

Eaglehawk Community House Conversations

June 2025



Its Winter Time...

Its that time of year when we start to rug up, stay indoors and start thinking about activities to keep our minds busy and lives interesting and fun! The Eaglehawk Community House has a wide variety (and some new!) programs and activities to keep you engaged so why not reach out to the team and find something that interest you! We continue to provide our local community with weekly community lunch and food relief, activities for health and fitness, arts and crafts and much more!

Why not join us for Community Lunch, followed by an engaging afternoon filled with conversation and games, hosted by Sindy from the Mental Health and Wellbeing Local team. This interactive session being held on Tuesday 17th June will highlight the free services available at the Mental Health and Wellbeing Local, incorporate mindfulness activities, and feature the exciting Mental Health Myth Busters Board Game. Don't miss out on this valuable opportunity to connect and learn! Bookings essential. Please phone Eaglehawk Community House on 5446 8322.

Until next time
Tracey and the ECH Team



Calendar of Events:

Mondays (Weekly)

9:30am - Social Craft

7pm - Meditation (bookings essential)

Tuesdays (Weekly)

12noon - Community Lunch

Wednesdays (Weekly)

12noon - Nail Glamour (bookings essential)

- *Every second Wednesday*

12noon - Art Class

1pm - 2pm - Meditation (Bookings Essential)

7pm - Thai Chi (Start date TBC)

Fridays (Weekly)

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

Saturdays (Weekly)

9am - Yoga with Jazz

Other Important Dates:

Connecting Our Community:

Tuesday 17th June, 12noon - 2pm

Bookings essential. Gold coin donation

ECH Closure:

The ECH will be closed on Monday 9th June for the Kings Birthday Holiday.

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

Weekly Activities @ Bright Street

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



Call us to book for any
of the above on 5446 8322

Whats On...

Art

**Every Wednesday
12noon - 2pm
Cost: \$5 Each Week**

Eaglehawk Community House
19 Bright Street
Eaglehawk
Bookings Required
Phone: 03 5446 8322



COMMUNITY LUNCH

TASTY FOOD & GREAT COMPANY

CONNECT WITH MEMBERS OF YOUR
COMMUNITY OVER LUNCH AND
CONVERSATION

TUESDAYS @ 12NOON
19 BRIGHT STREET EAGLEHAWK
CALL TO BOOK
5446 8322

Meditation & Self Knowledge with Will

Learn in a practical way
how to meditate and
be more self aware

**MONDAYS
7PM-8PM**

**WEDNESDAYS
1PM-2PM**

Eaglehawk Community House
19 Bright Street, Eaglehawk
Bookings Essential
5446 8322



YOGA WITH JAZZ

SATURDAYS 9AM - STARTING OCTOBER 6TH

19 BRIGHT STREET, EAGLEHAWK
(EAGLEHAWK COMMUNITY HOUSE)

\$10 CONCESSION
\$15 GENERAL

BYO MAT, NO BOOKINGS REQUIRED
ALL LEVELS WELCOME
SEE YOU THERE :)



Connection

Community



Families,
Fairness
and Housing



2022
WINNER

Not for profit -
Community Impact

Whats On...

SOCIAL CRAFT

MONDAYS 9:30AM - 12NOON

COST: \$5.00 PER WEEK

MORNING TEA PROVIDED, COME JOIN IN FOR SOME CRAFTING, A CUPPA AND PLENTY OF LAUGHTER.

BYO CRAFT PROJECTS

KNITTING, SCRAPBOOKING, DIAMOND DOTS, NEEDLE WORK, COLOURING IN, CROCHET

EAGLEHAWK COMMUNITY HOUSE
19 BRIGHT STREET, EAGLEHAWK



Nail Glamour Group

Nails that really do stand out!

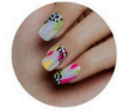
Bookings are essential
(maximum of 10 people)



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



EAGLEHAWK COMMUNITY HOUSE

FRESH FRUIT & VEGETABLES

BYO Bags - 2 bag limit
Gold coin donation

EVERY FRIDAY

12 noon - 1:30pm

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 join in on Wednesdays from 7pm @ ECH - 19 Bright Street, Eaglehawk.

Bookings required: 03 5446 8322



Families, Fairness and Housing



2022 WINNER

Not for profit - Community Impact
Presented by Spectra



Connecting our Community

Join us for Community Lunch, followed by an engaging afternoon filled with conversation and games, hosted by Cindy from the Mental Health and Wellbeing Local team. This interactive session will highlight the free services available at the Mental Health and Wellbeing Local, incorporate mindfulness activities, and feature the exciting Mental Health Myth Busters Board Game. Don't miss out on this valuable opportunity to connect and learn!

**Bookings essential. Please phone
Eaglehawk Community House on 5446 8322.**

Location

Eaglehawk Community House
Address : 19 Bright Street,
Eaglehawk 3556
Phone : 5446 8322



Date

Tuesday, June 17th
Community Lunch : 12pm
Activities : 1pm to 2pm
Gold Coin Donation



Community Partnerships

MEDICARE URGENT CARE CLINIC NOW OPEN

Lisa Chesters MP
FEDERAL MEMBER FOR **BENDIGO**

Authorised by Lisa Chesters, ALP, 16 Myers St, Bendigo

Labor

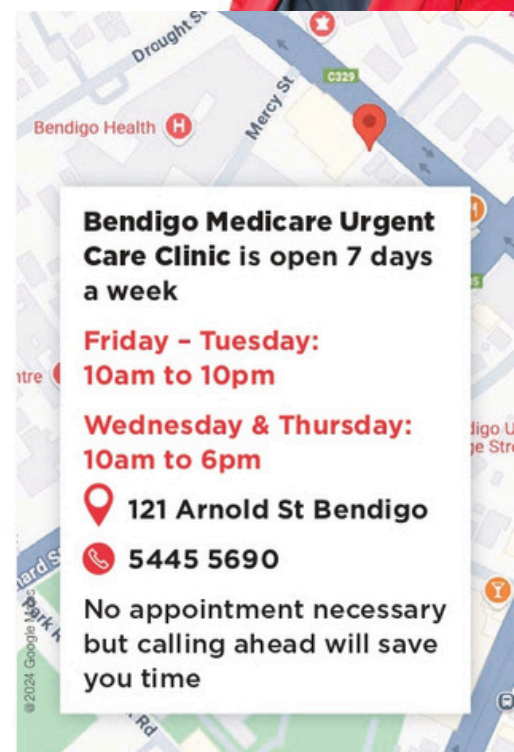
Bendigo's bulk-billed Medicare Urgent Care Clinic has opened.

The Medicare Urgent Care Clinic is available for patients who need immediate care for non-life threatening illnesses, infections or injuries.

Labor is helping more people to see a GP without paying any out-of-pocket costs.

All you need is your Medicare card.

I am working for you to deliver better access to healthcare when you need it.



Home Energy Empowerment Program

Learn how to improve the comfort and energy efficiency of your home, plan for the long term and save on your energy bills!



Date	Event	Presented by
May TBC	Energy efficiency planning sessions – get advice to help you plan changes to suit your budget and house context	Lucinda Flynn and City of Greater Bendigo
Monday May 19	Online lunch and learn* 45 minutes 12.30pm - 1.15pm	1. Energy efficiency for renters Lucinda Flynn, Going Green Solutions
Monday June 2		2. A masterclass on draught proofing Maurice Beinat, Ecomaster
Tuesday June 17		3. Efficient heating and cooling Lucinda Flynn, Going Green Solutions
Monday July 7		4. Insulate for a truly comfortable home Maurice Beinat, Ecomaster
Tuesday July 22		5. Intro to hot water heat pumps Frank Forster, Newstead Enviroshop
Monday August 4		6. Maximising solar savings Frank Forster, Newstead Enviroshop
Tuesday August 19		7. Windows and blinds for comfort and efficiency Lucinda Flynn, Going Green Solutions
Monday September 1		8. Electric vehicles/bikes and novated leasing Thijs - Sparque, Rohan - NALSPA
July and September	Sustainable house days	Bendigo Sustainability Group
Various	Review your energy bills drop-in sessions	City of Greater Bendigo
October	Hear from locals who have retrofitted, renovated or designed with energy in mind	Bendigo Sustainability Group
October	Celebrate and Q&A morning tea	You and your neighbours

*Register to attend live and ask questions, or receive the recording to watch later. Online sessions will be screened at the Bendigo library. Sign up links will be shared on the [Environment Matters newsletter](#) and [City of Greater Bendigo Humanitix page](#) soon.



Find out more on the energy performance of your home

Rent a 'Sustainable Home Kit' from the Goldfields library or book in for a home energy scorecard assessment energy.vic.gov.au

Resources

- A renter's guide to saving energy and water, energy.gov.au
- Sustainability Resources, renew.org.au
- secvictoria.com.au
- rewiringaustralia.org
- Save energy in the home, sustainability.vic.gov.au
- Home upgrades for climate resilience, ci.org.au
- Bendigo Sustainability Group, bsg.com.au
- yourhome.gov.au
- maketheswitch.org.au
- greenelectricitycityguide.org.au

To access more energy saving resources head to: go.bendigo.vic.gov.au/savingenergy



Need some financial assistance?

Switching providers can save customers more than \$400 a year. If you don't want to change, still give them a call to see if they can give you a better plan. compare.energy.vic.gov.au

Anglicare: Energy Assistance Program:

- can also help you get on top of your energy bills

Government rebates and loans:

- solar PV
 - heat pumps and solar hot water
 - batteries
- solar.vic.gov.au

Victorian Energy Upgrade Appliance discounts for purchasing energy efficient products:

- Heating and cooling
 - Hot water systems
 - Showerhead
 - In-home displays
 - Weather sealing
 - Induction cooktop
 - Window glazing
- energy.vic.gov.au

Reduced or no interest 'green' loans for sustainability upgrades through:

- Brighte Energy
- Westpac
- Plenti
- Bendigo Bank
- ING
- Bank Australia
- Clean Energy Finance Household Energy Upgrades Fund

Interest Free Loans through Good Shepherd:

- up to \$2,000 for new appliances (eligibility requirements)

Want to...



Reduce your energy costs?

Have a warmer home in winter and a cooler home in summer?

Improve your health and the environment?

The Community Energy Empowerment program is an initiative to help local households achieve energy savings no matter what budget!

So, whether you want to lower costs by doing some really simple things or develop a longer-term plan to get off gas, your home energy saving plan starts now!

Supported by:



Low cost and easy

- Review your energy plan and provider
- Seal draughts/gaps – around windows, doors, ceiling fans, vents – with filler, foam, etc.
- Rent out a 'Sustainable Home Kit' from the Goldfields library
- Thermostat control – 19° in winter, 25° in summer
- Insulate hot water pipes
- Low flow shower rose
- Plant deciduous trees/vines in the north and west of the home to provide winter sun and summer shade
- Install a free power monitor (VEU)
- Switch to green power to choose 100% renewable power
- Cold water washing and air drying
- **Heating:** turn heater off overnight, only heat rooms you use or your body (e.g. electric throws, hot water bottles)
- **Cooling:** close blinds on hot days, open windows at night

High Impact

- Insulate: roof (first priority), walls, floor
- LED lights
- North eaves
- Bike, e-bike, scooter
- Heat pump heating/cooling (reverse cycle A/C)
- Good thermal blinds (e.g. honeycomb or curtains with pelmets)
- Appliances with high energy star ratings
- Awnings (external curtains are more efficient)
- Double glazed windows
- North facing renovation/build – to maximise passive solar design

- Prioritise efficiency measures to your living areas where you spend most of your time
- Almost half of the average energy bill is for heating, therefore it's good to focus on insulation, draught proofing and upgrading to a more efficient heating and cooling system to save \$\$ fast

Electrify everything

- Solar PV
- Electric vehicle
- Heat pump hot water
- Induction cooktop
- Battery storage

When your gas appliances reach the end of their life, **make your next choice electric!**

Why make the switch from gas?

- **Health benefits:** Cooking with gas is responsible for 12% childhood asthma, and comparable to living with cigarette smoke¹
- **Save money:** Gas prices are predicted to keep rising. All-electric homes (including the car) save \$5,000 a year²
- **Environmental benefits:** Reduces greenhouse gas emissions, helping to combat climate change, and the environmental impacts of extraction

Community Partnerships



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, 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.

Bendigo Walking Group	Bendigo Carer Self-Care Hub
When: 9.30am – 11am Every Thursday each month (in school term)	When: 10am – 12noon 1st Thursday each month
Where: Peppergreen Farm 40 Thunder Street, Nth Bendigo	Where: Peppergreen Farm 40 Thunder Street, Nth Bendigo

For more information – EMAIL: carers@riac.org.au
PHONE: Carolyn – 0488 605 363

Raise Them Equal.

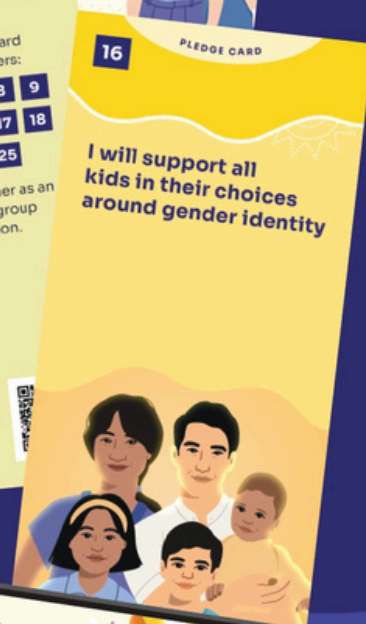
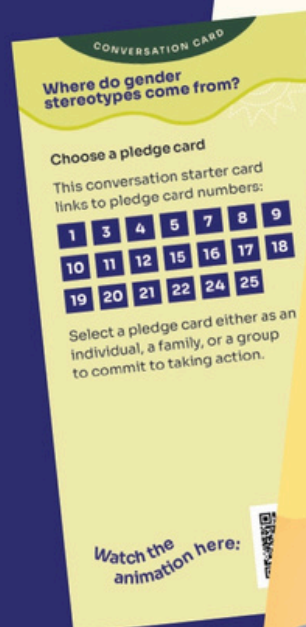
Raising children free from limiting ideas about gender supports them to thrive and live with unlimited potential.

Educational resources, animations, and learning opportunities to promote gender equality in the early years (0-5 years).

Currently available in English, Tagalog and Karen languages.

To find out more visit:

www.whlm.org.au/raise-them-equal



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!



Be Active



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 in!



Connect



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.

Try:

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.



Keep Learning

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 Notice

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?



Join the Eaglehawk Explorers

A new community walking group

Eaglehawk Explorers is a walking group for people aged 18+ living in Greater Bendigo.

- Meet new people
- Bring your friends
- Improve your health & fitness

♥ Every Wednesday

♥ 9.30am - 10.30am

♥ Meet at the
exercise station
at Lake Neangar,
Simpsons Rd,
Eaglehawk

Free to join and enjoy. Register your attendance:

📞 5406 1281

✉ MonthiraSonsuwan@bchs.com.au

🌐 www.bchs.com.au



FREE
LEGAL
ADVICE

arc
justice

Got fines? WE CAN HELP

FACE
TO
FACE

If you're struggling with fines, ARC Justice is here to help, especially if you're on a low income or facing tough times. Book a spot in one of our **free** clinics to get legal advice about what you need to do.

Clinic dates

- | | |
|------------|-------------|
| ✓ June 10 | ✓ June 24 |
| ✓ July 8 | ✓ July 22 |
| ✓ August 5 | ✓ August 19 |

VIDEO
CALL

OVER
THE
PHONE

For details or bookings

CONTACT US
(03) 5445 0909

arc
justice

* This clinic is staffed by law students, with supervision & support from our legal team



Help us shape a healthier tomorrow!

What is the Active Living Census?

The Active Living Census (ALC) is a region-wide survey conducted by Healthy Loddon Campaspe that asks residents about their health, wellbeing and daily activities. No other region in Australia collects this level of detailed local data to support their communities!

Why is it important?

Your Health, Your Community, Your Say!

The ALC helps schools, sporting clubs, community groups, organisations and councils plan health programs, recreation spaces, and services that support your needs. The data also helps secure funding to create healthier, more inclusive communities.

Who can participate?

Everyone living in the six council areas of Greater Bendigo, Campaspe, Central Goldfields, Loddon, Macedon Ranges, and Mount Alexander Shires is invited to participate. Whether you're young or old, active or not – your input counts! Every household member aged 3+ can take part.

What type of questions will be asked?

The survey asks about:

- Physical activity and sports participation
- Eating and drinking habits
- Smoking and gambling behaviours
- Use of local facilities and public open spaces
- Barriers to being healthy and active

It takes 20-30 minutes to complete, and you can skip any questions you're not comfortable answering.

Your responses are confidential. No identifying information is shared, and data is only used to improve health services and programs.

How do I take part?

Simply visit go.healthyloddoncampaspe.au/alc from May 26, 2025 to complete the survey online on any device.

Get in early and go in the draw to win prizes!

We'll be holding an exclusive early bird competition! All entries received before the early bird deadline will go in the draw to win up to \$10,000 worth of prizes. Visit www.healthyloddoncampaspe.au/alc for all the details.

Need help?

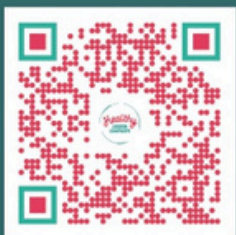
Contact us at alc@healthyloddoncampaspe.au or 03 4408 6633 for support.

Help Us Shape A Healthier Tomorrow!

Your feedback helps build healthier, happier communities. Have your say and help shape the future of the Loddon Campaspe region.

Visit www.healthyloddoncampaspe.au/alc to learn more.

Scan here!



The Healthy Loddon Campaspe initiative is supported by the Victorian State Government.



Discover 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

🏠 155 Crook Street, Bendigo

☎ (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

🏠 2/39-55 Hospital Street, Heathcote

☎ (03) 5433 2820

✉ heathcotecommunityhouse3@gmail.com

📘 www.facebook.com/heathcotecommunityhouse



Huntly Community Hub

🏠 603 Midland Highway, Huntly

✉ info@huntlycommunityhub.com.au

💻 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

🏠 52-54 Derwent Drive, Long Gully

☎ (03) 5442 1165 or (03) 5443 0998

✉ coordinator@lgnc.org.au

💻 www.lgnc.org.au

📘 www.facebook.com/lgncorg



Marong Neighbourhood House

🏠 39 High Street, Marong

☎ (03) 5435 2486

✉ co-ordinator@marongnh.com.au

💻 www.marongnh.com.au



Old Church on the Hill - Neighbourhood Collective Australia

🏠 36 Russell Street, Quarry Hill

💻 www.theoldchurch.org.au



CITY OF GREATER
BENDIGO

Try these at home!

Savory Italian Slice

Serves 6 serves

Ingredients:

- 100 g kale chopped
- 140 g roasted red capsicums (from a jar) chopped
- 1/4 cup sliced spring onions
- 8 eggs well beaten
- 100 g feta crumbled

Method:

- Line the slow cooker with baking paper.
- Line the base with kale.
- Top with capsicum and spring onions.
- Pour the eggs over the vegetables.
- Season with sea salt and cracked pepper, then sprinkle with feta.
- Cook on HIGH for 1 to 2 hours, or until set when a knife inserted in the centre removes clean.

Recipe Notes

Optional: Serve each slice with a drizzle of sweet chilli sauce or a small dollop of sour cream.



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

Heavenly French Toast

Serves 1 serve

Ingredients:

- 1 egg
- ¼ cup milk
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 slice bread crust on, crust off - depends on you

Instructions:

- In a bowl whisk the egg, milk, cinnamon and nutmeg.
- Then lay the slice of bread in the mix, soaking up the egg mix for 2 minutes.
- Flip and soak again for 1 minute. Remove, allow excess to drip away, then pop onto a sheet of baking paper and place in air fryer basket.
- Cook at 180°C, for 4 minutes.
- Turn and cook 1 – 2 minutes more, or until golden.

Recipe Notes

Serving Suggestion: Serve with yogurt, maple syrup and fresh berries or any variation of fresh, juicy, sweet fruits.





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	Homeless only	0447 103 851
		Main Meal: Salvation Army Hill Top Café, Mundy Street, Gate 2	Friday 10am-12.30pm		
		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	<ul style="list-style-type: none"> • 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), morning tea provided from 10am-11am	5441 6644
CBD	The Salvation Army	65-71 Mundy Street, Bendigo	Monday-Friday 9am-3.30pm	Pantry and fresh food products, limited personal products	5440 8410
			Thursday 12pm-1pm	Free Community Lunch	
			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)
Eaglehawk	Community House	19 Bright Street, Eaglehawk	Tuesday 12pm	Community lunch	5446 8322
			Tuesday-Friday, 9am-2.30pm	Take Away Meals	
			Friday 12pm-1pm	Fruit and Vegetables/ Bread/Milk	

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	Kangaroo Flat Community House	21 Woolcock Avenue, Kangaroo Flat	Thursday 11am-12.30pm	Fresh Fruit and Vegetables	5447 9687
			Thursday from 11.30am	Community BBQ Lunch	
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.



Eaglehawk
Community House Inc

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