



melba
support services

Community Connections Information Pack



About us

Community Connections, based in Lilydale, works closely with people to support them to achieve their goals. We have a range of activities that are aimed building skills and capacity in meaningful ways.

Our focus goes beyond simply offering activities; we provide a wide range of engaging and enriching programs tailored to meet the diverse interests and passions of each person.

From creative arts and performance to social outings and all things food, we ensure everyone has the opportunity to explore what matters most to them. We are constantly reviewing and growing our range of activities to ensure we are offering the right balance of growth and fun.

TIMETABLE

Mon	Places Of Interest Travel Training Social Club	◆	ECOSS Food Tech Lawn Bowls
Tue	Newspaper Round Hands On Travel Training	◆	ECOSS Hiking
Wed	Newspaper Round Eggs On Legs Morning Melodies	◆	Art Journalism
Thu	Dance Fit Dog Biscuits Places Of Interest	◆	Sustainability
Fri	Art Music Therapy Ball Sports	◆	



Core programs

Food Tech

Preparing a meal from scratch, including creating a shopping list and budgeting, to preparing the meal and the clean up. Builds independent living skills, as well as food safety/hygiene processes.

When: Mondays

Places Of Interest

Explore your community and enjoy various local activities with a supportive group. Develop skills in planning outings, managing money and navigating new environments while socialising and discovering new places.

When: Mondays, Thursdays

Lawn Bowls

Group goes to Yarra Glen Lawn Bowls to play social lawn bowls.

When: Mondays

Travel Training

Develop essential skills for independent living by gaining confidence in navigating your community. Learn to safely use public transport, plan your trips, read timetables, manage your money or Myki card, and identify hazards and risks.

When: Mondays, Tuesdays

ECOSS

Immerse yourself in the sustainable practices and vibrant community life of ECOSS in the Yarra Valley. Get hands-on learning in eco-friendly living, including organic farming, renewable energy and environmental conservation. Engage in activities such as gardening, permaculture and workshops on sustainability, fostering a deep connection with nature and community.

When: Mondays, Tuesdays



Social Club

Expand your social network by enjoying coffee or tea with peers. Share conversations about your passions and hobbies while exploring different venues together. Write and share reviews of your experiences with the group.

When: Monday

Hands On

A group for people who want to learn to make or repair things using a variety of materials and hand tools.

When: Tuesdays

Newspaper Round

Collating and delivering catalogues to local houses.

When: Tuesdays, Wednesdays

Hiking

Take in the elements of nature and explore different walking trails while keeping fit and socialising in your community. Enjoy the holistic health benefits of being part of an outdoor group.

When: Tuesdays

Art

Explore the therapeutic benefits of art in a supportive environment. Engage in various art techniques and creative activities to express yourself, manage stress and enhance emotional well-being. This program focuses on using art as a tool for self-discovery and personal growth.

When: Wednesdays, Fridays

Journalism

Join our Community Connections newsletter team and contribute as a journalist, editor, publisher, illustrator, or researcher. Share stories, gather and organise content and create engaging articles using a mix of written and visual formats. Enhance your skills in storytelling and design to help produce a vibrant and informative newsletter.

When: Wednesdays



Morning Melodies

Celebrate the tradition of Morning Melodies with the music of yester-year. Engage with members of your community through song and dance.

When: Wednesdays

Eggs On Legs

Join our farm-to-table program, where participants engage in the entire journey, from farm to customer. This program involves sourcing fresh eggs, taking orders and delivering these fresh products directly to customers. Experience hands-on involvement in agriculture and logistics while connecting with the community through quality, locally-sourced produce.

When: Wednesdays

Dance Fit

Community based, all abilities dance class.

When: Thursdays

Dog Biscuits

Preparing, packaging and selling organic home made dog biscuits.

When: Thursdays

Sustainability

Explore the principles of sustainability through hands-on learning about recycling and waste management. Participants will engage in activities such as sorting and recycling various materials, collecting cans and discovering the financial benefits of can-return schemes.

When: Thursdays

Music

Engage in activities such as playing instruments, singing and rhythmic exercises to enhance emotional and mental well-being in a supportive environment.

When: Fridays

Ball Sports

Be part of the team and develop your skills in various sports, including basketball, cricket and soccer. Enjoy the camaraderie, stay active and experience the excitement of team sports.

When: Fridays

