

Heidelberg West Neighbourhood Renewal Community Newsletter



Autumn 2009

Neighbourhood Renewal is an initiative that works with residents, government, local business, and community groups to tackle disadvantage and empower communities. A large part of Heidelberg West has been chosen as one of the Neighbourhood Renewal areas.

NEIGHBOURHOOD RENEWAL HEIDELBERG WEST

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ACKNOWLEDGEMENTS AND CONTRIBUTIONS

The Heidelberg West Neighbourhood Renewal Community Newsletter is produced by local residents, Neighbourhood Renewal staff, and the Steering Committee. The Newsletter Team would like to thank: Angie Davidson-Slater, Tony Smith, Pat Madden, Lisa Sica, Lisa Stilo and Aggi Swiatlowska for their contributions.

We welcome your contributions and comments.

If you would like to help with the newsletter, contact Bronwyn on 9450 2622.

International Women's Day 2009

On the 8th March every year, thousands of events are held throughout the world to inspire women and to celebrate the economic, political and social achievements of women past, present and future.

In recognition of this important occasion, the Women of West Heidelberg held an International Women's Day luncheon on Saturday 7th March at the Centre Ivanhoe.

The Women of West Heidelberg, which is a group of local women, began to meet regularly following on from the success on this event in 2007. This group provides a safe and inclusive environment where women of all ages and backgrounds can come together on equal terms to celebrate women and the contribution they make to their community.

120 women attended the celebration and heard from guest speakers including Jenny Mikakos MP and local women who generously shared their stories about what it is like to live and work in Heidelberg West. Women were also entertained by the dynamic duo 'Signoras' and musician Marceau Camille. Each attendee received a small gift of appreciation in the form of a pocket diary inscribed with the statement 'Proud Women of West Heidelberg'.

The 2009 event could not have gone ahead without the support from: Banyule City Council, Banyule Community Health, Heidelberg West Neighbourhood Renewal, Gambler's Help Northern, Jenny Macklin MP, Jenny Mikakos MP, Craig Langdon MP and Cr Anthony Carbines.

This event and the work of the women is a true recognition of the diverse and important roles women play in the community.



Women of West Heidelberg Project Group with guest speaker Jenny Mikakos MP

Local women, the Signoras who provided entertainment on the day

HISTORY OF OUR STREET NAMES

From the series by Graham Ennis

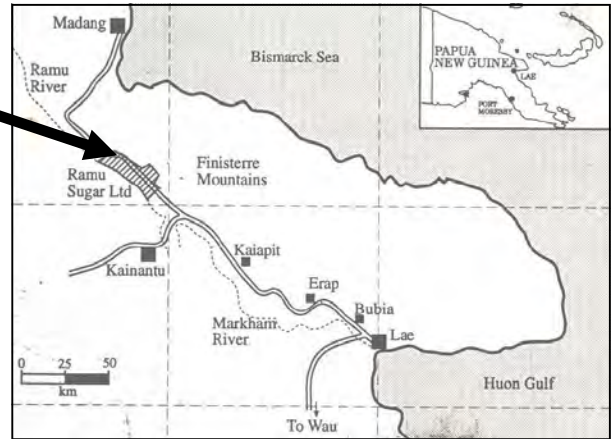
RAMU PARADE

Ramu, is situated in the broad flat Markham valley in the hinterland of Eastern Papua New Guinea.

It is a large sugar plantation that was established in colonial times by the British for cash-cropping,

Ramu is placed in an area close to the Highlands where it benefits from the constant water runoff from the mountains. It is also where you commence the arduous road trek up into the Highlands.

Nickel has been discovered at Ramu, but because of its low grade and the ecological problems due to tailings disposal, it has attracted no investors.



In Heidelberg West, Ramu Parade is a tree-lined road between Oriel Road and Liberty Parade. It accommodates a bus route to La Trobe University.



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As part of Clean-up Australia Day, on Sunday 1 March an army of volunteers gathered at the Olympic Village Primary School to begin work on cleaning up the school grounds and around the Village Green.

Most people collected litter but some helped in other ways by pruning trees and cooking the BBQ. The volunteers enjoyed a BBQ lunch and got to know one another after the hard work was done.

Many thanks to all those who came along and helped out on the day.



Graham, Anthony, Kate and Abbie helping out on the day

NEIGHBOURHOOD RENEWAL and COMMUNITY UPDATE

Steering Committee Update & 2009 dates

The Steering Committee has been preparing for the Minister of Housing Richard Wynne to attend their March meeting. Residents are keen to ask him about new housing investment in the area and to report their concerns about the current condition and maintenance of public housing properties. Steering Committee meetings are open for anyone to attend. For meeting times and locations please telephone Felicity Brown on 9450 2621 or visit the website <http://heidelbergwest.grassroots.org.au> for details and meeting minutes.

Neighbourhood Framework consultation

A follow up community consultation session for the Neighbourhood Framework Plan (incorporating the concept of an Early Years Hub, Neighbourhood House and Community Hub) will be held at the Olympic Village Primary School on Thursday 30 April at 5pm. The consultants who have been engaged by Banyule City Council, will be presenting their ideas based on community feedback that was gathered at the initial session held on Thursday 5 March. All are welcome to attend. For more information contact Felicity on 9450 2621.

Look out for the Front Yard Frenzy

The Front Yard Frenzy program, which enhances the look of public housing properties and the Heidelberg West neighbourhood, is funded by the Office of Housing. Delighted residents from around 25 houses were given a range of options to choose from for their front yard. Mission Australia's Urban Renewal Enterprise Employment Program (UREEP) is doing all the hard work and it is looking great!

A new look Buna Reserve

Mission Australia has finished the walking paths, basketball key and cricket nets. Banyule City Council has been working on the barbeques, picnic tables, playground and lighting. Funding to begin building the Community Garden has been approved by Neighbourhood Renewal and supporting partners and the garden is expected to be built in June/July.

Free Pre-booked Hard Waste Collections

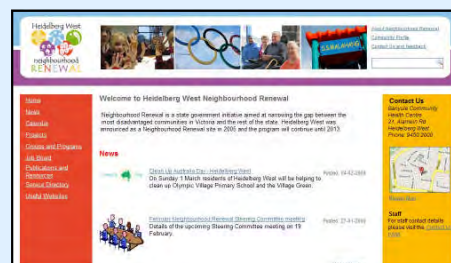
Free Hard Waste collections must be booked by phoning Banyule City Council on 9490 4222. Every household is entitled to two pre-booked hard waste collections each year. Items for collection should be placed in front of your property and will be collected within two working days of making the booking. Please make Heidelberg West a clean place to live by always disposing of your rubbish correctly. Under the Environment Protection Act, people can be fined for littering or dumping of rubbish.

Website / Who do you call / Community Information Booklet Launch

Neighbourhood Renewal now has it's own website!
<http://heidelbergwest.grassroots.org.au> is the place to find information about Neighbourhood Renewal projects, events, local services, jobs, group activities and Steering Committee meetings. The website, along with a Community Information Booklet and a Who Do You Call Reference Card was launched by Cr Anthony Carbinas at the Olympic Village Primary School on Sunday 1st March. The booklet contains contact details for a wide range of local services and groups and the reference card (fridge magnet) allows you to see at a glance all the emergency and useful local phone numbers that you may need.

Developed by residents with the support of Neighbourhood Renewal and Banyule City Council, these handy community information resources will be market tested and then made freely available to residents in the area.

<http://heidelbergwest.grassroots.org.au>



NEIGHBOURHOOD RENEWAL AND COMMUNITY UPDATES

Heidelberg West Neighbourhood Renewal Community Survey

Over the coming months, Heidelberg West Neighbourhood Renewal will be working closely with residents, Melbourne University and Olympic Adult Education to oversee the second Neighbourhood Renewal Community Survey.

This survey is conducted with 300 residents every two years. It aims to provide the Neighbourhood Renewal team and community with important information on what residents think about Heidelberg West and Neighbourhood Renewal progress so far. Once analysed, the feedback will provide NR staff, other organizations and local residents with direction on the types of projects that the community needs.

Throughout March, 20 residents are participating in training that will teach them how to become a community-interviewer. Once this training has been completed, these residents will be looking to survey up to 15 people each.

If you live within the Heidelberg West Neighbourhood Renewal area (see map) and would like to support this project, please contact Rose Mann on 8344 0915 or 0417 345 150 at the University of Melbourne. Each resident interviewed will be paid **\$20** for their time.



Malahang Festival 2009

Malahang Festival, a wonderful community festival held at Malahang Reserve in West Heidelberg, is not to be missed. It will take place on May 16th 2009 and will celebrate recent improvements to the Reserve and the community's efforts to enhance life in the local area.

At the 2008 event, thousands of people from West Heidelberg and surrounds descended on the park. The celebration, which was funded by Banyule City Council, was partly planned and delivered by local residents. The result; a positive atmosphere and great day out for all.

At the festival there will be opportunities for the community to participate in fun activities such as a dynamic performance stage featuring local acts; a range of market stalls and community information stalls; food stalls; and community art presentations which are being coordinated by local artist Tom Taylor. There will also be plenty of outdoor fun and games in the wide-open spaces of Malahang Reserve, including backyard sports, rock climbing wall, basketball hoop shoot and more.

Cr Anthony Carbines said last year's event was a credit to the local community. "The people of that area came to the reserve and had a fantastic day out in 2008, and the positive feeling amongst the community was evident. This year I know everyone is looking forward to again celebrating together, and enjoying the new playground developments."

There are many opportunities for residents to get involved and have a festival that is driven by the local community. If you would like to support the Festival, please contact Tony Smith on 9490 4222 or email at tony.smith@banyule.vic.gov.au. You can also go to the Banyule web site at: www.banyule.vic.gov.au/events.

EMPLOYMENT AND LEARNING UPDATE

Would you like to be working?

Are you having trouble finding work? Do you want to increase your skills?

The Public Tenant Employment Program (PTEP) can help.

If you live in public or transitional housing and have a concession or health care card, the PTEP can pay fees for training in many areas and help you look for work.

For further information, contact the PTEP team on the below details or complete and return the Expression of Interest form enclosed within this newsletter to the PTEP. A member of the team will contact you.

Public Tenant Employment Program: GPO Box 4057 Melbourne 3001, Ph. 9096 1274,

Email: ptep@dhs.vic.gov.au, Web <http://www.housing.vic.gov.au/ptep>

IT HUB - An Important Community Resource!

The IT Hub, which offers FREE computer / Internet access and meeting space, is becoming more and more popular within the Heidelberg West community.

On the days that it is open, many residents come and use the facilities provided. All residents are welcome and as Aggie, the IT Hub Volunteer Coordinator says, "We have regular visitors who use the internet and other local residents who come in from time to time to prepare their resumes and collect information before job interviews. We have 2 volunteers onsite and they have been trained to oversee the management of the IT Hub Open Access times and are happy to answer any questions you may have."

Aggie coordinates the recruitment and training of Volunteers and she is recruiting NOW! To become an IT Hub Volunteer, you will need to have basic IT skills, a sense of responsibility, good will and a sense of humour!! You will meet new people, learn new skills and be able share you knowledge with others.

Please see below for the IT Hub opening times. Aggie hopes to extend these hours once more Volunteers are trained and able to support the project.

If you would like to find out more, please phone Aggie on 9458 2710 (Mon, Tues and Wed) or email project.officer@oae.vic.edu.au. Otherwise, please leave you details at the Olympic Adult Education Reception, Banyule Community Health, 21 Alamein Road and Aggie will contact you shortly.



IT HUB

**Alamein Rd
West Heidelberg**

The IT Hub is a space for residents to access computers, internet, training, and other activities. Computer and internet use is free.

Contact: Olympic Adult Education on
9450 2623

MON	TUES	WED	THUR	FRI	SAT
10am - 12pm	11am – 1pm	11am - 3pm 3.30pm - 5pm	10am - 1pm	12am - 2pm	11am - 1pm
Open Access Parents with Children welcome	Open Access	Open Access Harry's Homework	Open Access	Open Access	Harry's Homework

COMMUNITY NOTICE BOARD

HOUSING



LEISURE



PUBLIC HOUSING CONTACT DETAILS



Maintenance	Maintenance Call Centre	13 11 72
Rental and Tenancy	Preston Housing Office	9479 0122
To report graffiti on public housing	Preston Housing Office	9479 0122

PHYSICAL ACTIVITY IS GOOD FOR YOU!

Did you know that there are many ways that physical activity can improve your health.

- ◆ You'll feel more energetic
- ◆ Manage your weight better
- ◆ Have a healthier blood cholesterol level & lower blood pressure
- ◆ Feel more confident, happy, relaxed, and sleep better
- ◆ Have stronger bones and muscles
- ◆ Helps with managing depression



30 minutes a day of moderate intensity physical activity is recommended by Vic Health, a Government Department. It doesn't have to be done all at once. You can do 3 x 10 minutes sessions a day and it can be as simple as a brisk walk around the neighbourhood with friends.

There are many low cost physical activity options in the Banyule area. If you would like to know more, please come into the Banyule Community Health Centre to grab a list of the many local walking groups and other low cost options for physical activity available.

CULTURAL DIVERSITY AT OLYMPIC LEISURE CENTRE



Olympic Leisure Centre (OLC) is continually striving to contribute towards community harmony and mutual understanding by providing accessible leisure opportunities that encourage physical activity, participation and community wellbeing.

The OLC and Ivanhoe Aquatic and Fitness Centre provide a wide range of programs including group fitness, personal training, aqua classes, gym based programs, swimming lessons, and a number of programs for teenagers as well as older adults.

In keeping with the spirit the Centre's objective and in recognition of the cultural diversity within our local community, Management is currently providing staff with cultural awareness training that enhance customer service and better meet the needs of the community.

If you would like further information about the how you can access either the Olympic Leisure Centre or the Ivanhoe Aquatic & Fitness Centre please contact Patricia Madden, Community Development Officer at the Olympic Leisure Centre on 94591193.



Celebrate the Darkness - Youth Week Event

Friday 3 April 3 pm - 9 pm @ Malahang Park

West Heidelberg

Head down to Malahang Park to welcome in the school holidays, celebrate the ending of daylight savings and most importantly rock on! It's an event not to be missed! For all ages, all abilities!

There will be BMX workshops, barbecue, outdoor movie - Bike-In, Bands, Street Art demonstrations and soccer.

For more information call Angie on 9457 9940 or email angie.davidson-slater@banyule.vic.gov.au.

COMMUNITY NOTICE BOARD

SAFETY and NEIGHBOURHOOD



Neighbourhood Watch: Working Together With Neighbourhood Renewal



Many of the aims of Neighbourhood Watch (NHW) & Heidelberg West Neighbourhood Renewal (HW NR) compliment each other. Currently, there are three active NHW Areas within Heidelberg West. These areas now operate under the one committee and are known as the BNY 12/15/43.

Although a number of volunteers have recently come forward to support the committee, more volunteers are still needed. If you can spare an hour per month to help make your community a safer place, please call Danny Millton on 0433 486 048 between 9.00am and 5.00pm. The BNY 12/15/43 committee meet on the 3rd Tuesday of every month at Olympic Village Primary School, 7.30pm.

Walk Around Safety Audits a Success

Neighbourhood Renewal in conjunction with residents, Victoria Police and the Office of Housing has been conducting Walk-Around Safety Audits of Housing Estates in the past year. These audits identify safety or maintenance concerns that can be observed by walking through the grounds of the estates. In total, 324 issues were identified during six visits. Around a quarter of these issues will require further investigation by the Preston Housing Office, but the majority can be resolved by maintenance within weeks.

At the recent visit to Tarakan Street Estate, the group spoke to a number of residents about their safety and maintenance concerns. Those involved in the Audit were pleased to report that the estate had noticed a significant improvement when compared to the previous visit. For more information phone Felicity on 9450 2621.



Participants in the Walk-Around Safety Audit at Tarakan Street Estate in January

The Little Flute



When I was living in Papua New Guinea, I caught a moderate bout of malaria.

People around me said, "you can't get malaria here in the Highlands, it's too high." That, I believed to be true. The floor of the Waghi valley where I lived and worked is actually higher than Mount Kosciuszko here in Australia.

Well, I was feverish and remember on that Saturday, I could hear someone using a chainsaw. I am experienced in using these, so I was familiar with the sound. This sound went all the afternoon and into the night. Due to the fever I was sweating a lot and then I realized, who would be using a chainsaw in the dark? I put my hands over my ears to stop the sound. However, the sound was still there. By doing this, I had demonstrated to myself that the sound was just in my mind.....

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To read the full version of this lovely story, please visit <http://heidelbergwest.grassroots.org.au> or to arrange for a printed copy to be sent to you, please contact Bronwyn on 9450 2622.



The Flute

COMMUNITY GROUPS



WOMEN OF WEST HEIDELBERG

Women of West Heidelberg continues to meet regularly. The group is open to all women within the community.

A number of guest speakers and activities have been arranged and this includes diabetes and gambler's help education, a meditation session as well as two movie screenings and social outings.

MEETING Details:

Place: Banyule Community Health Centre
Alamein Road, West Heidelberg

Day: First Thursday of each month, 1pm – 3pm

Dates: 2 April
7 May
4 June

If you would like to know more please contact Bronwyn 9450 2622.



MILEAGE has resumed meeting for 2009. We are planning for another exciting year ahead and will be looking to support projects that raise the awareness of mental health in the local community and those that encourage social connections.

First off, MILEAGE will be helping out at Celebrate the Darkness, a Youth Week event which will take place on Friday 3 April at Malahang Reserve. The group will be hosting an Art and Information Tent.

Look out for us on the day. Come and say hello

Eulie Emery

MILEAGE Convenor

If you would like to know more information and dates for 2009, please contact Bronwyn 9450 2622.

RESIDENTS GROUP

The Residents Group resumed meeting on Wednesday 4 February. Their aim, to empower residents to have a voice so that they may advocate for the needs of the local community.

During 2009, the residents group will work closely with the West Heidelberg Community Legal Service in their bid to improve public housing in the local area. They also plan to develop greater networks with other resident groups in different Neighbourhood Renewal areas.

This group meets every Wednesday fortnight and is open to all Heidelberg West residents. It is a good opportunity to meet new people, share ideas and work together supporting the progress of the community.

Meeting Details:

Place: IT Hub, Alamein Road, Heidelberg West

Day: Every second Wednesday, 2.00pm - 3.30pm

Dates: 18 March 13 May
1 April 27 May
15 April 10 June
29 April 24 June

Please feel free to pop into any of the meetings and if you would like more information please phone Bronwyn on 9450 2622.

MEN'S GROUP

Due to the support of many volunteers from the local community, a range of men's projects are up and running. "The men have committed many hours and lots of energy towards developing these projects which has been inspiring" states Rob Patton, Men's Health Worker at Banyule Community Health.

Current projects include the weekly Men's Lunch at Banyule Community Health every Friday between 11.30am and 2.00pm. All men are welcome to attend. The other project is the bike repair and building group which is meeting each Thursday at the Banyule Men's Shed. This group has been working closely with Banyule City Council in preparation for the building of the Bike Shed in Malahang reserve.

Recently, four agencies agreed to support the on-going operational costs of the Men's Shed and those already involved have been meeting regularly to drive the development and Grand Opening of the Shed that will take place Thursday 26th March at the West Heidelberg Uniting Church, St Helliers St. Once opened, there will be many more opportunities for other men to participate. If you are interested in getting involved please contact Rob Patton on 9450 2099.