

**East Preston Community Centre, a place-based centre,
offering health and wellbeing supports for local
residents.**

**Local Service Supports
Social Support
Fresh Food & Healthy Eating
Adult Learning
Gardening & Seed Swap
Health & Exercise**

**Drop-in on Wednesdays from 9am-5pm or register to
attend a weekly program.**

**East Preston Community Centre (EPCC)
7 Newton Street, Reservoir
03 8470 8107
epcc@darebin.vic.gov.au**

**Subscribe to East Preston Community Centre or ask to
join our monthly e-news list to stay up to date.**

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
繁體中文	Italiano	ਪੰਜਾਬੀ	اردو
Ελληνικά	Македонски	Soomalii	Tiếng Việt



the place
to live

EAST PRESTON COMMUNITY CENTRE



Term 3 2026

**13 July - 25 September
ACTIVITY BROCHURE**

EAST PRESTON COMMUNITY CENTRE

Social & Wellbeing Activities

Health Checks

La Trobe nursing student's health assessments, blood pressure checks & lifestyle advice.

When: Wednesdays 15 Jul - 23 Sep

Time: 9:30am - 12pm & 1pm - 3:30pm

Social Morning Activity

Cooking, boardgames & bingo with La Trobe nursing students.

When: Wednesdays fortnightly 22 Jul - 16 Sep

Time: 9:30am-12:00pm

stARTalking

Creative crafts, health chats & wellbeing activities.

When: Wednesdays 15 July - 23 Sept

Time: 1pm - 3:30pm

Diabetes Group - YCH

Share, learn & discuss health topics.

When: first Monday of every month

Time: 10am - 12pm

Registration Required: Debra - 8470 1142

After School at Greenbelt Reserve

Socialise, play & connect with us at the park.

When: Tuesday 21 July, 18 Aug & 15 Sept

Time: 3:30pm - 4:30pm

Mindful Yoga

Movement, breath awareness and a touch of meditation to support physical wellbeing.

When: Fridays 24 July to 28 August (6 weeks)

Time: 10am - 11am

Women's Exercise

Functional & core strength exercises.

When: Mondays 13 July - 21 Sept

Time: 5:30pm - 6:30pm

Newton Street Community Garden

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

When: Wednesdays 15 July - 23 Sept

Time: 9:30am - 12pm



Community Learning

Cooking Class - YCH

Gain confidence cooking, preparing & planning healthy meals.

When: Mondays 3 - 24 Aug (4 weeks)

Time: 10:30am - 12:30pm

Registration Required: Hollie - Ph: 8470 1111

Seniors' Tablets/iPads - PRACE

Learn to use the iPad or Tablet for everyday functions.

When: Fridays 17 July - 18 Sept

Time: 2pm - 4pm

Registration Required (fee \$21): Ph: 9462 6077

TERM 3 2026 ACTIVITY BROCHURE

Support Services

Fresh Food - DIVRS

Please bring ID & a bag to collect fresh produce.

When: Wednesdays fortnightly 15 Jul - 23 Sep

Time: 10:30am - 12pm

Ph: 9480 8200 or admin@divrs.org.au

Coffee Cart - YCH

Free coffee & connect with residents.

When: Wednesdays fortnightly 15 Jul - 23 Sep

Time: 10am - 12pm

Services Australia

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

When: Wednesdays fortnightly 15 Jul - 23 Sep

Time: 10am - 12pm

Quest Connect - Bridge Darebin

Essential service providers advise and assist with government forms and support programs.

When: Thursdays monthly 16 Jul, 20 Aug, 17 Sep

Time: 10am - 12pm

Ph: 9484 5806 or

connect@bridgedarebin.org.au

Digital Support - Bridge Darebin

Drop-in laptop & mobile phone support.

When: Tuesdays 14 Jul - 15 Sep

Time: 10am - 12pm

Ph: 9484 5806

Community Support - DIVRS

Support with food, bills & housing relief, No Interest Loans & other information & applications.

When: Wednesdays 15 Jul - 23 Sep

Time: 10am - 3:00pm

Legal support - Fitzroy Legal

Free legal advice.

When: Wednesdays fortnightly 15 Jul-23 Sep

Time: 10am - 12pm

Ph: 9419 3744

Distress Support

Trained mental health professionals for emotionally challenging times.

When: Wednesdays 15 Jul - 23 Sep

Time: 9:30am - 12pm

Ph: 1300 376 421 or

dssreferrals@ermha.org



Programs and services are free unless stated otherwise
Call 8470 8107 or email epcc@darebin.vic.gov.au for more information