrove holds weekly calisthenics classes for ages 3 to 50+ focused on teaching strength, flexibility, dance and calisthenics techniques.

Our participants learn new skills and work to improve their current ones to compete in team and solo competitions throughout the year, and have fun learning routines and tricks along the way.

This June we are hosting a 30 year celebration gala to showcase our journey through the years and celebrate all we've achieved as a club and individuals.

Tickets will be available to purchase through our social media soon.



If you're looking for a fun and social activity we have places still available in all sections for 2023.

Tinies: 3-7 years. Saturday 11/2 9.15 - 10.30 am

Subbies: 8-10. Tuesday 7/2

4.30 - 6.30pm

Juniors: 11-13. Monday 6/2

5.00 - 7.00pm

Inters: 14-17 Tuesday 7/2

6.30 - 9.00pm

Seniors:17+. Monday 6/2

7.00 - 9.30pm

Masters: 26+ Thursday 9/2

7.30 - 9.30pm



### Connect with GNH

We're on facebook and Instagram. Like/Follow us to get the latest updates as we share real time information from the community.

# GROVEDALE MARSHALL PROBUS CLUB

The Grovedale Marshall Probus Club is a Combined Club for men & women retirees.

PROBUS is a local, national, and international association of retired people who come together in non-political, non-sectarian, non-profit, autonomous clubs which provide regular opportunities for members to meet others in similar circumstances, with similar levels of interest, make new friends, and maintain and expand their interests. Probus provides so many opportunities for members to stay active, engaged and connected.

The word Probus is an abbreviation of the words PROfessional and BUSiness, however, membership

is not restricted to these two groups. It embraces members from all walks of life. It is a great opportunity to make new friends and enjoy useful weekly activities or learn of social issues from a wide range of guest speakers. Most Probians are a happy, cheerful lot and this is contagious around others. It can be a great opportunity to combat loneliness and to get out and about, especially for people who want to be involved in meaningful activities after leaving the workforce.

Enjoy your retirement – Join our Probus community today!

Monthly meetings are on the second Thursday of each month at 9.45am for a 10am start in the Grovedale Community Hub, 45 Heyers Road, Grovedale. Everyone Welcome!

Some reasons to join!

- Open to male and female members
- Listen to interesting guest speakers
- Enjoy regular activities, outings, mystery bus trips
- Intra and interstate tours
- Make some great new friends
- Lunches and coffee mornings throughout each month







**General Enquiries:** Anne Lane (Secretary) 48lane44@gmail..com

**Membership Enquiries:** Viv Buchanan 0458 288 504 or email:Viviennebuchanan51@gmail.com

Mailing Address: Grovedale Marshall Probus Club. PO Box 2140, Grovedale East, VIC 3216

**Website:** https://www.probussouthpacific.org/microsites/grovedalemarshall

#### **GROVEDALE COMMUNITY**



Grovedale Uniting Church is situated on the corner of Torquay and Reserve Roads, Grovedale.

A warm, friendly, caring community, we meet each Sunday for worship at

**9:30am**, with the church also being open for prayer and reflection from **11am to 1pm** the first Saturday of the month

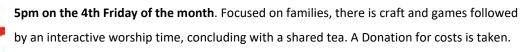
Easter is a very important time for Christians, so extra services are held in the week before Easter.

On **Thursday April 6, Maundy Thursday**, we will hold a reflective service at **7pm.** In this service we remember the meal Jesus had with his disciples on the night before he died on the cross.

On **Friday April 7**, **Good Friday**, we will have a reflective service at **9:30am**. This is a somber service reflecting on the day Jesus died on the cross. Please call Peter on **0419 165473** for more details on either service.

At our normal Sunday worship on **Sunday April 9 at 9:30am** we will celebrate Jesus' rising from the dead.

Our regular activities continue:



10am Tuesdays during school term. A music and movement program for children from birth to 4 years old. Cost \$5 per family. Please ring before attending as there may be a waiting list. Please contact Dianne on 0458 726259 for details on both Messy Church and Mainly Music. Find us on Facebook: Grovedale UC Children and Family

Bible Study Growth Group: 7:30pm Tuesdays during school term.

Prayer Group: 9:30am Thursdays. For details please on both groups please contact Peter on 0419 165473

Craft Group: 10am Thursday during school term. Details call Rhonda on 5243 6496.



**LET'S SING"** Group singing for fun.

Meeting on the last Sunday in the month from 3pm -5pm, it's a fun opportunity to gather for singing and fellowship. Everyone is welcome. No experience is needed.

A \$2.00 donation is suggested. Please contact Rhonda on 5243 6496



Chattels and Chats Opshop and Bookshop

Open Wednesday, 10am-4pm. Friday, 10am-3pm.

10am-3pm First Saturday of the month. New volunteers are always welcome. Contact Wendy on 0488 435702.



We also chare our site with *Interlude* Coffee and **UNITING** Barwon. **UNITING** provide support to those who may be homeless, or who need financial or welfare assistance. Open **9:30am-12 noon Monday to Friday**, they can be contacted on **4210 1100**.

If you have a question about Faith or Spirituality or would like to know more about the church, please contact Rev Peter Jewell on 0419 165473 or Em. <a href="mailto:psjewell@netspace.net.au">psjewell@netspace.net.au</a> grovedale.unitingchurch.org.au

### **ADVERTISE WITH US**

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Please contact info@grovedalenh.org.au or phone us at (03) 5241 5717.

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