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News

U3A Darebin Annual General Meeting

2pm Monday 3 December

Northcote Senior Citizens Centre, 16A Bent Street, Northcote.

All members are invited to attend our 2018 AGM, followed by End of Year celebrations - entertainment, afternoon tea, and fun!

An opportunity to catch up with fellow members and others who keep Darebin U3A running – tutors, committee, supporters, everyone who attends our classes and events – and to thank those ongoing in, or retiring from, their voluntary roles.

Our creative arts groups will display some of their work or perform, while a slideshow highlights other members' activities.

If you have photos of 2018 U3A Darebin classes (and your classmates are happy to have them shown), please email them to the office by Friday 23 November so they can be included.

If you wish to nominate yourself or another as a member of the Committee, please do so. Forms are attached to the AGM notice sent to members (email or posted).

To help the environment, please bring your own cup and a plate of food to share. Please sign in on arrival, as it is a formal meeting.

CALENDAR DATES

2018 Annual General Meeting

2pm Monday 3 December
 Northcote Senior Citizens Centre

2019 Membership & Enrolments

Open from 30 November, with application assistance at Fairfield Office: 9.30am-2pm on Friday 30 November, Tuesday 4 & Wednesday 5 December

2018-2019 Term Dates

Term 4 Ends Friday 30 November 2018
Term 1 Begins Monday 31 January
 Ends Friday 5 April 2019

For Your Diary

Tutors Workshop

12.30pm Wednesday 23 January
 Grandview Hotel



2019 Tutors Information session

12.30pm Wednesday 23 January 23

Grandview Hotel,

An information session and lunch for all 2019 tutors will be held in the dining room at the front of the hotel. Tutors will receive a copy of the 2019 Tutors Handbook and their new class lists.

Lunch is provided, and can be chosen from the lunch menu or Seniors menu. Drinks at bar prices!

Forward plan – if you'd like a report or story published in the first newsletter next year, email text/images to office by 1 February.

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From the Committee

2018 Committee of Management

President	Ann Richie
Membership Secretary & Vice-President	Julie Ryan
Secretary	Jan Gross
Treasurer	Estera McKenzie
Course Convenor	Annette Davis
Volunteers & Assistant Course Convenor	Peter Ryan
Office Manager & Equipment Coordinator	Alison Daams
Property Officer	Jean Garita
Newsletter Editor & Website coordinator	Janet Marlow

Non-committee positions

IT Consultant	Russell Lennox
Web & Data Consultant Publicity	Col Purchase Margaret Monument

This month's newsletter includes **important information about enrolment**, please read it carefully. We hope many of you have a go at enrolling online. When picking your classes it is really a good idea to read the information about them, as details have changed for some classes.

We have an enthusiastic group working on the **Self-Directed Exercise Project**, preparing walks, bike rides, historic rambles and other exercises in various areas of Darebin. If you wish to be involved it is not too late, as the group needs people to test all activities before they are published. Email or ring the office if you are interested in being a 'tester' for any of these activities.

Now is a good time to **get your class 'OUT THERE'**. We will have a display of class's works and activities at the AGM, including photos and posters for other members to view. There will also be a Powerpoint slideshow to run during the meeting, but we would like more digital photos included. Please email them to the office if you want some publicity for your class or activities.

We know many people are prepared to assist U3A in its work but are not keen on joining a committee. While an active committee is very important to the functioning of U3A there are other ways of helping out. **Check out the Volunteer Classes online** and read the descriptions. All assistance is most welcome.

Ann Ritchie

Vale Carmel Lee

Carmel joined U3A Darebin in 1992 and very soon became an active member of the organisation. She was a member of the Committee of Management for many years until she retired in 2015, and held various committee roles including Tutor Co-ordinator and Publicity Officer. Carmel was always ready to help with any work that was required and looked for new opportunities to enhance our U3A - such as publicising U3A on 3CR Community Radio and liaising with La Trobe University in a quest to gain more tutors.

A long-term member of a number of classes such as Ancient Civilizations, Yoga and Book Discussion 1, Carmel was always welcoming to new members and a positive, kind and much valued classmate.

Carmel came to Preston in 1975. She moved out of the area in 2016 to be nearer to one of her sons. She died peacefully in her sleep on 24 September 2018. Several U3A members attended a memorial service for Carmel at Ivanhoe on 1 October. Our hearts go out to Carmel's family and her many friends.

Dianne Beaumont

Farewell Chris Honig

Over the years, Chris made a significant contribution to the learning and sharing goals of U3A Darebin. An original member of our first Book Discussion Group formed in 1998, she was a greatly valued member of the group (now Book Discussion Group 1) for 20 years, and class leader/facilitator for a period. She saw the group as an opportunity to exchange ideas, thoughts and opinions. Chris loved books and reading and spoke movingly about the importance of libraries in her life during the September 2016 forum on *What Books Are For*. Chris died on 26 October. A gathering for family and friends will take place at Montsalvat on 19 November.

Robyn Hartley

Coming Soon

Darebin Aged Friendly Consultation

The Darebin Council is currently seeking feedback about the services and resources they should provide, given recent Federal changes to Aged Care funding. U3A Darebin Committee believe it is very important that as many of our members as possible respond to this consultation. In order to assist with this, we will have a large number of feedback forms around the venues. Do share them around and fill them in before 23 November. We will all be affected by the results of this consultation and need to have input.

2019 Membership and Course Applications for next year's classes will open on 30 November 2018.

You can join, renew and apply for courses **online** at www.u3adarebin.com.au – the new course list and timetable is now available. To read the description of classes you are interested in, click on the name of the class, noting the venue and starting dates. **After applications open**, existing members should **login** and select *View Member Details* to renew their membership (scroll down to *Subscriptions*). Don't forget to click *Confirm* before moving onto the next page. New or joining members from other U3As can select *View Courses* and *Join as New Member*. If you have forgotten your password, click on *I've forgotten password* to receive a new one. You can pay online using your credit card as a guest on PayPal. Online payment for membership and any course fees is made secure through PayPal, either using a PayPal account or a credit card when selecting their 'Guest option.

You can also select *View or Select Courses*, again don't forget to click *Confirm Selection* (otherwise you will not be enrolled in any classes chosen) or **login** again later to select up to six courses.

If you are unsure of how to apply online, **application assistance** will be available at our Fairfield office from 9.30am to 2.00pm on Friday 30 November, Monday 4th and Tuesday 5th December. There you may join or renew membership using credit card, cash or cheque. Applications sent by post with a cheque (NOT CASH) are processed by the date receipted by our office, which is closed 14 December - 14 January.

Please do not assume that because you were in a 2018 class you are automatically re-enrolled for 2019 – everyone must re-apply. Applying online and early is the best way to get into the classes you want.

Everyone will be wait-listed for popular courses and tutors will allocate placements in mid-January.

New Courses in 2019

DIY Home Handyperson Skills

10:30 am Wednesdays 6, 13 & 20 February 2019 (3 weeks)

Bunnings Northland, 120 Chifley Drive, Preston



Would you like to know how to pick the correct drill bit for a task? Can you fill a hole in a plaster wall? Is hanging a picture straight an impossible job for you? This course has been offered by Bunnings who hope it will help those living alone and/or maintaining their homes to complete small jobs around the house.

Ukulele

12:30-1:15pm Fridays from 8 February 2019 (ongoing)

Span Community House, 64 Clyde Street, Thornbury



The Ukulele is a cheap instrument to buy and a fun and easy instrument to play. This course is for beginners but will adjust to participants as time goes on.

Everyone will need will need to beg, borrow or buy their own instrument before the course starts. And as the class progresses, it is hoped they will accompany the *Singing for Pleasure* group.

Tutor: Campbell Pearson

Improvisational Play

1.30 - 3.30pm Thursdays 7 Feb to 14 March (6 weeks)

East Preston Senior Citizens Centre, Donald St, East Preston

At every stage of our lives the freedom to play is essential for exploring ourselves, our relationships and our well-being. Using 'InterPlay' skills and techniques in improvised movement, voice and story is the palette with which we will play, opening up the possibility of more connection and joy.

Tutor Hans Foik has been an active member of the Melbourne InterPlay community for over a decade. He's an Artist Activist in Ecological and Humanitarian issues, with post graduate studies in Clown and Buffoon.

Tutor/Facilitator Wanted

This year's class *Birth of the Modern Mind* was based around a series of lectures from *The Great Courses* series (www.thegreatcourses.com.au). Eight people met weekly in a private residence to view lectures on the development of modern western thought – it was intellectually stimulating and very relevant to today. Using *The Great Courses* or *U3A Online* courses (www.u3aonline.com.au) as material for a class can save lots of preparation and will stimulate discussion. If anyone is interested in running a similar class in 2019, U3A Darebin is happy to provide the resources - just let the office know you are interested and someone will contact you to discuss in detail.

Reports

(Not the Grandview) Forum – Spontaneous Big Book Group

This event was conducted in partnership with the Darebin Library on 15 October. Seventeen people attended, most of whom were U3A Darebin members.

There was a lot of chat about good books we had read. Some information was shared on how we respond to literature and why individual participants liked specific genres of books.

The Northcote Library room was a great space for interaction and they provided a yummy afternoon tea.

Ann Ritchie, Event Leader



Current Affairs class: Q and A forum

On 18 October, our Current Affairs class hosted Anthony Carbines (MLA Ivanhoe) for an extended Q and A forum. Although several members were absent the group was its usual robust engaging dynamic self. Anthony is Parliamentary Secretary for Energy Environment and Climate Change, and Parliamentary Secretary for Water. He has been the Member for Ivanhoe since 2010. Anthony's electorate is diverse indeed – it takes in the suburbs of Heidelberg, Heidelberg East, Ivanhoe, Ivanhoe East, Rosanna, Viewbank, Eaglemont and parts of Macleod and Yallambee.

The group was appreciative of Anthony's candid, informed responses and his willingness to accept a range of 'thorny' questions at such short notice. We covered: decentralisation, Gas Exploration, Hoddle Street and the East West link, the current status of the desalination plant, The current Government's *Vision for Victoria* (incorporating pressing population concerns) and the \$500 million Airport make-over, to mention but a few.

I would like to thank Anthony for his time (time is certainly at a premium for State Politicians given we are only a few weeks out for the election on 24 November) and ensure him my group would 'be up' for a return visit at any time.

Noel Butterfield, Current Affairs Tutor

On Monday 24 September more than 50 members attended a presentation by Kelly Howard, an Occupational Therapist from the Banyule Community Health Service. A wealth of facts about falls and hints on how to successfully decrease our risks, followed by questions from the audience. Continued discussion during afternoon tea indicated strong interest in reducing risks, so here are extracts from Kelly's slides. The leading cause of unintentional injury, falls can happen to anyone at any age but we can reduce the risk.

Ten Tips for Falls Prevention

1. Manage your health conditions

Some medicines can increase risk of falling due to side effects causing drowsiness, confusion, unsteadiness and dizziness. You may be at a greater risk simply because you take several different medications which interact with each other and may cause instability. This includes those prescribed by your doctor or bought over the counter and vitamin remedies or herbal remedies.

2. Manage your medications

It's important to take medications exactly as prescribed, and never stop taking medications without your doctor's knowledge. Always have a list of medications and take to all medical appointments.

3. Take care of your feet

Foot health is very important in falls prevention, as feet are our anchors to the ground. As we age our feet can change shape and lose feeling, which affects the way we walk and can affect balance. Wear safe shoes – a Podiatrist can give you guidelines on what to look for when choosing footwear.

4. Eat a healthy diet

5. Complete daily tasks in a safe manner

6. Maximize your vision

7. Stay active

Exercise helps keep muscles strong, bones healthy and improves your balance. Inactive or unfit people tend to have poorer balance, weaker muscles and can be unsteady when walking. Keep mobile (with stick or frame if needed), as the more unsteady you feel the less walking you are likely to do, which leads to imbalance – if you don't use it you lose it! Consider increasing activity levels with: Tai chi, Walking, Yoga or Pilates, Hydrotherapy or swimming, Local exercise groups, Exercising with friends or family. If you're unsure, get advice from a specialist Physiotherapist.

8. Reduce falls hazards in your home

Homes change and age like we do, with wear and tear or lack of maintenance making them less safe. Often making minor practical changes by re-organizing or removing things can make us safer. *Effective lighting*: use at least 9-11 W LED or 14-17W Compact Fluorescent Lamps (equivalent to 75 Watt old-style incandescent globes); use nightlights or sensor lights. Make sure lighting is even and reduce glare by placing shades over lights and blinds or curtains on windows.

Reduce slip or trip hazards: be aware of changes in floor surfaces eg. carpet to lino, carpet to tiles; remove small mats/rugs or replace them with non-slip options; consider replacing worn, frayed or lumpy carpet; repair or replace cracked tiles and damaged lino; clean up spills as soon as possible.

Go through each area of your home to identify potential risks to reduce risk of a fall and injury.

In **living areas**, make sure there is space to walk around safely with a walking aid if needed (some furniture may need to move or be removed). Be aware of pets around your feet (try bells on a cat's collar). Use stable chairs with support for sitting and standing; consider the height of your lounge chairs, a higher armchair is easier to stand up from.

Arrange your kitchen so that the most frequently used items are easy to reach shelves between shoulder and knee height; consider a kitchen trolley to transport items; remove or replace mats.

In the **bathroom**, make sure there is ample space to get in and out of the shower (consider replacing a shower over bath with a walk-in shower); ensure there is a shelf in the shower/bath for soap and shampoo (no bottles on the floor). If you are finding you need extra stability when showering/bathing consider installing grab rails, using a shower chair/stool or Bath Board and non-slip mats. Take extra care in wet areas and remove unnecessary items.

In **bedrooms**, as everywhere: remove mats, keep floors clear and reduce clutter. Beds should be at a height for easy movement on/off; keep glasses and walking aids close; use a lamp if getting up during the night; consider using a night urinal bottle or commode to minimize distance to toilet.

Outside your home: keep pathways clear; highlight edges of steps (loss of depth perception is a normal part of ageing); repair broken or uneven paths and steps; consider installing rails to use as support and sensor lights for night time; remove security door swing pump which can knock you over if you are moving slower on your feet. If you are using a frame or wheelchair, ramps and platform steps can be installed to allow you to accommodate your walking aid, as using a frame on normal steps is not safe as all the points of the frame need to be level on the step.

Modifying how you do things: plan ahead to be safer and don't rushing when you do things.

Changing the way you go about your day to day activities does not mean stopping doing the things you love, but doing in a way that is not putting you at risk of a fall. For example, don't stand on ladders to prune trees, replace the ladder with long handled clippers; don't stand on a kitchen chair to reach overhead cupboards, get help to re-organize those items in lower shelves. Wear non-slip footwear indoors as well as outdoors e.g. avoid loose slippers or thongs, don't walk in socks on slippery surfaces such as varnished floorboards and tiles. Going up step one step at a time with both feet is safer, and don't carry heavy bags of shopping or juggle with items eg. have keys ready or stop to get them out once you reach the front door. Most important of all be aware of your limitations and don't be too proud to ask for help if it's going to keep you safe.

9. Be safe in the community

Hazards can include: crowds and crowded areas, uneven footpaths and using public transport.

Plan before going out, eg. safe shoes, glasses, walking aids, scan before walking and take your time.

10. Make a Fall Plan

Planning ahead can help by allowing us to assess risk, feel safer, confident and in control. Consider:

How to reduce injury and harm - injury from a fall depends on multiple factors so it's important to reduce as many risk factors that we can to help minimize the degree of injury sustained (such as how and where we land, our health prior to falling, and how quickly help arrives)

How to get help - you need to be able to raise the alarm and to let the help in.

To ensure you can contact help, consider a personal alarm, carrying a mobile phone or cordless phone, carrying a whistle, organizing a daily call with family or friends.

So help can get to you, consider installing a key safe or giving a house key to a trusted friend, family member, or neighbor, re-hanging doors to toilets or bathrooms, Ross safety hinges

How to get up from the floor/ground – consider this now, as knowing can help if you have a fall.

Think about your own life... What are your risk factors? How is your home set up? Do you have a fall plan? Do you need to make any changes?

If you would like an Occupational Therapist (OT) assessment, are interested in services, or are concerned about falls: speak to your GP, and/or

contact My Aged Care 1800 200 422

contact your local community health centre - Darebin Community Health 8470 1111

- Banyule Community Health 9450 2000

Our Stories

Northcote Snippets – a series of historical glimpses into Northcote's past

Ernest (Ern/Ernie) Bainbridge and *Le Tour de France* 1928

A forgotten sportsperson of Northcote and Preston is Ern Bainbridge (1891-1984). He was part of the first non-European team to compete in an early Tour de France.

Bainbridge grew up in Northcote. His father was contractor for council working with the cable tram amongst other projects. From 1911 Ern Bainbridge was competing in bicycle races, by now working as a carpenter. Four years later he was married. In 1916, Private Ern Bainbridge aged 25 enlisted in the Australian Imperial Force (AIF) and served in France. A gunshot wound to his left arm cut his fighting short.

Upon his return in 1919, he settled with his wife in Preston and returned to competitive cycling in 1920. In 1923 he finished third in the Warrnambool to Melbourne race. At the time it was biggest and richest cycling race in the world, and it made Bainbridge's name as a cyclist. A direct result of his high placing meant that three top riders were selected to compete in the *Tour de France*.

The Sporting Globe newspaper ran a public subscription to raise funds. Preston council and *The Leader* newspaper added their voice in particular for the local lad.

Ernie Bainbridge c1920s >

In 1928, a four man Australian/New Zealand cycling team headed to France: Bainbridge with Hugh Opperman, Percy Osborn and New Zealander Harry Watson. Being older and more experienced, Bainbridge was the senior cyclist.

At that time the elite European teams were made of ten men. It was a gruelling event over poor roads and bad weather. The under resourced Australasians were the first English-language cyclists to compete in the then infamous Tour, and they suffered injuries, saddle sores and illness. Despite all the hardships this race was the one that made Hugh Opperman's cycling career. In this very difficult Tour, only 41 riders finished the race out of 161 entrants. Of the four men in the Australian/New Zealand team, only Bainbridge failed to finish. He retired in Stage 15 with infected wounds from crashes and severe saddle sores, however he continued in the support vehicle encouraging his team mates.



Photos from 1928 Tour de France, showing the Australian/New Zealand team before and after Bainbridge retired.

Back in Preston, Bainbridge's bicycle was on display for some time in Sunbeam Cycle Works (Les Cox) at 127 Plenty Road in Preston, proudly announced *The Leader* newspaper.

A documentary in 2016, *Le Ride*, followed cyclists Phil Keoghan and Ben Cornell as they attempted to retrace the 1928 Tour route around the perimeter of France. Travelling the 3,500 miles (5,600 km), in 22 stages over 26 days on restored vintage bikes with no gearshifts was increasingly difficult and challenging as they tried to keep pace with the daily progress related by NZ cyclist Harry Watson in his 1928 journals.

P. Michell, 2018

Consumer Purchase Law – Consumer Guarantees and Product Returns

As the season of gifts and retail sales fast approaches, here is a topical article from Paul Michell (who is careful to state he is “not a lawyer”).

A court case in June this year highlighted a short-coming in consumer awareness regarding warranty on goods purchased in Australia. The upshot of the judgement is that companies DO NOT have to tell customers of their consumer rights, however they are NOT allowed to misrepresent the consumer law.

www.accc.gov.au/media-release/full-court-finds-lg-made-misleading-representations

The case concerned unhelpful customer service advice given to purchasers seeking repairs to faulty televisions which were ‘out of warranty’. Under Australian Consumer Law and irrespective of any manufacturer warranty, consumers are entitled to a repair, replacement or refund if goods or services are considered faulty and it is ‘reasonable’ that the products should still be in a functioning quality considering the typical lifespan of that type of product.

www.theage.com.au/technology/how-lg-avoided-consumer-guarantees-and-didn-t-break-the-law-20180629-p4zofw.html (updated 29 June 2018)

Many products have a 1-2 year factory warranty. You may not be aware that under Australian Consumer Law items must be ‘fit for purpose’ and are mandated to be warrantied for their ‘estimated use’, or some such term. For example, if a fridge is purchased new and breaks down after two years, as it is considered that an estimated life of a fridge would be well beyond two years, it should be repaired or replaced at no cost to the purchaser. ** If a store is being difficult, you need to state something like ‘I demand resolution under Australian Consumer Guarantees’. Personally, I would add something like ‘this failure happened well within the estimated useful life of (the item)’.

(Further, paying for an ‘extended warranty’ does not seem necessary since they only cover the ‘estimated use’ of the product –that’s why extended warranties are for limited number of years.)

The recent court case involved a store not telling the customer their rights. Whilst the court upheld the customer’s complaint, the end result is that a store/selling place does NOT have to tell you your rights under consumer law. You have to request/demand it.

“Generally, consumers have a right to a refund when there is a major problem with something they bought. Stores cannot take away this right by claiming they have a ‘no refund’ policy or displaying a ‘no refund’ sign. This also applies to an online store’s refunds and returns policy.”

www.consumer.vic.gov.au/products-and-services/refunds-repairs-and-returns/warranties/expired-warranty

***“Businesses also must not tell a consumer that they are required to pay for any rights equivalent to a consumer guarantee. This means that, when selling an extended warranty, a supplier or manufacturer should be very clear exactly what it offers over and above the consumer guarantees that apply automatically.”*

www.consumer.vic.gov.au/products-and-services/business-practices/store-policies/no-refund-signs (sourced 5/8/18)

The problem illustrated by the recent case is that the store does not have to tell you your rights, they just can’t provide the wrong information.

Of course none of this applies to refunds if you change your mind and want to return something.

Australian consumer guarantees apply to: new and second-hand products, sales and seconds, [online sales](#) (though sales by overseas companies might be difficult to follow up), [gifts](#) (with some proof of purchase), [services](#), bundled products and services. For more about consumer rights, read the CHOICE article:

www.choice.com.au/shopping/consumer-rights-and-advice/your-rights/buying-guides/know-your-consumer-rights

Out & About

In Darebin

Music at Preston Library

Cantabile Choir, a Northcote based chamber ensemble, will perform madrigals and some familiar and not-so-familiar Christmas music. The choir's repertoire ranges from Renaissance sacred music and madrigals through to contemporary compositions, folk and popular music.

7pm–7:45pm Thursday 13 December

Preston Library, 266 Gower Street, Preston

Book: 1300 655 355 or www.eventbrite.com.au/e/cantabile-choir-tickets-51790490752

Melbourne Ukulele Kollektive (MUK) boldly go where no ukuleles have gone before, crossing borders, smashing boundaries and raising the humble ukulele to new and outlandish heights. Come along for a special festive celebration, MUK style!

1pm–1:30pm Saturday 15 December

Preston Library, 266 Gower Street, Preston

Book: 1300 655 355 or

www.eventbrite.com.au/e/melbourne-ukulele-kollektive-at-preston-library-tickets-51793685307

Music at Northcote Library

Melbourne Ukulele Kollektive (MUK) continue their special festive celebration, MUK style!

2:30 pm – 3:00 pm Sat. 15 December 2018

Northcote Library, 32-38 Separation Street, Northcote

Book: 1300 655 355 or

www.eventbrite.com.au/e/melbourne-ukulele-kollektive-at-northcote-library-tickets-51799158678

Carols in All Nations

Held annually, the carols in *All Nations* park is an evening event under the stars. This secular event will be hosted by the glittering MC Mama Alto, and will feature a Welcome to Country, Mayoral Welcome, children's choirs, Darebin City Brass, ARC Christmas Choir, closing with the uplifting Gospel Sundays! Plus food from community market stalls, sausage sizzle and more! Bring a picnic, your best singing voice and celebrate Christmas with your community.

6-9pm Saturday 8 December

All Nations Park, Northcote (stage/lake area)

Free



COMMUNITY CINEMA SERIES

Enjoy free movie entertainment with your friends at the Darebin Intercultural Centre. Bookings essential. For details: phone 8470 8440 or email intercultural@darebin.vic.gov.au

2-4pm Thursdays, until 6 December 2018

Darebin Intercultural Centre 59A Roseberry Avenue, Preston VIC

About U3A Darebin

The University of the Third Age (U3A) is a community based provider of learning opportunities, educational activities and social interaction for people who are over 50 and not in full time paid employment. U3A provides opportunities to keep mentally and physically active and involved in local communities.

U3A Darebin is your local gateway to fun, company and intellectual challenge. Run by volunteers, we present events and a range of courses designed for older adults which do not require prior qualifications.

Our Constitution and policies are available on our website www.u3adarebin.com.au/policies/ or from our Fairfield office during opening hours.

U3A Darebin acknowledges the Wurundjeri people of the Kulin Nations as the traditional owners and caretakers of the land on which our organisation operates. U3A Darebin respectfully recognises Elders both past and present and extends that respect to all Indigenous Australians.

(Visit: www.wurundjeri.com.au, www.darebin.vic.gov.au/Darebin-Living/Community-support/Aboriginal-and-Torres-Strait-Islander-Darebin?a=84E2C1EC677641C0B45F3EBFA2E73B17#Traditional-Owners)



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If you require assistance with any Federal Government issues, such as Medicare, Centrelink, taxation, defence, higher education, citizenship, the environment, communications and other national or international affairs, please contact Ged Kearney's office on 9416 8690.



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