

# Facilities for Hire

<b>ALBERT PARK</b>	
Mary Kehoe Centre 224 Dank Street Ph: 9699 4904 Melways map ref. 2K A10	Gasworks 21 Graham Street Ph: 8606 4200
<b>ELWOOD</b>	
Elwood St Kilda Neighbourhood Learning Centre 87 Tennyson Street, Ph: 9531 1954 Email: <a href="mailto:esnlc@yarranet.net.au">esnlc@yarranet.net.au</a> Website: <a href="http://www.esnlc.asn.au">www.esnlc.asn.au</a>	Elwood Beach Community Centre 63a Ormond Esplanade, Melways Ref: 67/C1 Ph: 9209 6351 This centre is located near the beach at the rear of the Beach House Café, adjoining an outdoor playground. Disabled access, toilets, tables, chairs, kitchen facilities.
<b>GARDEN CITY</b>	
Garden City Neighbourhood House & Fisherman's Bend Community Centre, Cnr Dunstan Pde and Centre Ave Ph: 9646 5977 Large hall caters for functions from 20 to 250 people. Facility includes a kitchen, polished floor boards, heating, disabled access and toilets.	Sandridge Centre and Trugo Club 1 Tucker Avenue, Garden City. Ph: 9646 6586 or 96451085 Melways map ref. 56 K2
<b>MIDDLE PARK</b>	
Middle Park Community Centre Cnr Nimmo and Richardson Streets, Melways Ref: 2J/E11 Ph: 9209 6351 Located up on the first floor, this venue features a main hall with kitchen and caters for a range of occasions.	
<b>PORT MELBOURNE</b>	
Port Melbourne Centre and Trugo Club 219 Esplanade East, (Next to Edward's Reserve, between Liardet & Bridge Streets) Ph: 9646 6584 or "Digger" Cullen: 9646 3689	Port Melbourne Life Saving Club 38 Beaconsfield Parade PH: 9646 8773. Holds 80 to 100 people, full kitchen facilities, located on the first floor (no wheelchair access). Table and chairs available for hire
Port Melbourne Town Hall 333 Bay Street, Port Melbourne Melways Reference: 2J G3 PH: 9209 6501	



<b>SOUTH MELBOURNE</b>	
<p>Sol Green Recreation Centre Cnr Coventry and Montague Streets, Ph: 9682 8803 Melways Ref: 2J/K2 Amenities include: tables, chairs, white board, heating/air conditioning, big kitchen, outdoor courtyard with electric barbecue and pergola</p>	<p>South Melbourne Centre Cnr Park Street and Ferrars Place, Ph: 9209 6782 Melways map ref. 2J B4 A large hall with a stage and large dining room / multi purpose room, a number of smaller spaces that can be used for a wide range of activities. A well groomed Trugo lawn is attached to the building.</p>
<p>South Melbourne Town Hall 202-208 Bank Street, South Melbourne Ph: 9209 6501 Melways Reference: 2K C2</p>	
<b>ST KILDA</b>	
<p>Alma Road Community House 200 Alma Road, East St Kilda 3183 PH: 9209 6351</p>	<p>Betty Day Centre 67 Argyle Street, Ph: 9209 6371 Melways map ref 58 C9 Well equipped kitchen, dining area, large multi-purpose area suitable for meetings, performances, large lunches, dances and active recreation.</p>
<p>Cora Graves Centre 38 Blessington Street, Ph: (03) 9209 6349</p>	<p>Linden-Arts Centre &amp; Gallery 26 Acland Street, Ph: 9209 6560 Melways map ref. 58 B11=</p>
<p>St Kilda Town Hall Cnr Brighton Road &amp; Carlisle St Ph: 9209 6777 Melways Reference: 58 C11</p>	

# Public BBQ Facilities Available



Alma Park, Alma Road, St Kilda East

Bowen Crescent Reserve, Kings Way, South Melbourne

Catani Gardens, Beaconsfield Parade, St Kilda

Elwood Park, Ormond Esplanade, Elwood

Elwood/ St Kilda Neighbourhood Centre, 87 Tennyson Street, Elwood

Gasworks Park, Richardson St, Albert Park

H.R Johnson Reserve, Canterbury Road, Middle Park

JL MurPhy Reserve, Williamstown Road, Port Melbourne

Lagoon Reserve, Liardet St, Port Melbourne

Marina Triangle, Marine Parade, Elwood

Point Ormond Reserve, Point Ormond Ave, Elwood

Port Melbourne Foreshore, The Boulevard, Port Melb

Sandridge Beach, The Boulevard, Port Melbourne

Sol Green Reserve, Montague St, South Melbourne

South African Memorial Reserve, St Kilda Road, South Melbourne

St Kilda Foreshore (Rotary Park) Jacka Boulevard

Waterloo Crescent Reserve, Waterloo Crescent, St Kilda.

# How to Build a Community

Throw a street party!	Street trash and treasure exchange	Gardening / weeding / lawn mowing day (swap plants and cuttings)
Swap leftovers or cook extra one night and share with a neighbour	Street newsletter (welcoming new residents, births, deaths, marriages, birthdays, new pets, street gossip!!!)	Street Skills log and Skills exchange (babysitting for guitar lessons, dog walking for dinner)
Potluck meal (bring your favourite dish)	Street garage sale	Street cricket match
Swap mail collecting and pet feeding when you go away	Give extra lemons from your tree to neighbours	Introduce yourself to one neighbour that you don't know
Invite your neighbour for a Christmas drink	Morning Coffee and Muffins	Sunday brunch sausage sizzle
Walk instead of driving and say hello as you go	Sharing tools and resources (eg. Chainsaw, trailer)	Progressive dinner or drinks
Christmas Carols	Street Pet Show	Children's Concert
Street Book Club	Grocery shopping for someone in need	Street walking group (early morning or evening)



# Health Benefits of Social Cohesion

“It’s a sad reflection on many communities nowadays that more people watch *Friends* than have friends.”  
Robert Putnam

It appears that living in a friendly community is not only enjoyable; it is also good for our health. After reviewing the scientific literature on the health benefits of social connectedness, Professor Robert Putnam (2001, p. 327) concluded, “Statistically speaking, the evidence for health consequences for social connectedness is as strong today as was the evidence for the health consequences of smoking at the time of the first surgeon general’s report on smoking”

In a municipality where residents have a significantly lower life expectancy compared to other Local Government Areas, and a relatively high number of residents living alone, it seems timely to do something to improve the social cohesion in our community.

In a review of the research that underpins the most important social determinants of health, Stansfeld, (2000; p. 169,173-4) concluded,

“There is increasing evidence that communities with high levels of social cohesion have better health than those with low levels of social cohesion...Social support has a wide spectrum action on health, from influencing mortality at one end through physical morbidity to psychological morbidity at the other end...At the level of society, social cohesion can have a powerful effect on health which transcends that available from individual social relationships.”

Professor Robert Putnam’s (2000, pp. 326-7) conclusion went further:

“Dozens of painstaking studies ...have established beyond reasonable doubt that social connectedness is one of the most powerful determinants of our well-being. The more integrated we are with our community, the less likely we are to experience colds, heart attacks, strokes, cancer, depression, and premature deaths of all sorts. Such protective effects, have been confirmed for close family ties, for friendship networks, for participation in social events, and for simple affiliation with religious and other civic associations.”

He also found that the **death rates of people who are socially disconnected were between two and five times greater than matched individuals who had close ties with their family, friends and the community, regardless of the cause of death.** A review of another study of



2754 people indicated socially isolated men fare worse than socially isolated women. After accounting for all

other factors, socially isolated men were 2 to 3 times more likely to die in the following 12 years than their well connected peers; whereas socially isolated women were 1.5 times more likely to die than their peers (Hassed, 2002).

Hassed's (2002) review of the medical literature found that people with more diverse social networks had greater resistance to upper respiratory illnesses; greater protection against depression, suicide, drugs and alcohol abuse, teen pregnancy, crime and violence; and recovered more quickly from conditions such as depression.

Putnam (2000, p. 318) added that it was particularly important to improve social connectedness in poor communities: "Precisely because poor people (by definition) have little economic capital and face formidable obstacles in acquiring human capital (that is, education), social capital is disproportionately important to their welfare."

Putnam also argued that neighbourhoods with high levels of social capital are good places to raise children, as they generally tend to be "cleaner, the people are friendlier, and the streets are safer" (p. 307). Communities with higher levels of social capital also tend to have lower levels of crime (Putnam, 2000).

Hassed (2002) cautioned that the health benefits may not flow if someone is merely provided with more opportunities for social connection. A person can feel isolated even when they are in a crowd. Both the opportunity and quality of contact are important.

Written by Peter Streker, 2003

### **References:**

Hassed, C., (2002) *Mind-Body Medicine in Health Promotion*. Paper for students of the Monash University Department of General Practice.

Putnam, R. (2001). *Bowling Alone*. NY: Touchstone

Stansfeld, S.A. (2000). Social Support and Social Cohesion. (pp. 155-179) In: M.Marmot & R.G. Wilkinson (eds) *Social Determinants of Health*. London: Oxford.

### ***Other Reading***

Department of Human Services (1999) *Victorian Burden of Disease Study*.