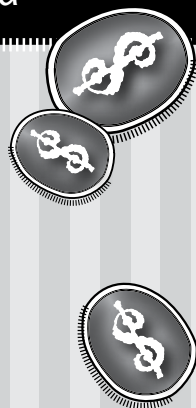


Sparechange

A guide to free and low-cost activities
in and around Boroondara



Sparechange: Free and Low-Cost Activities

Sparechange is funded by the City of Boroondara Community Grants Program and put together by the Kew Neighbourhood Learning Centre.

We wanted to communicate to members of the community, particularly those whose access to resources is limited, the great range of cheap and free services available.

Whether you are a single parent, a pensioner or on a disability allowance there is something in here for you.

Even though I had ties to Boroondara for the last 12 years I was surprised to discover some hidden gems in our city. The activities and services in this guide have been researched through a combination of interviews with locals and service providers, searching websites and noticeboards. Local members of the community have tested various activities and provided feedback.

Samantha Gould, Project Facilitator

Five great things you can do anytime...

1. Check out your local Community Centre

Neighbourhood Centres offer the chance to connect with the people and services in your community. There are a range of interesting activities and courses available through these wonderful centres. Most have noticeboards where you can discover what's on offer. Check out the list of Community houses at the end of the Guide for the one closest to you.

2. Read a book, magazine or newspaper

This is a great, somewhat forgotten, activity that you can do anyplace, anytime. Cafes often supply magazines and newspapers or you can take your own. Reading can make sitting in a café or other public place more comfortable. Libraries also offer you free access to all sorts of reading material.

3. Go for a bike ride or a walk

This is an easy way to see your local area and to stay fit at the same time. There are many bike and walking tracks throughout Boroondara and its surrounds. You can download maps for these walking/cycling tracks from: <http://boroondara.vic.gov.au/our-city/cycling-walking/travel-smart-maps/travel-smart-map>

4. Explore your local library

From cooking magazines to fishing, cars and the daily news, libraries cater to all tastes. Use the list of libraries at the end of the guide to help you access the wonderful world of literature. If reading is not your thing most libraries have a good selection of audio books and DVDs. Your local library also offers links to the community and great activities and courses. Use the list of Boroondara libraries and browse them at your leisure.

5. Have a BBQ/ Picnic in your local park

Have lunch in one of the many parks in Boroondara. Bring your own food such as a sandwich and drink or even some sausages to cook on the park's barbeques. This is a lovely way to catch up with friends for a cheap meal. You can read through a list of Boroondara's parks at: <http://www.boroondara.vic.gov.au/our-city/parks-gardens>

Other places worth checking out...

Free Markets

CRAFT MARKETS give you the chance to browse through hand-crafted products and speak directly with the artists. They are wonderful places to go for gifts, to treat yourself or even for some inspiration for your own projects.

Find out more about the many markets on offer at: www.mymarketsvic.com.au

HAWTHORN CRAFT MARKET

Cost: Free

Location: Hawthorn Town Hall
358 Burwood Road, Hawthorn
(Melways reference 45 D10)

Time: First Sunday of the month
10am-3pm

Contact details: Ph (03) 9278 4444

Website: www.boroondara.vic.gov.au

Directions: Tram No.16, get off at stop 73

The market is easy to get to by public transport, there is also free parking available in Kent St for those driving.

ABBOTSFORD CONVENT MAKER'S MARKET

Cost: Free

Location: 1 St Heliers Street, Abbotsford

Time: 3rd Sunday of each month
10am-4pm

Contact details: www.makersmarket.org.au

Directions: Take the train to Collingwood Station and walk or tram no. 96 get off at the corner of Nicholson and Johnston St.

Beautiful and funky, unusual and creative hand-made goods. An interesting place to buy gifts, clothing, art and homewares.

QUEEN VICTORIA MARKET

"A rich mix of cultures and you can get a lot there." - Maddy

Cost: Free

Location: Queen Victoria Market
513 Elizabeth Street, Melbourne

Time: Tuesday and Thursday 6am-2pm
Friday 6am-5pm, Saturday 6am-3pm
Sunday 9am-4pm

Contact details: www.qvm.com.au

Directions: Any tram heading north along Elizabeth and William Sts. Get off at either the Franklin or Victoria St corners.

Free City Circle tram hop off at the corner of La Trobe and either Elizabeth or Queen St, then walk north to the Market.

Take the train to Melbourne Central Station (Elizabeth St exit) or Flagstaff Station (corner Latrobe and William Sts).

Walk north along Elizabeth or William St to reach the Market.

From Australian paraphernalia, fashion clothes and crafts to exquisite home made treats this market has it all. Whether you choose to wander around and soak up the bustling atmosphere or you decide to do your weekly produce shop Queen Victoria Market will not disappoint.

Free Entertainment

STATE LIBRARY VICTORIA

Cost: Free

Location: 328 Swanston Street, Melbourne

Time: Monday to Thursday 10am-9pm and Friday to Sunday 10am-6pm

Contact details: Ph (03) 8664 7099

Directions: Train: Melbourne Central Station is directly opposite the Library's entrance.

Although not a take-away lending library, this library has more than just books and magazines. Here you can play chess, watch movies and listen to music. You can also go on a free guided tour of the library, and be introduced to the beautiful building. You don't need to book these tours but it can be helpful to call in advance to make sure someone is available to take you around.

MELBOURNE TRAMWAYS BAND

Cost: Free

Location: Wattle Park corner of Riversdale and Warrigal Road, Surry Hills (Melways reference 60, J2)

Time: Concerts run select afternoons throughout the year. Check the website below for upcoming events

Contact details: Ph (03) 9755 1475
www.melbtramband.org.au

Directions: Tram no. 70, get off at stop 59

Come and enjoy some music in the beautiful surrounds of Wattle Park. Bring a picnic lunch and nestle in amongst the gum trees to make the most of your afternoon. After the show you could go for a stroll to the pond, kick the football on the oval or listen to the birds create a concert all of their own. As an extra bonus the golf shop serves a decent coffee.

POETRY AT FEDERATION SQUARE

Cost: Free

Location: The Atrium, Federation Square corner Swanston and Flinders Streets, Melbourne. (Melways reference 1B, reference P11 Map 593)

Time: Second Saturday of every month 2pm-4pm

Contact details: fedsquare@writers.asn.au

Directions: Take the train to Flinders Street Station or tram: No. 48, 70 or 75 all stop out the front of Federation Square.

Put on your creative hat and attend a poetry reading at Federation Square. Each month two poets are featured and you also have the chance to read your own work. Poetry at Federation Square has been running for 3 years and was curated by World Poetry and The Fellowship of Australian Writers with the support of Fed Square.

CLASSICS AT FEDERATION SQUARE

Cost: Free

Location: BMW Edge, Federation Square corner Swanston and Flinders Streets, Melbourne. (Melways reference 1B, reference P11 Map 593)

Time: 12pm-1pm monthly (Check website for upcoming concerts)

Contact details: info@fedsquare.com.au
Ph (03) 9655 1900

Directions: Take the train to Flinders Street Station or tram no. 48, 70 or 75 all stop out the front of Federation Square

There is something for everyone's taste at these free concerts. From pop to classical BMW Edge at Federation square has it all. Come along and experience music that will move, surprise and inspire you.

Free Entertainment

SHOT TOWER MUSEUM

Cost: Free

Location: 211 La Trobe St Building, Shot Tower (entry via R.M. Williams)

Time: Monday to Thursday 10am-6pm, Friday 10am-9pm, Saturday 10am-6pm and Sunday 10am-5pm

Contact details: Ph (03) 9922 1100

Directions: Trams No. 1, 3, 3a, 5, 6, 8, 16, 64, 67 or 72 and get off at the corner of Lonsdale and Swanston St.

The Shot Tower museum allows visitors to explore Melbourne's history and some amazing technology while reflecting and learning about culturally significant developments in our wonderful city.

ROYAL BOTANIC GARDENS

"A good place to take the kids for a play."
- Charissa

Cost: Free

Location: Royal Botanic Gardens Melbourne. Birdwood Avenue, South Yarra

Time: 7.30am to sunset each day, all year

Contact details: Ph (03) 9252 2429

Directions: Tram no. 3, 5, 8, 16, 64, or 67 get off at stop number 20, Domain Rd Interchange. Walk up the hill towards the Shrine of Remembrance. Cross Birdwood Ave and walk towards the Observatory Buildings.

Take a stroll through these beautifully landscaped gardens. Spend an hour or bring a picnic and spend the entire day in these tranquil surrounds. The Royal Botanic Gardens is a great setting to meet with friends or to do your daily exercise – the choice is yours.

MARANOA GARDENS

Cost: Free

Location: At the end of Parring Road, Balwyn. Adjacent to Beckett Park

Time: Monday to Friday 7.30am-4pm Saturdays, Sundays and Public holidays (excl. Christmas/Good Friday) 12pm-5pm

Contact details: <http://boroondara.vic.gov.au/our-city/parks-gardens/feature-garden>

Directions: Tram No. 42 or 109 to the corner of Northcote Ave and Whitehorse Rd.

Stroll through the beautiful Maranoa Gardens taking in the native plants in this tranquil setting. These gardens were created by John Waters in 1901, when he decided to set up a wildflower garden. Finish off your walk with a picnic in the adjacent Beckett Park.

IAN POTTER CENTRE

"The top arts exhibition is a great start for young artists" - Bee

Cost: Free

Location: Ian Potter Centre. Federation Square. Corner of Russell and Flinders St, Melbourne (Melways reference 1B, reference P11 Map 593)

Time: Tuesday to Sunday 10am-5pm (closed Mondays)

Contact details: Ph (03) 8662 1555

Directions: Take the train to Flinders Street Station or tram no. 48, 70 or 75 all stop out the front of Federation Square.

Explore the 20+ galleries looking at the history of Australian art. The works include, prints, photography, decorative arts and drawings ensuring that there is something for every taste.

Free Services

ENGLISH CONVERSATION CLASS

Cost: Free

Location: At your local library
(See list of Local libraries)

Time: Ashburton: Monday 2pm-3pm

Balwyn: Thursday 2pm-3pm

Hawthorn: Thursday 3pm-4pm

Kew: Friday 3pm-4pm

Contact details: Ph (03) 9278 4666

This English Conversation Class is held conveniently at your local library. The class gives you the opportunity to practice speaking English in a group setting. Facilitated by a qualified tutor, this is a great chance to meet people while improving your English skills.

CULTURES TOGETHER

Cost: Free

Location: Kew Neighbourhood Learning Centre. 2-12 Derby St, Kew.
(Melways Reference 45 D5)

Time: Flexible

Contact details: Ph (03) 9853 3126

Directions: Tram No. 48, get off at the Kew Recreation Centre.

Do you want to get to know people in Boroondara from a different cultural background to you? Or, are you a second language learner who would like to practice your English? Contact the Kew Neighbourhood Learning Centre, they match mentors with learners for conversation practice. A great way to improve your skills and/or make a new friend.

COMPUTER SAVVY SENIORS

Cost: Free

Location: Can be held at your local library, in an aged care facility or at your home.

Time: Flexible

Contact details: Ph (03) 9278 4666 or
libraryenquiries@boroondara.vic.gov.au

Learn the basics in computer skills: whether it is word processing, using the internet or even learning how to turn the computer on. This is a peer training program, where you will be matched with a trainer who can assist you find your way around the computer which can be organised at your convenience. Update your skills, learn new ways to keep in contact with your family and friends.

INTERNET ACCESS

Cost: Free

Location: Your local library (See list)

Time: Open 7 days, check your local library for times

Contact details: Ph (03) 9278 4666
<http://boroondara.vic.gov.au/libraries>

Directions: Contact your local library for directions.

You can use the internet free of charge by signing up for a card at your local library (see Joining/ Signing up). Turn up on the day and make use of the 15 minute slots available or if you need longer you can book a 1 or 2 hour slot. A great opportunity to keep up with emails or check information without having to fork out for a home computer and internet connection. At scheduled times each week library staff are free to assist you with your computer needs. Check with your local library for details.

Free Services

VEGIE SWAP

Cost: Free

Location: Balwyn Community Centre
412 Whitehorse Road, Balwyn

Time: 9am on the third Sunday of every month

Contact details: Ph 0479 170 483

Directions: Tram No. 42 or 109 get off at the corner of Northcote Ave and Whitehorse Rd.

Come along to this handy swap meet. If it comes from your garden and you have too much, swap it with someone else's excess. Bring anything from herbs to honey and you never know what you might take home in return.

COOKING CLASSES

"Learn tips to go with all your cooking"

- Eileen

Cost: Free

Location: The Salmon Shop
339-343 High St, Kew

Time: Varies. Visit the website for details.

Contact details: Ph (03) 9092 0788

Website- www.thesalmonshop.com.au

Directions: Tram No. 48 get off at the Kew Recreation Centre.

Be inspired to make something extra special for dinner. Each month *The Salmon Shop* holds a number of cooking classes and demonstrations. While some classes cost money, there are a number of free classes and demonstrations you can attend. You don't need to book but make sure you turn up early to get a good seat. Pop into *The Salmon Shop* or visit their website to find the latest classes on offer.

GOOD GRUB

Cost: Free

Location: Uniting Church Kew,
23 Highbury Grove, Kew

Time: Tuesday 11am-12.30pm

Contact details: Ph Pam White
0409 019 269

Directions: Tram no. 42 or 109 get off at the corner of Charles St and Cotham Rd.

Good Grub offers free lunch and company on Tuesdays and is right near lots of public transport making it an easy place to access. Go along for your chance to have a chat, eat good food and share some stories.

SALLY'S KITCHEN, SALVATION ARMY

Cost: Free

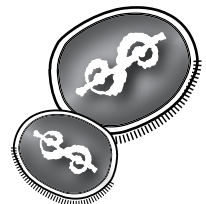
Location: Corner of Lennox and Garfield St,
Richmond

Time: Wednesday 12pm

Contact details: Ph (03) 9429 2117

Directions: Catch the train to North Richmond Station or tram no. 24, 42 or 109 get off at Lennox St.

Come along for this free lunch held on Wednesdays at 12pm. There are other activities available through the Richmond Salvation Army so make sure you check them out over your free meal.



Free Sightseeing

CITY CIRCLE TRAM

Cost: Free

Location: The tram stops at multiple stops in the city centre including: Flinders St, Harbour Esplanade, Docklands Dr, La Trobe St, Victoria St, Nicholson and Spring St. Check the website listed for more details.

Time: Trams operate every 12 minutes between 10am-6pm Sunday to Wednesday and between 10am-9pm Thursday to Saturday. (Trams do not operate Christmas day and Good Friday)

Contact details: Ph 131 638 or metlinkmelbourne.com.au

Directions: The City circle tram connects with a number of public transport services. Catch the train or tram to Flinders Street Station to get on at the first stop.

This free service is a great way to see the city and get around cheaply and by listening to the audio commentary provided you can learn some great facts about Melbourne. Hop on and hop off at attractions such as: Parliament house, Federation Square and the City Museum.

TOURIST SHUTTLE

Cost: Free

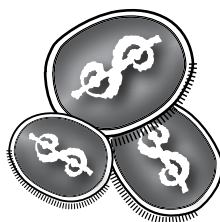
Location: Stop one is NGV, 180 St Kilda Road, Melbourne.

Time: Daily (except Christmas), every 30 minutes from 9.30am. Last service departs at 3.45pm.

Contact details: Ph (03) 9658 9658 or tourism@melbourne.vic.gov.au

Directions: Catch the train to Flinders St Station or catch tram No. 1, 3, 3a, 5, 6, 8, 16, 64, 67 or 72 and hop off at the Arts Centre.

Discover Melbourne at your leisure by hopping on and off the tourist shuttle as you please. The bus makes 13 stops at interesting tourist destinations. While on the bus you can listen to the commentary about Melbourne's main attractions and take in the many sights.



Free Health and Fitness

YOGA CLASSES @ LULULEMON

Cost: Complimentary (no cost)

Location: 769 Burke Rd, Camberwell

Time: Wednesday 6.30pm-7.30pm

(subject to change)

Contact details: Ph (03) 9882 5162

(no bookings required but arrive early)

or email camberwell-store@lululemon.com

Directions: Catch a train to Camberwell Station or tram No. 72, get off at Burke Rd, Camberwell.

Right in the middle of the hustle and bustle of Burke Road shops this is the perfect place for a moment of calm and serenity. It's called Lululemon. Take part in their weekly yoga classes, no need to book but make sure you arrive early. Mats are available for use on the night. Get fit, have fun and meet new people!

WALK AND TALK

Cost: Free

Location: Kew Neighbourhood Learning

Centre. 2-12 Derby Street, Kew.

(Melways reference 45 D5)

Time: Tuesdays 9.30am

Contact details: Ph (03) 9853 3126

Directions: Tram no. 48, get off at the Kew Recreation Centre.

This is a friendly, self run group that meets in the hallway of the Kew Neighbourhood Learning Centre on Tuesday mornings. Come for fitness and a chat. A nice way to ease yourself back into a fitness regime.

TAI CHI

Cost: Free

Location: Federation Square. Corner of Swanston and Flinders Sts.

Time: Tuesday 7.30am-8.30am

Contact details: Ph (03) 9655 1900

Directions: Take the train to Flinders St Station or tram no. 48, 70 or 75 all stop out the front of Federation Square.

Join in this free fitness group run weekly in the city. You will be led by expert instructors in Tai Chi, a Chinese Martial art that promotes health and relaxation. In such an easy to access location, you can't ask for much more.

Low Cost Markets

CAMBERWELL MARKET

“Great atmosphere, full of buskers and bargains.” - Sophie

Cost: Gold coin donation

Location: Camberwell Junction. In the carpark on the western side of Station St (Melways reference 45 J12)

Time: Sunday 7am to midday

Contact details: www.sundaymarket.com.au

Directions: Train - Catch the Lilydale, Ferntree Gully or Alamein and get off at Camberwell Station or tram no. 70, 72 or 75 get off at Camberwell Junction.

Every Sunday morning the Camberwell shops car park comes alive with an eclectic mix of stalls, food and buskers. Whether you come for the fashion, the antiques or the bric-a-brac you are sure to get caught up in the atmosphere.

BOROONDARA FARMERS MARKET

Cost: \$2 donation

Location: Patterson Reserve, Auburn Rd, Hawthorn. (Melways reference 59 E4)

Time: Third Saturday of every month
8am-1pm

Contact details: Ph (03) 9278 4814
or www.boroondara.vic.gov.au

Directions: Bus no. 624, get off at the corner of Wiseman St and Auburn Rd.

Fancy trying some local produce? Head down to the Boroondara Farmers Market. Over sixty stall owners selling and offering samples of a range of foods including fruit and vegetables, meat and condiments. If that isn't enough, your \$2 donation is used to fund the projects of the Rotary Club of Glenferrie and Foundation Boroondara.

NQR SUPERMARKET

“Good price range and you can find discontinued items!” - Jess

Cost: Depends on your purchase

Location: 213-215 High St, Ashburton (Melways reference 60 F10)

Time: Monday, Tuesday, Wednesday 8.30am-6pm. Thursday and Friday 8.30am-7pm. Saturday 8.30am-5pm and Sunday 10am-5pm

Contact details: Ph (03) 9351 3466

Directions: Train to Ashburton Station (Alamein Line)

Check out *NQR* in Ashburton for all your grocery needs. The store stocks groceries from discontinued lines and sells excess stock and as a result the groceries are heavily discounted. You won't always find the same stock so be prepared to try some new brands. Do your weekly shop here and you can expect some big savings.

Low Cost Entertainment

TRAM MUSEUM

“Go around with a guide to make the most of all the information” - Mark

Cost: Donation of your choice

Location: Corner of Power St and Riversdale Road, Hawthorn (Melway reference Map 45, B12)

Time: Second Saturday of every month 1pm-5pm

Contact details: Ph (03) 9619 8819

Directions: Tram no. 70 or 75

This exhibit looks at one of Melbourne’s icons, the tram. It houses 17 fully restored trams for you to browse at your leisure. A guide can take you around to help you get the most out of this rewarding experience.

IMMIGRATION MUSEUM

Cost: \$8 Adult.

Conc./children (3-16 yrs) free.

Location: Immigration Museum, Old Customs House, 400 Flinders St, Melbourne

Time: Daily 10am-5pm

Contact Details: Ph 13 11 02

Directions:

Free City Circle Tram to the corner of Flinders and Market St, or tram no. 48, 55, 70 or 75 to the corner of Flinders and Market St or the train to Flinders St or Spencer St Stations.

The past comes alive at the stunning Immigration Museum. It tells the true stories of people who have migrated to Victoria from countries around the world with many displays showing their personal possessions. Explore the moving experiences of migrants and their reasons behind migrating.

OUR COMMUNITY SINGS

Cost: Tax deductible donation of \$2 or more or free with healthcare or disability card.

Location: Ashburton Baptist Church
8 Y Street, Ashburton

Time: Monday 6.15pm-7.15pm followed by supper

Contact details: Ph (03) 8679 6088 or creativityaustralia.org.au

Directions: Catch the train to Ashburton Station.

Discover your creative voice by joining this choir, no singing experience necessary! *Our Community Sings* is a not-for-profit organisation promoting social inclusion and wellbeing. The group meets once a week to practice and converse. Members of this choir come from all walks of life. *Our Community Sings* provides a great opportunity to get to know others.

Low Cost Entertainment

SCRABBLE

Cost: \$2.50 per week

Location: Canterbury Neighbourhood Centre, 171 Canterbury Road, Canterbury

Time: Wednesday 1pm-3pm

Contact details: Ph (03) 9830 4214

Directions: Catch the train to Canterbury Station, or Bus no. 285 get off at the corner of Alexandra Ave and Canterbury Rd.

Enjoy scrabble? Come along and play with this friendly group, no need to commit you can come as you please, the group is very welcoming of new participants.

CINEMA NOVA

Cost: \$6.00 tickets available Mondays before 4pm

Location: 380 Lygon St, Carlton (Melways reference Map 2B, F11)

Time: Before 4pm Mondays for \$6.00 tickets

Contact details: Ph (03) 9347 5331 or www.cinemanova.com.au

Directions: Tram no. 1 or 8 get off at the corner of Elgin and Lygon St Bus no. 201 or 207 from Kew Junction

A ticket to the movies needn't cost you an arm and a leg. In fact go to Nova Cinema before 4pm on Mondays and you might even have enough money left over for popcorn.

ACE SPACE

Cost: \$5

Location: 7 Samarinda Ave, Ashburton

Time: Thursday 3.30pm-6.30pm

Contact details: Ph- Kristina 0421 287 307 or email craig.disability@craigfc.org.au

Directions: Catch the train to Ashburton Station or Bus no. 734 get off at Samarinda Ave.

Ace Space is an activity group providing social opportunities for people with disabilities. There are different and exciting activities each week and lots of people to meet. So drop in when you have a spare moment or schedule it in and become a regular of this fun group.

KNIT, STITCH, CHAT AND CHEW

Cost: \$4

Location: Camberwell Community Centre 33 Fairholm Gve, Camberwell

Time: Thursday 10.30am-12.30pm

Contact details: Ph (03) 9882 2611 or www.camberwellcommunitycentre.org.au

Directions: Catch the train to Camberwell Station or tram no. 70 or 75 get off at Camberwell Junction.

This group is for craft lovers of any experience. Join the group to combine your love of craft with a good old fashioned yarn. New comers can learn the ropes from the more experienced. A great chance to start a new project and meet some like-minded people.

Low Cost Services

GARDEN PLOTS

Cost: Annual cost \$10 for a single bed plot

Location: Alamein Neighbourhood House
49 Ashburn Grove, Ashburton

Contact details: Ph (03) 9885 9162

Directions: Catch the Alamein train and get off at Alamein Station.

Love gardening but don't have the space to do it at home? Rent a plot at Alamein Neighbourhood House and you can garden until your hearts content. At just \$10 a year it's much cheaper than upgrading your own accommodation and you may just meet a few like minded individuals. Check for availability.

TOY LENDING LIBRARY

Kew Toy Lending Library

Cost: Annual Membership Fee – one child: two toys \$60, two children: four Toys \$90, three children: six toys \$110 and participation in a roster

Location: 152 Pakington St, Kew

Contact details: Ph (03) 9853 9043 or www.kewtoylibrary.org.au

Directions: 48 Tram to Gladstone St, Kew

Hours: Check Toy Library for details

Toy Lending Libraries are a wonderful way of providing affordable access to a range of toys for children of all abilities between 0 and 6 years of age. As parents contribute to the running of the service it's a good way to make new connections if you are new to the area. Many councils offer this service.

VICTORIA UNIVERSITY PERSONAL SERVICES

Cost: Depends on the service.
(eg: Haircut and style finish costs \$10)

Location: Victoria University, Level 1,
225 King Street, Melbourne.

Time: Call for availability.

Contact details: Ph (03) 9919 7834 or <http://bookshop.vu.edu.au/PERSONAL%20SERVICES%20PRICE%20LIST.pdf>

Directions: Catch the train to Flagstaff Station.

Quality beauty treatments at a fraction of the cost are available at Victoria University. For a small price a student (under direct supervision) will practice their skills on you. From massages to haircuts and waxing there are countless services on offer. Visit the website for a full list of services and prices.

Low Cost Health and Fitness

CROP TEAM UP

Cost: \$2.35 on presentation of your CROP card (see joining/signing up)

Location: Hawthorn Aquatic and Leisure Centre, Linda Crescent, Hawthorn

Time: Tuesday 1pm-3pm

Contact details: Ph Laurel (03) 8866 9100

Directions: Take the train to Glenferrie Station or tram no.16, get off at stop 74

Become part of a team and have fun exploring different sports such as: basketball, indoor soccer and netball. Enjoy the company and the exercise with options for training sessions at the gym.

CROP GYM

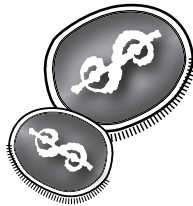
Cost: \$2.35 per session on presentation of your CROP card (see joining/signing up).

Location: Hawthorn Aquatic Centre, Kew Recreation Centre, Ashburton Pool and Recreation Centre, Boroondara Sports Complex

Time: Monday to Friday 9am-4pm, Saturday and Sunday all day

Contact details: Ph Laurel (03) 8866 9100

With presentation of your CROP card you will have access to a personalised gym program, group exercise classes and aquatic services. With access to all Leisure Centres and programs within Boroondara the CROP card makes keeping fit easy!



Low Cost Meals

LENTIL AS ANYTHING

“Very busy {with a} Retro, cool, bohemian clientele” - Michelle

Cost: A donation of your choice

Location: 1 St Heliers Street, Abbotsford

Time: Tuesday to Sunday 9am-9pm

Monday 12pm-9pm

Contact details:

abbotsford@lentilasanything.com

Directions: Take the train to Collingwood Station or tram no. 96 get off at the corner of Nicholson and Johnston St.

Lentil as Anything is a revolution in eating out. For many years it has been a pay-as-you-feel restaurant. This means that the customer can decide to pay whatever they think the food is worth. On offer is a range of healthy vegetarian dishes, which you can enjoy while listening to live music and soaking up the arty atmosphere.

SOCIAL CAFE MEALS PROJECT

Cost: \$2.50, for a meal worth \$10 with your Social Cafe Meals Card (see joining/signing up)

Location: Various places around Kew and Hawthorn

Contact details: Ph Anthony or Bec (03) 9818 3073 or drop into the Boroondara Community Health Centre 378 Burwood Rd, Hawthorn

Have a meal worth \$10 for only \$2.50 when you have a Social Café Meals Card. This program is for people living in rooming houses or other temporary or insecure accommodation. See the Joining/Signing up section for how you can make use of this great deal.

TWO COURSE MEAL

Cost: \$5

Location: Alamein Neighbourhood Learning Centre, 49 Ashburn Grove, Ashburton

Time: Every second Wednesday of the month 12.30pm. Bookings essential.

Contact details: Ph (03) 9885 9162

Directions: Catch the Alamein train and get off at Alamein (the last stop)

There are not many places where you can get a two course meal and the company of others for just \$5 so make the most of this great offer. Held on the 2nd Wednesday of each month, this Neighbourhood Centre puts on a main and dessert at lunch time. Make sure you book in advance to ensure there is plenty of food to go around.

Low Cost Meals

SAMURAI

"A good meal at a low price." - Ross

Japanese restaurant

Cost: Soup \$2.00 Entree from \$3.50
Main from \$8.00

Location: 804 Glenferrie Rd, Hawthorn

Time: Lunch - Monday, Tuesday, Thursday,
Friday 11.30am-3pm

Lunch - Saturday 12.30pm-3pm

Dinner - Monday-Saturday 5.30pm-9.30pm

Contact details: Ph (03) 9819 4858

Directions: Catch the train to Glenferrie Station and walk or jump on the number 16 tram. Alternatively, the no. 16 tram goes along Glenferrie Rd, get off at Johnston St.

Samurai is located in the heart of the Glenferrie Rd shopping strip. The service is fast and the food is well priced and delicious. Whether you're after a quick bite to eat or a dinner with friends it is worth checking out this bustling restaurant.

SALVATION ARMY LUNCH

Cost: Gold coin donation

Location: Salvation Army Centre,
7 Bowen Street, Camberwell

Time: Monday 12pm, Friday 12pm and
Sunday 1pm

Contact details: Ph (03) 9889 2468

or www.salvationarmy.org.au

Directions: Tram no. 75 get off at Bowen St
(stop 45)

The Salvation Army offers a two-three course healthy hot lunch which has been described as "home cooking". There are always plenty of people there to meet and chat to.

Opportunity and Recycle Shops

Opportunity Shops have many advantages. In amongst the bits and pieces you can find useful gadgets, furniture, kids clothes and toys and if you're lucky even some designer clothes and bags. Profits from the sale of stock goes towards providing resources and support to people in need. Additionally it gives you a place to take unwanted yet still usable items. Supporting Op Shops makes it a sustainable way of shopping.

ST VINCENT DE PAUL OP SHOP

Cost: Depends on your purchase

Location: 254 Auburn Road, Hawthorn

Time: Monday to Friday 8.30am-5pm,
Saturday 10am-4pm

Contact details: Ph (03) 9818 5456

Directions: Catch the train to Auburn Station or tram no. 70 or 75, get off at the corner of Auburn and Riversdale Rd.

EPILEPSY OP SHOP

Cost: Depends on your purchase

Location: 643 High St East Kew

Time: Monday to Friday 10am-4pm,
Saturday 10am-1pm

Contact details: Ph (03) 9859 3567

Directions: Tram no. 48, get off at the corner High St and Harp St, tram stop 40

MENTAL ILLNESS FELLOWSHIP OP SHOP

Cost: Depends on your purchase

Location: 604 High St, East Kew

Time: Monday to Friday 8.30am-5pm,
Saturday 10am-4pm

Contact details: Ph (03) 9817 5599

Directions: Tram no. 48, get off at the corner High St and Harp St, tram stop 39

ELDERLY CITIZENS AND LIONS OP SHOP

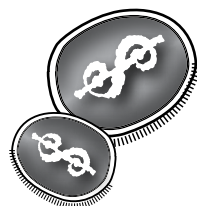
Cost: Depends on your purchase

Location: 533 High St

Time: Tuesday, Wednesday, Thursday
10am-4pm, Friday 10am-3.30pm
Saturday 10am-12noon

Contact details: Ph (03) 9855 1749

Directions: Tram no. 48, tram stop 38



Joining/Signing up

SENIORS CARD

"Great, now I can fish for free!" - Paul

Cost: Free

Application form: From your local Post Office or download an online form from www.dpcd.vic.gov.au/seniors/seniorscard/

Eligibility: 60 years of age or over.

Retired or working less than 35 hours per week in paid employment. A permanent resident of Victoria.

Cardholders can enjoy a range of discounts from haircuts to holiday accommodation. A great chance to save money on everyday items. Each recipient receives two free train trips to regional Victoria each year. What a wonderful chance to spend a few days somewhere you've never been before.

SOCIAL MEALS PROJECT CARD

Cost: Free

Application: Ph (03) 9818 6703

Eligibility: People living in rooming houses or other temporary and insecure housing.

The social meals project gives people the chance to have a cheap meal in a social setting. Participants receive a card that entitles them to buy a meal valued at \$10 for only \$2.50. The cafes involved with this project are all conveniently located close to public transport and offer a wide range of food.

CROP CARD

Cost: Free

Application: Contact Laurel (03) 8862 9100 email crop.hawthorn@ymca.org.au

Eligibility: For people experiencing mental health issues, or social isolation (this can be from financial issues), who live in the city of Boroondara area.

By obtaining a CROP card you will have access to a variety of activities, from gym membership to social barbecues. The program is aimed at people who have experienced or are experiencing mental illness or issues of social isolation, focussing on inclusivity and building confidence.

LIBRARY CARD

Cost: Free

Application: Visit your local library to sign up.

A library card not only gives you the chance to borrow books for your enjoyment, it also allows you to utilise the libraries' computers for blocks of up to two hours.

Joining/Signing up

LIBRARIES IN BOROONDARA

Ph: (03) 9278 4666

Ashburton

154 High Street
Ashburton 3147

Balwyn

336 Whitehorse Road
Balwyn 3103

Camberwell

25 Inglesby Road
Camberwell 3124

Hawthorn

584 Glenferrie Road
Hawthorn 3122

Kew

Corner Cotham Road and Civic Drive
Kew 3101

NEIGHBOURHOOD AND COMMUNITY CENTRES IN BOROONDARA

Alamein Neighbourhood and Learning Centre

49 Ashburn Grove, Ashburton
(opposite Alamein train station)
Ph: 9885 9401 or 9885 9162

Ashburton Community Centre

160 High Street, Ashburton
Ph: 9886 9522

Balwyn Community Centre

412 Whitehorse Road, Surrey Hills
Ph: 9836 7942

Bowen Street Community Centre

102 Bowen Street, Camberwell
Ph: 9889 0791

Camberwell Community Centre

33 Fairholm Grove, Camberwell
Ph: 9882 2611

Canterbury Neighbourhood Centre

171 Canterbury Road, Canterbury
Ph: 9830 4214

Craig Family Centre Ashburton

7 Samarinda Avenue, Ashburton
Ph: 9885 7789

Hawthorn Community House

32 Henry Street, Hawthorn
Ph: 9819 2629

Kew Neighbourhood Learning Centre and Cafe

4-12 Derby Street, Kew
Ph: 9853 3126

Surrey Hills Neighbourhood Centre

157 Union Road, Surrey Hills
Ph: 9890 2467



Sparechange is funded by the
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