

RECREATION IDEAS & INFORMATION



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RECREATION SHIFT INFORMATION

1. What is a recreation shift?

When deciding on activities, support workers should base the choices on the person's goals, likes and needs. Activity plans should be discussed with the family to ensure their consent. If appropriate and depending on the person's ability, providing them with a choice of activities is preferable (sometimes you will need to give the person a limited number of activities to choose from, as too many may be confusing). Remember, a recreation shift is not about what you would like to do but what the person you are supporting would like to do.

There are times parents specify what sort of activity they want their child to be involved in. Often, however, parents appreciate the initiative of support workers when they arrive at a shift with ideas of things to do.

When providing recreational support, it is required by Interchange that the support does not include support worker's own family members or friends in the activities. If you feel there would be a benefit to the person, in a group environment, which may include your friends or family, you need to discuss the plan with person's IOE coordinator. They will then discuss the idea with the person's family. There are legal implications with unauthorised people being involved in the support of children. *It is absolutely necessary to have approval from Interchange, before the shift takes place.*

We must be intentional about the places we visit, the things we do and say and the people we support, to provide the best possible opportunity for each person to connect with others in the community and take their place as a valued citizen.

2. What to pack for a shift?

As a support worker there will be times when things will get messy or you need to practise good infection control. We suggest that you pack a bag to keep in your car and to take with you when out and about. This bag should include such things as;

- Disposable gloves
- Nappy wipes or 'Wet ones'
- Tissues
- Spare plastic bags
- Emergency contact number for Interchange Outer East
- Pen and paper

It is a good idea to take a bag from the person's house, and fill it as needed:

- Continence aids – more than one may be needed
- Nappy wipes or 'Wet ones'
- Gloves (if available)
- Change of clothes – don't forget underwear and socks!
- Drink bottle
- Lunch – unless you are to buy lunch (this allows money to be spent on the recreation activity rather than lunch)
- Person's wallet – make sure there is money and their companion card
- House key! In case there's no-one home when you return
- Individual needs – hand splint, lunchtime medication etc

Note that resources not available from the family can be tax deductible i.e. gloves or can be picked up from IOE

3. Activities Box

An activities box is a great idea to take on shifts with you. All children love playing with new toys especially if they belong to someone else. The activities box can be kept in your car and taken from house to house.

Start by buying a large box. This can be a fruit box salvaged from the fruit market or a plastic tub from a discount store. Cover it with things like coloured paper, glitter, tinsel, paint or anything else the children love to make sure it's special. Clearly label it as the 'Activities Box'.

Below you will find a list of things you might like to include. Most are quite inexpensive and can be found in your local supermarket, variety store or discount stores like The Reject Shop, etc. If you keep adding to the box slowly it won't take long to fill it, and remember keep your receipts for tax deductions.

- Colouring in book
- Pencils or crayons
- Puzzles
- Children's books
- Small soft toys
- Sock puppets
- Soft playing ball (or football/soccer ball for outdoor games)
- Containers of play dough



3. Kilometres and Expenses

No kilometres are reimbursed to support workers for travelling to or from a shift.

- Kilometres and expenses are allocated per client; kilometres are recorded from when you pick a person up to when you drop a person off.
- The coordinator responsible for organising the shift will inform you of any kilometres or expenses before the shift is to occur.
- Most shifts have a cap on kilometres i.e. you are working with Billy on Saturday from 10am-2pm and you have 20 kilometres allocated. That means you are able to claim no more than 20 kilometres for that shift on your time sheet. If expenses/kilometres are claimed that have not been approved by a coordinator they will not be reimbursed.
- Any approved expenses that are provided must relate directly to the person i.e. purchasing them a movie ticket or lunch. To be reimbursed for expenses you must keep all receipts and attach them to your fortnightly time sheet. They must have the business ABN number on them to be able to be claimed.
- If you use more kilometres or expenses than can be claimed for through Interchange Outer East, you are able to claim them on your tax return at the end of the financial year. You can also claim the distance travelled between shifts if you are driving directly from one shift to another.
- When planning a recreation shift, expenses of an activity should also be taken into account. If there has not been any provision made for expenses, the costs should be kept to a minimum as parents need to cover these costs.
- It is your responsibility to communicate to the coordinators if parents do not cover, or expect you to cover, the cost of activities on a recreation shift.
- When you arrive at your shift ask the parents if the person that you are taking on shift has a companion card. Take this with you and remember to return it at the end of your shift.

4. Swimming

IT IS A REQUIREMENT OF ALL SUPPORT WORKERS THAT THEY HAVE READ AND UNDERSTAND THE WATER ACTIVITIES POLICY. This can be found on the Interchange Outer East website, or by contacting the office.

- When accompanying a person on a shift it is expected that you will swim with them, unless otherwise specified by the coordinator. This is a great opportunity to play and interact with the person.
- There have been instances of theft of personal possessions at swimming pools. Please be aware that Interchange Outer East will not be held accountable for any items that are stolen. It is your responsibility to ensure that any valuables you have whilst on a shift are kept safe. It would be wise to leave valuables including jewellery at home and only bring the essentials on shift.
- When picking up the person from home, talk to the family about the best way to use the change rooms. Is the person able to go into the change room by themselves, or do they need supervision?
- When heading off to a swimming shift it is best to be ready in advance and have your bathers on before you go (under your clothes).

5. Being Sun Smart

SLIP, SLOP, SLAP, SEEK & SLIDE

While on shift you should always be setting a good example of what is appropriate behaviour. To do this you should be following the guidelines below. Remember that it is also important while swimming to wear a t-shirt/rash vest.

- Slip – Always use sun protective clothing in combination with other sun protection measures; shade, hats, sunscreen and sunglasses.
- Slop – For best protection, apply sunscreen 20 minutes before you go outside and apply regularly (every two hours).
- Slap – Ensure that hats are worn at all times while outside.
- Seek – Where possible stay and play in the shade.
- Slide – Encourage the use of sunglasses when available while outside.





6. Sunny Day Ideas

Catch a train into the city: visit Federation Square, catch the free city circle tram, and visit Birrarung Marr.

- Visit Scienceworks (children are free).
- Check out what local markets are on in your area (Saturday and Sunday)
- Go on Puffing Billy to Emerald Lake.
- Visit Badger Weir Creek and paddle in the stream or go for a bush walk.
- Build cubby houses in the back yard.
- Go for a ride on the miniature trains at Kilsyth and Eltham.
- Climb the Thousand Steps at Ferntree Gully National Park.
- Visit Birdsland Reserve in Belgrave South.
- Make icy poles by freezing fruit juice.
- Arts and crafts.
- Go fishing at Lilydale Lake or the Arboretum in Ferntree Gully.
- Bike riding on the bike track.
- Sand castle building at the beach, Lilydale Lake or Lysterfield Lake.
- Fly a kite on a nearby school oval or football oval.
- Feed the ducks at the Arboretum, Jells Park or Lilydale Lake.
- Go swimming at a patrolled beach or at a local pool.
- Visit Chesterfield Farm.
- Make and pack a picnic lunch, then take it to Jells Park or the Arboretum.

7. Rainy Day Ideas

- Do some cooking (make morning or afternoon tea for the family).
 - Play with play dough.
 - Make some bubbles.
 - Finger painting.
 - Play dress ups.
 - Build inside cubbies (cushions, chairs, sheets).
 - Make up dance routines.
 - Create with paper mache.
 - Create your own colouring in book.
 - Puzzles.
 - Visit major shopping centers (especially during school holidays and on weekends to see their children's entertainment programs). But be aware of whether shopping centres are a good idea for particular individuals.
 - Visit your local Bunnings and participate in their free children's activities.
 - Test your skills against the person on the play station. And for more fun, close your eyes or face the other way while playing (always good for a laugh).
 - Visit your local library and read books in the reading corner.
 - Create a scavenger hunt of things you can get for free at Knox city shopping centre, then time how long it takes to collect everything, i.e. plastic cutlery, 'Toys R Us' catalogue, Target plastic bag, hand wipes from KFC.
 - Go swimming at an indoor heated pool (or even the wave pool!)
- Go roller skating/rollerblading at Rollerama or Roller City.
 - Make jewellery with beads and string, or uncooked pasta – you can paint it, let it dry, then make necklaces, bracelets etc

With all activities whether in home or not it is the support worker's responsibility to clean and tidy up any mess that has been made.

8. What to do in an Emergency

Interchange maintains a 24 hour emergency contact number to ensure that any emergency information or incidents can be dealt with efficiently and effectively. When you phone the number, your call will be answered directly by an Interchange Outer East staff member. Please do not text the emergency number.

Emergency number: 0439 883 667



Out and About Accessibility

When out and about it can sometimes be very difficult to take someone to the toilet or feed them. All of the major shopping centers listed in this guide have mobility services and parent rooms that can be used by support workers. If you are unsure of the facilities that they have call them in advance to ensure that you shift runs as smoothly as possible.

When in the city and you need assistance you can visit Traveller's Aid Access Service. TAAS is a DROP IN CENTRE for people with disabilities and those assisting them. TAAS is able to assist people with meals, drinks, toileting and has facilities that include hoists, adult change tables and lounge.

Taas Drop-In Centres:

Flinders Street Station
Main Concourse
Between platforms 9 & 10
Flinders & Swanson Sts
T: 9610 2030
E: fss@travellersaid.org.au

Southern Cross Station
Main Concourse
Opposite the luggage hall
99 Spencer St
T: 9670 2072
E: scs@travellersaid.org.au

The CBD Mobility Map is also another great source for services within the city for people with disabilities and those assisting them. This map is updated every year. Hard copies can be obtained from the City of Melbourne by phoning (03) 9658 9658. Or this map can be downloaded from the following website: www.accessmelbourne.vic.gov.au

Lonely Planet have also created a free Accessible Melbourne eBook! To download, visit the website: www.lonelyplanet.com/accessible-melbourne



RECIPES

Muffins

Ingredients

2 ½ cups self-raising flour

¼ cup caster sugar

2 teaspoons baking powder

2 eggs, lightly beaten

1 ½ cups milk

160g butter, melted

Directions

Preheat oven to moderately hot 210°C.

Brush a 12 hole muffin tin with melted butter or line with paper patty pans.

Sift flour, sugar and baking powder into a bowl.

Make a well in the centre; add combined egg, milk and melted butter all at once.

Stir gently with a fork or rubber spatula until mixture is just moist. (Do not over-mix; batter should look quite lumpy).

Spoon mixture evenly into pre-pared tin.

Bake 20-25 minutes until golden brown. Loosen muffins with a spatula and transfer to a wire rack to cool.

You can also add choc chips, banana or grated apple to the mixture to make flavour muffins.



*Creating
opportunities and
choice.*



Chocolate quick-mix cake

Ingredients

1 cup self-raising flour
2 tablespoons cocoa
 $\frac{3}{4}$ cup caster sugar
3 table spoons soft butter, margarine, or diary blend
 $\frac{1}{2}$ cup milk
2 eggs

Directions

Set oven at 180°C.

Brush or spray cake pan with oil and line base with baking paper (20 cm round cake tin).

Place all ingredients in bowl. Beat for 3 minutes using an electric beater, food processor, or wooden spoon.

Pour into cake pan and bake at 180°C for 40-45 minutes.

To test if cooked: cake will shrink slightly from sides of pan and a fine skewer inserted in cake comes out clean and dry.

Cool cake on cake rack.

Pancakes

Ingredients

125g plain flour
1 egg
300ml milk
 $\frac{1}{2}$ teaspoon salt
Butter (or margarine)

PLUS caster sugar, lemon juice OR one of these delicious fillings; jam, honey, grated cheese, vegemite, peanut butter, bananas

Directions

Sift flour and a pinch of salt into a mixing bowl.

Make a well into the middle and break egg into it.

Add milk a little at a time, stirring into flour.

To remove any lumps beat well for about 5 minutes until bubbly and creamy.

Let the batter stand for about an hour.

Melt butter (or margarine) in a frying pan.

Pour in enough batter to cover base of pan and cook over low heat.

When set, lift edge carefully with a flat spatula. If underside is brown, turn, agitating pan so pancake doesn't stick.

When the second side is brown turn pancake onto grease proof paper.

Sprinkle with caster sugar and lemon juice or one of the other suggested fillings.

Roll up and keep warm while cooking the remainder of the pancakes.

ANZAC biscuits

Ingredients

1 $\frac{1}{4}$ cups rolled oats
1 cup plain flour, sifted
 $\frac{3}{4}$ cup desiccated coconut
 $\frac{3}{4}$ cup, (firmly packed) brown sugar
1 tea spoon ground cinnamon
125g butter, cubed
 $\frac{1}{4}$ cup water
2 table spoons golden syrup
1 tea spoon bicarbonate of soda

Directions

Preheat oven to 150°C. Line a baking tray with nonstick baking paper.

Combine the rolled oats, flour, desiccated

coconut, sugar and cinnamon in a medium bowl, and mix well.

Combine the butter, water, and golden syrup in a small saucepan. Place over medium heat, stirring occasionally, until the butter melts. Remove from the heat and stir in the bicarbonate of soda. Add immediately to the dry ingredients and use a wooden spoon to stir to combine.

Roll walnut-size portions of mixture into balls and place on the lined tray about 5cm apart (the biscuits will spread during the cooking). Flatten each ball slightly and bake in preheated oven for 22-25 minutes or until cooked through and beginning to darken around the edges.

Set aside for 2-3 minutes before transferring to a wire rack to cool. Repeat with the remaining mixture.

CRAFT AND PLAY

Cooked Play Dough

Ingredients

- 4 cups flour
- 1 cup salt
- 4 teaspoons cream of tartar
- 1 table spoon oil
- 4 cups water
- A few drops of food colouring if required

Directions

Mix flour, salt and cream of tartar.

Add oil and water, stirring.

Cook slowly until mixture thickens, stirring continuously.

Store in an air tight container. This play dough will keep for about 3 months. It has a smoother consistency than uncooked play dough.



Bubble Mix

Ingredients

- 1 part glycerine
- 3 parts detergent (not coconut based)
- 10 parts water

Directions

Children need to know the difference between sucking and blowing before they are let loose with the bubble mixture. Use anything with an enclosed hole as a bubble ring – twisted pipe cleaner, wire, old keys, straws, etc...

Soap Slime

Ingredients

- 1 cup soap flakes
- 2 litres warm water
- A few drops of food colouring if required
- Adjust quantities for a large group

Directions

Dissolve soap flakes in warm water. To ensure they are fully dissolved whisk with egg beaters (which makes an interesting bubble effect).

Stand for about 20 minutes until thick.

Put the soap slime in a baby bath, water tray or bucket for easy access for many little hands.

Provide water-play equipment to pour, scoop and slop the slime. Try using various kitchen utensils if no play equipment is available.

Edible Finger Paint

Ingredients

- 1 cup flour
- 1 cup hot water
- 1 ½ cups cold water
- 2 table spoons salt
- Food colouring if required

Directions

Mix the flour, salt and cold water in a saucepan. Beat until smooth. Add the hot water and boil it until the mixture is quite thick. Again beat until smooth. Add food colouring and stir through. (For a slight variation add mild washing detergent to create a foaming bubble paint).



Jelly Paint

Ingredients

1 packet of jelly crystals per colour

Directions

Make the jelly according to the instructions on the packet. Allow the jelly to set until it has become reasonably gooey. Let the little hands dig in and slime away. You wouldn't encourage the children to eat this as part of their lunch, but you can be sure that if their hands end up in their mouth after a finger painting session, they will come to no harm.

Yoghurt Paint

Ingredients

Natural yoghurt
Food colouring

Directions

Mix the yoghurt and food colouring together.

Paper Mache

Ingredients

Flour
Water

Directions

Mix the flour and water until you form a paste (make until it is the consistency of a cake mix). To do paper mache you will need a balloon, newspaper torn into strips and a container for the glue. Blow up the balloon until desired shape and tie a knot in the end. Put the strips of newspaper in the glue and slide them between your fingers (to get off the extra glue) and then stick to your balloon. You only need enough glue to dampen the paper so it will stick. Repeat this process until the balloon is completely covered. It is

REALLY messy, but cleans up easily.

How fast it dries depends on how thick you make the layers and how humid it is. Once dried, stick a pin into the balloon to pop it. You can then cut to shape and paint it to create many different things.



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IOE today.*

THINGS TO DO PLACES TO GO

CITY OF KNOX

Parks and Playgrounds

www.knox.vic.gov.au/playgrounds
(List of playgrounds by suburb)

Accessible Playgrounds in Knox

[Bayswater Park Playground](#)
King Street, Bayswater.

[Ferntree Gully Playground](#)
Ferntree Gully Community Centre
Burwood Highway, Ferntree Gully

[Stud Park Playground](#),
Rowville Community Centre
Fulham Road, Rowville

Popular Playgrounds in Knox

[Eildon Parade Reserve](#)
Eildon Parade, Rowville

[Fairpark Reserve](#)
Cnr Manuka Drive & Scoresby Road,
Boronia

[Liberty Avenue Reserve](#)
Liberty Avenue, Rowville

[Peregrine Reserve Playground](#)
Dandelion Drive, Rowville

[Templeton Reserve Playground](#)
Templeton Street, Wantirna

[The Basin Triangle Playground](#)
Mountain Highway, The Basin

[The Tim Neville Arboretum](#)
Dorset Road, Boronia

[Wicks Reserve](#)
Basin-Olinda Road, The Basin.

Public Tennis Courts

[Benedikt Park](#)
Rosehill Street, Scoresby - two courts

[Boronia Primary School](#)
Rangeview Road, Boronia - three courts,
enquiries at Primary School. After school
hours, contact East Boronia Milk Bar on
9762 2674

[Boronia Reserve](#)
Cnr Dorset Road and Park Crescent - one
court

[Coleman Road Reserve](#)
Coleman Road, Wantirna South - two courts

[Flamingo Reserve](#)
Merryn Grove, Wantirna South - two courts

[Otway Street](#), Knoxfield, rear of Knoxfield
Shopping Centre - one court

[Parkridge Reserve](#), Dandelion Drive,
Rowville - two courts

[Rowville Tennis Centre](#)
20 Fulham Road, Rowville - four courts for
hire. Contact: 9763 7400

[Rowville Recreation Reserve](#)
Cnr Stud & Police Road, Rowville - two
courts

[Wantirna South \(Walker\) Reserve](#)
Tyner Road, Wantirna South - two courts

Swimming

[Knox Leisure Works](#)
Tormore Road
Boronia VIC 3155
Ph: 03 9762 3133
Facilities:

- 50m indoor pool.
- Gym, Aerobics,

- Disabled toilets and access
- Cost: \$3.25 for under 15 years old and \$3.60 for concession's cards

www.knox.ymca.org.au

Knox Sherbrooke Swimming Centre

21 Brenock Park Dve
Ferntree Gully VIC 3156
Ph: 9758 4120

Facilities:

- Outdoor heated pool
- 3pm-8pm week days and Sat 9-12. Oct to Apr.

<http://swim.isport.com/swimming-pools/au/victoria/ferntree-gully/knox-sherbrooke-swimming-centre-11428>

Movies

Village Knox

Knox Shopping Centre
Burwood Hwy and Stud Rd
Facilities:

- Wheelchair seats available
- Carer gets in for free
- Accessible toilets

www.villagecinemas.com.au

Boronia Metro Cinema

216 Dorset Rd, Boronia
www.metroboronia.com.au

Skating/Rollerblading

Roller City

37 Scoresby Rd, Bayswater
Ph: 9720 5980

Facilities:

- During school holidays, usually will let support worker in for free if asked.
- Will not take wheelchairs in holidays and can be discriminatory if they feel someone is too disruptive
- Very close to Bayswater station

www.rollercity.com.au

Caribbean Rollerama

1298 Ferntree Gully Road, Scoresby
Ph: 9763 9122

Facilities:

- General skating
- Games
- Equipment hire
- Toilet Facilities

www.caribbeanrollerama.com.au

Knox Skate Park & BMX

Cnr Ferntree Gully Rd & Gilbert Park Drive Knoxfield Vic 3152
T 0459 988 156 -

See more at: <http://www.skatepark.ymca.org.au/discover/knox-skate-park.html#sthash.307HMSwJ.dpuf>

Don't forget you can also look in your local paper and check out the "What's on" or "What's happening" section to find out events that are taking place in your local area.

Shopping Centre

Knox Westfield

Burwood Hwy & Stud Rd, Wantirna

Facilities:

- Disabled toilet facilities incl. change tables
- Mobility: wheelchairs and power shoppers
- Parents room incl. microwave and lounges

www.westfield.com.au/knox

Weekend Markets

www.mymarketsvic.com.au

Caribbean Gardens

1280 Ferntree Gully Rd, Scoresby

Ph: 9763 7688

Facilities:

- Recreational gardens and market.
- Restaurant and take away food
- Children's rides.
- Barbecues, picnic areas and gazebos, playgrounds, suspension bridges. Plenty of parking, disabled access, 100 acre Lake Caribbean with walking track, take-away kiosk and restaurant, bird aviaries, boat and train rides, chair lift, landscaped picnic grounds.

The Caribbean Gardens Complex is open on Wednesdays, Fridays and Sundays.

Admission Charges:

- Wednesday: FREE
- Friday: FREE
- Sunday: \$2.50
\$1 for U13 & aged pensioners

Closed Good Friday and Christmas Day

www.caribeangardens.com.au

Children's Farm

Chesterfield Farm

1221 Ferntree Gully Road, Scoresby

Ph: 9763 1588

Facilities:

- Disabled toilets
- Activities including milking cows, feeding animals, tractor rides etc
- Good disabled access

www.chesterfieldfarm.com.au



Indoor Play Centres

Big Slide Play Centre

1642 Ferntree Gully Road, Knoxfield
Ph: 9763 5589
www.bigslide.com.au

Crocs Play Centre

12B Melbourne Street
Knox City Shopping Centre
Burwood Highway, Wantirna South
Ph: 9800 2788

www.crocsplaycentre.com.au/knox

www.kidspot.com.au/thingstodo/vic-melbourne/indoor-play-centres.htm

Bunnings Children's Workshops

Bunnings Warehouses

Facilities:

- Cafe
- Toilet
- Kid's DIY workshops
- www.bunnings.com.au

*Contact the IOE
Emergency Mobile if
you need assistance
after hours
0439 883 667*

CITY OF MAROONDAH

www.maroondah.vic.gov.au

www.maroondahleisure.com.au

Accessible Parks and Playgrounds

There are a number of reserves in Maroondah that have facilities that make it easier for those with limited mobility to enjoy the outdoors.

Croydon Park

Features a sealed pathway around the oval and wetlands with BBQ facilities and accessible car parking off Hewish Road. The Rotary playground has equipment suitable for juniors with a disability.

Maroondah Federation Estate

The AMazing Space playspace is specially designed for all ages and abilities with many sensory elements. The historical trail around the precinct is wheelchair friendly, with accessible parking and toilets (weekdays only).

McAlpin Reserve

There are sealed paths around the ponds



suitable for young children to ride bikes, a large playground and picnic/BBQ facilities, accessible toilets and parking.

Ringwood Lake

The extensive playgrounds have some equipment suitable for children with a disability, including a Liberty Swing. The paths around the lake are sealed and there are picnic/BBQ facilities, accessible toilets (including a Changing Places toilet) and shade.

Croydon Town Park

The JA Turner Artist Trail is a sealed 1km circuit with only slight gradients. Accessible parking is in Civic Square and accessible toilets are located in the Croydon Library and Keystone Hall.

Canterbury Gardens

Offers an accessible sensory play space, car parking, BBQ and toilets. The reserve also includes a Community House, netball courts, oval, BMX track and paths.

Swimming

Aquahub Civic Square

Croydon
Ph: 9294 5500

This huge multi-purpose venue offers a wide range of sporting and recreational pursuits. The aquatic complex has a 25 metre indoor pool; a leisure pool with beach entry; an interactive water play area and a warm water program pool ideal for hydrotherapy. The play area is great for families and the warm water program pool offers a variety of programs and activities including swimming lessons.

The aquatic complex is a year round facility where swimmers can enjoy water sport and recreation no matter what the weather conditions outside. For those very hot summer days there are outdoor

shade structures and the usual indoor environment switches to outdoor mode with open sides and breezeways. A poolside café is also part of the facility.

The centre includes a fully registered crèche to look after your children while you enjoy the facilities.

Croydon Memorial Pool

Springfield Avenue, Croydon
Ph: 9294 5630

A warm 26 degrees takes the chill off that early morning dip. The 50 metre outdoor pool set in extensive landscaped lawns makes this a fine summer oasis. The Croydon Memorial Pool is a facility for the whole family with a toddlers pool and picnic areas.

Aquanation

Maroondah City Council is constructing Aquanation, a regional aquatic and leisure centre on the site of the previous aquatic centre at Greenwood Avenue, Ringwood.

Aquanation will incorporate a 50 metre 10 lane pool, diving pool, warm water pool, a dedicated learn to swim pool, a large gym with three separate group fitness rooms, dry diving training room, child care facilities and a cafe.

The Ringwood Aquatic Centre closed in June 2012 in preparation to build the new regional aquatic and leisure centre.

Further information, opening hours, entry fees and facility details at our aquatic facilities are available on the Maroondah Leisure Facilities website.

www.maroondahleisure.com.au

Movies

Croydon Cinemas

1/3-5 Hewish Rd, Croydon
Ph: 03 9725 6544
www.croydoncinemas.com.au

Hoyts Cinemas

Eastland Shopping Centre, Ringwood
www.hoyts.com.au

Disability Links

www.maroondah.vic.gov.au/DisabilityAccess.aspx

Shopping

Eastland Shopping Centre

Maroondah Hwy, Ringwood
Ph: 9847 5050
www.eastland.com.au

Youth Centre

EV's Youth Centre

212 Mt Dandenong Rd, Croydon
www.maroondahyouthservices.com/evs

What's On - Maroondah City Council

www.directories.maroondah.vic.gov.au

SHIRE OF YARRA RANGES

www.yarraranges.vic.gov.au

Parks and facilities

www.yarraranges.vic.gov.au/Lists/Parks-Facilities

Events

www.yarraranges.vic.gov.au/Lists/Events

Arts Culture & Heritage

www.ach.yarraranges.vic.gov.au/

Shopping

Chirnside Park Shopping Centre

239-241 Maroondah Hwy, Chirnside Park
Ph: 9727 9000
www.chirnsidepark.com.au

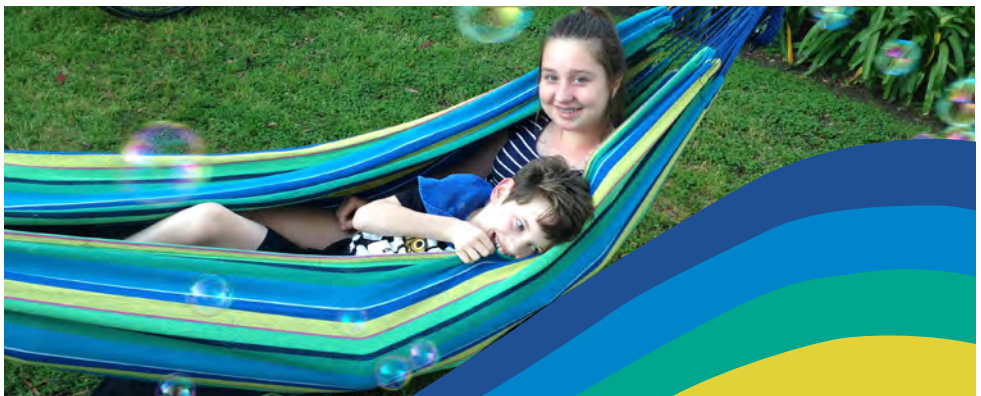
Movies

Cameo Cinemas

1628 Burwood Highway, Belgrave
Ph: 9754 7844
www.cameocinemas.com

Readings Cinemas

Maroondah Hwy, Chirnside Park
Ph: 9727 7900
www.readingcinemas.com.au



Skating/Rollerblading

www.lilydaleskatecentre.com

Markets

Belgrave South Community Market

First Sunday of the month (except September) - 10.30am to 3.30pm.
Gilmore Court, Belgrave Sth.

Belgrave Big Dreams Market

Second Sunday of the month - 9am to 2pm. Belgrave Town Centre.

Emerald Craft and Produce Market

Third Sunday of the month - 9am to 3pm. Kilvington Drive and Main Street, Emerald.

Gembrook Market

Fourth Sunday of the month - 9am to 2pm. Puffing Billy Station, Gembrook.

Healesville River Street Market

First Sunday of the month - 8am to 2pm. River Street Car Park, Healesville.

Healesville Coronation Park Market

Third Sunday of the month - 9am to 2pm. Coronation Park, River Street, Healesville.

Hurstbridge Farmers Market

First Sunday of the month (except January) - 8.30am to 1pm. Fergusons Paddock, Arthurs Creek Road, Hurtsbridge.

Kallista Community Market

First Saturday of the month - 9am to 2pm. Main Street, Kallista.

Kinglake Produce and Artisan Market

Fourth Sunday of the month - 9am to 2pm. Main Street, Kinglake.

Lilydale Farmers Produce Market

First Sunday of the month - 8am to 1pm. Bellbird Park (next to Lillydale Lake), Swansea Road, Lilydale.

Little Yarra Market

Third Saturday of the month - 9am to 2pm. Little Yarra Steiner School, 205 Little Yarra Road, Yarra Junction.

Marysville Community Market

Second and Fourth Sunday of the month - 9am to 1pm. Murchison Street, Marysville.

Millgrove Market

Fourth Sunday of the month - 7am to 3pm. Next to Millgrove CFA, Millgrove.

Mont De Lancey Country Market

Second Saturday of the month (except June-August) - 9am to 1pm. Mont De Lancey, Wellington Road, Wandin.

Montrose Community Craft Market

Third Saturday of the month - 9am to 1.30pm. Montrose Town Centre, Mt Dandenong Tourist Road, Montrose.

St Andrews Market

Every Saturday of the month - 8am to 2pm. Heidelberg-Kinglake Road, St Andrews.

Upper Ferntree Gully Market

Every Saturday and Sunday - 9am to 4.30pm. Upper Ferntree Gully Station, Burwood Highway, Upper Ferntree Gully.

Upper Yarra Community Market

Every Second, Third and Fourth Sunday of the month - 8.30am to 2pm. Carpark adjacent to Recreation Reserve, Warburton Highway, Yarra Junction.

Warburton Community Market

Second Saturday of the month (except January) - 9am to 2pm, St Mary's Anglican Church Hall, Warburton Hwy, Warburton.

Warburton Market

First Sunday of the month (except January) - 11am to 3pm. Upper Yarra Arts Centre, Warburton.

Warrandyte Market

First Saturday of the month - 9am to 1pm.
On the bank of the Yarra River at Stiggants Reserve, Warrandyte.

Yarra Glen Racecourse Market

First Sunday of the month (commencing October 2013. Except July-September) - 9am to 2pm. Yarra Glen Racecourse, Armstrong Grove, Yarra Glen.

Yarra Valley Farmers' Market

Third Sunday of the month - 9am to 2pm. Yering Station, Melba Highway, Yarra Glen.

Yarra Valley Permaculture Organic Market

Every Saturday - 8am to 1pm. Coronation Park, River Street, Healesville.

Swimming

Belgrave Outdoor Pool

69 Best St, Belgrave
Ph: 9754 2743
Facilities:

- Lawn area, Kiosk, Outdoor Pool, Toddler, Leisure Pool, Playground

Healesville Outdoor Pool

Queens Park, 1/36 Don Road, Healesville,
Features:

- Accessible Venue, Toilets, Lawn Area, Kiosk, Outdoor Pool, Change Rooms,

Kilsyth Centenary Pool

75 Hawthory Road , Kilsyth
Features:

- Accessible, toilets, picnic tables, lawn area, kiosk, indoor pool, outdoor pool, toddler/leisure pool, change rooms,

Monbulk Aquatic Centre

26 Baynes Park Road, Monbulk
Features:

- Accessible Venue, Toilets, Kiosk, Child Minding, Indoor Pool,

Olinda Outdoor Pool

Olinda Outdoor Swimming Pool will remain closed until further notice due to the discovery of major cracks.

Yarra Centre

Yarra Centre, 2451 Warburton Highway , Yarra Junction
Features:

- Accessible, toilets, lawn area, kiosk, child minding, indoor pool, outdoor pool, toddler/leisure pool, change rooms, venue for hire, meeting rooms, multi purpose rooms.

Parks and playgrounds

<http://www.yarraranges.vic.gov.au/Lists/Parks-Facilities>

Elizabeth Bridge Reserve

Durham Road, Kilsyth
Features:

- Accessible venue, toilets, BBQ, picnic tables, rotunda, lawn area, shade areas.

Karwarra Australian Plant Garden

Mt Dandenong Tourist Road (behind Kalorama Memorial Reserve), Kalorama
Features:

- Accessible venue, toilets, rotunda, shade areas, venue for hire.

Kilsyth Sports Centre

Pinks Reserve
123 Liverpool Road, Kilsyth
Features:

- Accessible venue, toilets, picnic tables, sports pavilion, kiosk, child minding, change rooms, venue for hire.

Lillydale Lake

Swansea Road, Lillydale,
Features:

- Accessible venue, toilets, BBQ, picnic

tables, rotunda, lawn area, shade areas, venue for hire, multi purpose rooms.

Lilydale to Warburton Rail Trail

Starting behind Lilydale Railway Station, Lilydale

Features:

- Toilets, Seats,

Montrose Recreation Reserve

Mt Dandenong Tourist Road , Montrose,

Features:

- Accessible venue, toilets, BBQ, picnic tables, shade areas, playground,

Morrison Reserve West Playground

Mikado Road, Mount Evelyn

Features:

- Accessible venue, BBQ, picnic tables, lawn area, shade areas

Yarra Glen Adventure Playground

Cnr Anzac Avenue & Bell Street, Yarra Glen.

Features:

- Accessible venue, toilets, BBQ, picnic tables, lawn area, shade areas, playground.

Zina Grove playground

Can be access from Pembroke Road or Zina Grove, Mooroolbark

Features:

- Lawn Area, Shade Areas,

Indoor Play Centre

Awesome Fun

Family owned playground cafe and party centre designed to entertain children under 12 yrs.

11/257 Colchester Road, Kilsyth South

Ph: 9720 4833

www.awesomefun.com.au

Activities and Attractions

Australian Rainbow Trout Farm

Macclesfield.

Ph: 5968 4711

www.fishfarm.com.au/

Healesville Sanctuary

Badger Creek Rd.

Ph: 5957 2800

www.zoo.org.au/healesville

Mount Burnett Observatory

A community astronomical observatory in the Dandenong Ranges

www.mtburnettobservatory.org//

Bunnings Warehouse

Maroondah Hwy, Chirnside Park

(Kid's workshops)

www.bunnings.com.au

Hedgend Maze

163 Albert Road, Healesville

Explore a beautiful 20 acres of stimulating, fun filled activities for all ages. Hedgend offers a creative environment that stimulates a fun personal journey for everybody. www.hedgend.com.au

Mooroolbark & District Miniature Railway and Steam Club

Kiloran Reserve, Hawthory rd,

Mooroolbark

www.mmr.org.au/wordpress/

Puffing Billy Railway

1 Old Monbulk Road, Belgrave

Ph: 9757 0700

www.puffingbilly.com.au/

Emerald Lake Park

Emerald Lake Park is an accessible and enjoyable location for people of varying levels of mobility. The park has numerous

wheelchair and pram-friendly paths that provide access to various facilities and activities at the park.

Ramps are provided in most locations to ensure access to all areas within the centre of the park. Some walking paths, including the loop walk to Lake Nobelius, is accessible and suitable for wheelchairs and prams.

Emerald Lake Park Road, Emerald

MELBOURNE AND SURROUNDS

Attractions and Activities

[St Kilda Spinner - Jet Boating](#)

[Yarra River Cruise](#)

[Free City Circle Tram](#)

[Glow in the dark mini golf-Docklands](#)

[Melbourne Museum](#)

[ACMI \(Federation Square\)](#)

[Botanical Gardens](#)

[Southbank](#)

[St Kilda Foreshore](#) (See the Spirit of Tasmania or other large boats The 'Spirit' leaves Port Melbourne @ 7.30pm.

Catch a [V-Line train](#) from Southern Cross Station.

Check out the Sidney [Myer Music Bowl](#).

Check out the [Arts Centre](#) in St Kilda Rd.

Go for a walk down St Kilda Rd to the Botanic Gardens.

Visit the [Shrine of Remembrance](#) in St Kilda Rd.

[Only in Melbourne](#)

Information on events that are happening in and around Melbourne.
www.onlymelbourne.com.au/

[Oz Kids Activities](#)

www.ozkidsactivities.com

[Play School Games](#)

Activities, ideas
www.abc.net.au/children/play

[Puzzle maker](#)

Free website where you can make your own crosswords and word searches.
www.freepuzzlemaker.com

[Royal Botanic Gardens](#)

Information on events that are happening at the gardens and the Ian Potter Children's Garden.
www.rbg.vic.gov.au

[Science Works](#)

www.scienceworks.museum.vic.gov.au

[Werribee Open Range Zoo](#)

www.zoo.org.au/worz

[Imax Theatre](#)

www.imaxmelbourne.com.au

[Melbourne Aquarium](#)

www.melbourneaquarium.com.au

[Melbourne Child](#)

www.melbourneschild.com.au

[Melbourne Museum](#)

www.museumvictoria.com.au

[Melbourne Public Transport System](#)

Metlink Journey Plans - type in your journey starting point to your destination point and it will plan how you can get there via public transport (trains, buses and walking).

www.metlinkmelbourne.com.au

Melbourne Zoo

www.zoo.org.au/melbourne

National Gallery of Victoria

www.ngv.vic.gov.au

Collingwood Children's Farm

www.farm.org.au

Eltham North Reserve

Mel. Ref: 21 K1

Blackburn Lake Sanctuary

Mel. Ref: 48 B11

Frankston Foreshore Reserve

Mel. Ref: 102 B3

Hays Paddock

Mel. Ref: 45 J1

Jells Park

Ferntree Gully Road, Wheelers Hill

Mel. Ref: 72 A9

Facilities:

- Liberty Swing (wheel chair accessible playground swing)
- Café
- Disabled toilet facilities
- Walking trails
- Bike paths
- Fishing locations
- Disabled parking

Movies

Waverley Cinema

Pinewood Shopping Centre
Blackburn Road, Mount Waverley
www.waverlycinema.com

Waverly Gardens Cinemas

Mel. Ref: 80 J5
www.villagecinemas.com.au

Shopping Centres

Chadstone Shopping Centre

www.chadstoneshopping.com.au

Doncaster Shopping Town

www.westfield.com/doncaster

Forest Hill Chase Shopping Centre

www.foresthillchaseshopping.com.au



NOTES

NOTES



INTERCHANGE
OUTER EAST

A: 5 - 7 Yose Street Ferntree Gully, Vic 3156

P: (03) 9758 5522 **F:** (03) 9758 5899

E: ioe@ioe.org.au **W:** www.ioe.org.au

Emergency After Hours Only:

0439 883 667