



SOUTHERN
METROPOLITAN
CEMETERIES TRUST

Local Support Services

GRIEF SUPPORT

Grief Australia

Counselling, bereavement support groups and resources.

- Phone: +61 3 9265 2100
- Freecall: (Australia-wide) 1800 642 066
- Email: info@grief.org.au

www.grief.org.au

Griefline

Griefline supports anyone experiencing grief, providing access to free telephone support.

- Telephone support Phone: 1300 845 745 8am to 8pm: Monday to Friday (AEDT)
- Resources
- Online forums
- Support groups

<https://griefline.org.au/>

Miscarriage Information Support Service Inc. (M.I.S.S.)

MISS is a community service providing information to support women and partners after miscarriage.

- Resources including flyers, cards, care package bags, miscarriage support products and programs
- Email: info@miss.org.au

miss.org.au

Phone: (03) 8772 6111

Third Drive, Springvale Botanical Cemetery
600 Princes Highway, Springvale, VIC 3171



smct.org.au/ccw

The Compassionate Friends – Victoria Inc.

For people bereaved of a child, sibling or grandchild.

Support and social groups, events such as art, book clubs, trivia, one on one peer support, 24 Hour Grief Support

- Phone: 03 9888 4944 or 1300 064 068
Phones are answered 24 hours a day, 7 days a week.
- Email: support@compassionatefriendsvictoria.org.au
<https://www.compassionatefriendsvictoria.org.au/>

Amber Community Road incident support and education

For people affected by road trauma.

Counselling, support, education

- Phone: 03 8877 6900
Counselling: 1300 367 797
- www.ambercommunity.org.au

GriefLink

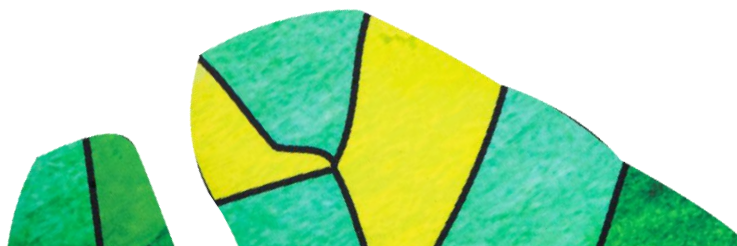
Information resources on death related grief

- www.grieflink.org.au

NEIGHBOURHOOD HOUSES

Neighbourhood Houses bring people within the local area together to meet, socialise, and mobilise to achieve positive community outcomes. Activities you may find at your local Neighbourhood House include:

- Adult education (pre-accredited and accredited training)
- Art and craft classes
- Community events, lunches / social eating groups
- Community gardens
- Digital literacy training
- Food banks
- Health and wellbeing activities such as exercise, walking groups, yoga and tai chi
- Internet access
- Library or book swap services
- Men's Sheds



- Self help and support groups
- Seniors' groups
- Volunteering opportunities

No two Neighbourhood Houses are the same so please look into the various centres to see what might suit you. Here are a few close to Springvale but click on this link to find more locations:

<https://www.nhvic.org.au/find-a-neighbourhood-house>

DANDENONG

Dandenong Community and Learning Centre
34 King Street, DANDENONG 3175 Phone: (03) 9792 5298
<https://www.dandenongclc.org.au/>

DANDENONG NORTH

North Dandenong Neighbourhood House
41 Menzies Avenue, DANDENONG NORTH 3175 Phone: 0448 658 354

KEYSBOROUGH

Keysborough Learning Centre
402 Corrigan Road, KEYSBOROUGH 3173 Phone: (03) 9798 7005
<https://www.klckey.com.au/home>

NOBLE PARK

Noble Park Community Centre
Ross Reserve Memorial Drive, NOBLE PARK 3174 Phone: (03) 9547 5801
<https://www.nobleparkcommunitycentre.org.au/>

SPRINGVALE

Learning and Activities Centre
1 Osborne Avenue, SPRINGVALE 3171 Phone: (03) 9547 2647
<http://springvalelac.org.au/>

Springvale Neighbourhood House
46-50 Queens Avenue, SPRINGVALE 3171 Phone: (03) 9548 3972
<https://www.snh.org.au/>

CLAYTON

Dixon House Neighbourhood Centre
2 Dixon Street, CLAYTON 3168 Phone: (03) 9543 8911
<https://www.dixonhouse.org.au/>

CLAYTON SOUTH

Westall Community Hub
35 Fairbank Road CLAYTON SOUTH Victoria, 3165 Phone: (03) 9581 3050
<https://www.mycommunitylife.com.au/Clubs/Westall-Community-Hub>



MULGRAVE

Mackie Road Neighbourhood House
36-42 Mackie Road MULGRAVE Victoria, 3170 Phone: (03) 9548 3311
<https://www.mackierdnh.org.au/>

LIBRARIES

Libraries have become so much more than books. Check out your local library to find out the services they have on offer.

Dandenong Library

Dandenong Civic Centre
225 Lonsdale Street Dandenong 3175 Phone: 1300 630 920
<https://libraries.greaterdandenong.vic.gov.au/>

Springvale Library

Springvale Community Hub
5 Hillcrest Grove, Springvale Phone: 1300 630 920
<https://libraries.greaterdandenong.vic.gov.au/>

City of Monash - <https://www.monlib.vic.gov.au/Home>

Clayton Library (03) 9541 3120
Glen Waverley Library (03) 9518 3030
Mount Waverley Library (03) 9518 3950
Mulgrave Neighbourhood Library (03) 9518 3502
Oakleigh Library (03) 9518 3970
Wheelers Hill Library (03) 9265 4877

Probus

Make new friends, listen to interesting guest speakers, learn a new skill, explore new interests and hobbies. Meetings are held at many locations and these can be found on their website:
<https://probussouthpacific.org/> Ph. 1300 630 488

Here are a few Probus groups close to Springvale:

WAVERLEY GARDENS PROBUS INC (C)

Meetings LAST TUESDAY of the month 9:45 AM
Location SOUTHERN COMMUNITY CENTRE
Ph: Rick Blomberg 0484 337 105

SANDOWN PROBUS INC (C)

Meetings 2ND MONDAY of the month 10:00AM
Location CLUB NOBLE
Ph. 1300 630 488



NOBLE PARK COMBINED PROBUS INC (C)

Meetings 1ST MONDAY of the month 10:00AM

Location CLUB NOBLE

Ph. 1300 630 488

Greater Dandenong Council – Senior Clubs

There are over 75 senior clubs and groups that meet in venues throughout the municipality.

<https://www.greaterdandenong.vic.gov.au/connection-seniors>

Greater Dandenong Council – Planned Activity Group – Springvale

The activities are aimed at enhancing the skills required for daily living and providing physical, intellectual, emotional and social stimulation. They also provide opportunities for social interaction as well as respite and support for carers.

The service operates five days a week from Mackay Street in Springvale.

Ph. 8571 1000

<https://www.greaterdandenong.vic.gov.au/aged-disability-and-carer-services/planned-activity-group>

Heart Foundation Walking Groups

Build connections in your community and walk towards a healthier heart together.

The Heart Foundation provides many group walking sessions throughout Melbourne. One local group is the Waverley Gardens Walkers who meet at 8am on Tuesdays and Thursdays for a walk through Waverley Gardens Shopping Centre.

If you're interested in this, email David at dwea6257@bigpond.net.au

For other locations please see: <https://walking.heartfoundation.org.au/walking>

Laughter Clubs

Laughter Clubs are fun and free. There are many locations throughout Melbourne as well as a weekly online zoom session and special events throughout the year.

<https://www.laughterclubsvic.org.au/>

SMCT Online Wellness Sessions

There are several videos available on the SMCT website which you can follow along with Lea and Carmel as they take you through yoga, mindfulness and Qigong practices.

<https://smct.org.au/our-services/community-support-services/ccw-wellness-sessions>

Phone: (03) 8772 6111

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smct.org.au/ccw



EMERGENCY NUMBERS

If you are feeling distressed, isolated or feel you need immediate support we recommend the support organisations listed below.

In an emergency, please call **000**

If you require urgent counselling, please contact Lifeline on **13 11 14**

EMERGENCY NUMBERS

Lifeline 13 11 14

24/7 telephone crisis line

Online crisis support chat www.lifeline.org.au

Beyond Blue 1300 224 636

24/7 telephone support and online chat service www.beyondblue.org.au

Griefline 1300 854 745

A dedicated grief helpline service that provides counselling support services free of charge to individuals and families who are experiencing loss and grief. Online counselling also available <https://griefline.org.au>

Suicide Line 1300 651 251

24/7 telephone counselling service offering professional support to people at risk of suicide, people concerned about someone's risk of suicide, and people bereaved by suicide

Nurse on Call 1300 60 60 24

Puts you directly in touch with a registered nurse for caring, professional health advice 24/7

State Emergency Services (SES) 132 500

A volunteer-based organisation, VICSES provides emergency assistance to the community 24/7 and is the control agency during emergency responses in Victoria

Ambulance/Police/Fire 000

Every life matters. Stay safe and if you need support, any of the organisations listed on this page are here to help.

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