Eaglehawk Community House Conversations

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October 2025

What we have been up to...

The Eaglehawk Community House is always a constant stream of busy bees! With so many activities and programs on offer, its no wonder we have managed to connect with and support over 23,000 people last financial year. The results also show we have a community value of a staggering \$2.4 million.

With only a few months left of the year we still have plenty on offer to help and support our community including community lunch, community meals program, food relief, art and craft groups, wellbeing support through Yoga, Thai-chi and Meditation and more.

The Eaglehakw Childrens Festival is also just around the corner and we are all so excited for another fantastic event full of FREE activities and low cost food options to suit the whole family! This event is a huge success each year and is going to be in the Canterbury Gardens on Friday 28th November commencing at 4:30pm.

Dont forget, our door is always open and our staff and volunteer team are here to support the Eaglehawk Community in any way possible so please reach out, call in or give us a call and we can see how we can assist.

See you at the ECH soon.

Tracey & the ECH Team

Calendar of Events:

Mondays (Weekly)

9:30am - Social Craft

Tuesdays (Weekly)

12noon - Community Lunch

Wednesdays (Weekly)

12noon - Nail Glamour (bookings essential)

• Every second Wednesday

12noon - Art Class

7pm - Thai Chi

Fridays (Weekly)

12pm - 1:30pm - Fresh fruit & veg

Saturdays (Weekly)

9am - Yoga with Jazz

Other Important Dates: Eaglehawk Garage Sale

November 8th

9am - 2pm

19 Bright Street, Eaglehawk

Eaglehawk Childrens Festival

(Save the Date)

Friday 28th November 2025

4:30pm - 7:30pm

Canterbury Gardens, Eaglehaw

If you would like any additional information, make a booking or obtain further deails please contact the friendly team at the Eaglehawk Community House, Monday-Friday 9am - 3pm on 03 5446 8322.













Eaglehawk Garage Sale

SECURE YOUR SITE TO GET INVOLVED!



Handmade products, arts, crafts, and second-hand treasures galore! Café open, serving breakfast, coffee, and cake.

19 Bright Street, Eaglehawk

Phone to book your stall today (BYOtable) 5446 8322



House News

Power Saving Bonus

On 20 May 2025 the Victorian Government announced a \$100 Power Saving Bonus for Victorian concession card holders to help ease cost of living pressures.

From today, households with an eligible concession card will be able to apply for a \$100 payment by visiting the Victorian Energy Compare website (compare.energy.vic.gov.au).

Households who need help to apply can call us to book an appointment on 03 5446 8322.





Student Placement

I had the opportunity to complete my TAFE placement at Eaglehawk Community House, and it has been such a rewarding experience. This was my very first placement in community services, and I couldn't have asked for a better place to learn and grow.

The staff and volunteers are incredibly welcoming, friendly, and supportive. They do an amazing job to keep the community connected and creating a warm, inclusive environment for everyone.

During my time at Eaglehawk Community House, I was able to learn, grow, and actively contribute to the meaningful work they do every day. I am deeply grateful for the opportunity to be part of such a passionate and supportive team.

Thank you, Eaglehawk Community House, for giving me this opportunity and being an important part of my journey within community services.

Sajani Fernando

Eaglehawk Childrens Festival

Get ready for a magical evening at the Eaglehawk Children's Festival, making its much-anticipated return to the picturesque Canterbury Gardens in Eaglehawk on Friday, November 28th, from 4:30 pm to 7:30 pm.

Bring the whole family to explore a vibrant array of activities, where creativity and fun collide, including hands-on art and craft stations a Jumping Castle, Chair-A-Plane, Face Painting, Airbrush Tattoos, Henna Painting, engaging sports activities, and live entertainment.

This exciting community event is completely FREE, with low-cost food options available for the whole family. Join us for an evening filled with joy, creativity, and community spirit!













Volunteer Profile

Mel Baker, Administration

Tell us a bit about yourself and your background?

I am a local resident of Eaglehawk, where I have lived at my current address for over 10 years. Many people who know me know that I enjoy doing craft activities and keeping fit in my spare time. I am a part-time staff member and a volunteer at The Eaglehawk Community House.

Tell us about your role with the Eaglehawk Community House – What is the title and what does it involve?

At the Community House, I do the Reception/Administration tasks which involve answering the phone, welcoming visitors and relaying messages to the appropriate people like Tracey our Centre Manager or Rochelle, our Projects Officer. I enter all of our



stats into the computer, and Tracey calls me the "Stats Queen." I also do any other job that is asked of me like doing labels for our frozen meals. On a Friday my role is different. I'm in charge of our Food Assistance program, where, with the help of my amazing team, we assist the community where needed.

ANIAN WELLNESS. FINENESS FINENESS

How long have you been coming to the ECH – as a volunteer, or visitor and what does the culture of the house means to you?

I have been coming to ECH for many years and in those years, I have formed friendships with many people who I consider friends and some of these friends are like sisters to me. Having developed friendships like this means everything to me.

What is the most rewarding thing you get out of your volunteer role? When I finish entering the monthly stats for Tracey, just seeing those monthly figures is very rewarding, as I can see I've done a good job in making people feel welcome when they walk through our doors.

What is your favourite thing about the ECH?

My favourite thing about the Community House is helping all the

people who come in for food assistance on a Friday. Seeing a person smile when they walk through our doors or even to see a child's eyes light up when they see you means everything and so much more to me.

What would your advice be to anyone thinking of volunteering in a Community House environment?

Doesn't matter if you want to volunteer in the reception/administration area with me or if you would like to volunteer in the garden or even in the kitchen. Come on in and give it a try.

Any other comments, thoughts?

Come on in and meet the team, you're always welcome to come on in for Community Lunch or even for a cup of tea or coffee, I will be available for that chat.

Eaglehawk Community House Weekly Activities @ 19 Bright Street

Social Craft	Monday	9:30am	
Meditation (Bookings essential)	Monday	7pm	
Community Lunch (Volunteer Food Preparation)	Tuesday	12noon	
Art Class	Wednesday	12noon	
Nail Glamour	Wednesday	12noon	
Meditation (Bookings essential)	Wednesday	1pm	
Thai-Chi	Wednesday	7pm	
Fresh Fruit & Veg (Volunteer Food Preparation)	Friday	12noon	
Yoga with Jazz	Saturday	9am	

Call our amazing team to book for any of the above on 5446 8322

Learning Information Friendship Empowerment















Whats On...





















Whats On...



EAGLEHAWK COMMUNITY HOUSE

FRESH FRUIT & VEGETABLES

BYO Bags - 2 bag limit \$3 per standard size bag

ALL PRICES PER DONATION





12 noon - 1:30pm

19 BRIGHT STREET, EAGLEHAWK



Bookings are essential (maximum of 10 people)



Every second Wednesday from 30th April

Time: 12noon - 2pm Cost: \$15 for first session which covers the cost of manicure set and then \$10 for every sessions after that

All welcome, no experience necessary

Phone 03 5446 8322 19 Bright Street, Eaglehawk











Tai Chi

Tai Chi can instil a greater awareness of the body and how it moves through space. Regular practice can increase flexibility and strength, and improve cardiovascular fitness

For just \$10 per week, you can Eaglehawk.

Bookings required: 03 5446 8322



















Eaglehawk Community House

Meals Program

Eaglehawk Community House are proud to offer a convenient service of delivering wholesome, home-cooked meals straight to your doorstep.

For a fee of \$6 per meal and a \$5 delivery fee, we take care of the rest.



This initiative aims to aid various groups, including those on welfare benefits, seniors, individuals with disabilities, homeless individuals, or those temporarily unable to cook for themselves.

Contact us on 03 5446 8322 for more information



www.eaglehawkcommunityhouse.com



Community Partnerships

More financial support delivered by Albanese **Labor Government**

I am very pleased to advise that social security payments, rates, and limits increased from 20 September 2025.

Over 32,000 recipients in the Bendigo Electorate will see more money in their bank account each fortnight, including more than 21,000 Pensioners.

People receiving the full single rate of Age Pension, Disability Support Pension or Carer Payment will see a \$29.70 boost to their fortnightly payment, making their annual pension now almost \$5,000 more since Labor came to Government.

People receiving Commonwealth Rent Assistance, JobSeeker, ABSTUDY (aged 22 and over), and Parenting Payment will also see an increase to their payment. Maximum rates of Commonwealth Rent Assistance have now increased by almost 50% under Labor.

Thanks to indexation, thousands of Bendigo Electorate constituents will receive a boost to their payment to help them cover everyday costs like groceries and healthcare.

The Albanese Labor government wants to help take the pressure off when it comes to cost of living.

Lisa Chesters MP



Clothing Concerns -Neurodiverse And/Or Autistic Children

For many neurodiverse and/or autistic people clothes can cause sensory concerns. Seams, tags, the colour of the item of clothing, Rights Information and Advocacy Centre the feel of the material it is made of, are a few of the things that can cause distress for a child with sensory sensitivities.



Try these suggestions that may help -

- Where possible buy clothes made from cotton or bamboo. These materials will feel softer to touch.
- Remove tags and look for seamless clothes. There are a number of online options for purchasing seamless clothes.
- Always wash new clothes before wearing. This will make the material less stiff and scratchy.
- Where possible buy second hand school uniforms as they will feel less stiff and uncomfortable.
- When a comfortable piece is found, buy in bulk. Choose the same item in different colours to provide your child with choice.
- Introduce new clothing items gradually, one at a time. Use social stories, or a staged introduction - keep the item in the house, next wear it at home, then when comfortable wear it to go out.
- Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles (Location: Peppergreen Farm, 40 Thunder Street Nth Bendigo)

Bendigo Walking Group - Thursdays 9:30am

Bendigo Carer Self Care Hub - 1st Thursday Each Month @ 10am

EMAIL: carers@riac.org.au

PHONE: Carolyn – 0488 605 363













Sleep Safe Kits



Eaglehawk Community House is pleased to announce the distribution of Sleep Safe kits, which have been graciously provided by Street Smart and Sheridan. Each kit comprises a high-quality fitted sheet, a flat sheet, one pillowcase, and a towel, available in Double and Single sizes.

To be eligible for the Sleep Safe kits, individuals will be required to present either their Health Care Card, Pension Card or Low Income Card. Eligible households may obtain one kit for each person listed on the card, subject to availability.

This initiative alleviates some of the financial burdens faced by families. The provision of clean, new sheets and towels represents more than a basic necessity; it serves as a tangible means of supporting our service users.

For more information, simply visit the Eaglehawk Community House or call us on 03 5446 8322 to see if you are eligable and organise to collect your Sleep Safe Kit.







5 WAYS TO WELLBEING





WHAT ARE THE 5 WAYS TO WELLBEING?

The 5 Ways to Wellbeing are 5 simple steps you can focus on to improve your wellbeing.

It's important to look after your body and your mind.

Doing the 5 doesn't have to cost anything, and you can do it from your own home!





STAYING ACTIVE IS IMPORTANT

Start simple, find physical activities that you enjoy. Exercise can positively impact your mood.

Along with the physical benefits, it can reduce symptoms of depression and anxiety and help add more years to your lifespan!

Try:

Swimming, dancing or even parking further away from the shops to get a few extra steps inl



CONNECT WITH THOSE AROUND YOU

Socialising with people and developing strong relationships contributes to good health and wellbeing.

Social connection matters at every age.

Spending time with positive people can improve your own wellbeing.

Trv

Calling a friend, writing a letter to a loved one, spending time with animals. Remember, a smile can go a long way!





Give

HELPING OTHERS CAN HELP YOU

Helping others can boost happiness and improve life satisfaction.

Giving can release endorphins in the brain and have a positive impact on yourself AND the person you are giving to!

Try

Anything from giving a smile, compliment or volunteering in the community.





SET YOURSELF A NEW CHALLENGE

Learn something new or rediscover an old interest. Learning can be fun and can help boost self-confidence.

The brain is capable of rewiring itself well in to middle age. It's never too late to start improving our knowledge and coping skills!



Try: Cooking a new recipe, visiting your local library or listening to a podcast!



TAKE TIME TO STOP AND BE AWARE

Take notice of your thoughts and feelings.
Use your 5 senses to become mindful of
what's around you.

Being aware of the here and now can help reduce stress and enhance wellbeing well in to the future.

Try:

Yoga, mindful eating, taking a walk in nature.



ARE YOU READY TO TRY THE 5?

KEEP OUR DOORS OPEN

Every week, 185,000
people access
Neighbourhood Houses
in Victoria for resilience,
friendship, wellbeing,
learning, inclusion, and
connection.

PICK UP A POSTCARD AT THIS NEIGHBOURHOOD HOUSE ASKING FOR THE MINISTER'S SUPPORT

Around half of all Neighbourhood Houses in Victoria are running at a loss. **This cannot continue.**

We are asking the Victorian Government to urgently restore funding for Neighbourhood Houses with a 25% increase.





D iscover your local Neighbourhood House



Greater Bendigo is home to eight Neighbourhood Houses. These welcoming spaces offer fantastic opportunities to learn, connect, and stay active and healthy. Why not explore the activities and services your local Neighbourhood House has to offer?



Bendigo Neighbourhood Hub

(03) 5441 2515

info@bnh.net.au

www.bnh.net.au

www.facebook.com/BendigoNeighbourhoodHub



Eaglehawk Community House

19 Bright Street, Eaglehawk

(03) 5446 8322

□ admin@eaglehawkcommunityhouse.com

www.eaglehawkcommunityhouse.com

www.facebook.com/eaglehawkcommunityhouseinc



Heathcote Community House

(03) 5433 2820

≥ heathcotecommunityhouse3@gmail.com

www.facebook.com/heathcotecommunityhouse



Huntly Community Hub

www.huntlycommunityhub.com.au

www.facebook.com/HuntlyCommunityHub



Kangaroo Flat Community House

🛕 21 Woolcock Avenue, Kangaroo Flat

(03) 5447 9687

courseskfch@gmail.com

www.facebook.com/Kangaroo-Flat-Community-House



Long Gully Neighbourhood Centre

(03) 5442 1165 or (03) 5443 0998

www.lgnc.org.au

www.facebook.com/lgncorg



Marong Neighbourhood House

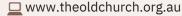
(03) 5435 2486

🖂 co-ordinator@marongnh.com.au

www.marongnh.com.au



Old Church on the Hill - Neighbourhood Collective Australia







Try these at home!

Zucchini Linguini

Serves 4

Ingredients:

- 4 medium zucchini
- 100 grams pancetta chopped
- 1 cup Pecorino cheese grated
- 2 tablespoons extra virgin olive oil

Method:

- Using a vegetable peeler or spiralizer, peel a pile of ribbons from the zucchinis.
- In a non-stick pan over medium high heat, add ½ tablespoon of oil and sauté the ribbons for 20 seconds on each side.
 Add the pancetta, half the cheese, and remaining oil and toss together.
- Divide between 4 bowls. Sprinkle with remaining Pecorino and season with cracked pepper to serve.



Vanilla Slice

Serves 8

Ingredients:

Slice

- 200g packet Lattice biscuits any flat-square biscuit will work
- 600 ml cream
- 100g packet Vanilla Pudding mix

Passionfruit Icing

- 1 cup icing sugar
- 2 passionfruit pulp
- 1 tablespoon butter softened

Method:

- Line a 20 x 30cm lasagna dish with baking paper.
- Layer with 8 Lattice biscuits flat side up.
- In a bowl, using electric beaters, mix cream and pudding until thick.
- Spoon the creamy mixture over the biscuit base.
- Top with another layer of biscuits, shiny side up.
- Refrigerate for at least 30 minutes before topping with passionfruit icing.
- To make the icing, mix together the icing sugar, passionfruit and butter until an even spreadable consistency is reached. Add more passionfruit if required



Source: https://4ingredients.com.au/blogs/recipes



Family and domestic violence support lines:

- 1800 Respect national helpline: 1800 737 732
- Women's Crisis Line: 1800 811 811
- Men's Referral Service: 1300 766 491
- Lifeline (24 hour crisis line):
 131 114
- Relationships Australia:
 1300 364 277
- NSW Domestic Violence Line: 1800 656 463
- Qld DV Connect Womensline: 1800 811 811
- Vic Safe Steps crisis response line: 1800 015 188
- ACT 24/7 Crisis Line: (02) 6280 0900
- Tas Family Violence Counselling and Support Service: 1800 608 122
- SA Domestic Violence Crisis Line: 1800 800 098
- WA Women's Domestic Violence 24h
 Helpline:
 1800 007 339
- NT Domestic violence helpline: 1800 737 732



Food Relief Information for Greater Bendigo

If you require food assistance please contact any of the following agencies.

Location	Organisation	Address	Times	Additional Info	Contact
Axedale	Axedale Foodshare	Axedale Public Hall, 94 High Street, Axedale	Every second Thursday, 2pm-3.30pm	There are no restrictions on who can attend.	0408 557 898
CBD Bendigo Baptist Community Care		Breakfast: St Paul's Cathedral Hall (opposite Coles Car Park), 8 Myers Street	Monday-Friday 8am-9.30am		
	Main Meal: Salvation Army Hill Top Café, Mundy Street, Gate 2	Friday 10am-12.30pm	Homeless only	0447 103 851	
	Drop-In Centre: 15 Brazier Street, Eaglehawk (the street left, after KFC going into Eaglehawk)	Monday 10am-12.30pm, Tuesday-Thursday 10am-3pm			
CBD	Bendigo Family and Financial Services	37-39 Rowan Street, Bendigo	Monday-Friday 9am-3pm	Free financial counselling Utility Relief Grants support for electricity, gas and water and bill support No Interest Loan Scheme	5441 5277
CBD	Loddon Campaspe Multicultural Services	437 Hargreaves Street, Bendigo	Tuesday 10.30am- 12.30pm (for food collection)	Multicultural background (priority), moming tea provided from 10am-11am	5441 6644
CBD The Salvation Army			Monday-Friday 9am-3.30pm	Pantry and fresh food products, limited personal products	
	65-71 Mundy Street, Bendigo	Thursday 12pm-1pm	Free Community Lunch	5440 8410	
		Monday 12pm-1pm	Free community Lunch – run by Impact Recovery		
CBD	St Vincent de Paul Assistance Centre	16 Hopetoun Street, Bendigo	Monday-Tuesday and Thursday-Friday, 10am-1pm	Food Vouchers: By appointment only	5443 5688
Eaglehawk	Cafe 3:sixteen (run by Bendigo Baptist Church)	10a Parsonage Grove, Eaglehawk	Sunday 5.30pm	Providing cooked meal	5449 3033 (church office
			Tuesday 12pm	Community lunch	
Eaglehawk Community House	19 Bright Street, Eaglehawk	Tuesday-Friday, 9am-2.30pm	Take Away Meals	5446 8322	
			Friday 12pm-1pm	Fruit and Vegetables/ Bread/Milk	100



Location	Organisation	Address	Times	Additional Info	Contact
Eaglehawk	Food & Care (Uniting church)	Corner Peg Leg Road and Kirkwood Street, Eaglehawk	Tuesday 11am-1pm	Fruit, vegetables, canned, frozen foods, and other groceries. Light lunch available.	0434 769 862
Eaglehawk	Saltworks (Anglican Church)	63 High Street, Eaglehawk	Wednesday 11.45am-1pm (open in school term only)	Lunch in hall	5446 8251
Eaglehawk	Vinnies	82 High Street, Eaglehawk	Tuesday-Thursday 10am-1pm, Friday 1pm-4pm	Food vouchers, limited bill assistance	5446 2548
East Bendigo	Kingdom Generation Ministries Ltd		Every second Wednesday, 8am-9am	Food parcels, appointment only	0459 530 785, via text
Elmore	Elmore Foodshare	3 Clarke Street, Elmore	Wednesday 9am-10am	Available to people in need	0421 318 264
Golden Square	A Reasonable Christianity Church	2/109 Breen Street, Golden Square	Sunday 12pm-1.30pm, Thursday 5pm-6pm	Hearty two course meal	0478 492 016
Heathcote	Heathcote Foodshare	78 High Street, Heathcote	Monday-Saturday 9am-2pm	Provide groceries, meals and personal items	0478 531 004
Heathcote	Vinnies	155 High Street, Heathcote	Wednesday and Friday, 10am-12.30pm	Food vouchers and frozen meals	5443 2549
Kangaroo Flat Community House	Kangaroo Flat	21 Woolcock Avenue,	Thursday 11am-12.30pm	Fresh Fruit and Vegetables	F 4 4 7 0 C 0 7
	Kangaroo Flat	Thursday from 11.30am	Community BBQ Lunch	- 5447 9687	
Kangaroo Flat	Rotary Club	Gateway Park 22A High Street, Kangaroo Flat	Tuesday 5pm	Community meal	0417 034 676
Kangaroo Flat	Vinnies	Smith Street, Kangaroo Flat (behind the Vinnies shop)	Monday and Thursday, 10am-12pm	Food Vouchers: No appointment necessary	0459 754 423
Kangaroo Flat	Uniting ER	10 Church Street Kangaroo Flat	Tuesday 9am-2.30pm, Thursday 9am-12pm, Friday 9am-2.30pm		5443 5458 0438 403 326
Long Gully Long Gully Neighbourhood Centre	52-54 Derwent Drive, Long Gully	Monday-Thursday 9am-3pm (open in school term only)	Mini food pantry, non-perishable food items, occasionally garden produce and bread, toiletries.	5442 1165	
		Wednesday 12.30pm	Free community lunch		
Long Gully	People's Pantry (St Matthews)	Comer Creeth Street and Eaglehawk Road, Long Gully	Tuesday 9.30am-10.30am (open in school term only)	Currently there is a waiting list.	0409 136 567







The Eaglehawk Community House is a House for our Community.

Laughter is Compulsory

Make new friends

Help your Community

Stay busy

Fun Activities

Learn new & share Skills

Improve your health and wellbeing

Community Pride

Social Connections

Open 9am – 3pm weekdays

Volunteer opportunities available



Community Café OPEN

Community Lunch every Tuesday

Art Classes

Claim your Power Saving Bonus

Tai Chi

Barista Training

Craft Activities

Gardening groups

General Duties & Maintenance

Help us with our Eaglehawk Magazine

Food/Hamper programs

Come and meet Popcorn and Oscar (our furry friends).. And so much more.. There is something for you.



Learning Information Friendship Empowerment

19 Bright Street, Eaglehawk 3556

© (03) 5446 8322

Monday - Friday 9.00am - 3.00pm

- admin@eaglehawkcommunityhouse.com
 www.eaglehawkcommunityhouse.com
- www.facebook.com/eaglehawkcommunityhouseinc