

East Preston Community Centre (EPCC)
is place-based, offering programs to address local health
and wellbeing.

Programs Include:

- Social Support
- Education and digital courses
- Community gardening, seed swap & food relief
- Networking with local service providers

Volunteer:

Contact us to discuss assisting EPCC or the following
programs:

- PRACE or Bridge classroom aid
- DIVRS Fresh Food program
- Newton Street community gardeners

Newsletter:

Subscribe to East Preston Community Centre news to stay up
to date:

darebin.sitecoresend.net/vtvliA/subscribe-to-your-darebin

Contact:

Programs on Mondays to Fridays
Drop-in support on Wednesdays from 9-5pm
7 Newton Street, Reservoir, 3073
Phone: 8470 8107
Email: epcc@darebin.vic.gov.au

EAST PRESTON COMMUNITY CENTRE
TERM 2 ACTIVITY BROCHURE
20 APRIL - 11 JULY 2026



the place
to live



CITY OF DAREBIN

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darebin.vic.gov.au



National Relay Service
relayservice.gov.au

If you are deaf, or have a hearing
or speech impairment, contact us
through the National Relay
Service.



Speak Your Language
T 8470 8470

العربية नेपाली हिंदी Español
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Ελληνικά Македонски Soomali Tiếng Việt



Social and Wellbeing Activities

Newton Street Community Garden

Connect, share, learn & grow for you & our community.

When: Wednesdays 22 April - 24 June

Time: 9.30am - 12pm

SMILE Health Checks

La Trobe nursing students' health assessments, including blood pressure & lifestyle advice.

When: Wednesdays 22 April - 8 July

Time: 10am - 12:00pm & 1:00pm - 3:30pm

stARTalking

Creative health & wellbeing activities.

When: Wednesdays 22 April - 8 July

Time: 1:00pm - 3:30pm

Social Morning Activity

Cooking, boardgames & bingo with La Trobe nursing students.

When: Wednesdays fortnightly

29 April - 8 July

Time: 9:30am-12:00pm

After School at Greenbelt Reserve

Socialise, play & connect with us at the park.

When: 28 April, 26 May & 23 June

Time: 3.30 - 4.30pm

Dementia Care & Support

A meaningful program for caregivers and those living with dementia.

When: Mondays 11 May - 8 June (5weeks)

Time: 10:30am - 2:15pm

Registration required: Johana 0432 099 850

YCH Diabetes Group

Share experiences, learn and discuss health topics with supportive people.

When: first Monday of the month

Time: 10am - 12pm

Registration required: Debra - 8470 1142

Women's Exercise

We will introduce you to a range of functional and core strength exercises.

When: Mondays 20 April - 22 June

Time: 5.30 - 6.30pm

Qigong Classes

Bring body, mind and breath together.

When: Fridays 1 May - 5 June

Time: 10am - 11am

Gentle Pilates

A gentle, low impact exercise class.

When: Tuesdays 28 April - 2 June (6 weeks)

Time: 4:30 pm - 5:30pm

Community Learning

YCH Cooking Class

Gain confidence cooking, preparing & planning healthy meals.

When: Thursdays 21 May - 11 June (5 weeks)

Time: 10.30am - 12.30pm

Registration required: Hollie - 8470 1111

Bridge Digital Support

Drop-in for free computer & mobile phone support.

When: Tuesdays 21 April - 23 June

Time: 10am - 12pm

PRACE Seniors' Tablets/iPads

Learn to use the iPad or Tablet to take photos, connect with family and more. everyday functions.

When: Fridays 24 April - 26 June

Time: 2 - 4pm

\$21 fee and registration required: 9462 6077



Drop-in Services

DIVRS Fresh Food

Fresh produce for East Preston residents.

Please bring ID and a bag.

When: Wednesdays fortnightly 22 Apr - 1 Jul

Time: 10.30am - 12.00pm

YCH Coffee Cart

Enjoy a free coffee and connect with residents.

When: Wednesdays fortnightly

22 April - 1 July

Time: 10am - 12pm

DIVRS Complex Support

Social worker, Caitlin offers advice and guidance. Drop in for a private chat or call: 0438 441 861.

When: Wednesday fortnightly 22 Apr - 1 Jul

Time: 9:00am - 3:30pm

Services Australia

Drop in for Centrelink, Medicare and other support. Phone interpreters are available.

When: Wednesdays fortnightly 22 Apr - 1 Jul

Time: 10am - 12pm

DIVRS Community Resources

Food & bill relief, housing, No Interest Loans (NILS), and other information and applications.

When: Wednesdays 22 April - 8 July

Time: 10am-3.30pm

Uniting Alcohol and other Drug Advice

Resources and advice to help manage alcohol and other drug use.

When: Wednesdays fortnightly 29 April - 8 July

Time: 10am - 12pm

Fitzroy Legal Service

Drop-in for free legal advice.

When: 6 May, 3 June, 1 & 29 July

Time: 10am - 12pm

Bridge Darebin - Quest Connect

Meet with essential service providers for help with forms, housing, NDIS, legal aid, Care Finders, fines, bills, loans, Centrelink, Aged Care, digital literacy, mental health & more.

When: Thursdays monthly 16 April, 14 May,

25 June & 16 July

Time: 10am - 12pm