



# New Year, New Opportunities

Mixed Media, Mandalas,  
Macrame and more

'When it rains, it pours' photo and artwork by  
Samantha Thompson.

GNH TERM 1 PROGRAM  
SEE PAGE 12

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](http://www.grovedalenh.org.au)

**ADVERTISING & EDITORIAL**

**DISCLAIMER** | The inclusion of inserts, editorials or advertising in the Grovedale Grapevine does not necessarily constitute or imply any endorsement or recommendations concerning the products, services, opinions or information found in the contents.

**TO ADVERTISE**

Phone: 5241 5717  
Email: [info@grovedalenh.org.au](mailto: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.



# Coordinator's Report Highlights & Upcoming Initiatives



By Nateesha Thomassen

Wow! I can't believe another year is coming to an end, and what a busy year it's been.

The Grovedale Neighbourhood House Steering Group used what we heard from the community to finalise a Strategic Plan that will guide our work until the end of 2027. This plan is now available on our website and has also been included in this edition of the Grapevine.

We were pleased to offer Tai Chi classes and Macrame Workshops as our first 'taster' activities in Terms 2 and 3 this year thanks to funding received from the City of Greater Geelong 2022-23 Neighbourhood House Grant Program. We have a great selection of activities on offer in Term 1 2024 thanks to this funding, with more to come in Term 2. Term 1 'taster' activities are listed in our What's On program on page 12, with more detail provided throughout this publication.

Neighbourhood Houses Barwon has received funding to provide free training for individuals to become Digital Mentors to champion and support others to learn how to do whatever they need to do online. Grovedale Neighbourhood House is excited to host one of these great workshops at the Hub on Thursday 21 March. If you or someone you know is interested in helping others to navigate the digital world, then this is an opportunity not to be missed. More information on this great initiative can be found on page 8 and 9.

This time of the year can be financially challenging for some. Feed Geelong (an initiative of the Give Where You Live Foundation) is an online resource assisting to create greater choice, diversity and access to food relief in the Geelong region. Feed Geelong publishes a list of locations where individuals can access food relief not only over the Christmas period but throughout the year. This list is available on the noticeboard in the Grovedale Hub foyer or online at <https://www.feedgeelong.com.au/>

As most regular activities at the Hub take a break over the holiday period, it's the perfect time for Shivonne and I to also take a break before another busy year commences. We will close the Neighbourhood House office on **Wednesday 20 December 2pm** and reopen at **9am Monday 15 January**.

We are grateful for your continued support and look forward to seeing you in 2024!

Stay safe, stay well and have a wonderful summer break.

*Nateesha*

## 2024 Term Dates

Term 1 - Monday 29 January to Thursday 28 March

Term 2 - Monday 15 April to Friday 28 June

Term 3 - Monday 15 July to Friday 20 September

Term 4 - Monday 7 October to Friday 20 December



## KARDINIA WARD UPDATE:

CITY OF GREATER GEELONG

# Grovedale Prepares for a Safer 2024: Major Road Upgrades Set for Marshalltown Rd/Bailey St Intersection

By Kardinia Ward Councillors- Bruce Harwood, Belinda Moloney, Ron Nelson

It is nearly Christmas already, and what a huge year it has been.

Many major projects have been completed in the Kardinia ward, and there will be more to come in 2024.

Our roadworks program is not slowing down despite the Christmas season fast approaching, with some important upgrades happening in the Grovedale and Marshall areas.

The Marshalltown Rd/Bailey St intersection (roundabout) is set to undergo major improvements as part of the 2023/24 BlackSpot Safety program, and this will result in full road closures from 3 January until 25 January 2024.

The BlackSpot Safety Program is an initiative aimed at reducing the number and severity of crashes on Australian roads and focuses on improving road safety through the identification and rectification of high-risk crash locations.

The Marshalltown Rd/Bailey St project is aimed at enhancing road safety and increasing pedestrian security, with a distinct focus on reducing approach speeds and providing improved accessibility.

The key aspects of the project include the installation of wombat crossings, roundabout upgrades, street light upgrades and awareness initiatives.

The extensive list of improvements includes new footpaths, roundabouts, kerb and channel enhancements, street lighting upgrades, and drainage upgrades.

These enhancements will significantly improve road safety and accessibility in Grovedale, so we appreciate the community's understanding regarding the closure of Marshalltown Rd and Bailey St during the construction period.

Finally, we would like to wish readers of the Grovedale Grapevine, along with all Kardinia ward residents and indeed those across the Greater Geelong municipality, a very safe, happy and merry Christmas.

We look forward to another big year of working for the community in 2024.

## 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](mailto:info@grovedalenh.org.au).

## Deadline for the next issue of the Grapevine

CALL FOR CONTENT: MONDAY, 4 MARCH 2024

COPY DUE: MONDAY, 11 MARCH 2024

PUBLICATION: MONDAY, 25 MARCH 2024

Want to receive a reminder to submit your article?

SIGN UP AT: <https://bit.ly/Grapevinereminder> or call us on 5241 5717



## Tai Chi is Back in 2024

We are so excited to welcome Desma back to the Grovedale Neighbourhood House in 2024 teaching the graceful art of Tai Chi and Qigong. Tai Chi is a moving form of meditation and Qigong is a mostly stationary form of exercise. Both are great for the mind, body and soul. Gentle exercise without the huff and puff.

A regular participant in Desma's class wrote to us to say "I've been doing Tai Chi off/on for approx 13 years and have had many instructors over those years. I would have to say Desma is the best I've had. Desma has a very deep knowledge of Tai Chi & Qigong and imparts this knowledge very thoroughly. She teaches us different movements which makes it very interesting instead of doing the same thing over and over. She is an excellent instructor..."

Weekly classes start Tuesday 6 February 10.30am-11.30am. For all enquiries and bookings please contact 5241 5717 or email [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)

## Book Swap

Do you love reading but don't love spending money on new books? Do you have books you no longer read that are taking up space at home? Then our book swap library is for you! With over 900 books to select from, and new books being swapped into the collection regularly, you're sure to find something of interest.

We would love to build our children's book collection and would be grateful for any books suitable for kids under the age of 6 years.

Take a book, swap a book, donate a book, the choice is yours. The Book Swap Library is open during Centre opening hours Monday to Friday 8.30am-4.30pm.



## Connecting Pieces - puzzles, cuppa and conversation

Are you new to the area and looking to meet people and make new connections? Perhaps you have an interest in jigsaw puzzles or just want an excuse to get out of the house? If this sounds like you then this is your invitation to join us at the Grovedale Neighbourhood House to work on a jigsaw puzzle whilst enjoying a cuppa and conversation with others.

Weekly catch ups start Wednesday 7 February from 10.30am-11.30am.

For more information please contact the Grovedale Neighbourhood House on 5241 5717 or email [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au)



## GNH TASTER SERIES

# MACRAME WALLHANGING WORKSHOP

Create a beautiful macrame wallhanging for your home.

Spend a creative session with Anita who will lead you through the class step-by-step in an encouraging and supportive way. No previous experience necessary.

You will get the choice of using cord that is bright in colour or you can choose to go neutral or even natural (jute).



**Numbers are limited and bookings are essential**

**SPECIAL DISCOUNTED RATE OF \$5**

### ABOUT ANITA

Anita discovered her passion for creating macrame three 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.



### DATES

Thursday 14 March 10am-1pm OR  
Saturday 16 March 2pm-5pm

### LOCATION

Grovedale Neighbourhood House  
Correa Room, 45 Heyers Road  
Grovedale

### MATERIALS

All materials supplied.

### BOOKINGS

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.





**GNH TASTER SERIES**

# Creative Workshops

with Samantha Thompson

## LINOCUT

**Friday 16 February | 6pm-9pm**

Learn the basics of linocut, a simple and effective form of printmaking, in this 3-hour workshop lead by professional artist Samantha Thompson. Samantha will help guide you through the printmaking process to create a final artwork. Bring a design idea sketch or photo or improvise on the day.

## MIXED MEDIA

**Saturday 17 February | 12pm-3pm**

Learn to mix medias together to form exciting work. From painting, ink, pastel and papers, experiment with a variety of medias, and learn to cut and reassemble. All materials provided, however your welcome to bring items from home such as dried flowers, photographs etc.

**SPECIAL DISCOUNTED RATE OF \$5 PER SESSION**

**Numbers are limited and bookings are essential**

No previous artistic experience is required

### LOCATION

Grovedale Neighbourhood House  
Correa Room, 45 Heyers Road  
Grovedale

### MATERIALS

All materials will be supplied.

### BOOKINGS

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.



## GNH TASTER SERIES

# Creative Wellness

with Benett  
Hernandez

### ART JOURNALING FOR WELLBEING

**A Path to Emotional Healing and Self-Understanding**  
Thursday 15 February | 10.30am-12.30pm

Explore your emotions and inner self through the creative process of art journaling. This workshop will guide you through various techniques to express yourself visually using different mediums such as paint, markers, and collage materials.

### MANDALA POWER

**A Symbolic Journey to Self-Discovery and Healing**  
Thursday 22 February | 10.30am-12.30pm

Mandala Power is a unique, holistic and mindful workshop that will take you on a symbolic journey to self-discovery. You will learn the significance of mandalas, and how they can be used as a powerful tool for mindful meditation, healing and transformation. You will be encouraged to express yourself creatively, using colours, shapes, and symbols to create your own unique mandalas on canvas.

### ROOTED IN WELLNESS

**Therapeutic Terrarium-Making for Wellbeing**  
Thursday 29 February | 10.30am-12.30pm

A unique and transformative workshop that combines the principles of mindfulness and holistic wellness with the art of terrarium-making. This workshop is designed to help cultivate a deeper sense of inner peace and wellbeing, while also creating a beautiful and personalized terrarium to take home.

**SPECIAL DISCOUNTED RATE  
OF \$5 PER SESSION**

**Numbers are limited and  
bookings are essential**

#### LOCATION

Grovedale Neighbourhood House  
Correa Room, 45 Heyers Road  
Grovedale

#### MATERIALS

All materials will be supplied

#### BOOKINGS

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.





# Empowering Your Community Through Digital Mentorship: A Free Workshop

In today's increasingly digital world, having basic digital skills is essential for navigating everyday life. However, many individuals, especially older adults, lack the necessary skills to fully participate in the digital age. This digital divide can lead to feelings of isolation, exclusion, and missed opportunities.

**Join us for a free workshop to become a digital mentor and make a difference in your community.**

## What is a digital mentor?

A digital mentor is a volunteer who provides personalised support and guidance to help others develop their digital skills. Digital mentors can assist with a wide range of tasks, including:

- Using computers and tablets
- Connecting to the internet
- Sending and receiving emails
- Browsing the web safely
- Using social media
- Accessing online resources

## Why become a digital mentor?

**Make a positive impact:** Help bridge the digital divide and empower others to thrive in the digital age.

**Enhance your skills:** Gain valuable experience in teaching, communication, and problem-solving.

**Build your network:** Connect with like-minded individuals and become a part of a supportive community.

## Workshop Highlights:

**Interactive sessions:** Engage in hands-on activities to gain practical skills in digital mentoring.

**Expert guidance:** Learn from experienced trainers who will provide valuable insights and support.

**Networking opportunities:** Connect with other aspiring digital mentors and form collaborative partnerships.

**Community impact:** Understand the significance of digital mentoring in bridging the digital divide and empowering your community.

## Who should attend?

Individuals passionate about making a positive impact in their community

Anyone interested in learning more about digital mentoring and its benefits

Community development professionals seeking to enhance their digital literacy initiatives

## Where:

Grovedale Neighbourhood House, 45 Heyers Road, Grovedale

Thursday 21 March 10am-3pm

Lunch and refreshments provided

Space is limited, so register today to secure your spot!

**Head over to [digitalmentors.nhbarwon.org.au/book](http://digitalmentors.nhbarwon.org.au/book)**

Together, we can bridge the digital divide and empower our communities to thrive in the digital age. Your participation in this workshop is the first step towards becoming a digital champion and making a meaningful difference in the lives of others.





**Be Connected**

Every Australian online.



# Be a Digital Mentor

Grovedale workshop on Thu 21 Mar.



We're hosting an event to help you help those around you gain the confidence and skills to get online.

**Event:** Be a Digital Mentor workshop

**Location:** Grovedale Neighbourhood House

**Date and Time:** Thursday 21 March 10am

**Queries:** Tony Phelps, [digitalmentors@nhbarwon.org.au](mailto:digitalmentors@nhbarwon.org.au)

**Book Your Seat:** [jo.my/dm-grovedale](https://jo.my/dm-grovedale)



Book Now



[digitalmentors.nhbarwon.org.au](https://digitalmentors.nhbarwon.org.au)

[beconnected.esafety.gov.au](https://beconnected.esafety.gov.au)

# Embracing Excellence: Grovedale's Cherished Gem, Grandma Diana



By Merrin Wood, Kindergarten Teacher

What's not to love!?

What's not to love about Grovedale Child and Family Services Centre?

- Nurturing teachers who value the importance of relationship.
- Inclusive environment where ALL families are welcomed.
- Quality learning environment both indoors and outdoors.
- Approachable Centre Manager
- Excellent team culture
- Strong Community connections.
- Service received an Exceeding Rating from ACECQA.

One of our many community connections is having Grandma Diana come to our service. Grandma Diana Marshall commenced her weekly visits to our Kindergarten in 2023. She is a retired teacher who was looking to do something with her spare time and contribute to the community. This quickly extended to visits 3 times a week to different groups of children. As she says, this has been a win/ win as the children are supported in their early childhood learning and she feels a wonderful sense of purpose.

With many children having English as their second language, it has been just so beneficial for the children to be immersed in picture story books with Diana. Chris Anusich, Centre Manager, discovered that Diana is a beautiful pianist and used funds to purchase a Keyboard for the centre. The children delight in dancing to her music and are even enjoying playing tunes of their own! Diana's passion for the children exudes and she has knitted characters for many of the stories she reads, which she has donated to the kindergarten. Our homecorner area now also has some of her knitted treasures.

Diana also enjoys visiting the Grovedale Community Garden with the children and we discuss the names of the fruits and vegetables that are growing. The connection between Diana and the children is a delight to observe, and the children often create a guard of honour as she departs from the kindergarten. We are so thankful for her voluntary work.







# Cuddly Friends For Geelong Children With Epilepsy

Comfort and essential support services on offer

Thanks to funding support from the Anthony Costa Foundation, children with epilepsy in and around Geelong will be receiving cuddly Ted-E-Bears, with essential support and advice from specialist Registered Nurses available for their families.

An estimated 420 children under the age of 10 in the Geelong Region have epilepsy, and it can seriously impact their emotional and social lives. Studies have shown around one-third of children with epilepsy will experience anxiety, and up to 25% have depression. Many are also left out socially and struggle making friends due to the stigma associated with epilepsy.

But Epilepsy Action Australia's Ted-E-Bear Connection program can help local children in Geelong through these challenges.

Each child who is registered in the program will receive a surprise gift in the mail - a cuddly plush teddy bear.

"These bears bring smiles, and so much more," says Epilepsy Action Australia CEO, Carol Ireland. "Parents of past participants tell us their child's teddy is a comfort and a friend, helping them cope better with distressing seizures, hospitalisations, medical tests or the loneliness of feeling different."

Ted-E-Bear packs can also connect parents with epilepsy information, online peer-support, online seizure-safety workshops, and telehealth education from an Epilepsy Nurse. This support helps parents with their own mental health by alleviating their fears about seizures and their child's wellbeing, connecting them with other families and fostering a healthy home environment that benefits everyone in the family.

Registrations are now open for children with epilepsy under 10 years and their families from the City of Greater Geelong, Surf Coast Shire, Borough of Queenscliffe,



Golden Plains Shire and Colac Otway Shire.

For more information about the Ted-E-Bear program or to speak to a specialist Epilepsy Nurse, people of all ages affected by epilepsy can call us at Epilepsy Action Australia on 1300 37 45 37 (press 1 for the National Epilepsy Line) or email [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au)

This special Ted-E-Bear program was made possible in the Geelong Region by a grant from The Anthony Costa Foundation, a family foundation established to support the philanthropy of the Anthony and Elaine Costa and Robert and Rita Costa families.

"We are pleased to support the Ted-E-Bear Connection program in our community as part of our recent Small Grants Round," says Rhonda Arnott, Chair of the Anthony Costa Foundation Board.

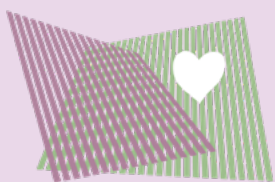
"Every child deserves the opportunity to thrive despite the challenges they may face. We are proud to be part of a program that brings smiles to these children and provides vital family resources and assistance to improve their mental health."

The Foundation seeks to make a positive impact in the communities where the families live and work which is the Geelong Region. Learn more at <https://www.costaam.com.au/partners-foundation/>.



Young participants of Epilepsy Action Australia's Ted-E-Bear Connection enjoying bear cuddles





**GROVEDALE**  
NEIGHBOURHOOD HOUSE

# What's On

## Term 1 2024



### GET CONNECTED

**NEW!**

#### CONNECTING PIECES

Work on a jigsaw puzzle whilst enjoying a cuppa and conversation with others

Wednesdays 10.30am-11.30am

FREE

Contact: GNH 5241 5717

### TASTER SERIES

**NEW!**

\$5 per workshop

All materials supplied

Bookings Essential

Contact: GNH 5241 5717

#### ART JOURNALING

Thursday 15 February

10.30am-12.30pm

#### MANDALA POWER

Thursday 22 February

10.30am-12.30pm

### 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

### GET ACTIVE

#### TAI CHI

Tuesdays 10.30am-11.30am

\$8 per session

Contact: GNH 5241 5717

#### 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 5.45pm

Contact: Katrina 0433 663 996



#### TERRARIUM-MAKING

Thursday 29 February

10.30am-12.30pm

#### LINOCUT

Friday 16 February 6pm-9pm

#### MIXED MEDIA

Saturday 17 February 12pm-3pm

#### MACRAME WALLHANGING

Thursday 14 March 10am-1pm OR

Saturday 16 March 2pm-5pm

## MUSIC

### UKES 'N' MORE

Community Ukulele Group  
Wednesdays 7.30pm  
\$3.00 per session  
Contact: Ross  
0430 871 045

## GET CREATIVE

### KIDS ART CLASSES

Mondays, Tuesdays and  
Wednesdays  
5.30pm-6.30pm  
Contact: Jessica 0490 028 113

### 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

### SECOND COMING OF CHRIST DISCUSSION GROUP

**East meets West:** A Philosophical  
study of the great work of  
Paramahansa Yogananda  
Wednesdays 9.30am-12noon  
\$3 per session  
Contact: GNH 5241 5717

### ZIMBABWEAN LANGUAGE CLASS

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

## TRAINING OPPORTUNITY

NEW!

### FREE 'BE A DIGITAL MENTOR' WORKSHOP

Learn how you can help others  
gain confidence online  
Thursday 21 March 10am-3pm  
Lunch provided.  
Visit [digitalmentors.nhbarwon.org.au](http://digitalmentors.nhbarwon.org.au) to register.

## 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 U3A bookings  
contact U3A 5244 5114

### OUR SOLAR SYSTEM (AND MORE)

Tuesday Fortnightly  
1.30pm-3.30pm

### CALLIGRAPHY CONTINUING

Tuesday 13/2 and 12/3  
11.45am-1.45pm

### ADVANCED PAINTING ACRYLIC

Wednesdays 2pm-4pm

### TRAGEDY AND COMEDY IN LITERATURE

Thursdays 9.30am-11am



## 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  
Thursdays 9.30am-11am  
Saturdays 9.30am-11.30am  
Appointments may be necessary.  
For more info go to:  
[grovedaletoylibrary.org.au](http://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



# CHRISTMAS GREETINGS!

## from the Lions Club of Grovedale/Waurn Ponds

Best wishes to all our friends and neighbours in Grovedale, Waurn Ponds (and beyond) from the members of the Lions Club of Grovedale/Waurn Ponds.

We hope your Christmas is happy and safe.

Be careful out there on the roads and please take care when enjoying those Christmas refreshments.

Also, it's a **Happy New Year** to you all too!

Did someone say "Resolutions"?

What resolutions are in the offing?

In 2024, why not resolve to join the Lions in helping build a better world through service to your community, locally, nationally, and internationally?

Check out the Lions website to see the amazing things that happen when people get together for a common aim. Here is the link.

<https://www.lionsclubs.org/en>

The **Lions Club of Grovedale/Waurn Ponds** needs you, to assist with community efforts in the local area; wider efforts on a national front; and to contribute in a small way internationally.

Lions Clubs International (the official title of the organisation) is the largest voluntary service organisation in the world with around 1.4 million men and women in approximately 46,000 clubs located in 210 countries and geographic areas. Lions Clubs International is **not** religiously based and is **not** politically affiliated.

Basically, Lions are people like you, who enjoy getting together to improve their community by helping others and having fun together while doing so.

All that membership entails are what time and energy you feel you can put in.

We meet twice monthly; one being a dinner meeting and the other a business meeting. These are of no more than two hours each. Beyond that, the time commitment to projects and working bees is totally down to the individual member.

Please get in touch. We'd love to have a chat over a coffee to see if it's for you.

Club President (2023-2024) - Mark Grey - Ph. 0428 557 564

Club Membership Chairman (2023-2024) - Allan Reeve - 0418 527 559

Club Secretary (2020-2021) - David Ridley - Ph. 0459 574 347

**And just a reminder; you can buy a delicious Lions Christmas Cake or Pudding from us leading up to Christmas. We will be outside Coles and Woolworths, Waurn Ponds shops Friday, Saturday and Sunday and the week up to Christmas Eve. (10:00 AM to 4:00 PM)**





# Want to read the local news on radio?



**Vision Australia  
Radio**

We're inviting people to join us at **Vision Australia Radio Geelong** in High St Belmont as volunteer Readers, Presenters, and/or Panel Operators for our daily news programs, reading articles as printed from the Geelong Advertiser and other local newspapers. Training is provided.

Vision Australia Radio Geelong provides access to print media for people living with blindness, low vision or a print disability. The Vision Australia Radio Geelong studio broadcasts at least two live radio shows each day (Mon-Sat), reading articles as printed from the Geelong Advertiser and other local newspapers. At other times, we present a selection of live or pre-recorded local news and magazine programs including promos for local theatre and music events, local history programs and even a wine show.

What's involved?

All our shows and roles have different time commitments. For the 1pm Geelong Advertiser program, our readers and presenters start at 11am to prepare the articles for the

show from the daily newspaper, and once we go live, they read clearly from a script or a newspaper article in our studio. Our panel operators arrive at 12pm and use basic computer tech skills to broadcast it. The show finishes at 2pm and that's it! All training is provided. How often you are rostered to do a show is up to you; you might be able to commit to monthly, weekly, or just every now and then.

**Interested? Great! Apply here:** [Volunteer at Vision Australia Radio Geelong](#)

Or Email: [Di.Cunningham@visionaustralia.org](mailto:Di.Cunningham@visionaustralia.org) and include your name and phone number and 'Grovedale Grapevine' and we'll be in touch.

**Want to know more about Vision Australia Radio?**

Go to <https://radio.visionaustralia.org/> Click on the program guide on that page for our schedule of local shows. To hear us, click on Geelong in the Listen Live box to live stream or tune your radio to 99.5FM.



## BOOK YOUR ACTIVITY AT GNH

Located in Heyers Rd, Grovedale, the vibrant Grovedale Neighbourhood House offers a diverse selection of rooms and a stunning hall complete with a well-equipped commercial kitchen, available for hire to cater to your specific requirements. Whether you're planning workshops, meetings, programs or community events, our flexible spaces are designed to accommodate your needs. Reach out to us today and our friendly team will be delighted to assist you in discussing availability and providing you with details regarding the range of affordable hire costs we offer.

Email [info@grovedalenh.org.au](mailto:info@grovedalenh.org.au). Call 03 5241 5717. More information is on <https://www.grovedalenh.org.au/venue-hire/>

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



Probus Clubs offer a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location. Probus Club members meet monthly, to enjoy the company of like-minded fellow retirees and listen to interesting guest speakers.

When you retire those friendships that are developed through your working life are often lost. Probus is a great way to develop new friendships, to quote a recent Probus Club member "the day I joined my Probus Club, I instantly had 60 new friends". Unlike many community organisations, Probus Clubs are not involved in fund raising or service to the community and have no religious or political connections.

Probus is clear about its aims of Fun, Friendship and Fellowship, but all Clubs are different and people's reasons for joining are also very personal. It might be moving into a new area, the loss of a partner, or the chance to make new friends. You might join a Probus Club to expand your mind with a range of guest speakers or for the coffee mornings and lunch get-togethers that are held almost weekly. You may also find yourself heading off interstate or on day trips with your new Probus friends.

Membership is open to anyone who is retired or semi-retired, so why not join the tens of thousands of Probus members across Australia and New Zealand who have joined their local clubs and come along to your local club and find out what the Grovedale Marshall Probus Club is all about.

Enjoy your retirement - Join our Probus community today!

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

Some reasons to join!

- Listen to interesting guest speakers
- Regular activities, outings, Mystery Bus Trips
- 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.probusouthpacific.org/microsites/grovedalemarshall/welcome>





Wishing you all a safe and happy Christmas and New Year!!



Uniting Barwon (formerly UnitingCare Geelong) provides emergency relief (ER) assistance to individuals and families in our local community who need practical support during times of financial and personal struggle.

## Emergency Relief:-

*Come to us when times are tough ...*

Our Emergency Relief program provides:

- A safe and welcoming space where you will be heard and respected
- Resources for people in hard times

We offer a free and confidential service to Barwon residents from our emergency relief centres in Grovedale and Norlane. With dedicated and compassionate staff and volunteers, we offer support such as:-

- Food and food vouchers
- Clothing and household items
- NILS (No Interest Loan Scheme)
- Education Assistance Program
- Advocacy and links to other services

*We are only a phone call away:-*

272 Torquay Road Grovedale

Open Monday – Friday 9am – 12 noon

T: 4210 1100    E: [barwon-admin@vt.uniting.org](mailto:barwon-admin@vt.uniting.org)

## Volunteering:-

- *Interested in volunteering? Do you have a few hours to spare each week?*
- *Are you looking for 15 hours volunteering per week?*
- *Volunteers are needed to assist with our ER Programs & Op Shops!*

Our volunteer vacancies include:

- Food Distribution Team Members (assisting our clients)
- Receptionists (organising client appointments)
- Interviewers (assisting our clients)
- Retail Team Members at our Highton, Geelong West, and Point Lonsdale Op Shops
- Grounds and Maintenance Team Members (mowing, weeding, cleaning etc.)
- Van crew for Emergency Relief Mobile Van operations
- Transport drivers needed to support Emergency Relief programs

*If you would enjoy being part of a can-do volunteer team, even for a few hours a week, please visit [Volunteering Geelong](#) or call 4210 1113 or email [Jan.Douglas@vt.uniting.org](mailto:Jan.Douglas@vt.uniting.org)*

**Support vulnerable people in the community and help make a difference.**

Volunteer appointments are subject to satisfactory criminal history checks, reference checks and Working with Children Check prior to commencement.





**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 (usually) from 11am to 1pm the first Saturday of the month. Our **Prayer Group** also meets in the church most **Thursday mornings at 9:40am**.

Christians believe that prayer can be a powerful force for change, and can also bring comfort and healing.

For further details, or for a personal prayer over the phone, please contact **Peter** on **0419 165473**.

Our Pet Blessing Service was a great success. Thanks to my team, and to *Uniting Barwon* for the donation of treat bags and other goodies. We plan to hold it the same time next year.



**Our regular activities**



**10am Tuesdays during school term.** A music and movement program for children from birth to 4 years old. Cost \$5.

**5pm on the 4th Friday of the month.** Focused on families, there is craft and games followed by an interactive worship time, concluding with a shared tea.

One of our recent activities was painting 'bollards' of the Nativity Story. They will be outside in the weeks before Christmas. You may wish to come by and have a look.

Please contact **Dianne** on **0458 726259** for enquiries. Find us on Facebook: **Grovedale UC Children and Family**

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



**"LET'S SING"** Group singing for fun. 3-5pm on the last Sunday in the month.

Contact **Rhonda** for details: **5243 6496**.

**Our regular activities stop over the school holiday period, and resume early February 2024.**



**Chattels and Chats Opshop and Bookshop**

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

**10am-3pm First Saturday of the month.** Details: Contact

**Wendy: 0488 435702.** New volunteers always welcome!

Our Opshop and Bookshop will close for a Christmas break



on **Friday December 15**, and re-open on **Friday January 15**. We will hold our yearly **Christmas Carols** on **December**

**15**, and celebration the birth of Jesus the Christ at our **Christmas Day worship service @ 9:30am**. Please join us.

We also share our site with *Interlude Coffee*, as well as **UNITING Barwon**, who provide support to those needing financial or welfare assistance. Open **9:30am-12 Monday to Friday**. Call **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. [psjewell@netspace.net.au](mailto:psjewell@netspace.net.au)

[grovedale.unitingchurch.org.au](http://grovedale.unitingchurch.org.au)

**May you have a Blessed Christmas and Happy New Year!**

