INTRODUCING **SMALL GRACES** CAFE

Serving seasonal and wholesome food, Small Graces Cafe brings a fresh flavour to the Footscray food scene

Small Graces Cafe is a bright, airy and spacious cafe recently opened in the new Little Saigon Plaza in the heart of Footscray.

Owned and run by husband and wife team Diego and Rebecca, the café prides itself on making delicious, creative food using ingredients that are ethically sourced with minimal processing.

Diego and Bec first met in Kyneton where Diego was working as a chef at Annie Smithers's former Bistrot (now 'Source Dining'). After several years in regional Victoria, they were keen to head back to town to set up their own cafe, and Footscray felt like a natural fit for the pair.

"We were drawn to Footscray mainly because of the amazing diversity of food and culture, and also how close it is to everything. We love living Westside and now we get to work here too!" said Bec.

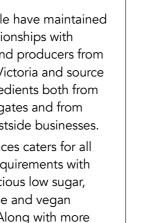


The couple have maintained their relationships with farmers and producers from regional Victoria and source their ingredients both from the farm gates and from other Westside businesses. Small Graces caters for all dietary requirements with their delicious low sugar, gluten free and vegan options. Along with more substantial meals, they also offer a range of fresh salads and toasties that are great for a quick lunch or breakfast on the go.

Popular dishes include amazingly delicious!); kimchi scramble with pickled enoki, Sunday 8am-4pm

For requests, comments and guestions about Council services and programs, go to www.maribyrnong.vic.gov.au or call Customer Service on 9688 0200.

Disclaimer: Although all due care has been taken in the preparation of the Maribyrnong Messenger and its contents, Maribyrnong City Council does not accept any liability for any statement, opinions, errors or ommissions contained herein. Fees quoted are subject to change without notice Event details are subject to change without notice. All information has been collected according to privacy information guidelines.



sweet potato waffles with grilled banana and black sesame ice cream (which happens to be vegan - and broad beans and sesame oil; mushroom ragout with truffled pecorino; and eggs benedict-ish with slowcooked pork neck and perfect poachies. For more information visit: www.smallgraces.com.au Small Graces 57 Byron St, Footscray M-F 7am-4pm Saturday 7.30am-4pm

HOW TO CONTACT YOUR COUNCILLOR

CR CUC LAM MAYOR

Ph: 0429 383 099

DEPUTY MAYOR

Ph: 0432 139 612

CR GINA HUYNH

Ph: 0429 324 484

Ph: 0429 388 196

YARRAVILLE WARD

CR SIMON CRAWFORD

STONY CREEK WARD





CR CATHERINE CUMMING Email: cr.cumming@maribyrnong.vic.gov.au Ph: 0417 390 658

Email: cr.carter@maribyrnong.vic.gov.au

Email: cr.huynh@maribyrnong.vic.gov.au

Email: cr.lam@maribyrnong.vic.gov.au

RIVER WARD CR SARAH CARTER









CR MIA MCGREGOR Email: cr.mcgregor@maribyrnong.vic.gov.au Ph: 0429 236 044

Email: cr.crawford@maribyrnong.vic.gov.au

CR MARTIN ZAKHAROV Email: cr.zakharov@maribyrnong.vic.gov.au Ph: 0432 139 613

You can also write to your Ward Councillor:

c/- Maribyrnong City Council, PO Box 58, Footscray 3011. If you don't know who your Ward Councillor is, please contact Customer Service on 9688 0200 or fax 9687 7793.

MARIBYRNONG CITY COUNCIL

Street Address: Cnr. Hyde and Napier Streets, Footscray Postal Address: PO Box 58, Footscray, Victoria 3011 Phone: 9688 0200 Fax: 9687 7793 After Hours/Emergency: 9688 0200 Email: email@maribyrnong.vic.gov.au www.maribyrnong.vic.gov.au

61082 1 TIS: 131 450



MARIBYRNONG MESSENGE

Summer 2017 | www.maribyrnong.vic.gov.au

PRADEEP TIWARI BRINGING COLOUR AND LIGHT TO WEST FOOTSCRA

STREETWORKS

RECYCLING RIGHT

WHAT'S ON IN MARIBYRNONG





A MESSAGE FROM THE MAYOR

am humbled and honoured to be elected as Mayor of this great city. I want to thank Cr Catherine Cumming for her work as Mayor over the past year.

In 1978 I fled Vietnam a refugee, arriving in Australia with nothing more than a suitcase. I began my new life in Maribyrnong, and it is my gratitude for Australia and Melbourne's west that drives me to serve our community. I have been given so many opportunities and this is a way that I can give back.

I look forward to working with my fellow councillors and the community to make Maribyrnong an even better place to live and do business.

Our vision is a vibrant, diverse and progressive city striving for a sustainable future.

We will continue to call on the State and Federal governments for support and for positive change on the big issues such as trucks on roads and development.

During the coming year we will work with you to develop the Community Plan Maribyrnong 2040, your vision to support Council priorities, planning, initiatives and advocacy to meet the expectations and needs of your community.

You can get involved by hosting a 'kitchen table conversation' or joining the discussion online via Your City Your Voice. Visit Maribyrnong2040.com for details.

Summer means our festival city calendar is bursting at the seams with family friendly, alcohol-free events. Make sure you make the most of the many free events celebrating the festive season around our city this month.

Events and celebrations being held include movies at Footscray's Maddern Square, an evening of carols at

Yarraville Gardens and the hugely popular NYE fireworks in Footscray Park will cap off the year in style - see our events listing for more information.

Cr Cuc Lam Mayor of the City of Maribyrnong

INSIDE THIS EDITION

- 3 100 years of maternal and child health
- 4 The party doesn't stop in West Footscray
- 6 Infusing colour into our streets
- 8 Waste not, want not
- 9 Worms, waste and recycling
- 10 Road safety around schools Business in Maribyrnong
- 11 Summer fun at MAC
- 12 Getting active this summer What's on in Maribyrnong
- 14 Finding home
- 15 Building confidence to enter the workforce
- 16 Child and family services Spotlight on Australian authors
- 17 Game on, Kids! Justice of the Peace signing station, Home library service, knitting groups
- 18 Reconciliation takes all of us Time to get connected
- 19 Braybrook's new Aeroplane Park takes off
- 20 Help shape the Community Vision 2040 Keep your property safe this summer
- 21 Girls on a health kick
- 22 Celebrate the Festive Season with fun and free family events
- 24 Introducing Small Graces Café

COUNCIL MEETINGS

Council meetings are open to the public and residents are encouraged to attend.

DECEMBER, TUESDAY 12, 6.30PM The schedule of meetings for 2018 are available

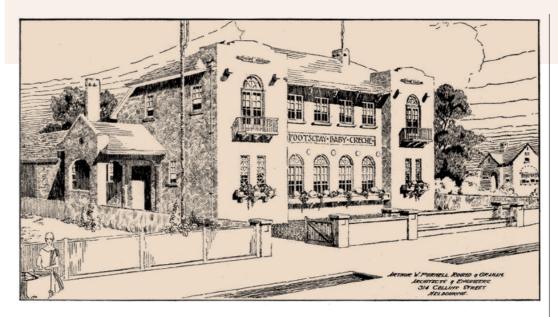
on our website.

Meetings are held at Maribyrnong Council Offices, corner Hyde and Napier Streets, Footscray.

Please visit www.maribyrnong.vic.gov.au/meetings or phone 9688 0200 for more information.

100 YEARS OF MATERNAL AND **CHILD HEALTH**

For the past century, Maternal and Child Health (MCH) nurses have been providing expert advice to Victorian families.



he MCH service is a free service delivered by council and supports families and their children in order to promote healthy outcomes.

From growth and development to support around physical and mental health, MCH nurses assist families with all aspects of parenting.

All parents will have come across a MCH nurse, but here are some things that you may not know about the MCH service.

• In 1916, a committee of Melbourne medical practitioners recommended that baby clinics be

established in Victoria. This was in response to the 9,107 children in Australia who died within their first year, 35 per cent of which died within their first week of life.

• Following this recommendation, the Infant Welfare Society in Victoria was established and the first baby health clinic opened in Richmond in 1917.

• On 17 September 1929, the Municipal Council of Footscray opened a baby welfare centre, kindergarten and crèche in Albert Street, Footscray. This was in addition to the centre that opened in Yarraville some years earlier.

• Between 1917 and 1926, 62 MCH centres (including

19 sub-centres) had opened in Victoria. Mobile services were also established by the Victorian Baby Health Centres Association and provided advice and baby nursing care to isolated country families, but also served to promote the baby health centres.

• In the 2015-16 financial year, Victoria's MCH nurses delivered 668,739 consultations with children aged from birth to 3.5 years. • Over the last three years, an average of 1,350 babies were born annually in the City of Maribyrnong. • Nine MCH centres operate across the municipality, along with family support, breast feeding and the enhanced

Baby Welfare and Creche in Albert Street

MCH services, supporting those families with additional needs. • At any one time, around 5,000 children are enrolled in Maribyrnong City Council's MCH service. • All families are entitled to 10 free key ages and stages visits, between the age of birth and 3.5 years. These visits provide a health and developmental assessment and age appropriate family health and wellbeing information and support. Maribyrnong's Maternal and Child Health Service operates Monday to Friday, and bookings are available by calling 9688 0501. The service also offers drop-in sessions (no appointment required) at the Maribyrnong, West Footscray, Yarraville and Maidstone locations. For more information, visit www. maribyrnong.vic.gov.au

If you require assistance from a gualified MCH nurse outside of business hours, vou can call the Victorian Maternal and Child Health line on 13 22 29, 24 hours a day, seven days a week.

THE PARTY DOESN'T STOP IN WEST FOOTSCRAY

Now we wouldn't call West Footscray Trader's Association President, Pradeep Tiwari, a party boy but it'd be safe to say he's bringing the party to the people of West Footscray. He's one of the inspirations behind recent hits like the Festival of Colour that attracted a record 7500 plus people in March this year to Barkly Street. The closed off street was filled with residents and friends throwing handfuls of powdered colour at each other, laughing amid clouds of blue and red.

He set the street a-sparkle, banding traders together to celebrate the Festival of Lights in October. Stores were wreathed in lights and light projections featured across shop fronts, which increased traffic through the street.

His next extravaganza is a Christmas Wonderland to be set in Shorten Reserve that's expected to delight on 10 December.

Pradeep is an entrepreneur, having branched out the family spice and goods business Bharat Traders and he's also become a leader in the community after helping form the trader's association earlier this year.

But he describes himself quite simply as a "West Footscray boy".

His love of West Footscray, the suburb he's lived in for thirty years, is tied into his love of being Australian. He takes pride in the

harmony that exists among the many nationalities that call Barkly Street home. There's a Spanish restaurant, a Vietnamese couple run the local fish 'n' chips, a Chinese man runs the hardware store. He sees the acceptance of diversity by Australians as one of the most dynamic things about being an Australian.

"I don't call myself Indian – Australian, I tell people that I am Australian."

"The diversity here (in West Footscray) has always been accepted. I am going one step further and enjoying it - it's just about getting everyone in a place that they enjoy with each other," Pradeep said as he explains his passion for festivals. His curiosity and interest in other cultures is always on the boil. He often chats to customers who visit Bharat Traders as to why they are buying a particular spice or item.

He's collected a few beauty tips by having these chats ask him about facial scrubs - but also discovered the need his customers had for other culinary items that he's sourced and supplied. As a result it's not unusual for an Ethiopian family to arrive in Australia and make Bharat Traders their first stop after the plane touches down. Word has spread around the Ethiopian community that the grains and cooking essentials required for African cuisine are shelved at Pradeep's store.

"Initially the large numbers that came in the early 2000s couldn't really speak English

The store was first started by Pradeep's father who arrived in Australia in the 1980s without his family. Three years later Pradeep, aged two, arrived with his mother and two sisters (his youngest sister was born in Australia) from a remote village in northern India.

well – we had just hand communication – and we'd know, ok, they are asking for something to make bread.

⁶⁶It's a lot easier now we've got technology and Google Translate.**99**

His father worked the night shift at a Toyota manufacturing plant while he set up Bharat Traders in 1991 where he worked during the day with Pradeep's mother.

"They wanted to make it easier for the Indian community back then or anyone like us who uses spices. That was the whole idea and they started the shop – it was the only Indian retail store in Melbourne."

The entrepreneurial gene is shared by Pradeep's two sisters, one runs a law firm and Bollywood fashion store in Barkly Street and another runs Tiwari Tea House, which serves exotic and medicinal teas, next door to Bharat Traders (his third sister is a journalist for the New York Times).

Pradeep took over the store in early 2000s when his father was diagnosed with kidney failure and underwent a transplant operation.

Since he took over the business it has expanded to include a distribution warehouse in Hoppers Crossing and a second shop front. He's broadened the stock to include a wide health range that's suitable for people with gluten intolerance and other allergies, and travels Asia Pacific looking to source items that his customers need.

He works with Australian Import Customs to bring in what's required. If he's after dissolvable, clay statues of lord Ganesha for the ten day celebration of Visarjan (immersion) then he'll undertake the lab tests of clay statues of suppliers in India, redo the tests in Australia to satisfy customs officials and build a pond in the West to ensure the statues can safely dissolve, meeting all relevant local laws, environmental legislation and cut through red tape.

Pradeep doesn't see challenges, just opportunities – especially if it is for fun.

Coincidentally the celebration of Visarjan includes people dancing in procession, amid music and fanfare to immerse lord Ganesha, whose spirit returns to heaven taking the prayers of the people. As his clay form dissolves so too does any obstacle experienced by his devotees.

"I just need a reason to have a party," he laughs. "I'm a West Footscray boy who wants everyone to come to the party – no, I make sure everyone comes to the party, and enjoys it."

INFUSING COLOUR INTO OUR STREETS



A vibrant peacock mural is one of three new street art installations that have been commissioned in the City of Maribyrnong as part of this year's StreetWORKS program.

There truly is something special about coming across vibrant public art as you walk through the familiar streets of our City.

And when walking down Barkly Street in West Footscray, you can't help but stop in your tracks when faced with the striking and colourful artwork of a freshly installed Indian peacock. Created by Melbourne-based Brazilian artist Júlia Both, the bright, floral themed piece impressively spans the sidewall of Bharat Traders Indian Supermarket.

A nod to the supermarket, Júlia said the work was created in collaboration with the traders, picking the peacock due to it being the bird symbol of India, with references to exotic spice plants placed throughout the piece.

"I got the idea for the installation from talking to the owners of Bharat Traders. We wanted to create something that called attention to their shop and added colour to Barkly Street, where they have a lot of cultural festivals. The peacock, with its tail opening into a rainbow full of Indian spices and flowers, is meant to symbolise the abundance of life," Júlia said. The piece, which Júlia has titled Rainbow Peacock, was recently installed as part of Council's StreetWORKS program, and she is thrilled about the impact it is having on the community.

"I just love the impact that street art can have on people. When we make art in public spaces it can reach people beyond those that go to galleries and museums – it can become a part of someone's daily life and change how they see a place," Júlia continued.

Now in its fourth year, StreetWORKS is an art project that creates innovative, visual street art to enliven our city's spaces and places, while discouraging graffiti and tagging. The project is a unique collaboration between Council, local artists, property owners and business proprietors that enables

art to be appreciated by the entire community in locations across the city.

"I definitely think we need more art in public spaces. Art has the potential to really improve our culture and communities and communicate important messages," Júlia said. On top of Júlia's installation, two more street art pieces are in progress and will be installed by the end of the year as part of the program.

Melbourne street artists Bailer and Mike Makatron will have their works displayed on the exterior wall of Encore Pizza in Footscray, and Buzz Barbers in West Footscray respectively. So make sure you check out Júlia's work and keep an eye out for the other two installations.

For further information, visit maribyrnong.vic.gov.au/arts





WASTE NOT, WANT NOT: RECYCLING OF THE FUTURE

Can paper towel be recycled? Should I place a pizza box in the recycling bin if it has food and grease on it? What are some other options to safely dispose of waste items? Recycling, like many other industries, is constantly evolving due to new initiatives and technologies. Although there is a lot of community interest in reducing waste and landfill, residents are often confused by conflicting information about what can be recycled in their kerbside waste collection.

A study by Planet Ark for National Recycling Week found that the most common mistakes made by residents are:

- 1. putting plastic bags and soft plastics in the recycling;
- 2. putting recyclable items in the garbage bin; and
- 3. contaminating recycling with food.

Residents in Maribyrnong will now have the ability to quickly and easily find out how to dispose of various items by downloading the Maribyrnong Bins and Recycling App.

The Maribyrnong Bins and Recycling App provides a personalised guide to waste services within the municipality and residents will have the ability to look up different items to find out whether or not they can be recycled.

Users of the new app will have the ability to set-up alerts for their bin collection – ensuring they never miss another bin night – while they will also be able to find out about local sustainability events, report illegally dumped material, book a free hard waste service and order additional bins.

Residents are also being encouraged to take ownership of their waste disposal by creating a personalised Recycle Right pledge. The pledge, available on the Council website, is a quick and easy way to help protect our natural resources from going to landfill.

The Recycle Right campaign is a five month initiative being undertaken by Council to identify common waste mistakes being made across the municipality and provide information to change resident behaviour. The campaign will involve the inspection of 10,000 household recycling and waste bins.

The Victorian Government estimates that over 750,000 tonnes of materials is sent to landfill through kerbside garbage collections.

During the bin inspections, residents who are found to be 'recycling right' will be recognised while for those households where contamination is an issue residents will be offered further information and resources to educate them on correct recycling tools and practices.

The Maribyrnong Bins and Recycling App is available for free in the Apple App Store and on Google Play.

RECYCLING TOP TIPS:

- make sure items are empty
- keep recycling out of plastic bags
- check for recycling in all rooms of the house
- make recycling easy by using separate bins in each room

ree waste and environmental education workshops are now being offered to local kindergartens and schools. The Environmental Program for Schools seeks to teach students about the impact of waste and recycling on the environment, whilst providing tips on how they can reduce their waste at home and at school. Mi vic Or En fo

WORMS, WASTE AND RECYCLING: ENVIRONMENTAL PROGRAM FOR SCHOOLS





More information at www.maribyrnong. vic.gov.au/Residents/ Our-environment/ Environmental-programsfor-schools

www.maribyrnong.vic.gov.au

ROAD SAFETY AROUND SCHOOLS

As part of Council's commitment to creating a safer environment for all road users, in particular those most vulnerable like school children, the following works have recently been undertaken in Yarraville and Footscray.

n collaboration with the community at St Augustine's Primary School Yarraville, existing bollards were relocated to a more effective location closer to the trafficable lane the road side of Pentland Parade to protect students and other pedestrians as they crossed Birmingham Street.

In response to community concerns regarding road safety in the vicinity of St Monica's Primary School Footscray, four sets of concrete speed humps were installed on Wingfield Street to encourage slower speeds along this road. IO

BUSINESS IN MARIBYRNONG

Tt's been a big year for Lusiness in Maribyrnong, with more than 3,000 new business calling Maribyrnong home in the last financial year.

At Council, we know that it's important to not only try and attract businesses - but to support them once they're here. We offer this in a range of ways including free and low-cost training; a monthly business newsletter; businesses grants; and shopping strip improvements. Here are some of the highlights from the last year.

BUSINESS GRANTS

Council's Enterprise Maribyrnong Special Committee awarded funding through the Business Improvement District (BID) grant program to five business groups in 2016/17. The BID grant program promotes economic development in the City's business districts through targeted grants to increase trade and business opportunities and support of innovative business practices.

All business projects have

now been successfully completed – here's an overview of what was achieved:

Footscray Asian Business Association (FABA): Footscray Night Market

Continuing on from the success of Footscray's first night market in November 2016, FABA ran series of night markets from March to July 2017 which celebrated Footscray as a foodies' haven. Running every second Friday evening, the markets also celebrated the area's strong Vietnamese heritage. FABA plans to resume the markets over the summer months – for details visit faba.com.au

Footscray Traders Association (FTA): Shop Footscray Project

FTA delivered a marketing and social media campaign encouraging people to 'Shop Footscray' which included a new brand identity and logo, marketing material for traders and a website - footscraytraders. com.au

Yarraville Traders Association (YTA): Welcome to Yarraville YTA delivered a social media



and marketing campaign 'Welcome to Yarraville'. The campaign included new branding and website (varraville.org), new street decorations and a calendar of village events

She will Shine (SWS): **Scholarship Programs** SWS, a local innovative business community for women, supported 10 female entrepreneurs through a scholarship program to help them get their new start-ups off the ground.

SVTA – Seddon Village Traders Association

Poppy Lane, a retail shop in Seddon, led the charge to establish Seddon Village Traders Association (SVTA). The new group developed and delivered branding for the area including a new website seddon-village. com.au and a social media campaign.

REVITALISING **SHOPPING STRIPS**

Barkly Street, West Footscray

Council worked closely with traders along Barkly St to improve shopfronts through visual merchandising and brand strategies. A number of public spaces were also revitalised to increase the area's appeal – including the commission of a giant mural by artist Tom Gerrard (pictured) showcasing some of the iconic buildings of the area

The West Footscray Traders' Association was

also established which will help to guide further improvements over the coming months.

South Road

Shopping Strip Council worked with traders on South Road Shopping Strip in Braybrook to improve the appearance of the area, which included planting new trees along the strip.

Business Events

Council ran 30 workshops and seminars in 2017, including hosting a record number of events for the Small Business Festival in August.

Council's always popular Business Breakfasts, run in April and August, hosted local business-owners keen to hear from our panel of experts about tips and tactics to help achieve business success.

Doing Business in Maribyrnong

If you've recently started your own business or thinking of going out on your own, make sure you download our free Doing Business in Maribyrnong kit available from our website. The kit provides checklists and details of key council areas based on business needs and requirements. For more information or to request a hard copy of our Doing Business in Maribyrnong kit please contact the City Business Unit on 9688 0200 or via email business@ maribyrnong.vic.gov.au

SUMMER FUN AT MAC

Make a splash these school holidays

oin in the holiday fun and keep cool this summer with J a range of activities at Maribyrnong, starting with the Children's Christmas Party.

Taking place on Sunday 17 December at 2pm, the party will have a range of fun activities included with your entry fee, including pool inflatables, a visit from Santa and MACqua Man, a dunking machine and plenty of fun giveaways.



GETTING ACTIVE THIS SUMMER



If you can't make it to the party, there is still plenty of time to enjoy the pool inflatables. They will be available every Monday, Wednesday and Friday between 8-24 January from 12-3.30pm with every pool entry!

For more information about the summer activities at MAC, visit maribyrnong.vic.gov.au

Want to inject some activity into your day-to-day life? With the warmer months officially upon us, now is the perfect time to start moving.

At any age, physical activity provides a range of health benefits, and the good news is that it doesn't have to be strenuous. Regular physical activity will improve your long term health, give you more energy and make you feel more confident, happy and relaxed.

Now is the perfect time to get outdoors and explore the City of Maribyrnong, which is home to many wonderful parks and reserves, as well as great walking and bike paths along the Maribyrnong River and throughout the municipality.

There is also a range of health and wellbeing programs and activities that take place at the local community centres, neighbourhood houses and leisure centres.

So this summer, take the opportunity to improve your health and wellbeing by getting out and increasing your physical activity.

For more information about getting active in the City of Maribyrnong, visit maribyrnong.vic.gov.au

WHAT'S ON IN MARIBYRNONG

FESTIVE SEASON. DECEMBER 2017 / VARIOUS LOCATIONS

Celebrate the festive season with a jam-packed program of special family-friendly events. See page 22 for details.

FOOTSCRAY SAIGON NIGHT MARKET

Celebrate the authentic

Vietnamese atmosphere of

this bustling night market

in the heart of Footscray

with hawker food stalls, entertainment and more!

8 DEC & 9 FEB, 4 – 11PM. LEEDS ST FOOTSCRAY

SUNDAY 10 DECEMBER, YARRAVILLE GARDENS

ALBANIAN FESTIVAL

Experience a taste of Albanian culture, food and music as part of the Albanian Community Festival set in the beautiful Yarraville Gardens.



FOOTSCRAY FINDS CHRISTMAS MARKET

SUNDAY 17 DECEMBER, 8AM – 1PM FOOTSCRAY LIBRARY CARPARK

This bustling monthly market offers live music, food trucks and over 80 stalls selling an eclectic mix of vintage fashion, records, books and handicrafts.

CHILDREN'S CHRISTMAS PARTY

SUNDAY 17 DECEMBER 2 – 4PM

A range of fun activities are included with your entry fee including pool inflatables, visit from Santa and MACqua Man, dunking machine and fun giveaways.

More information: maribyrnong.vic.gov.au/mac

NYE FIREWORKS IN FOOTSCRAY PARK

SUNDAY 31 DECEMBER

Ring in the New Year with a night full of free entertainment, including live stage performances, carnival rides for the kids, food trucks and an exhilarating early fireworks display. See page 22 for details.

EAST MEETS WEST

21 JANUARY HOPKINS STREET FOOTSCRAY

Celebrate the Year of the Dog at this ???? New Year Festival.

SCHOOL HOLIDAY PROGRAM AT MAC

15 – 26 JANUARY MARIBYRNONG AQUATIC CENTRE

Get the kids active these school holiday with this fun and active sport and fitness program that is perfect for kids aged 5-12 years.

More information: maribyrnong.vic.gov.au/mac

MICHAEL AND PHILLIP ARE GETTING MARRIED IN THE MORNING

17 – 21 JANUARY 2018 BLUESTONE CHURCH ARTS SPACE

Shows start at 7.30pm each night

In this original comedy of misunderstanding and manipulation by FRED the ALIEN Productions, Michael and Phillip are preparing to tie the knot... if only their family and friends would stop interfering and let them! Join us for an evening of heart and humour as we celebrate the marriage of Michael and Phillip... if they ever make it to the altar!

More information: maribyrnong.vic.gov.au/arts

STONY CREEK MUSIC FESTIVAL

FRIDAY 26 JANUARY. McNISH RESERVE, YARRAVILLE

Gather your friends and family and head along to this jampacked free music festival featuring talented music acts and children's entertainment.



SPORTS FESTIVAL BY TEAM MELBOURNE

SATURDAY 3 FEBRUARY FOOTSCRAY PARK AND VICTORIA UNIVERSITY

Team Melbourne brings together the LGBTIQ sporting community for the ultimate "come and try" sports day as part of Midsumma Festival.

COMMONWEALTH GAMES – QUEENS BATON RELAY AND CELEBRATION

SATURDAY 10 FEBRUARY

Details about the Baton route and community celebration will be announced on our website from December onwards, check www.festivalcity.com.au for details.

ST JEROME'S LANEWAY FESTIVAL

SATURDAY 3 FEBRUARY FOOTSCRAY

Head to the banks of the Maribyrnong to enjoy one of Australia's premier music festivals, featuring international, national and local artists and bands.

PICNIC IN THE PARK

6 – 8PM BRAYBROOK COMMUNITY HUB, 107-139 CHURCHILL AVENUE, BRAYBROOK

As the sun sets, join us in celebrating the year's end with a picnic in the park. Bring your picnic, picnic rug and and enjoy a range of entertainment, including a pop up market, face painting, sausage sizzle, Snuff Puppets performance and more.



SATURDAY 16 DECEMBER, YARRAVILLE GARDENS

Yarraville Carols. See page 22 for details.

Bring a picnic, family and friends to help celebrate the 24th

www.maribyrnong.vic.gov.au



YARRAVILLE FESTIVAL

SUNDAY 11 FEBRUARY, YARRAVILLE VILLAGE

An annual event in the heart of Yarraville since 1981 providing entertainment and activities for locals and visitors of all ages.

QUANG MINH TET FESTIVAL

THURSDAY 15 FEBRUARY QUANG MINH TEMPLE, BRAYBROOK

Celebrate the Lunar New Year at one of the largest Buddhist Temples in the Southern Hemisphere, with performances, chants and delicious vegetarian food.



SEDDON FESTIVAL

SATURDAY 3 MARCH, SEDDON VILLAGE

The streets of Seddon village will be pumping with live music, food stalls and activities for the whole family for the 20th edition of this much-loved community event.



FINDING HOME ILLUSTRATED ART INSTALLATION BRINGS THE COMMUNITY TOGETHER THROUGH THE HUMBLE PIGEON

Melbourne based artist Serene Lau describes herself as an adventurer. Growing up in the jungles of Borneo is what fuelled her passion and love for exploring.

But it was her obsession with all things animated that led her to her craft, and instead of using a camera to capture her adventures, Serene puts her spectacular illustration skills to use by putting pencil to paper, creating captivating illustrations to share her stories.

The latest story Serene has explored is that of migration. And the humble pigeon was there to help her along the way.

The common pigeon is everywhere, but are themselves immigrants, having been brought to Australia by early settlers hundreds of years ago. While often seen as a pest, pigeons can also represent a strong link to 'home', given their impressive homing abilities.

During her November residency at Braybrook Community Hub, Serene worked with the local community to create a participatory illustrated art installation that creatively depicts and celebrates how Maribyrnong is home to the many people and cultures in our community.

From pigeons playing billiards and eating pho, to enjoying a walk along the Maribyrnong River and cheering on the Bulldogs, the installation is populated with storytelling pigeons doing everyday things in the west, created by the community. "I chose to use the common pigeon as part of the residency and installation as they are everywhere! Because migration plays a big part in Maribyrnong's current identity, I felt that pigeons were the perfect subject to explore this topic and the experiences of being an immigrant as pigeons are 'immigrants' themselves," Serene said.

During November, Serene invited the community to participate in the creation of the art installation.

With paper pigeons and mini bird-size accessories at the ready, visitors were able to drop in and create their own Maribyrnong Pigeon to add to the art wall, along with a short story or greeting.

"The work takes the audience on an illustrated narrative journey that is packed with Maribyrnong's culturally significant landmarks, nature and history," Serene continued.

"What I find the most beautiful about pigeons is that in certain cultures they are the symbol of home due to their ability to always find its way back to its roosting site. Using the pigeon in this project celebrates what Maribyrnong is to many of the participants – it is home."

The finished art installation is currently on display at Braybrook Community Hub. Drop in to view the community's story telling pigeons.

For further information, visit maribyrnong.vic.gov.au



BUILDING **CONFIDENCE** TO ENTER THE WORKFORCE

Dedicated to creating and providing opportunities for young members of the local community, the Youth Internships Initiative (YII) allows young people to gain real, on the job experience and transferrable skills that are required for the workforce.

Now in its fourth year, the initiative is run by Maribyrnong and Moonee Valley Local Learning and Employment Network (MMVLLEN) with the assistance of Maribyrnong City Council.

Since its commencement, over 50 young people have participated in the program, with more than 90 per cent successfully completing their internships.

By partnering with local organisations, 17 young people have been able to take part in internships in 2017 alone. One of those interns is local resident Lidiya, who recently

completed a ten week internship at Braybrook Library, and

CHILDREN & FAMILY SERVICES

IMMUNISATIONS

Under current state and federal legislation families attending 4 year old kindergarten and child care are now required to have up to date immunisations. Council provides families with drop in, and appointment, immunisation sessions. Bookings can be made by calling 9688 0145. C C co kir be www.maribyrnong.vic.gov.au

said she achieved more than what she thought she would during the internship.

- "The best part about my internship was gaining confidence to communicate with different people. Having the chance to converse with a diverse range of people was great," Lidiya said.
- Lidiya enjoyed her internship so much that she is encouraging all young people in Maribyrnong to take part in the program.
- "The Youth Internships Initiative has many opportunities that can help young people nurture their talent and give them skills to assist them in their life," Lidiya continued.

If you are a young person or an employer interested in participating in YII, please contact the YII Project Coordinator on 03 9376 7251 for more information.

CENTRAL REGISTRATION SYSTEM (CRS)

Council provides a central registration system for community managed long day care, 3 and 4 year old kindergarten. During school terms, the CRS team will be available at all immunisation drop in sessions to provide families with further information and to assist with registering your child. Families can also register online at maribyrnong.vic.gov.au/crs or by calling 9699 0116

SPOTLIGHT ON AUSTRALIAN AUTHORS

Keep your boredom at bay this summer with some of the best new Australian fiction



This summer, the Maribyrnong Library Service will once again hold the Big Holiday Read.

With a focus on Australian authors, readers will be able to pick from ten exceptional novels that have been written by some of the best local and national authors.

Local literary legend, Bruno Lettieri, helped launch the Big Holiday Read with an Author in Conversation event featuring Chris Womersley at Footscray Library.

Bruno is thrilled about the quality of titles that are available this year, saying that there is something special about Australian authors and their ability to write stories in our own language.

"Australian authors are so unique because they are telling stories about our country and reflecting it back to us. They are able to lift the lid, and with such depth of feeling, they articulate the joys of living in this particular place at this time."

With stories ranging from a child navigating an often dark and uncaring world, to a group of Noongar people revisiting a taboo place, there is something for everyone on this year's Big Holiday Read list.

Titles include The Choke by Sofie Laguna, Taboo by Kim Scott, The Lost Pages by Marija Peričić, Her by Gary Disher, On the Java Ridge by Jock Serong, Museum of Modern Love by Heather Rose, The Lone Child by Anna George, City of Crows by Chris Womersley, The Inaugural Meeting of the Fairvale Ladies Book Club by Sophie Green, and Leaving Ocean Road by Ester Campion.

To take part in this year's Big Holiday Read, just visit your local Library branch and pick up your copy of the selected titles. Make the most of your summer reading by taking your book to your favourite reading spot. If you are yet to discover yours, Bruno has a few tips.

"My favourite places to read in Maribyrnong include the Yarraville Gardens, near the Footscray Rowing Club on the Maribyrnong River, or out the front of Footscray Community Arts Centre," Bruno continued.

And for anyone who is still fostering their love of books, Bruno has some recommendations.

"Create a stillness, talk about what comes alive in the books, and persevere with reading to get the music of it," Bruno finished.

The Big Holiday Read is on now. Head to your local Library to grab your book today.

GAME ON, KIDS!

Take part in the Summer Reading Club these school holidays.

Primary and secondary school students are encouraged to continue their reading this summer, with prizes to be won along the way.

The Summer Reading Club is an Australian wide an annual program that supports continued development of multi-literacy skills in children and young people, including reading, writing, creative arts and multimedia technology skills during the summer months.

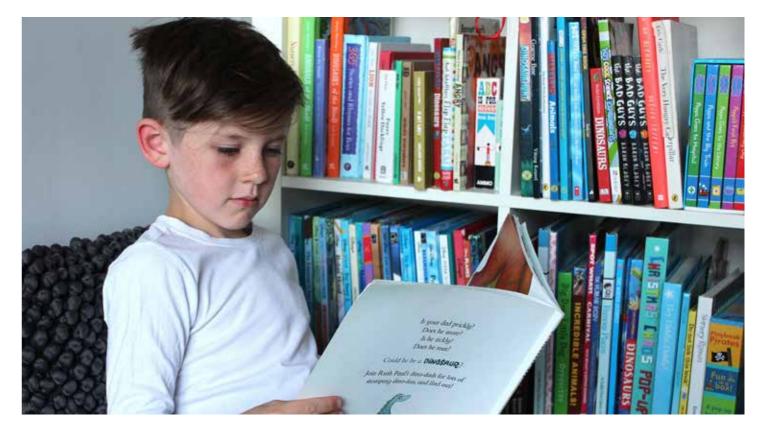
Last year, over 55,000 children participated across Australia and more than 450,000 books were read!

This year's theme, Game On, celebrates our active Aussie sporting culture. Young readers will be encouraged to play, solve, participate and read in celebration of sports, games, technology and spirit.

Mason, aged 7, is looking forward to taking part in this year's Summer Reading Club.

"I love reading books because they can be lots of fun. I want to read over the school holidays to get better at reading. And it would be good if I won a prize," Mason said. To register for the Summer Reading Club, drop in to your local Library and collect an activity pack to start reading. Once ten books (or more) have been read, return to reading log to enter the prize draw. The more books that are read, the greater the chance of winning a prize!

Registrations open Monday 18 December.



Summer 201

JUSTICE OF THE PEACE SIGNING STATION

Need a document certified? Come along to the Document Signing Station at Footscray Library to see a Justice of the Peace who is able to witness and certify documents.

Second and fourth Friday of each month, 12pm – 2pm, Footscray Library.

HOME LIBRARY SERVICE

Did you know that Council offers a free home library service for eligible residents?

Our Outreach Services Librarian works with a group of volunteers to provide a friendly, personalised library service for residents who are housebound.

For more information about the service, call 9688 0290.

KNITTING GROUPS

Footscray and Yarraville Libraries have groups who meet weekly. Come along and share your favourite patterns and refine your skills with other like-minded knitting lovers.

Footscray Library – Wednesdays at 2pm Yarraville Library – Tuesdays at 1.30pm

RECONCILIATION TAKES ALL OF US

INFRASTRUCTURE

MARIBYRNONG CITY COUNCIL IS PUTTING TOGETHER A COMMITTEE TO ASSIST IN DESIGNING A RECONCILIATION ACTION PLAN



Aboriginal people have a deep and continuous Connection to the place now called Victoria, and they have lived in the Maribyrnong River valley for at least 40,000 years.

The City of Maribyrnong was built largely on the traditional lands of the Marin-balluk clan of the Woi Wurrung language group, one of the five language groups of the Kulin Nation.

Over 10 per cent of Victoria's Aboriginal and Torres Strait Islander populations live in Melbourne's western region, and today, Aboriginal people live in every suburb of the municipality.

With this in mind, Council is forming the Maribyrnong Reconciliation Action Plan Advisory Committee (MRAPAC), which will provide guidance and support to Council on issues and barriers that affect the reconciliation process.

Working alongside local leaders, a Councillor, key Council staff, and non-Indigenous people with relevant experience, Indigenous community members will assist in providing advice to Council on the development and implementation of strategies that'll deliver positive outcomes and which are aligned to the Council Plan and the Reconciliation Action Plan.

The Committee will give the community the opportunity to comment on the progress of implementing specific strategies that encourage inclusive involvement of Indigenous people in Council services, programs and activities, as well as the forum to raise advocacy issues for consideration.

Local resident Ngardarb Francine Riches, who is one of the founding members of the Committee, said that she is looking forward to working with Council on issues that are close to her heart.

"It is really important that the Indigenous community is able to have a say in local Council. This committee will assist Council to understand the issues we face and will help us to work together," Ms Riches said.

The Committee is in the process of being formed following an application process earlier this year.

TIME TO GET CONNECTED

Are you an older person who wants to be more connected with the community? Maribyrnong City Council has a range of programs and initiatives that you can be involved with.

SENIORS DAY TRIPS

Low-cost outings across Victoria for members of the community aged over 60. With trips ranging from the Portarlington Pier to Healesville Sanctuary, it is a perfect opportunity to get out and enjoy the company of others from the community.

SENIOR CITIZEN **CENTRES**

There are a number senior citizen centres across Maribyrnong, including Angliss Senior Centre, Raleigh Road Activity Centre, Yarraville Senior Centre, and West Footscray Senior Centre. At each centre, there is a range of existing senior, multicultural and social groups that hold regular activities to encourage social inclusion within our community.

CASSEROLE CLUB

Casserole Club connects people who like to cook and are happy to share an extra portion of a delicious home cooked meal, with older neighbours living close by who could really benefit from a hot cooked meal. Members serve up tasty, home-cooked food to their neighbours, getting more people eating and cooking fresh meals while strengthening local neighbourhood relationships with every bite.

COMMUNITY CENTRES

With activities ranging from ballroom dancing to walking groups, Council's Community Centres, located in Braybrook, Maidstone and Maribyrnong, have an abundance of programs to get involved in. By walking in the doors, you could discover a new hobby, learn a new skill and meet interesting people from your neighbourhood.



BRAYBROOK'S NEW AEROPLANE PARK TAKES OFF

he new playground at Braybrook Park has now opened, stretching its wings with the theme of flight retained from the original playground. It offers a variety of play experiences and challenges for all ages.

The original 'Aeroplane Park' was destroyed by fire in December 2015. Following an extensive consultation period with the local community to re-imagine the new playground, the final design was endorsed by Council in late 2016 with construction commencing in September this year.

The park was officially opened by State Member for Footscray, Marsha Thomson and Maribyrnong Mayor, Cr Catherine Cumming on Saturday 28 October in front of hundreds of happy locals.

Key elements of the new playground include a giant 22-metre long steel aeroplane with climbing nets and swings underneath the wings; a tall 'Traffic control' play structure; terminal with seating, plane rockers and baggage carousel; sea-saws at tail of the plane; a double flying fox;

Summer 201



and a palm island with clambering rocks surrounded by a scooter and trike track.

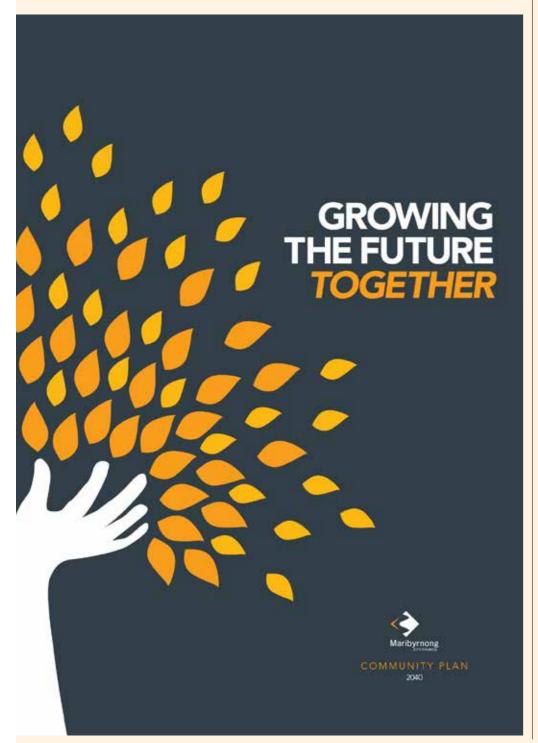
There are also a new picnic and barbecue facilities to cater to the many family and community gatherings that occur at the park. A public toilet is planned for later next year, and facilities inside the adjacent Braybrook Hub serve the park until that time.

The \$1.14 million dollar project is funded in part by the Victorian Government's Community Crime Prevention Program with a grant of \$205,000 from the Public Safety Infrastructure Fund.

www.maribyrnong.vic.gov.au

HELP SHAPE THE COMMUNITY VISION 2040

It's time to join the conversation about what kind of future we want for our municipality over the next twenty years.



Community plans support council's prioritising and planning of infrastructure, services and initiatives for the future as well as identifying key partners in the community and across different levels of Government. They also assist Council in advocating on behalf of the community as the vision expressed in the community plan is based on community expectations and needs.

Community plans help different levels of government understand the vision, aspirations, priorities and challenges as identified by the community. We are encouraging residents and those who live, work or study in our City to host 'kitchen table conversations'.

The conversation can get started with a kit available from Council that includes information on the major changes we know our community will face in the next 20 years, questions on what your ideal Maribyrnong will look like and how you see the best outcomes for our City being achieved. Feedback from across the City will be considered by a representative community panel that will work on prioritising ideas and opportunities. This will then be presented as the Maribyrnong 2040 community plan. The conversation will also be conducted online, with schools and key community organisations and also in different locations. In February a 'creative visioning project' will be held to inspire the community's ideas and aspirations and encourage all sections of the community to take part.

Council will also work with culturally and linguistically diverse ambassadors to encourage the conversation with different language groups in our community.

Consultation will run from December 2017 to March 2018.

For more information and to participate in consultation opportunities visit: www.yourcityyourvoice.com.au or use enclosed postcard to apply for a conversation kit.



GIRLS ON A **HEALTH** KICK

2017 saw the Western Bulldogs Community Foundation launch Daughters of the West - a sister program to the already standing Sons of the West men's health program - held in Maribyrnong with the support of Council.

Daughters of the West is an eight-week health program which focusses on mental health, nutrition, physical activity, respectful relationships, parenting and financial literacy, with ambassadors including Bulldogs' AFLW players Emma Kearney and



Lauren Spark, and health professional Roz Richards. With over 80 participants in Maribyrnong, Daughters of the West reached capacity in its inaugural year prior to the program starting. Born from the incredible success of Sons of the West, Daughters of the West presented a new, innovative way to connect with women of the west, through the link with the Football Club.

"Women living in the west are facing some of the toughest health challenges across the state. There was a strong demand in the community for a health program that was relevant

KEEP YOUR PROPERTY SAFE THIS SUMMER

Going on holiday over the holiday period? Here are some tips on how to keep your home and community safe.

This time of year provides the perfect opportunity to celebrate the holidays with family and friends. But it is important to be proactive about keeping your property safe and secure, especially if you are going away.

Inspector Adrian Healy of Victoria Police said homes that look as though nobody is home are often the properties that are targeted by burglars.

"It's important to secure your property and give the perception of activity around the home," Inspector Healy said.

Summer 2017

to the women of the west, so we decided to run workshops with both our partners and community members," said Kashif Bouns, General Manager of the Western Bulldogs Community Foundation.

"These workshops gave us an insight into what were the local issues for women and how might we overcome these. The insights led to developing an eight-week pilot program which concentrates on physical, mental and emotional wellbeing.

"It focuses on the importance of social support, while also looking to empower women to be champions of change." Daughters of the West was delivered across three other sites in Wyndham, Melton and Ballarat in 2017.

The DOTW program is scheduled to return in July 2018.

Daughters of the West was made possible by the financial support of major partner Gordon Legal. Other sponsors of the Daughters of the West health program include Priceline Pharmacy, the Department of Health and Human Services, VicHealth and Watergardens Town Centre.

He urges residents to follow these tips:

- Keep up appearances when going away by arranging a house sitter or ensuring your mail is regularly collected and your bins are taken in and out
- Lock all doors and windows, and activate your alarm system if you have one
- Secure your valuables by keeping them in a safe place
 Be mindful that posting your holiday plans on social media may alert burglars that your home is vacant.
- "It's great to relax over the summer holiday period and spend time with family and friends, so don't let a burglary ruin this. Have a happy and safe holiday season," Inspector Healy continued.

FESTIVAL CITY

CELEBRATE THE FESTIVE SEASON WITH FUN AND FREE FAMILY EVENTS

Get into the festive spirit this year with our program of special festive events.

MOVIES UNDER THE STARS

Bring a chair, beanbag or blanket and head to "Christmas Square" in the heart of Footscray for a selfie with Santa, a bite to eat from food trucks and a free family-friendly movie from 8.30pm.

Maddern Square – Chambers Lane, Footscray Friday 1 December, The Santa Clause (PG) Friday 8 December, Elf (PG) Friday 15 December, Arthur Christmas (PG)

Please note this is an alcohol free event. There is also a screening of *Jingle all the Way* at Braybrook Community Hub on Friday 15 December. For more details visit: www.festivalcity.com.au



FAMILY FESTIVE PICNIC AT FOOTSCRAY PARK

Pack a picnic and head along to Footscray Park for a funfilled Saturday afternoon. With live music, activities for the kids, and a visit from Santa this is one Chrissy event not to be missed!

Footscray Park, near the permanent stage. Saturday 9 December, 3-5pm



YARRAVILLE CAROLS IN THE GARDENS

Gather your nearest and dearest and head to the beautiful Yarraville Gardens for the 24th anniversary of the Yarraville Carols. Carollers will be treated to performances from acclaimed musical acts, a visit from Santa and a spectacular fireworks display.

Yarraville Gardens, Hyde Street, Yarraville Saturday 16 December, 7 – 10.30pm



DECORATIONS AROUND THE CITY

Keep an eye out from late November for Council's festive decorations around the City, which include Christmas lighting projections at the new Little Saigon Plaza in Byron St, a giant Christmas tree at the Ballarat Street Pop Up park and Santa's Chair at the Braybook Community Hub.

Look out for some bright decorations in Christmas windows throughout Footscray too, and don't forget to support your local traders and shop locally this year.



Footscray-Three-0-Double-1 which tells the story of Footscray and its evolution through music and dance; and IMMACULATE MADONNA – The Genuine Live Concert Experience, paying tribute to the global icon that is Madonna

The night will be MC'd by Rusty Berther, best known as being one half of the ARIA award winning musical comedy duo, The Scared Weird Little Guys.

BATON RELAY MAKES ITS WAY TO FOOTSCRAY THIS FEBRUARY

More than 440 Victorians have been chosen to take part in next year's Commonwealth Games celebration, with 17 to carry the baton throughout the City of Maribyrnong.

Maribyrnong baton bearers will include Braybrook College student Linh Khong, 17, who represented Australia at the Junior Taekwondo Championships in Italy in 2016, gaining a third placing, and is part of the school's badminton team, which has reached the state finals twice.

Other Maribyrnong baton bearers will include cyclist and Commonwealth Games medalist Remo Sansonetti and Susan Barton, a former Melbournian of the Year and a Victorian Senior of the Year finalist.

Collectively across the country, baton bearers will take more than a million steps to bring the baton to its final destination, the Games' Opening Ceremony on 4 April 2018.

Summer 2017

www.maribyrnong.vic.gov.au

There will be food trucks offering a variety of different cuisines and carnival rides for the kids. Settle in for an amazing fireworks display which will illuminate the sky from 9.30pm.

For event details, directions and transport information, as well as information about our full Festive Season program of events visit www.festivalcity.com.au

Beginning its Australian journey on 25 December 2017, the Queen's Baton will visit major events, iconic landmarks and children's hospitals, before switching gears into a traditional Relay where it will be carried by great Australians through QBR celebration communities around the country.

Our community celebration details will be announced on our website from December onwards, so head over to www.festivalcity.com.au for more details



HELP SHAPE THE COMMUNITY VISION 2040



t's time to join the conversation about what kind of future we want for our municipality over the next twenty years. Community plans support council's prioritising and planning of infrastructure, services and initiatives for the future as well as identifying key partners in the community and across different levels of Government. They also assist Council in advocating on behalf of the community as the vision expressed in the community plan is based on community expectations and needs.

Community plans help different levels of government understand the vision, aspirations, priorities and challenges as identified by the community. We are encouraging residents and those who live, work or study in our City to host 'kitchen table conversations'. The conversation can get

started with a kit available

from Council that includes information on the major changes we know our community will face in the next 20 years, questions on what your ideal Maribyrnong will look like and how you see the best outcomes for our City being achieved.

Feedback from across the City will be considered by a representative community panel that will work on prioritising ideas and opportunities. This will then be presented as the Maribyrnong 2040 community plan.

The conversation will also be conducted online, with schools and key community organisations and also in different locations. In February a 'creative visioning project' will be held to inspire the community's ideas and aspirations and encourage all sections of the community to take part. Council will also work with culturally and linguistically diverse ambassadors to encourage the conversation with different language groups in our community. Consultation will run from December 2017 to March 2018.

For more information and to participate in consultation opportunities visit: www. yourcityyourvoice.com.au or use enclosed postcard to apply for a conversation kit.

KEEP YOUR PROPERTY SAFE THIS SUMMER

 $G_{\text{are some tips on how to keep your home and community safe.}}^{\text{oing on holiday over the holiday period? Here}}$

This time of year provides the perfect opportunity to celebrate the holidays with family and friends. But it is important to be proactive about keeping your property safe and secure, especially if you are going away. Inspector Adrian Healy of Victoria Police said homes that look as though nobody is home are often the properties that are targeted by burglars.

"It's important to secure your property and give the perception of activity around the home," Inspector Healy said.

He urges residents to follow these tips:

- Keep up appearances when going away by arranging a house sitter or ensuring your mail is regularly collected and your bins are taken in and out
- Lock all doors and windows, and activate your alarm system if you have one
- Secure your valuables by keeping them in a safe place
- Be mindful that posting your holiday plans on social media may alert burglars that your home is vacant.



"It's great to relax over the summer holiday period and spend time with family and friends, so don't let a burglary ruin this. Have a happy and safe holiday season," Inspector Healy continued.



GIRLS ON A HEALTH KICK

2017 saw the Western Bulldogs Community Foundation launch Daughters of the West - a sister program to the already standing Sons of the West men's health program - held in Maribyrnong with the support of Council.

Daughters of the West is an eight-week health program which focusses on mental health, nutrition, physical activity, respectful relationships, parenting and financial literacy, with ambassadors including Bulldogs' AFLW players Emma Kearney and Lauren Spark, and health professional Roz Richards. With over 80 participants in Maribyrnong, Daughters of the West reached capacity in its inaugural year prior to the program starting. Born from the incredible success of Sons of the West, Daughters of the West presented a new, innovative way to connect with women of the west, through the link with the Football Club. "Women living in the west are facing some of the toughest health challenges across the state. There was a strong demand in the community for a health program that was relevant to the women of the west, so we decided to run workshops with both our

partners and community

members," said Kashif

Bouns, General Manager

of the Western Bulldogs

Community Foundation.

sit an Th scl 20 Da wa

Summer 201

www.maribyrnong.vic.gov.au

"These workshops gave us an insight into what were the local issues for women and how might we overcome these. The insights led to developing an eight-week pilot program which concentrates on physical, mental and emotional wellbeing.

"It focuses on the importance of social support, while also looking to empower women to be champions of change."

Daughters of the West was delivered across three other sites in Wyndham, Melton and Ballarat in 2017.

The DOTW program is scheduled to return in July 2018.

Daughters of the West was made possible by

the financial support of major partner Gordon Legal. Other sponsors of the Daughters of the West health program include Priceline Pharmacy, the Department of Health and Human Services, VicHealth and Watergardens Town Centre.

