



# THE DINGLEY DOSSIER

Volume 52  
Number 4  
May 2024

[www.dvnc.com.au/dossier](http://www.dvnc.com.au/dossier)

## NATIONAL VOLUNTEER WEEK 20TH – 26TH MAY

The theme for National Volunteer Week 2024 is 'Something for Everyone'.

National Volunteer Week 2024 will recognise the diverse passions and talents everyone brings to the act of volunteering. It's an invitation to explore the myriad of opportunities available, emphasising that there's a place for everyone in the world of volunteering. Whether you're drawn to environmental causes, community outreach, education, or beyond, there's a place where your unique skills and interests can flourish.

Volunteers make a vital contribution to Australian society, in our schools and hospitals, residential and home care settings, playing fields, and community centres. Many sectors, such as mental health, disability, food and emergency relief, arts and heritage, and sports, depend heavily on volunteer involvement.

The services delivered and goods produced by volunteers is of significant social, cultural, and economic value. The services and goods, and significant value add, resulting from volunteering often would not otherwise be produced by the market or funded by government.

Further, many of these services are often delivered to benefit the most vulnerable groups in society. Volunteering builds social capital and community cohesion and has a positive impact on the wellbeing of volunteers, providing a sense of meaning and satisfaction, as well as social connectedness.

In April 2022 about a quarter (26.7 per cent) of Australians had done formal volunteering in the previous 12 months and just under half (46.5 per cent) had undertaken informal volunteering in the previous four weeks.

Two reasons stand out for undertaking formal volunteering. Just over seven-in-ten volunteers selected 'personal satisfaction/ to do something worthwhile' and just over six-in-ten of volunteers selected to 'help others / the community'.

The most common reason given for not volunteering was 'work or family commitments', given by four-in-ten, followed by 'not interested' with one-in five giving this as one of their reasons for not volunteering.



### Trends in volunteering and the impact of COVID-19

Over the longer-term, rates of volunteering have been gradually declining from around one-third of adults in 2002 to around one-quarter currently. The impact of COVID-19 has resulted in a substantial decline in volunteering. The proportion of adults who had volunteered in the previous 12 months declined from 36.0 per cent in 2019 to 26.7 per cent in April 2022. This equates to around 1.86 million fewer volunteers at the start of 2022 compared to pre-COVID. Whilst there was a slight increase in volunteering between 2021 and 2022, volunteering remains well below the pre-COVID-19 rate.

The large reduction in volunteer work due to COVID-19 compounded the effects of the

gradual decline in formal volunteering over the previous decade (VA 2021a). In a review article, Grotz et al. (2020) concluded that, 'The abrupt cessation of volunteering activities of and for older people because of the COVID-19 pandemic is highly likely to have negative health and wellbeing effects on older adults with long-term and far-reaching policy implications.'

Volunteering supports the delivery of crucial services and contributes to the broader wellbeing of individuals and communities. Volunteering is strongly affected by shifts in the social and economic landscape and has undergone significant change over the past decade.

### Have you thought about volunteering?

1. Research the causes or issues important to you. Look for a group that works with issues about which you feel strongly.
2. Consider the skills you have to offer. If you enjoy outdoor work, have a knack for teaching, or just enjoy interacting with people, you may want to look for volunteer work that would incorporate these aspects of your personality.
3. Would you like to learn something new? Consider seeking a volunteer opportunity where you will learn something new; however, such work might require a time commitment for training before the actual volunteer assignment begins.
4. Combine your goals. Look for volunteer opportunities that will also help you achieve your other goals for your life.
5. Don't over-commit your schedule. Make sure the volunteer hours you want to give fit into your hectic life, so that you do not frustrate your family, exhaust yourself, shortchange the organization you are trying to help or neglect your job. Better to start out slowly than to commit yourself to a schedule you cannot or do not want to fulfil.

## FARMERS' MARKET

SATURDAY 18<sup>TH</sup> MAY | 8:30AM - 1:00PM



We acknowledge the Traditional Custodians of the land on which we live, and pay our respects to them, their culture, their Elders past, present and future and uphold their relationship to this land and the important role all Aboriginal and Torres Strait Islander people continue to play within Australia.

# WHAT'S ON AT THE NEIGHBOURHOOD CENTRE?

## LIVING IN DINGLEY VILLAGE

### IMPORTANT NUMBERS

**City of Kingston:**  
1300 653 356

**Emergency:** 000

**Police:** 131 444

**Crime Stoppers:**  
1800 333 000

**Lifeline:** 13 11 14

**Suicide Call Back Service**  
1300 659 467

**SES:** 13 25 00

**Poisons Info:** 13 11 26

**Emergency Relief**  
(MADDV) 9551 1799

**MensLine:**  
1300 789 978

**WIRE**  
**(Women's Information and Referral Exchange):**  
1300 134 130

**Safe Steps:**  
1800 015 188

**Nurse on Call:**  
1800 022 222

**Tip Smells & Dust:**  
EPA 1300 372 842

**Aircraft Noise:**  
1800 802 584

**Neighbourhood Centre:**  
8512 0505

**Community Association:**  
dvcasecretary@gmail.com

**Men's Shed:**  
9551 5892

**VicRoads Faults and Hazards:**  
13 11 70

**RSPCA**  
9224 2222

### Justice of the Peace

Malcolm Gilbert 0418 549 800

Marion Harriden 9551 1799

Allan Harris 0412 073 719

### Teens Games Group

Fun environment for teenagers from 13 – 17 to enjoy games together. Strategy, fantasy & sci-fi style board & role-playing. Friday 5:30 – 7:30 pm Free event.

### Zumba Gold with Norma

Zumba Gold is a low- impact dance fitness class perfect for beginners of all ages and fitness levels. Thurs, 9.30am -10.30am in the Harold Box Hall, \$10.00 per class. No need to book just come along.

### Seniors Body and Balance with Norma

This class focusses on balance, ranges of motion and coordination. Thurs, 11am-12pm in the Harold Box Hall, \$10.00 per class No need to book just come along.

### Social Table Tennis with John

Catering to all skill levels both men & women. Come along and join this friendly group. Mon, 9am & Wed 12.30pm in the Harold Box Hall \$3.00 per session. New members Welcome. No need to book just come along.

### Writing for Pleasure

Beginners to Established. People write for many different reasons. Would you like to explore your creativity in a supportive group. Tues, 10am to 12pm. Free drop-in group.

### Social Art group with Carla

Art group for those who would like to finish off a project while having a chat and a coffee in the evening. Every Tues evening 6.30pm-8.30pm in the 'Craft Room', near the Harold Box Hall. Free Class, no need to book.



### Knit, Craft & Natter with Marlene

Have a knitting or any other craft project lying around or want to learn how to knit. Thursdays 10am -12pm in the Centre. Free Class, no need to book- Just come along.

### Chatty Café

The Chatty Café Scheme aims to get people chatting to build and encourage social connections within the local community, and to help reduce social isolation and loneliness.



Let's keep our community connected! Wed 10am to 12pm in the 'Harold Box Hall in the Foyer'. Free, just some along.

### Collection Point

You can drop off the following items at the Centre: prescription glasses/ hearing aids, stamps & unused toiletries from hotel rooms. These items are then recycled for use by local service groups.

### Playgroup Victoria for Dingley Village

Tuesdays 9.30am-11.30am in the Harold

Box Hall. Need to contact Hannah via Facebook: *Dingley Village Playgroup*.



### Taekwondo with David

Mon & Thurs 5.30pm -7pm in the 'Harold Box Hall'. If you are interested in joining, contact David on 0439 304 579.

### Tai Chi

Tai Chi aids the reduction of anxiety and stress, it also helps increase flexibility and balance. Wednesday 6.30 – 8.30pm Contact James 0430 570 460.

**Southern Taekwondo**  
Affiliated with No's Taekwondo  
**Classes for men, women & children of all ages. Qualified Coaches. Gradings at all Levels.**  
Classes held at Dingley Village Neighbourhood Centre, Marcus Rd  
For class times or more information Ph 9583 5680 or 0439 304 579

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# COMMUNITY

## Mothers Day

To all the mums, grandmothers, step mums, foster mums, mums-to-be, mother figures, surrogate mums and all the men doing both the mother and father roles, wishing you all a wonderful day filled with love and laughter.



## Flu Vaccine available now

The flu vaccine is the safest and most effective way to help protect against flu. It'll also help reduce the risk of spreading flu to other people who may be more at risk of complications and serious illness if they catch flu.

## Congratulations William

In early April, local resident William Hunter, who is currently in Year 7 at St Bede's College, competed in the 2024 Victorian Senior Men's State Gymnastics Championship over a 2 day competition and was fortunate enough to win his level and now be the Victorian State Champion for 2024. William placed 1st on 4 out of 6 apparatuses and then placed 1st overall, crowning him the 2024 Victorian State Champion. Due to his achievement, William has qualified to compete in the Men's Australian National Gymnastics Championships on the Gold Coast next month, with his sights on achieving a high ranking to explore the opportunity in representing Australia on the International Gymnastics stage in the future.

William currently trains 23 hours per week at the Men's High Performance Program (HPP) at the Victorian Gymnastics Centre in Prahan, where he was invited to join the program in 2019. We now wish William all the best in his future competitions and his endeavours to achieve his goal in representing Australia – Good luck William!



## Special Dates in May

### 3rd May Good/Holy Friday [Orthodox Christianity]

Commemoration of the suffering and crucifixion of Jesus Christ.

### 5th May Easter/Pascha [Orthodox Christianity]

The resurrection of Jesus Christ following his death by crucifixion.



### 6th May Yom HaShoah \* Judaism

Yom HaShoah (Holocaust Remembrance Day) is a day set aside to remember the six million Jews who died as victims of the Nazis during World War II and emphasizes respect for human dignity. Observed by many people of Jewish and other faiths.

### 19th May Pentecost Christianity

Pentecost commemorates the descent of the Holy Spirit upon the disciples of Jesus seven weeks (50 days) after the Resurrection (Easter). It also commemorates the founding of the Christian Church, which begins on this day.

### 23rd May, Biggest Morning Tea

Australia's Biggest Morning Tea is Cancer Council's most popular fundraising event and the largest, most successful event of its kind in Australia. The idea is simple, just get your friends, colleagues or community together over some tea and treats, and help to raise vital money for people affected by cancer.



### 23rd May Vesak/ Buddha Day\*

Buddhism Vesak (Wesak) is the major Buddhist festival, celebrating the birth, enlightenment, and death of the Buddha. Also known as 'Vishakha Puja' or 'Buddha's Day'. The dates of this celebration vary significantly among Buddhist cultures and communities.

### 23rd May Declaration of the Bab' Baha'i

This date marks the anniversary of the Bab's announcement of his mission in 1844. The Bab is a prophet and is considered one of the founders of the Baha'i faith.

### 26th May National Sorry Day

National Sorry Day acknowledges and raises awareness of the history and continued effect of the forced removal of Aboriginal and Torres Strait Islander people from their families, communities and culture.



### 27th May- 3rd June National Reconciliation Week

National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.



*\*Holy days (mainly Jewish, Islamic and Baha'i) which begin at sundown and continue the following day until sundown.*



# DINGLEY VILLAGE COMMUNITY ASSOCIATION

## ANZAC DAY 2024

DVCA members attended and laid a wreath at the 5.45am dawn service on Anzac Day, supporting our community's commemorative event held by the Rotary Club of Noble Park and Dingley Village at the War Memorial in Marcus Rd Dingley Village.

## Kingswood Golf Course

DVCA is actively seeking positive communications with the new owner, Satterley Property Group, and was pleased with their quick response to our request to discuss the needs of our community in relation to Kingswood Golf Course. Satterley purchased the Kingswood Golf Course site from Australian Super in March this year and intends to develop the site for residential housing.

The Satterley Property Group's Vision and Values Statement for their property developments certainly reads well, as follows:

"We continuously strive to create the most desirable communities in Australia, with wellbeing at the heart of everything we do. Our award-winning communities combine leading design principles, innovation, environmental sustainability and community integration to produce thriving neighbourhoods."

They have been responsible for a number of projects in Victoria. If you would like to visit some of these sites in order to gauge their projects - go to: [satterley.com.au](http://satterley.com.au)

Scroll down on this site and you will find three tabs: one for Western Australia (WA), one for Victoria (Vic) and one for Queensland (QLD). Click on to the Vic tab and you will find seven sites where current developments are taking place.

DVCA will continue to consult and work with the Satterley and the Kingston City Council in order to achieve NET COMMUNITY BENEFIT for all Dingley Village residents.

We need to ensure that any development proposal made by Satterley will indeed protect our village's unique neighbourhood character, local amenity and precious environment and satisfy Satterley's Vision and Values Statement.

## Moorabbin Airport Noise Disturbance

If you experience noise problems due to aircraft flying to/ from Moorabbin Airport, please report this directly to Air Services Australia. Air Services Australia is responsible for handling aircraft noise complaints, and it is important they know about any aircraft noise problems experienced in our community.

## How do I report this?

To report a noise problem to Air Services Australia, simply complete a Noise Complaints and Information Service Contact Form online as follows:

Go to the dedicated website for this: <https://aircraftnoise.airservicesaustralia.com>. This will bring up the Welcome to Aircraft in Your Neighbourhood Portal.

Then follow the steps for submitting an aircraft noise complaint online:

1. Click on What Flight Disturbed Me (5th button down on left hand side of screen)
2. Click on the Read More button - In the Making an Aircraft Noise Complaint section.
3. Click on - Submit Your Complaint Online (next screen)
4. A Noise Complaints and Information Service Contact Form will then appear, which can be completed and submitted directly to Air Service online.

## Match & Co Cafe Fire

We are deeply saddened by the news that Match & Co had a fire break out in their kitchen, resulting in destruction throughout the whole café. DVCA wholeheartedly supports the business, and our heart goes out to the owner and all their hardworking employees.

We hope their rebuild allows the business to bounce back bigger and better and we would like to support them and their employees in whichever way we possibly can. Match & Co have been an instrumental supporter of not just the DVCA, but the

wider Dingley Village community, and we thank Josie and the team and wish them all the best in getting Match & Co to be as vibrant as ever.

## Can We Help?

If you are a resident in Dingley Village and have an issue concerning our Village that you would like addressed - please let us know and we will see if we can help.

DVCA seeks new enthusiastic members to join and help keep our village a great place to live and work in. The DVCA is a voluntary group of Dingley Village residents, not affiliated to any political party and membership is open to all residents who genuinely care about our village.

## DVCA Contact Info

Contact us by email at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com) or come to our monthly evening meeting.

Meetings are held in the Library, on the second Tuesday each month, February-November, at 7.30 p.m. located at 31b Marcus Rd. New members are most welcome to attend. For further information please contact the DVCA Secretary at [dvcasecretary@gmail.com](mailto:dvcasecretary@gmail.com), or visit [www.dvca.info](http://www.dvca.info)

**DINGLEY VILLAGE**

**FARMERS MARKET**

**SATURDAY**  
**18th MAY**

**8.30 AM - 1 PM**  
**31 Marcus Rd Dingley Village**

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[www.dvnc.com.au/farmersmarket](http://www.dvnc.com.au/farmersmarket)





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**Please Note the relocation  
of Little Villagers Childcare  
service during current  
building works @  
31B Marcus Rd**

# OUR COUNCIL

## Community and connection at the heart of Kingston's budget

Our draft 2024-25 budget strengthens Kingston's reputation as a thriving city as we continue to build a strong, connected community with top-quality facilities, first-class infrastructure, and support for all.

We always value our community's ideas and aspirations for our city, and we were absolutely thrilled to have so many people take the time to make submissions to this budget process through our Talking Kingston platform, including at a Special Council Meeting in February. Mayor Jenna Davey-Burns said this has enabled us to present our most collaborative budget yet.

"Ideas from our community will always make us more adaptive, innovative, connected, and resilient and we can't wait to put what we've heard into practice over the next year and beyond," Cr Davey-Burns said. "We heard that you would like your rates invested in playgrounds and parks, new cycling and walking paths, shopping strip upgrades and facilitating stronger community connections - plus so much more. This budget reflects that, with dozens of local projects on the agenda.

"Any responsible budget must also ensure the necessary funding is available to provide vital community services, including kerbside rubbish collections, our state leading aged-care services, and innovative libraries and youth services, while maintaining our existing community assets and delivering the new facilities and programs that are needed. "These are very challenging economic times for so many across our city and we are working hard to ensure your rates are being invested efficiently and effectively, while still meeting all the needs of our community."

Importantly, in the current economic climate, particularly the challenges of inflation and the Victorian Government's rate-capping legislation, this budget, which projects a \$8.2 million surplus, again delivers on our commitment to responsible, prudent, and sustainable financial management.

The highlights of a \$85.7 million capital works program include:

- \$35.0 million for the new aquatic and leisure centre
- \$18.4 million for community and sporting facilities
- \$14.3 million for roads, drains, footpaths, and bike paths
- \$8.6 million for parks and reserves
- \$7.7 million for playgrounds and active recreation.

The mayor said the budget has positioned council very well to engage positively with the other levels of government too.

"Importantly, the transparent and consultative process we followed has us in a very strong position to advocate to the State and Federal Governments around important current issues," Cr Davey-Burns said. "These include building climate resilience, supporting refugees and migrants, domestic violence, and women's health; the direction of major projects like the Suburban Rail Loop and level crossing removals; and to pursue funding for projects like our exciting new aquatic and leisure centre, flood mitigation and major road upgrades."

To view the draft 2024/25 Budget, the draft 2024-2034 Long Term Financial Plan, and the draft 2024-2028 Revenue and Rating Plan, visit [www.yourkingstonyoursay.com.au/2425budget](http://www.yourkingstonyoursay.com.au/2425budget).

## Planning permit approved for new aquatic and leisure centre



The planning permit for Kingston's new aquatic and leisure centre has been approved, bringing us one major step closer to breaking ground on this very exciting project. The design for the new centre has been shaped by over 6,500 community submissions across five stages of consultation and is progressing well.

A construction contractor will be engaged this year, with the new centre expected to welcome over 400,000 visitors annually when completed.

Kingston Mayor Jenna Davey-Burns said the planning permit approval is another significant milestone in this landmark project. "This is a huge project for our Kingston community and it's great that we can keep ticking off these key steps. Next is finalising the design and locking in our builder," Cr Davey-Burns said.

"This new centre is another way we are supporting the health and wellbeing of our community, and it will be an asset for people of all ages and interests. From learning to swim, building strength in the gym, and elite level swim training, to warm water exercise and rehabilitation - it will have it all! I can't wait for our concept to soon become a thriving hub of conversation, connection, laughter, fun learning and yes - a heap of splashing. Importantly, the new centre will also include quiet areas as well."

Melaleuca Ward Councillor Tim Cochrane said the project represents a major investment in the future health and wellbeing of our community.

"Major projects of this scale and value to our community are really uplifting to be involved in and it's been great to have so many people providing input and along for the ride. The feedback we have received throughout from the community has been instrumental in the informing what will be in this centre and the design," Cr Cochrane said.

The new centre will include:

- Four pools: multi-purpose lap swimming pool (50m), learn to swim pool, warm water exercise pool (therapy), and leisure pool.
- Gym and fitness facilities.
- Spa, sauna, and steam room.
- Café with outdoor seating.
- Foyer, car parking, and change rooms.

To keep up to date with all things new aquatic and leisure Centre, head to [kingston.vic.gov.au/new-centre](http://kingston.vic.gov.au/new-centre).

## Kingston plays a positive role to help alleviate housing crisis

Work to help alleviate the housing crisis and homelessness continues in Kingston. Council is set to enter discussions with leading community housing association, Launch Housing Limited around the



prospect of two properties in Edithvale and Mentone being developed for social housing. Both council-owned properties are currently sitting vacant after previously being home to the Lochiel Child Care Centre and Australian Turkish Association respectively.

Following a competitive request for proposal process, the evaluation panel unanimously nominated Launch as the preferred partner, a decision ratified by Councillors at the March Council meeting. The current proposal is for new homes to be constructed across the two sites, with Launch to take control of the sites under 30-year leases, however the plans will be subject to further detailed scrutiny and approval processes, including community consultation, if the projects are to progress.

This work builds upon Council's commitment through the 2020 Kingston Social and Affordable Housing Strategy which addresses increasing levels of housing stress in the community.

Left unchecked, increasing levels of housing stress in the community will lead to a reduction in well-being in the community, increase disadvantage and create inefficient labour markets. In line with current homelessness and housing stress statistics, Council noted the urgent need for housing for women (over 50) and single parents/carers with children to be prioritised for these potential places and any others that arise.

This latest venture into the social and affordable housing space in Kingston follows on from other examples including:

- Housing in Moorabbin and Cheltenham focussed on providing homes to members of the community who could otherwise no longer afford to rent in Kingston.

- An innovative project in Clarinda using portable housing targeted specifically at providing homes to older residents until more permanent housing can be sourced.
- A partnership between a developer and housing provider in Clayton South to provide 10 apartments and a caretaker's home very close to the Clayton shopping precinct for people living with acute physical disabilities.

Our Strategy identified in July 2020 the need for housing assistance in Kingston was previously estimated as a shortfall of 4,690 dwellings to alleviate homeless and housing stress for existing residents.

This figure has likely grown given the costs of new housing construction and large increases in the cost of renting properties that has occurred over recent years.

*Information in this article is provided by City of Kingston.*

**ADVERTISE IN THE DINGLEY DOSSIER**

**Distribution is 4,500 across homes and businesses in Dingley Village.**

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**Dingley Village Police Update**

**CRIME STOPPERS (1800 333 000)**  
 To provide crime information. It can be anonymous.

**Victoria Police, Dog Squad**

The Dog Squad provides support for police operations where the use of a dog may assist in incident detection, prevention or resolution.

The Dog Squad has two areas of operation: general purpose dogs and specialist detection dogs.

General purpose dogs are trained to track and search for human scent as well as assisting with police work. German Shepherds are usually used for this role.



Specialist detection dogs, known as Passive Alert Detection (PAD) dogs, are highly skilled to detect narcotics, cash, firearms, ammunition and explosives. Labradors are usually used for this role.

 [neighbourhoodwatchkingston](https://www.facebook.com/NeighbourhoodWatchKingston)  [www.nhw.com.au](http://www.nhw.com.au) 

*Neighbourhood Watch & Victoria Police would like to remind everyone to always securely lock your vehicle and never leave valuables visible.*

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9586 0500  
bayside@barryplant.com.au



# LOOKING AT LOANS



## FIRST HOME BUYERS ARE MOVING

Our market moves through stages of who is buying. Currently, it is great to see relative strength in the first-home buyer segment.

This is driven in part by the government incentives, but also by support from Baby Boomer parents. Classified as born between 1946 and 1966 this generation have seen the massive wealth creation benefit of home ownership. They are now active in encouraging young family members to buy their homes too, and where able to, providing support via 'bank of mum and dad'.

With interest rates currently on 'hold', educated first home buyers are looking to buy what they can now. There is an expectation among many that future rate reductions will add to housing prices. I agree with that expectation.

There is also evidence in this market of investor selling, due to increased costs of owning investment property. Whilst some may see this as a good thing, danger looms.

In a balanced market there will always be demand for 30-35% of properties to be available for rental, that is where long term rent demand sits. Media headlines may well decry negative gearing, however it exists to encourage investors into the market, to provide the required balance of properties for rent. The Goldilocks 30-35% requires incentives, then regular fine tuning. Currently we have a 'balanced'

rentals, due to the overall lack of housing. This is driving down the availability of rental properties and driving up the cost of renting.

First home buyers have two strong reasons to buy. Firstly, to avoid the risks of having to find somewhere to rent at a time of increasing rents and decreasing available rental properties. With the housing shortage we have, those problems are increasing.

Secondly, future-proofing wealth and retirement - most of the wealth created for Australians in property has been as a side effect of home ownership, and owning your own home is essential for a comfortable retirement.

If you are a first home buyer wishing to 'run your numbers', please give us a call. We can explain what government incentives are available for your situation and assist you to understand what you can and cannot do. History continues to prove that the best time to buy was yesterday. The second-best time to buy is today.

Integrity Finance Australia has been serving the Dingley Village community since 2006. If you have any questions or want to know what your options are with your refinancing or borrowing capacity or your home loan, then please email [support@ifafinance.com.au](mailto:support@ifafinance.com.au), or call us on **03 9511 8883**.

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Authorised by Mark Dreyfus MP, ALP, 566 Main Street Mordialloc 3195.





## Irritable Bowel Syndrome (IBS)

### Key Points

- Irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) are different conditions that have some similar symptoms.
- IBD, most commonly Crohn's disease or ulcerative colitis, is characterised by inflammation and damage to the gut while IBS is characterised by irregular bowel movements, abdominal pain and gas.
- Up to 30% of Australians have IBS, and some people living with IBD can also live with IBS.
- Treatment is completely different for the two conditions. Treating IBD focuses on reducing inflammation while treating IBS relies on reducing dietary triggers, managing stress and other psychological factors due to the gut-brain axis and use of some medications like antispasmodics.

### What is IBS?

Irritable bowel syndrome (IBS) is a common disorder that affects the digestive system. It can cause symptoms such as:

- abdominal pain
- wind
- constipation/diarrhoea
- bloating.



The intensity of symptoms can be different for each person and can negatively affect your social life, self-esteem, and ability to travel. They usually occur after a large meal or if you are under a lot of stress.

In Australia, up to 30% of people have IBS, with the condition found more commonly in women.

### What is the difference between IBD and IBS?

Inflammatory bowel disease (IBD) and IBS are two separate disorders of the gut. Because they are different conditions, they require different treatment, so it is important to not get them confused with each other and receive an accurate diagnosis.

Performing tests on the bowel that measure if there is inflammation present is important to work out which treatment strategy is best to make you feel better.

The similar acronyms for IBD and IBS and the fact that they both affect the digestive system often lead people to confuse the two. While both IBD and IBS are chronic (long-term) conditions, only IBD causes damage to the gut through inflammation. IBS is experienced through symptoms only without any injury to the gut.

### What causes IBS?

Like with IBD, little is known about the cause of IBS, but many people with IBS have mentioned that symptoms appeared after gastroenteritis, food poisoning, infection, illness or chronic stress. IBS is more common in people with anxiety, depression, other mental health issues or a history of trauma. Stress and some foods may also aggravate IBS symptoms.

There is also some evidence that the brain-gut connection is involved with IBS activity. The nerves that control the muscles in the gut become overly sensitive which leads to irregular bowel movements, bloating, pain and spasms.

### How is IBS diagnosed?

Unlike with IBD, IBS cannot be seen with any tests like colonoscopy. Diagnosis of IBS will depend more on your symptom history.

However, you may require endoscopic, imaging or stool tests to rule out any other conditions that may be causing your symptoms. If you are concerned about any uncomfortable gut symptoms that keep on returning, speak with your doctor or an accredited practising dietitian.

### How is IBS treated?

IBD and IBS are not caused by diet but many people with the conditions have found that diet can help with management. In many cases, making changes in your diet is the only strategy needed to remove or reduce symptoms for IBS.

There are also some medications that directly address symptoms and some complementary therapies can help. Psychologists also use psychological therapies and may use gut-directed hypnotherapy.

### What type of diet can I follow to improve my IBS symptoms?

There is no one size fits all when it comes to diet and managing IBS. A good first step is to start a food diary to help you find foods that trigger your symptoms and remove them from your diet. Be careful that the foods you are removing are replaced with other foods that can supply nutrition.

It is also important to stay hydrated by drinking enough water as chronic diarrhoea can lead to dehydration. Drink enough to keep your urine light yellow to clear. You should also try to maintain a balanced and healthy diet.

Some general tips on diet to improve symptoms during a flare-up include:

- Eating smaller meals more frequently throughout the day.
- Reducing how much greasy or high-fat foods you eat.
- Eating fewer foods containing lactose like milk and cream.
- Drinking less alcohol.
- Eating less gas-producing foods like onion, cabbage and cauliflower.
- Another diet your dietitian may recommend is a low FODMAP diet.

### How can I protect my mental health?

IBS symptoms can be affected by how you are feeling, so it is important to look after your psychological wellbeing. You can seek help from a psychologist.

Cognitive Behavioural Therapy (CBT): CBT can teach you coping strategies and has shown to help some people manage their anxiety. Gut-directed hypnotherapy: This approach has proven to be highly effective in managing pain caused by IBS and may even help reduce stress and improve immune function.

Strategies to manage stress:

- speak to someone about how you are feeling either to a friend or health professional.
- take the time for self-care which might include spending time with friends, fun activities or hobbies.
- exercise for 30 minutes five times per week, and
- practice good sleeping patterns like going to bed and waking up at the same time.

### Is it possible to have both IBD and IBS?

Yes, you can develop both conditions. Both IBD and IBS are difficult to diagnose so you may be diagnosed with them at different times. If you think you have IBS or IBD, speak with your doctor. If you would like help with your diet speak with an accredited practising dietitian or registered psychologist.

## The Rainbow

A rainbow was created to brighten the sky, with beautiful colours to shine from on high; A harmony of hues reflecting the light, but all became restless and started to fight....

Red was ablaze and full of unrest, resenting Orange for their appeal and their zest!

Orange was frustrated and intolerant of Yellow. "Why do they get the middle?" They would grumble and bellow. Yellow was sickly and churning inside, they hated the Green because it was better their side.

Green was naive and envious too, "Why can't I be a 'primary' "Why can't I be like Blue?"

But Blue was so miserable and would not refrain from calling Purple: "A right royal pain!"

Purple was frustrated and always in dread, they worried what Blue, Green and Orange had said.

Each colour was complaining, and sometimes would fight, thinking the others would steal all their light. Competing, comparing, in a verbal affray, their colours diminished to cloudy and grey.

The rainbow's creator was saddened and despairing but advised the colours, with wisdom and caring: "Each of you is different and unique from the rest; working together will bring out your best!"



The colours considered and let their conflict subside, they embraced each other and became radiant and wide.

Then, without competition and proud of their hue, the darkness depleted, and a rainbow shone through- A palette of colours in harmony and glory, celebrating each other and their own unique story.

By Helen Murphy

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*The Dingley Village Writing For Pleasure Group meets each Tuesday from 10am to 12pm at the Dingley Village Neighbourhood Centre. Our small group is comprised of members with varying talent and experience. Some have never written at all prior to joining us.*

# SAVE KINGSWOOD

Kingswood is now in the process of being owned by a WA-based developer - Satterley. They have an office in Melbourne, as other estates have been built by them in Victoria.

I spoke with the Managing Director asking for a fresh approach, compared to AustralianSuper, who deliberately avoided conversations with Dingley Village groups and residents.

He agreed and set up a meeting in Melbourne, attended by myself and the DVCA. The developer will provide building sites only for sale, most likely with covenants. The buyers of blocks then make their own arrangements to select a builder. Also, a builder might purchase a group of lots, build and sell the finished mainly three storey units.

We received assurances that Satterley would preserve most trees, provide amenity and encourage quality homes.

## How?

The new developer has indicated a goal of 800 sites, like AustralianSuper's rejected plans, but with less room, as an extended dam must now be included. As the dam system is doomed to flooding failure, houses on the Golf Course Park will be uninsurable.

I responded "The math's and logistics don't add up. You cannot spend so much, fit 800 lots with a larger dam, and still provide a quality result for Dingley Village."

I hope future meetings will at least explain this.

Kevin Poulter, President,  
[Save Kingswood Group inc. www.savedingley.com](http://www.savedingley.com)

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Did you know that BSL Banksia Respite Services in Frankston is available to City of Kingston residents?

Banksia Day Program provides elderly people with a social experience in a dementia friendly setting, while allowing their carers to take a break. The 'day program' is open six days per week and offers a range of meaningful activities that promote health and wellbeing, social connections and learning opportunities. Activities may include group exercise, arts and crafts, games and trivia challenges as well as movie screenings, meals and refreshments throughout the day.

Banksia Cottage Overnight Respite is one of the few cottage style respite residences on the Mornington Peninsula, consisting of only 6 cosy rooms. Each individual bedroom is equipped with a comfortable hi-low bed, split system air conditioning, television with Netflix subscription and adjoining private ensuite all enabling easy movement of mobility aids and wheelchairs.

Banksia cottage offers a short-term 'home away from home' break for older people and for people who have a disability as a result of illness and/or dementia, while allowing their carers to take a break. The duration of your stay can be overnight, a weekend, a week or two weeks while carers take a holiday or have a rest. Staff at the cottage highly value client, carer and family involvement in planning client care to ensure they meet all your needs and to make your stay as enjoyable as possible.

Call 📞 **1300 147 147** to find out more. Eligibility criteria applies.



## COTA Care Finder Program

COTA Victoria's Care Finder Program helps the most vulnerable older people who would not be able to arrange aged care services without intensive support, and who do not have a carer or support person who can help. COTA Victoria's Care Finder assists those residing within the City of Kingston.

Services are free, providing you with personalised, independent information and guidance so that you can access the right aged care services for you. COTA Care Finder can help with:

- Support to register with My Aged Care.
- Attendance and further support at your assessment.
- Finding, shortlisting, and linking to aged care providers in your area.
- Completing forms and the explanation of aged care service agreements.
- Checking in with you once services are up and running.
- Solving other challenges and connecting you to other supports in the community, such as health, mental health, housing and homelessness, drug and alcohol services and community groups.

Referrals can be made on someone else's behalf, providing they've given consent to contact COTA. For enquiries, or to make a referral to COTA Care Finder team, visit [📄 tinyurl.com/cotavic-care-finder](https://tinyurl.com/cotavic-care-finder) call 📞 **1300 135 090** or email ✉️ [carefinder@cotavic.org.au](mailto:carefinder@cotavic.org.au).



## A global history of optometry

The history of optometry is a fascinating journey through the evolution of eye care and vision correction techniques. Dating back to ancient civilizations, rudimentary forms of optometry emerged as early as 2000 BCE in ancient Egypt, where individuals known as "seers" provided basic eye care services. These early practitioners often used techniques such as applying salves and ointments to alleviate eye ailments.

Throughout history, various cultures contributed to the development of optometry. In ancient Rome and China, rudimentary forms of spectacles were crafted to aid individuals with vision impairments.

However, it was not until the Middle Ages that significant advancements in optics were made. Scholars like Alhazen in the 11th century laid the groundwork for understanding the principles of vision and the behaviour of light.

The Renaissance period saw further advancements in optics, with the invention of the concave and convex lenses.

These developments paved the way for the creation of spectacles that could correct nearsightedness and farsightedness. In fact it was Leonardo da Vinci, the visionary Renaissance polymath, who conceptualised the idea of contact lenses in the 16th century.

While he didn't invent them per se, his sketches and writings suggested a rudimentary form of contact lenses. Da Vinci proposed the concept of submerging the head in a bowl of water to alter vision, hinting at the idea of refractive correction through liquid-filled lenses. By the 17th century, spectacles had become more widespread across Europe.

The 19th century marked a turning point for optometry with the establishment of formal optometric education.

The first optometry school was founded in Vienna in 1805, followed by the establishment of similar institutions across Europe and North America.

These schools provided aspiring optometrists with comprehensive training in vision testing, lens crafting, and eye health.

In Australia, the history of optometry also began in the late 19th century. The first optometry school, the Sydney Technical College, was established in 1918, marking the formalisation of optometric education.

The profession gained recognition with the founding of the New South Wales Optometrical Association in 1918, followed by the Optometrists Association Australia in 1941.

Over the years, optometry has become an essential part of the Australian healthcare system, with optometrists providing comprehensive eye care services, including vision testing, prescribing corrective lenses, detecting eye diseases, and managing visual impairments.

Today, optometry continues to advance with the integration of cutting-edge technologies such as retinal photography, corneal topography, and OCT imaging now commonplace in both corporate and private practice.

Modern optometry has found a specialised niche within the medical community not just to provide spectacles and contacts lenses but to also provide services for binocular vision disorders, dry eye conditions and paediatric patients. Optometrists continue to play a crucial role in promoting eye health and vision wellness, helping individuals of all ages maintain clear and comfortable vision.

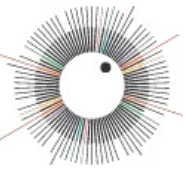
At Dingley Eye Centre, we pride ourselves on our knowledge and desire to stay up to date with the latest research to better look after your eyes and preserve your vision.

We are passionate about your sight and the health of your family's eyes. Call us to make an appointment, book online on our website [www.insightfuleyecare.com.au](http://www.insightfuleyecare.com.au) or come down for a chat with us about how you can better protect yourself against blue light and digital eye strain.

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## Dingley Football Netball Club



Dingley Football Club Seniors, with an impressive bunch of new recruits, were too good for Springvale Districts as the 2024 season kicked off on April 6. Trent Dennis-Lane, an ex St Kilda and Sydney player was impressive with four goals and youngster Mitch Cook got four of his own.

Cheltenham was the next challenge in another away game the following week and in a game that could have gone either way, the reigning premiers were too strong in the end by 35 points.

There was a lot to like about our effort however, especially considering it may take time for the number of new players to settle into the side.

It is obvious, even at this early stage of the year, that Dingley should be right 'in the mix' again this year.

Our Reserves team recorded its second win in Round Two, reversing the result from the 2023 Grand Final disappointment.

Two wins from two is a great start after accounting for Springvale Districts in game one.

The Under 19s are struggling for numbers and are yet to record a win, as is our Thirds side but success for both will come soon.

Two rounds of Netball have seen three wins and four losses in Round One, and four wins and three losses the following week.

Most clubs this year will be charging entrance fees at their gates, so we urge supporters to get on board and purchase a membership package priced starting at \$70 which will gain entry to all games, either home or away, rather than be asked to pay \$8 at the gate. each week. With limited social club activities and revenue again this year, we are very keen for local fans to give us your support as the facilities are still being rebuilt.

The Dingoes club motto this year is 'The Hunt Continues' as we strive to remain a force in the SFNL. All games results are recorded in detail on our website each week. [www.dingleyfc.com.au](http://www.dingleyfc.com.au)

Go Dingoes"





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# CIRCLING THE CLUBS



## Country Women's Association Dingley Village



"All women, all ages, all places. grow, connect, improve."

### Get Ready for Mother's Day!

Join us for the CWA Dingley Village Annual Mother's Day Stall on Friday May 10th from 9am to 4pm (unless sold out) at the Woolies Supermarket in Dingley Village. We have so many things on offer, so make sure you come early! From Mother's Day gifts to scones (of course!), baking, preserves, craft, baby knits and some winter knits, we have you covered. Don't miss out on the perfect opportunity to spoil your mum this Mother's Day with unique and special gifts from our stall! Contact Sue on 0434879875 if you have any questions or need more information.

Our monthly meetings are held on the 4th Wednesday of each month from 10am to approximately 11.30am in our new temporary home at Dingley Scout Hall, 65 Centre Dandenong Road, Dingley Village. Following the meeting, we gather for a cuppa and a shared light lunch, creating a warm and welcoming environment where friendships flourish. If you're curious and would like to attend one of our meetings to see if our group is the right fit for you, please join us on a Wednesday. For more details about the CWA or our branch, don't hesitate to reach out to Sue on **0434 879 875**.

### Dingley 60 Plus Social Group

Our gatherings adjacent to the Sports Bar of the Dingley International Hotel are being held only on the 2nd Thursday of the month so the next one will be on the 9th of May and the June one is on the 13th. Starting time is 7.00 PM and meals and snacks are available if you want to make a night of it. Of course you have the usual wide choice of beverages being dispensed for your indulgence.

Our regular dinner is held on the last Saturday of the month and the May one will be on the 25th. Advice of future activities and venues are made at the Thursday gatherings and to facilitate bookings you can indicate which particular events you wish to attend.

Our activities are suitable for those in the 60 plus age group and provide an opportunity to socialise with your peers. Events can be proposed by members and those interested can get on board.

We are more than happy to welcome new members (especially males) to the Group. Enquiries can be made to Graeme on **9551 3462**. PS - Winter draws on?



## Probus Club Dingley Central



The guest speaker at our April Meeting was Gideon Meltzer from the stroke foundation.

Having suffered a stroke 9 years ago whilst on a holiday, he spoke on the warning signs of a stroke, his message, Remember the F.A.S.T. signs of a stroke. Face drooped, Arms cannot be raised, Speech slurred or confused, Time is critical. Immediately call 000. 80% of strokes can be prevented. He advised us to make time for a Health check, Eat a well balanced diet, Stay active and aim for 30 minutes exercise daily.

Activities planned for May: Happy Hour, Camera Club, Legs and Morning Coffee iPad group, Wine Tasting, Day trip to the Shrine, Mens Lunch, MTC, Morning Melodies, Craft Group and Games Day.

Our meetings are held on the 1st Monday of the month at The Salvation Army Kingston City, 13/12-16 Garden Boulevard, Dingley Village. New members are always welcome. For further information contact Jean on **0438 272 232**.

### Dingley Village Senior Citizens Club Incorporated

We hope that all the mothers amongst our readers had an enjoyable Mothers' Day. To me, the weather overall seems to have gotten much colder - perhaps even somewhat suddenly. This may well be a sign that Wintertime proper is not far away.

### Our arrangements for May are as follows:

- For Monday the 6th - Games, Cards, Rummikub and Scrabble plus our new Dominoes game, to be followed by afternoon tea.
- Monday the 13th - Bingo (commences at 1:00 p.m.) followed by afternoon tea.
- Monday the 20th - Games, Cards, Rummikub and Scrabble followed by afternoon tea.
- Monday the 27th - Bingo (commences at 1:00 p.m.) followed by afternoon tea.

If you are a little bored or at a loose end of a Monday afternoon, please feel free to drop in for a chat and a cuppa.

Our afternoon activities are held in the Harold Box Hall. For more information, contact our President, Margaret, on **9580 4321** or our Vice President, Joan, on **0421 736 795**.

### Dingley Village Historical Society

We are open Monday Tuesday and Thursday, 10am-12noon. During the Dingley Village Farmers Market on the third Saturday of the month 10am -12noon.

We can open other days if requested. We are at 31A Marcus Rd, near the library. Phone number **9551 4374** or email at enquiries@dvhs.com.au.

## Dingley Village Men's Shed



Opening Hours and General Activities:

Day of Week	Open Hours	General Activities
Monday	9:00am - 1:00 pm	Metal Work, Wood Work, Art, Bicycle & Car Maintenance
Tuesday	9:00am - 12:00 pm 1:30pm - 3:30pm	A' Team workgroup & Bike Riding Group Photography
Wednesday	9:00am - 12:00 pm	Bike Riding Group & Music Group
Thursday	9:00am - 12:00 pm 1:00 pm - 3:00 pm	A' Team workgroup Pool / Snooker
Friday	9:00am - 1:00pm	<b>Members Muster</b> This is our main day!

Every Friday Morning (except holidays as designated), come along, enjoy a cuppa, a chat & meet with your fellow shedders. We also hold a great Raffle (fundraiser) for members & visitors, and also a Golf Putting Comp. Other Activities from time to time include Golf Days, Special Event Days e.g., Cup Day & Australia Day BBQ's. plus, the occasional outing to places of interest.

The Dingley Village Men's Shed is in Cypress Drive, Braeside Park (near Visitors Centre), Lower Dandenong Road.

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## Lions Club of Dingley Village



If anybody has any of the following items, they can be left at the Dingley Village Neighbourhood Centre. Pre-loved spectacles, sunglasses and hearing aids and used stamps are still needed. Thank you to all who have donated, please keep them coming in.

Our meetings are held on the 4th Monday at 7.00pm at the Dingley Village Neighbourhood Centre, 31B Marcus Road, Dingley Village (Public Holidays excluded). These meetings are informal and friendly.

For any enquiries, please contact Lynne - 9551 3770 / 0488 004 809. dingleylions@gmail.com

## Rotary Club Noble Park – Dingley



Active Rotarians – making friends and making a difference.

The Rotary Club of Noble Park-Dingley has an active social and project program. Our members love being part of our club and enjoy participating in our activities. Once you get to know us you might like to join us in being part of a network of 1.2 million Rotary volunteers worldwide.

We meet at 6.30pm on the first three Thursdays of each month at Keysborough Golf Club in Hutton Road. Please email info@npdrotaryclub.org.au for more information.

## Dingley Cheltenham VIEW Club (Voice Interest Education of Women)



New members are most welcome to join our monthly meetings and learn from our guest speakers and enjoy our monthly social outings. VIEW (Voice Interests, and Education of Women) Clubs support The Smith Family and their Learning for Life Programme which provides education for vulnerable Australian children. Australia has over one million children living below the poverty line.

Dingley Cheltenham VIEW Club are currently sponsoring 7 Children with their education. Women from all walks of life are most welcome to join us please contact Fran Thomas for further information. franniet@gmail.com or 0419 309 931. Meeting; Second Tuesday of the month at 10am. Where: Keysborough Golf Club, 55 Hutton Rd Keysborough, easy parking.

## Italian Senior Citizens of Kingston - "La Baracca"

The Italian Senior Citizens of Kingston offer a two course homecooked lunch with coffee and biscuits every Wednesday and Sunday at 12 pm. \$17 for members, \$20 non-members. New members welcome.

All are welcome to socialise, play billiards, bocce and cards and once a month Sunday Bingo.

The first Sunday of every month we hold a lunch dance at 12pm offering a three course meal with coffee and a live band. Booking essential Giovanna 0421 045 648.

## Keysborough & District Multicultural Senior Citizens Inc.

This over 55s club is located at 352 Cheltenham Road Keysborough and the following activities are available for members and visitors:

**Tuesdays** – Bingo on the 1st, 2nd & 4th of the month 1pm to 3pm. \$3.00 entry and \$1.50 per book

**Concerts** with professional entertainers on the 3rd Tues of the month 1pm to 3pm. \$3.00 entry.

**Wednesdays** – Line Dancing 1pm to 3pm \$3.00 entry.

**Thursdays** – Ballroom dancing lessons 12.30 to 1.00pm and Ballroom dancing from 1.00pm to 3.00pm. Entry \$3.00.

Entertainment schedules arranged are: 21 May - Gavin Chatellier. 18 June - Marceau Camille. Tea and coffee are supplied for all activities. Club membership for the remainder of F/Y 23/24 until 31st of May is \$5.00. Contact is Julie on 0428 561 694.

## Spring Park YWCA Golf Club

A friendly welcoming group of ladies of varying standards meet at 7.45am for an 8.00am start on Monday mornings at Dingley's Spring Park Golf Course. Cup of tea & biscuit is shared after the round.

We play 9 holes & provide an excellent starting point for those who have completed golf lessons & are ready to hit the fairways. Further information: Jillian Sanders 0419 501 365 (Captain), Julie Westcott 0438 269 622. (President), Jan Boyes 0497 096 377 (Secretary)



## Mentone Hub Activity Group

We are a group of seniors who get together every Tuesday to play cards and various other games at the Mentone Hub in 29 Venice St, Mentone. We play Bingo very few weeks (for chocolates as prizes, not sheep stations), also Crazy Whist for similar prizes.

We don't take it too seriously; the point is to enjoy ourselves. We are under the auspices of Kingston U3A, so if you are a member there, you are already paid up.

We start at 10am, BYO lunch, we supply tea, coffee, milk and biscuits and finish at 3pm. If you are registered with the Kingston Council for Home Help or other services, you can arrange to be picked up and bought home, we are happy to welcome new members.

## Kingston Communicators Toastmasters Club

Gain valuable skills in Effective Communication & Leadership at all our meetings.

Join us at a club meeting as a guest! We meet each 2nd, 4th and 5th Wednesday of the month from 7:15 pm for a 7:30pm start at Mentone Activity Hub, 29 Venice Street, Mentone, VIC, 3194

For details or more information call 0497 839 947 or visit us at <https://kingston.toastmastersclubs.org/>



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## Kingston City Church



**Our Vision:** Connecting People To Jesus Christ

**Our Mission:** Reach, Restore, Relate, Resource And Release.  
Ph: **8551 6600**, Fax: **8551 6690**.

Web: [www.kcc.crm.org.au](http://www.kcc.crm.org.au)  
Email: [admin@crm.org.au](mailto:admin@crm.org.au)

**Sunday Services:** 10am Service has Children's Ministry.

Our Kids Ministry, at Kingston City Church, is called KINGDOM KIDS. Our program runs during our morning service at 10am. This year we have seen an increase in the number of kids attending each Sunday in all the rooms. We have four rooms running each Sunday.

With the new "Bible Basic" curriculum we are using each week, we introduced God's Word, the books of the Bible, God's Plan for us because He loves us, Jesus and the Holy Spirit and a few memory verses that the kids can use daily or when they need it.

In March we started the "Prayer Wall", where kids could take a sticky note and are encouraged to write down any prayer requests they have and stick it in our cupboard (Our 'Prayer Wall'). We would then pray as a whole group at the end of our session for all the requests.

We have since seen many prayers answered! A pet was healed, a grandma's tummy was healed, an aunty who did not know the Lord was healed in her leg after our kid had prayed and protection over a trip that one of our kids was going on and was worried about. Praise The Lord!

So now we have started another wall to encourage and thank God for answering our prayers. It is called "Prayer Answered Wall!" All the kids like looking at both the wall and we thank God for answering our prayer requests!

Pauline Martin-Nathaniel  
Kids Ministry Leader



## Heatherton-Dingley Uniting Church



Cnr. Kingston and Old Dandenong Roads, Heatherton

Sunday services at 10.00 a.m. Sacrament of Holy Communion second Sunday of the month at 10.00 a.m.  
All enquiries phone **0431 244 561**.  
[www.heathertondingleyuca.org.au](http://www.heathertondingleyuca.org.au)

### Our Vision and our Mission

To seek to connect people to God and each other. Heatherton-Dingley Uniting Church - Meeting U at the Crossroads of Life.

### What's On

**Wednesdays** – Prayer meeting at the church 9.00 – 9.30 a.m. If you have a concern that you would like prayed about ring Margaret on **0401 392 772**.

### Know Your Bible 9.30 – 11.00 a.m.

An interdenominational study of the Bible for women.

### Second And Fourth Thursdays Of The Month

Unleash the Music in You – 7.30 p.m. at the Church. For further information contact Bob Lorraine on **0418 998 714**.

### First Friday Of Each Month

Indoor Carpet Bowls – 2.00 p.m. in the Church Hall followed by a cuppa.

### Third Saturday On Odd Months Of The Year.

**Bark And Chat** - This is an informal group of dog lovers who bring their dogs along for a chat and short information session on different topics relating to dogs, followed by morning tea. For further information contact Margaret on **0401 392 772**

### Third Saturdays On Even Months Of The Year.

A special service for dog owners and lovers to which you can bring your dog. For further information contact Rev Deacon Andrea Mayes on **0408 65 939**.

**NO EXCUSE FOR ABUSE**

## Village Church Inc.



Address: 7-9 Fiveways Blvd Keysborough 3173

Pastor: Rodney Hole  
Elders: Andrew Weston & Malcolm Crouch  
Church Office: **8712 8254**  
or [admin@villagechurch.org.au](mailto:admin@villagechurch.org.au)

Visit our website:  
[www.villagechurch.org.au](http://www.villagechurch.org.au)

Village Church has been in the Dingley and Keysborough areas since the 1930's and exists for the purpose of the advancement of the Kingdom of God as we seek to obey our Lord's command to go out and make disciples of all people. Village Church offers the following ministries to 'Inspire People to Discover and Develop Life in Christ'.

### Sunday Morning 10am Worship Service

In person or can watch livestream on our webpage.

### The church service includes:

- Bible teaching through expository preaching.
- Pastor Rodney Hole is currently preaching through the book of Hebrews.
- Communion is held once a month for those who know Jesus Christ as their personal Saviour and Lord.
- Kids Church - Younger Primary (4-8 years old) and Older Primary (9-12 years old).
- Little Blessings - Preschool Program (0 - 4 years old)
- Tea and coffee are served after the service.

### Life Groups

Meets for Bible study and fellowship in various suburbs on a fortnightly basis in Springvale, Narre Warren, Pakenham, and Lyndhurst areas.

### Ladies Bible Study

Meets regularly to work through an entire book of the Bible, alternating between the Old Testament and the New Testament. Previously studied are the books of Ruth, Philippians, Genesis and James.

In 2024, there will be a video teaching series on "War of Words" by Paul Tripp based on his book.



### Men of Faith

Meets once a month at Village Church on a Sunday evening for a BBQ and men's Bible study.

### Village Church Youth Group (Years 7 –12)

Meets weekly on Friday nights from 7-9pm during the school term for Bible study and fellowship.

### Street Ministry

Village Church partners with 'Bought with a Price Ministry' here in Melbourne. Every Wednesday and Friday from 5pm to 7pm, a team witnesses at either Dandenong, Noble Park, Glen Waverley, Ringwood, or Springvale areas.

### Marriage and Family Support

At Village Church, our heart is to serve the surrounding community to support the growth of families. Families and marriages are under attack, and we are committed to helping you out in any way. We have many gifted and equipped members who would love to listen, encourage, and give sound advice to you. Please call the church office if you need help.

### Christ Church - Anglican Church Dingley Village



Vision: From within you shall flow rivers of living waters" John 7:38

### Sunday Services

8:30 AM (Heritage Church) Holy Communion Service.  
10:30 AM (Auditorium) Worship Service with Kids' Church.

### Special Events:

Bookings essential. Please book via office: **9551 7871**, [admin@ccd.org.au](mailto:admin@ccd.org.au)

**Sat 18th May:** Ladies' Fellowship Lunch, 11am at Christ Church Dingley. Guest Speaker – Marriage & Relationships. Cost \$10 to cover lunch and speaker. RSVP 4TH May.

Bring your married daughters, daughters-in-law, female relatives, friends and neighbours.

### Life Groups for Bible Study

For more information, please contact our office.

### NEW – Mums & Bubs

1pm – 2:30pm Monday during school term. Please contact our office for details.

### Youth Group Friday

Runs during School Term. Drop off 6:30 pm, pick up 9 pm (sign-in essential). Lots of fun and engaging activities for ages 11 to 17 years.

Please contact our office for details.

### Pleasant Tuesday Service

2 pm, 2nd Tuesday Each Month. Traditional Holy Communion with favourite hymns in the Heritage Church followed by a social afternoon tea. Please contact our office for transport if needed.

### Weekly Prayer Meetings

Wednesday 11am in the Prayer Rooms.  
Saturday 8 AM in the Atrium. Healing, Deliverance & Prayer Ministry available upon request.

### Roundabout Op Shop

Supports communities Locally, Nationally, and Internationally. Offering many bargains (good quality clothing, books, bric-a-brac, toys.

Volunteers Welcome!

### Opening Hours:

**Wednesday** - 9.30am – 4:00 pm

**Thursday** - 9.30am – 1.30 pm

**Saturday** - 9.30am – 1.30 pm

**Donations:** We take clean useable items but cannot accept electrical goods, or baby/child equipment.

### MMA Stall

MMA Stall runs quarterly.  
Next Stall: Sun 2nd June, Sun 1st Sept, Sun 1st Dec. MMA Stall

### Supported Missions

CCD supports: Make A Difference, Dingley Village; Common Grace; Hands At Work, Africa; BCA; CMS; NCIC.

### Food Parcels Available

For those in need, upon request.

### Prayer Ministry

Please contact our parish office for details and bookings.

**Senior Minister:** Rev. Richard Loh

**Parish Office:** 03 9551 7871

**Email:** [admin@ccd.org.au](mailto:admin@ccd.org.au)

**Website:** [www.ccd.org.au](http://www.ccd.org.au)

### St. Mark's Catholic Church

511 Lower Dandenong Road,

Dingley Village, 3172.

Phone: **9551 6930** or **9547 4877**

Email: [Springvale@cam.org.au](mailto:Springvale@cam.org.au)

Website for further information:

ST JOSEPH SPRINGVALE | Catholic church

Parish Priest: Fr. Joseph Truong Nguyen

OFM Conv.

### Mass Times

- Saturdays, 6pm
- Sundays, 9.30am
- Confession starts from 5.30 pm before Mass on Saturdays

### The Salvation Army Kingston City 'You Belong'



13/12-16 Garden Boulevard,  
Dingley Village.

Office Phone: **(03) 9558 2045**

Facebook.com/KingstonCitySalvos

[www.salvationarmy.org.au/kingstoncity/](http://www.salvationarmy.org.au/kingstoncity/)

Corps Officers (Ministers): Major Jennifer Cloke and Major Andrea Elkington.

### Hours of operation

10:00am – 4:00pm Monday to Friday or by appointment.

### Our Mission

The Salvation Army Australia is a Christian movement dedicated to sharing the love of Jesus, by caring for people, creating faith pathways, building healthy communities, & working for justice.

### Our Vision

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia, one life at a time, with the love of Jesus.

### Emergency Relief | Casework

The Salvation Army Kingston City Doorways team offers assessments for emergency relief. Please phone **9558 2045**, Wednesdays, Thursdays & Fridays 10am – 4pm to make an appointment.

### Echo Church

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Vision: 'heaven to earth'

"Your Kingdom come, your will be done, on earth as it is in heaven."

- Matthew 6:10

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Dingley Health Hub 9551 7110

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Christ Church, Dingley 9551 7871

Heatherton Dingley Uniting 0431 244 561

Kingston City Church 8551 6600

St. Mark's Catholic Church 9551 6930

Salvation Army 9558 2045

Village Church Inc. 8712 8254

Echo Church 9558 3980

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Neighbourhood Centre 8512 0505

Make A Difference 9551 1799

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# THE DINGLEY DOSSIER

ABN: 71 463 442 675

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**Publisher:** Dingley Village Neighbourhood Centre Inc.  
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Dingley Village. 3172  
**Phone: 8512 0505**  
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