

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

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

**Drop-in on Wednesdays from 9am-4pm for more
information or attend a program listed.**

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

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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

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EAST PRESTON COMMUNITY CENTRE

the place
to live



Term 4, 2026

ACTIVITY BROCHURE

28 September - 16 December

EAST PRESTON COMMUNITY CENTRE

Social & Wellbeing Activities

Health Checks

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

When: Wednesdays 30 Sep - 25 November

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

Social Morning Activity

Cooking, boardgames & bingo with La Trobe nursing students.

When: Wednesdays fortnightly 30 Sep - 25 Nov

Time: 9:30am-12:00pm

stARTalking

Creative crafts and discuss health & wellbeing with Latrobe Nursing.

When: Wednesdays 30 Sept - 25 Nov

Time: 1pm - 3:30pm

Diabetes Group - Your Community Health

Share, learn & discuss health topics.

When: first Monday of every month

Time: 10am - 12pm

Registration required: Debra - 8470 1142

Somali Women's Group

For Somali women to come together, connect and participate in activities focusing on mental health & wellbeing in a welcoming setting.

When: Tuesdays 20 October - 8 December

(6 sessions, excluding 3 & 17 November)

Time: 10:30am - 2:00pm

Registration required: Najma - Ph 0431 587 415

Women's Self-Defence - Get Active Darebin

Learn and practise basic self-defence techniques including self-awareness strategies and physical techniques.

When: Fridays 16 Oct - 20 Nov (6 weeks)

Time: 10am - 11am

Women's Exercise

Functional & core strength exercises.

When: Mondays 28 Sept - 14 Dec

Time: 5:30pm - 6:30pm

Newton Street Community Garden

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

When: Wednesdays 30 Sep - 16 Dec

Time: 9:30am - 12pm

After School at Greenbelt Reserve

Socialise, play & connect with us at the park.

When: Tuesday 13 Oct, 10 Nov & 8 Dec

Time: 3:30pm - 4:30pm



Community Learning

Cooking Classes - YCH

Gain confidence cooking, preparing & planning healthy meals.

When: Mondays 9 Nov- 30 Nov (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 9 Oct - 11 Dec

Time: 2pm - 4pm

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

TERM 4 2026 ACTIVITY BROCHURE

Support Services

Fresh Food Sharing - DIVRS

Please bring ID & a bag to collect fresh produce.

When: Wednesdays fortnightly 7 Oct - 16 Dec

Time: 10:30am - 12pm

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

Coffee Cart - Your Community Health

Free coffee & connect with residents.

When: Wednesdays fortnightly 7 Oct - 16 Dec

Time: 10am - 12pm

Services Australia

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

When: Wednesdays fortnightly 7 Oct - 16 Dec

Time: 10am - 12pm

Quest Connect - Bridge Darebin

Essential service advice, assistance with forms and support programs.

When: Thursdays monthly 15 Oct & 19 Nov

Time: 10am - 12pm

Ph: 9484 5806 or

connect@bridgedarebin.org.au

Digital Support - Bridge Darebin

Drop-in one-on-one laptop & mobile phone support.

When: Tuesdays 29 Sep - 15 Dec

Time: 10am - 12pm

Ph: 9484 5806

Get involved in local projects and events by joining the

East Preston Action Group

For more information, contact:

community.inclusion@darebin.vic.gov.au

Community Support - DIVRS

Support with forms, food, bills & housing relief, No Interest Loans & other information as required.

When: Wednesdays 30 Sept - 16 Dec

Time: 10am - 3:00pm

Legal Support - Fitzroy Legal

Free legal advice.

When: Wednesdays fortnightly

7 Oct - 16 Dec

Time: 10am - 12pm

Ph: 9419 3744

Distress Support

Trained mental health professionals for emotionally challenging times.

When: Wednesdays 30 Sept - 16 Dec

Time: 9:30am - 12pm

Ph: 1300 376 421 or

dssreferrals@ermha.org



For Darebin residents only.

Programs and services are free unless stated otherwise.

No registrations required unless stated.

Call 8470 8107 or email epcc@darebin.vic.gov.au for more information