

Things to do in the City of Maribyrnong

Gambling Alternatives

November 2021



Libraries and Learning

Libraries



The City of Maribyrnong has libraries in Braybrook, Footscray, Maribyrnong, West Footscray and Yarraville. They offer a range of accessible, free and low cost services and activities. Activities include: Book Groups (with Spanish and Chinese groups), Story Time, Baby Rhyme Time and LEGO™ Club.

Opening hours vary, but are normally 10am to 5pm Monday to Friday and 10am to 2pm on Saturday.

Join the library online at **maribyrnong.vic.gov.au/library** or call for more information: **(03) 9688 0290**

Home library service

A free home library service is available for eligible residents who are unable to visit the library for reasons such as disability, frailty, chronic illness, being a full-time carer, or living in a care facility.

A librarian can visit you to find out what you like to read, watch or listen to, and will then select and organise delivery of your items.

Contact the library to ask about the Home Library Service: **(03) 9688 0290**



Online Library Resources

Your library membership gives you access to a range of online resources including:



LinkedIn Learning:

Learn software, creative and business skills to achieve your personal and professional goals with comprehensive video tutorials.



Beanstack:

Log your reading and participate in reading challenges and activities.



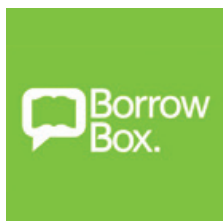
PressReader:

Read thousands of local and international newspapers and magazines.

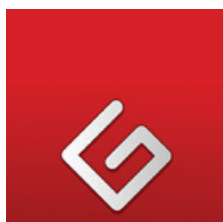
Online Library Resources (Continued)



Kanopy:
Watch films online.



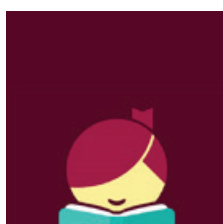
BorrowBox:
Access to electronic books and audiobooks.



Project Gutenberg:
Access to over 57,000 free electronic books.



Clue Detective Puzzle Agency:
Join this puzzling community and join like-minded people solving puzzles that keep their mind fit.



Libby by OverDrive:
Access to electronic books, audiobooks and magazines.

Street Libraries



Combine your interest in reading with being active and exploring your neighbourhood, by visiting one of 20 street libraries in the City of Maribyrnong.

Street libraries are small book exchanges located in neighbourhoods on local streets, hosted by individual households to encourage a love of books and reading. The libraries are a great way to connect and share in the neighbourhood.

Find a street library near (or far) from you at:
maribyrnong.vic.gov.au/Community/Community-programs-and-grants/Street-Libraries

Community and Seniors Centres

Community Centres and Neighbourhood Houses



A broad range of courses, activities and services can be accessed at our community centres and neighbourhood houses:

- Angliss Neighbourhood House
- Braybrook Community Hub
- Braybrook Maidstone Neighbourhood House
- Maidstone Community Centre
- Maribyrnong Community Centre
- West Footscray Neighbourhood House
- Yarraville Community Centre

Low-cost and no-cost programs and activities include:

- Writing, music, sewing, cooking and gardening classes and activities
- Parenting classes and playgroups
- Meditation, stretching, yoga and Tai Chi classes
- Language classes
- Computer and iPad classes for beginners.

Discover a new hobby, learn a new skill and meet interesting new people. More information: maribyrnong.vic.gov.au/Community/Community-centres/Community-centres-and-neighbourhood-houses

Seniors' Centres

Many groups meet in our four seniors' centres in the City of Maribyrnong. These groups hold regular activities to encourage social inclusion within our community.



Angliss Senior Centre:

Croatian Seniors Group, Footscray Senior Citizens, Filipino Elderly Get Together, Indochinese Elderly Refugee Association.

Raleigh Road Activity Centre:

Greek Elderly Citizens Club, Maribyrnong T.O.W.N Club, Philippines Cultural Society for Family and Friends, Tai Chi, River Day Club, Zlanto Sonce.

Yarraville Senior Centre:

Macedonian Pensioners Association of Footscray, Polish Seniors, Russian Seniors Group, Trugo Club, United Slavic Pensioner Group, Western Suburbs Greek Elderly Citizens Club, Yarraville Senior Citizens, Yarraville Indoor Bowls Club.

West Footscray Seniors Centre:

Italian Pensioner Club, Pontiaci Gonia, West Footscray and District Gardening Club, West Footscray Senior Citizens, West Footscray Seniors Craft Group.

More information: maribyrnong.vic.gov.au/Residents/Support-in-your-community/Older-people-in-Maribyrnong/Senior-Citizen-Centres

Braybrook Men's Shed



The Men's Shed, at Braybrook Community Hub, provides a space to work on your own project or contribute to community activities. You can develop new skills and enjoy meeting other people.

More information: maribyrnong.vic.gov.au/Community/Community-centres/Community-centres-and-neighbourhood-houses/Braybrook-Men's-Shed



Healthy and Active

Maribyrnong Aquatic Centre



Maribyrnong Aquatic Centre is one of Melbourne's leading leisure centres, catering for all ages and fitness levels. It offers three pools (all with ramp access or walk-in entry), plus spa, sauna and steamroom, gym and group fitness areas.

Prices range from \$6 for casual access to pools (for concession), up to \$27 for access to all facilities. A range of ongoing memberships are also available.

For more information: maribyrnong.vic.gov.au/mac/Home

RecWest Braybrook and RecWest Footscray

RecWest Footscray and Braybrook are Council facilities, managed by the YMCA.

RecWest Footscray offers a fully-equipped health club and provides a range of programs for people of all ages and fitness levels within the City of Maribyrnong and surrounding communities. Casual access to the gym or a group fitness class starts at \$12.10 (for concession).

RecWest Braybrook offers a indoor courts (4) suitable for basketball, futsal, netball, volleyball, and badminton as well as a mirrored dance/fitness studio, and multi-purpose room. A range of competitions, clubs and programs use the facilities, and they are also available for casual hire.



For more information:
recwestbraybrook.ymca.org.au or
recwestfootscray.ymca.org.au

Walking and Cycling



There are many kilometres of scenic walking trails in the City of Maribyrnong, and more than 40 km of bike paths (both on-road and off-road).

The Maribyrnong River Trail is one of the longest linear stretches of paths in the local area. It stretches for 15 km and can be traversed without needing to cross a major road.

Council provides a network of bicycle pump and repair stations to support riding, located at West Footscray Station, Pipemakers Park, Footscray Park, the Bouldering Wall and Napier Street.

Walking Circuits: Maribyrnong River:

- Edgewater Lake circuit, Maribyrnong: 2.5km circuit on shared bike and walking tracks.
- Footscray Park, wetlands and racecourse circuit, Footscray/Maidstone/Maribyrnong: 3.2km circuit mostly on shared bike and walking tracks.
- Chifley Drive and The Blvd, Maribyrnong: 4.2km loop mostly on shared bike and walking tracks.
- Cranwell Park, Braybrook: 1.9km (one way) from Solomon's Ford to Maribyrnong River crossing near golf course.

Walking Circuits: Stony Creek:

- Cruickshank Park small loop, Yarraville: 1.1 km circuit between footbridges over Stony Creek on shared bike and walking tracks.



To get more information on walking and cycling tracks, or to join a cycling group, visit Council's website: maribyrnong.vic.gov.au/Community/Parks-sport-and-leisure/Getting-active

Parks and Gardens

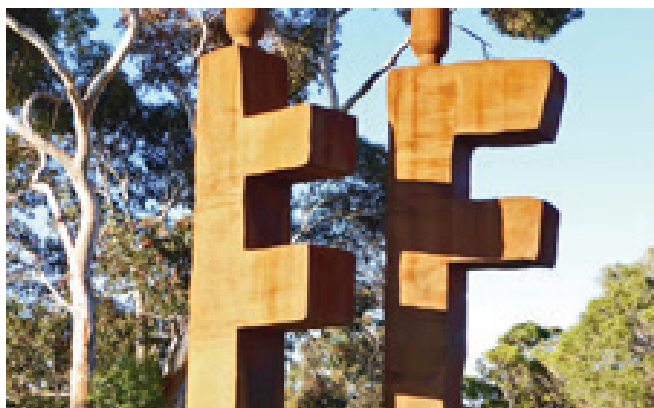


The City of Maribyrnong is home to over 100 beautiful parks, gardens, recreation areas and reserves. Discover our wonderful parks and gardens including:

- Footscray Park (the largest Edwardian period garden in Victoria) and Newells Paddock wetland
- Pipemakers Park and Frogs Hollow wetland
- Cranwell Reserve and Maribyrnong River reserve
- Braybrook Park, Robert Barrett Reserve, Hansen Reserve, Cruickshank Park, Yarraville Gardens and Angliss and McIvor Reserves.

See the full list of 100 parks and gardens online: maribyrnong.vic.gov.au/Community/Experience-Maribyrnong/Parks-and-gardens

Public Art and Cultural Heritage

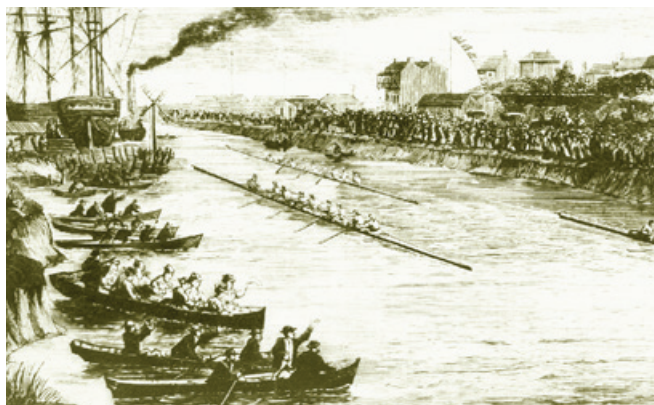


Why not combine your interests in exercise, and arts or local history, by exploring the City of Maribyrnong with a focus on public art or heritage.

Public art pieces are located throughout the City.

More information on public art: maribyrnong.vic.gov.au/arts-and-culture/Home/Programs/Visual-and-Public-Art/Public-Art

The area has a rich and interesting Indigenous and non-Indigenous history, often centred around the river. Explore this history with walks and podcasts.



More information on heritage walking trails: maribyrnong.vic.gov.au/Discover-Maribyrnong/Our-history-and-heritage/Heritage-Trails-and-Walks

Playgrounds



From dinosaurs to aeroplanes to natural play spaces, Maribyrnong's playgrounds will amaze and delight both young and old.

Larger playgrounds include:

- Footscray Park all-abilities play space
- Hansen Reserve playground, Kingsville (new)
- Aeroplane Park, Braybrook
- Cranwell Park playground, Braybrook
- Jensen Reserve playground, near Edgewater, Maribyrnong
- Pipe Makers Park playground, Maribyrnong
- Yarraville Gardens playground, Yarraville
- McIvor Reserve playground, Yarraville
- Johnson Reserve, West Footscray.

More information: maribyrnong.vic.gov.au/News/Top-playgrounds-in-Maribyrnong-to-explore-this-summer

Fitness Equipment / Bouldering Wall



Outdoor fitness equipment is available in multiple locations across the City of Maribyrnong, including along the Maribyrnong River (at Footscray Park, Burton Crescent Reserve and Chifley Drive), and Cruickshank Park in Yarraville.

A free public bouldering wall is located under the Hopkin Street bridge in Footscray near the Maribyrnong River.

Visit them anytime! These facilities are accessible 24 hours a day, 7 days a week.

Daughters and Sons of the West

The Daughters and Sons of the West programs are free 10-week health programs that aim to empower women and men to eat healthier, be more active and improve their overall wellbeing. The programs are also a great way to meet new people and discover opportunities to become more involved and connected to your local community.

Each session includes information on different health and wellbeing topics, followed by physical activities that is tailored to meet everyone's fitness levels.

The program is facilitated by the Western Bulldogs Community Foundation in partnership with local councils and community health services across Victoria.

The next men's program commences in March 2022 and the women's program in July 2022.

Visit Council's website in 2022 to register:
**[maribyrnong.vic.gov.au/Community/
Community-programs-and-grants/
Daughters-and-Sons-of-the-West](https://maribyrnong.vic.gov.au/Community/Community-programs-and-grants/Daughters-and-Sons-of-the-West)**



Volunteering

Volunteers are a vital part of our community and volunteering is a great way to give your time and expertise to support community programs and organisations.

Community gardens



Help nurture and share ideas with local residents about growing plants, flowers and herbs at one of our community gardens in Braybrook, Maidstone, Maribyrnong and Yarraville.

For more information: maribyrnong.vic.gov.au/Community/Community-programs-and-grants/Volunteering

Become a friend!

Join a local “friends of” group to support and help maintain and support a particular park, conservation reserve or species of native flora or fauna. There are currently “friends of” groups for Cruickshank Park, Maribyrnong Valley, Newell’s Paddock and Stony Creek.

There are also three rubbish collecting groups that meet monthly to help keep our City beautiful.

For more information: maribyrnong.vic.gov.au/Community/Community-programs-and-grants/Volunteering

FILLS program

Based out of Braybrook Community Hub, the Family Inclusive Language and Learning Support (FILLS) Program is a whole-of-family tutoring program for newly-arrived migrant and refugee families.

Volunteers are needed to provide weekly support to the program once it resumes again in 2022.

Contact the FILLS Projects Officer on **(03) 9188 5853**.

L2P driving program

The L2P program is a state government funded program to assist learner drivers to gain their minimum of 120 hours of driving experience to become a safe and confident driver.

Opportunities are available for volunteer mentor drivers.

For more information: maribyrnong.vic.gov.au/Community/Community-programs-and-grants/Volunteering

More opportunities

Volunteer West is based in the western region of Melbourne and provides information about volunteer opportunities, training and support to volunteers, coordinators and organisations.

For more volunteering opportunities visit volunteerwest.org.au

Getting Help

Gambler's Help - IPC Health

Gambler's Help is a free and confidential gambling counselling service for people experiencing harm from gambling as well as their partners and close family members.

If you need support please contact Gambler's Help IPC Health on **(03) 7037 2104** or Gambler's Helpline: **1800 858 858**, Gambler's Help Youth Line: **1800 262 376** or visit: **gamblershelp.com.au**

Australian Vietnamese Women's Association Inc.

Offers free and confidential gambling counselling services specifically for Vietnamese Victorians. Professionally trained staff deliver high quality counselling face to face, on the phone, or via email. They also provide support and referrals to gamblers, their family members and all those affected by gambling harm.

Visit **avwa.org.au/en/services/health-community-well-being/gambling-counselling** or call **(03) 9396 1922**

Gambler's Help Online

Gambler's Help also offers an online counselling service. Online counselling is convenient and flexible. You can get help anywhere, at any time, as long as you have a device that can connect to the internet.

Visit **gamblinghelponline.org.au/take-a-step-forward/chat-counselling**

Victorian Responsible Gambling Foundation

The Victorian Responsible Gambling Foundation works with partners and communities across Victoria to inform people about the risks of gambling, and to provide support to those who need it, including people affected by someone else's gambling. Their website includes valuable research and information, and provides links to Gambler's Help services.

Visit **responsiblegambling.vic.gov.au** or call **(03) 9452 2600**

Lifeline

Lifeline is a national charity providing 24 hour crisis and suicide prevention support to all Australians.

Visit **lifeline.org.au/get-help/information-and-support/problem-gambling** or call **13 11 14**