Extreme heat

Extreme heat can do more than give you sunburn.

It can:

- make other health conditions worse
- give you heatstroke.

Heatstroke is when your body:

- gets too hot and
- can't cool down.

Getting ready early helps protect you and others.

What you can do

You can:

- use air conditioners and fans
- wear light weight clothing
- keep drinking water on hot days.

You can stay in touch with the people around you – like family and neighbours.

You can check the weather on the Bureau of Meteorology website or app.

You can find out more on the Victorian Department of Health website.
www.betterhealth.vic.gov.au/extreme-heat
You can also scan the QR code.

VICTORIA State Government

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne. © State of Victoria, July 2026 (2607635)

CITY OF DAREBIN

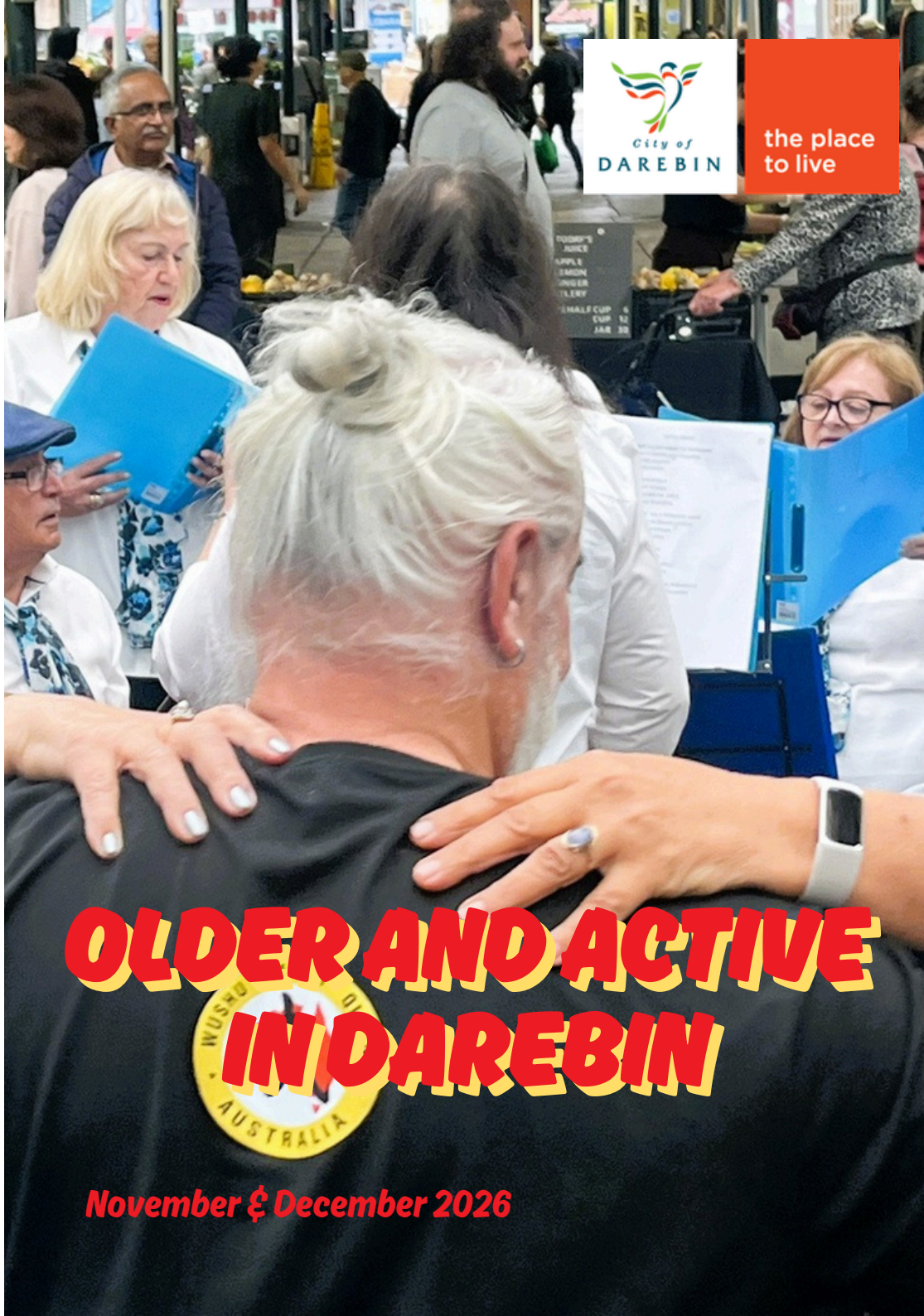
274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au

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	Italiano	Soomalii
繁體中文	Македонски	Español
Ελληνικά	नेपाली	اردو
हिंदी	ਪੰਜਾਬੀ	Tiếng Việt



Don’t miss out on more local opportunities for older adults! Subscribe to the eNewsletter on 8470 8828.

Chatty Café

Looking for a friendly place to connect? Join Bridge Darebin’s Chatty Café in Preston for free weekly catch-ups, a barista-made drink from Moon Rabbit Café, and great conversation in a welcoming, inclusive environment. Inspired by the Chatty Café Australia movement, the program helps foster connection and community .



Moon Rabbit Deck
218 High Street, Preston
Tuesdays, 10-11.30am
Free
Info on 9484 5806



Christmas Trivia

Test your knowledge of all things merry and bright, from Christmas songs and films to festive traditions. A seasonal showdown for Christmas and trivia lovers alike!
Round up friends or family to make a team or come along solo and we’ll partner you with some new quiz friends. Just add the number of people coming along when you book.

Preston Library, 266 Gower Street
Thursday, 17 December
6-7.30pm
Free
Bookings on 1300 655 355

Falls Prevention - Strength & Coordination

Combined chair-based and standing low-intensity exercises to help improve your strength, balance and coordination.
The session may include resistance and light weight-bearing exercises to maintain bone density, muscle strength, and general health and wellbeing.



Keon Park Childrens Hub,
1-7 Dole Ave
Thursday, 19 November
2-3pm

Get Active Darebin - All sessions are FREE

Gentle Walking Group

This short social walk is designed for people with limited m obility. Guided by an exercise physologist, the group allows participants to progress at their own pace, while receiving professional support.

Northcote Acquatic Centre
180 Victoria Road
Mondays until
16 November, 2.15-3pm

Prime Strength

Small-group, gym-based class, designed for older adults. Focuses on improving strength, balance and confidence through slower-paced, guided circuit training.

Reservoir Leisure Centre
Cuthbert Road
Tuesday 17 November,
12.45-1.30pm & Thursday,
19 November, 1-1.45pm
Bookings on 9496 1050