

PLAYGROUPS

Playgroups operate throughout the Shire for parents with children aged 0-5 years providing free to low-cost programs. For more details visit: www.gsc.vic.gov.au and search "playgroups".

Supported Playgroup - Kerang - Tuesday, Cohuna - Thursday 10am - 12noon Ph: 5450 9333 for status

Kerang Baptist Playgroup - Tuesday 10am - 11.30am

Lake Charm Playgroup - Friday 10am - 12noon

Murrabit Playgroup - Monday (1st and 3rd) 9.30am - 11.30am

St Mary's Playgroup - Wednesday 9.30am - 10.30am

Kethawil Pembengguk (KP) Indigenous Playgroup - Monday (fortnightly) 10am - 12noon

Kerang MDAS Roving Playgroup for parents with Aboriginal and Torres Strait Islander children - Tuesday 10am - 11.30am

VISIT A LIBRARY TODAY

Gannawarra libraries offer free access to a wide range of information, leisure and technology in a welcoming environment.

SIR JOHN GORTON LIBRARY, KERANG

Cnr Shadforth St and Murray Valley Hwy, Kerang
Monday - Friday 10am - 5 pm, Saturday 10am - 12 noon

COHUNA LIBRARY

25 King Edward Street, Cohuna
Monday 10am - 4pm, Tuesday CLOSED
Wednesday - Friday 10am - 4pm
Saturday 10am - 12 noon

LEITCHVILLE

King Albert Avenue, Leitchville
Tuesday 1.30pm - 5.30pm

QUAMBATOOK

8 Guthrie Street, Quambatook
Monday, Wednesday and Friday 9.00am - 2.00pm



GET IN TOUCH

GANNAWARRA SHIRE COUNCIL

Customer Service Centre

Kerang Office Patchell Plaza,
47 Victoria St, Kerang VIC 3579
(03) 5450 9333
Monday-Friday 8.30am - 5.00pm

Cohuna Office 23-25 King-Edward St,
Cohuna VIC 3568
Phone: (03) 5456 5222
Open Monday-Friday 10.00am - 4.00pm
(Note: Closed from 12.30pm - 1.15pm every day)

Email council@gsc.vic.gov.au

Postal Address PO Box 287, Kerang, VIC 3579

The Community Connections Directory promotes regular community programs and activities across the Gannawarra Shire to foster social connections and enhance mental health and wellbeing. The directory is an initiative of the Gannawarra Community Resilience Committee under the Gannawarra Flood Recovery Program. Please contact Council if you have programs and/or activities to include in the next edition of this Directory

COMMUNITY CONNECTIONS Directory

Getting you connected!


December 2025 - March 2026



COHUNA NEIGHBOURHOOD HOUSE
KERANG NEIGHBOURHOOD HOUSE
QUAMBATOOK COMMUNITY RESOURCE CENTRE




COMMUNITY TRANSPORT


 **Gannawarra Non-Emergency Transport Service (GNETS)** developed to assist aged and residents with disability to attend specialist/ medical appointments in towns outside of the Shire e.g. Boort, Swan Hill, Echuca, Bendigo* (excludes Melbourne). A GNETS driver will pick you up at home, drive to your appointment and assist access at the reception if required. Bookings through NDCH (03) 4429 1900. Clients travelling more than 100kms may be eligible for a reimbursement through the Victorian Patient Transport Assistance Scheme VPTAS - 1300 737 073.

**fees and conditions apply*

 **Kerang** - Bus Stop Recycle Shop bus. A range of hire-and-you-drive buses available. Contact Annie Fletcher 0467 823 988.

 **Cohuna** - Cohuna Community Bus hire, 17-seater (including driver). Requires a Light Rigid vehicle licence. Contact: (03) 5450 9333.

 **Quambatook** - Quambatook Community Bus. Trips to Kerang, Boort, Swan Hill and Charlton dependant on demand and availability of volunteer drivers. Contact Quambatook Community Resource Centre on (03) 5457 1220.

 **Shire wide** - The Warra Community Car. You must be over 25 years and hold a full license. For use to take someone to medical appointments. Contact John 0409 996 512 or Jan 0432 122 856.

There are a number of private transport providers including bus and charter services and taxi services operation in Kerang, Cohuna, Koondrook and Barham. Cohuna Car Sales also have buses for hire. Public Transport Victoria Services operate through V/Line. Phone: 1800 800 007 or visit Gannawarra Shire Council's Kerang Customer Service Centre Monday - Friday 8.30am - 5.00pm.

COMMUNITY HEALTH SERVICES/HOSPITALS

Northern District Community Health

Providing services including Community Care, Meals on Wheels, Social support, Allied Health, Community Health Nurse, Health Promotion, NDIS, and GP Clinics
16-34 Fitzroy Street, Kerang VIC 3579
03 5451 0200 Visit: ndch.org.au

Mallee District Aboriginal Services

Providing health and wellbeing services for Aboriginal people and families
9 Nolan Street, Kerang VIC 3579
03 5450 3019

Kerang Medical Centre

Patchell Plaza, 47 Victoria Street, Kerang VIC 3579
03 5450 8060

Gannawarra Shire Council Maternal and Child Health

Kerang - 2 Murray Street, Kerang VIC 3579

Cohuna - Cnr Market & Channel Streets, Cohuna, VIC 3568

Koondrook -9 Punt Road, Koondrook VIC 3580
03 5450 9333

Quantum Medical Centre

Barham Plaza, 5-9 Mellool Street, Barham NSW 2732
03 5453 1722

Kerang District Health,

13-15 Burgoyne Street, Kerang VIC 3579
03 5450 9200

Cohuna District Hospital

144-158 King George Street, Cohuna VIC 3568
03 5456 5300

Barham-Koondrook Soldiers Memorial Hospital

88 Punt Road, Barham NSW 2732
03 5451 1000

Northern District Community Health Carer's Groups

Mental Health Carers Group - 1st Monday of every month, 1.30pm-3pm at NDCH Kerang
Dementia Support for Carers - 3rd Monday of every month, 10am-12pm at NDCH Kerang
Cohuna Carers - 2nd Tuesday of every month, 10am-12pm at NDCH Cohuna

PROGRAMS FOR SENIORS

Senior Groups

Senior Citizens groups provide a friendly welcoming place for social activities, meals and educational opportunities for older residents. Programs vary between groups.

U3A groups operate in Kerang (0409 439 001) and Cohuna (0407 316 183) and provide activities with social, physical and intellectual benefits.

Service Clubs and Special Interest Groups

If you are looking to meet new friends and become more involved with your community contact a service group. A range of service clubs and special interest groups operate throughout the Shire;
Rotary Kerang 0438 061 675

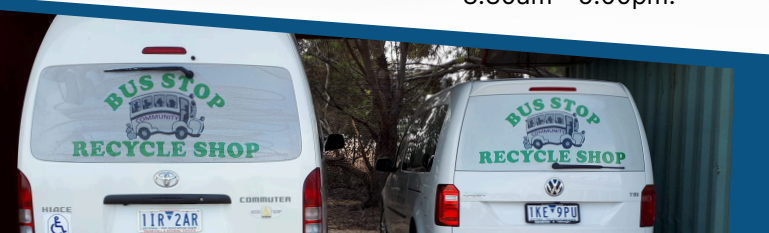
Lions Barham Koondrook 03 5453 3501, Cohuna 0401 316 186, Kerang meet 4th Thursday at the "Den" Park Rd., Lake Charm Mystic Park 03 5457 9263, Leitchville 03 5456 7845, Murrabit & District 03 5450 3595, Quambatook 0407 008 225

Gardening Koondrook Barham 0409 946 303, Cohuna 0429 103 180, Kerang 0427 621 242, Mid Murray Orchid 0409 633 880.

Amity Quambatook 03 5457 1381

Art and Craft Cohuna Patchwork 0459 201 188, Cohuna Spinning & Weaving 0429 103 180, Kerang Quilters 03 5455 7209, Golden Rivers Artists 0400 106 242, Quambatook 03 5457 1220

Plus, many more, contact Council 03 5450 9333



NEIGHBOURHOOD HOUSES



KERANG NEIGHBOURHOOD HOUSE

Kerang Neighbourhood House is a vibrant community hub offering a range of services and programs to support local residents. From educational workshops and emergency food relief to community events and volunteer opportunities, we strive to foster connection, resilience, and well-being in Kerang.

11 Scoresby Street, Kerang VIC 3579

Email: manager@kerangnh.org.au

Reception 03 4403 6640

Claire Fry (Manager) 0438 547 227

COHUNA NEIGHBOURHOOD HOUSE

Cohuna Neighbourhood House offers a range of services and programs to support local residents, including educational workshops, emergency food relief, community events, and volunteer opportunities.

Cnr Market & Channel Streets, Cohuna VIC 3568

Email: hello@cnh.org.au

Tanya Black (Manager) 03 5456 4666

QUAMBATOOK COMMUNITY RESOURCE CENTRE

Quambatook Community Resource Centre offers a range of services and programs to meet the needs of the Quambatook community. Open Monday, Wednesday and Friday 9am - 2pm including workshops, library and a Centrelink access point.

8 Guthrie Street, Quambatook VIC 3540

Email: admin@qcrc.org.au

Annie Meadows (Manager) 03 5457 1220

NEIGHBOURHOOD HOUSE REGULAR ACTIVITIES & SUPPORT

KERANG

Monday to Friday -Food assistance and Administration assistance and Power Saving Bonus (PSB) assistance during open hours

Monday-by appointment Digital technology assistance

Monday -(2nd Monday each month) Carers Hub 1.30pm

Monday -(1st Monday) Community cooking

Tuesday -(1st & 3rd) Chatty Cafe 10.30am - 12pm

Thursday -Line dancing 1pm Murrabit, 10.30am & 5.30pm Kerang

Thursday -Soup and a sandwich 12noon - 1pm

Thursday -(2nd & 4th) 10am - 12pm Social Craft and chat

Thursday - Gardening Club 1.15pm - 3pm

Thursday -(3rd Thursday) 7pm Firearms Safety Group

Friday -Morning Mates - Men's breakfast BBQ 7am - 9am

Monday to Friday -Op Shop 9am - 4pm and **Saturday** 9am - 12pm

Saturday -1.30pm - 3pm Over the Farm Gate ladies craft session

Kerang Neighbourhood House can put you in contact with other activities such as art groups, cards or cribbage, Quilting groups, men's groups, community meals.

QUAMBATOOK - EVERY WEEK

Tuesday -10am-11am Cuppa & Chat at the Pool or Tennis Club

Wednesday -9.30am Walking Group, 11.30am onwards Craft, 5pm Bowls Practice

Thursday -7.30pm Line Dancing

Friday -8am Men's Breakfast Quamby South, 1pm Cards, 8am-4pm Men's Shed

COMMUNITY NEWSLETTERS

Community newsletters are a great way to connect with activities and programs happening in your community. Newsletters circulate in Cohuna, Kerang, Lake Charm, Leitchville, Murrabit and Quambatook.



COHUNA - EVERY WEEK

Monday am -Over 65 Strengthening Exercise classes

Monday am 1st & 3rd -Leitchville Cuppa and Art Group

Monday pm -Movies

Tuesday am -Cook-up

Tuesday am -Koondrook Walking Group, and Koondrook Coffee Catch-up

Wednesday am -Cohuna Walking Group, and Cohuna Coffee Catch-up

Wednesday (1st & 3rd) -Scrabble U3A

Wednesday (4 times a year) -Bus trips to Melbourne shows

Thursday am -Community gardening

Friday -Digital help, online services assistance and learning

Weekends -Bus trips to Swan Hill/Echuca to live music shows

Cohuna Neighbourhood House can put you in contact with other activities such as art groups, cards or cribbage, sewing groups, men's groups.

LAKE CHARM

Cooking up a Storm -1st **Monday** each month) 6pm - prepare and eat a 2 course meal together. \$10 Lake Charm Hall. Ph: 0419 536 795

Book Club -1st **Tuesday** each month) transitioned to a chat 2pm Lake Charm Hall Ph: 0419 536 795

MURRABIT

Murrabit Crafty & Chatty Club -each Wednesday 10am - 12noon, 45 Gonn Avenue, Murrabit. Bring along your own craft project or just come for a cuppa and chat. Gold coin donation Ph: 5457 2205

Hum and Strum -each Wednesday, sing, play an instrument, or enjoy the music 2pm - 4pm, Murrabit Golf Club Ph: 0490 830 641

HEALTH & WELLBEING SUPPORT

Royal Flying Doctor Service - Wellbeing Team
03 8412 0480

Rural Financial Counselling Service
1300 735 578

Mind Australia Bendigo
1300 286 463
mindaustralia.org.au

Australian Community Support Organisation
1800 737 732

Beyond Blue
1300 224 636
beyondblue.com.au

Kids Help Line
1800 551 800
kidshelpline.com.au

Seniors Rights Victoria
1300 368 821

National Relay Service
1300 555 727 Speak and listen number
133 677 Teletypewriter number
0423 677 767 SMS Relay number

Translation & Interpreter Services
www.tisnational.gov.au

Legal Services

Mallee Family Care Community Legal Centre
Provides free, confidential legal
advice and information
1800 243 002

MENS SHEDS



Mateship is an important pillar of every Men's Shed - first and foremost the shed is a place for men to knock about with a group of like-minded mates.

Many men, especially after retirement, find Men's Shed as a way to connect with their community and like-minded "Shedders". Others join to learn a new skill or revisit an old one.

Barham Koondrook Men's Shed
Penglase Street (Recreation Reserve),
Koondrook VIC 3580
Gary Mansfield 0493 462 422

Cohuna Men's Shed
3 William Street, Cohuna VIC 3568
Email: hello@cnh.org.au
Lionel Learmonth 0408 103 179

Kerang Men's Shed
Burgoyne Street, Kerang VIC 3579
Harry Sambrooks 0407 584 668

Leitchville Men's Shed
Railway Avenue, Leitchville VIC 3567

Murrabit Men's Shed
Sundays 1.30pm - 4.00pm (except public holidays)
Browning Avenue, Murrabit VIC 3579
murrabitmensshed@gmail.com
Stephen O'Donoghue 0418 577 238

Quambatook Men's Shed
Fridays 8am - 4pm
Quambatook Community Resource Centre,
mensshed@qcrc.org.au
QCRC 03 5457 1220

FIVE WAYS TO WELLBEING

CONNECT... Connect with the people around you, family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

BE ACTIVE ... Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly discover a physical activity you enjoy and one that suits your level of mobility and fitness.

TAKE NOTICE ... Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING... Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

GIVE... Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you.

The Five Ways to Wellbeing was developed by the
New Economics Foundation: www.neweconomics.org

