



Ageing Well in Mansfield Shire

A guide to local groups, services and supports for those aged 55+



**SOCIAL
INCLUSION
ACTION GROUP**



**Mansfield
Shire**

This guide was developed to help support those aged 55+ living in Mansfield Shire. It includes information about social groups, active living, meal delivery services, healthcare providers, and much more. We hope this guide will help equip you with all the knowledge needed to live well in our region.

While we endeavour to keep this information up to date, it is subject to change at any time. Please use the provided contact details for each group or organisation to ensure you have the latest information. If you have difficulty contacting any of the groups, please call our Community Connections Officer on (03) 5775 8515. Alternatively, please visit us at 33 Highett Street, Mansfield and we will seek to assist you with any enquiries.

Data from the 2021 Australian Census showed that the population of Mansfield Shire is older than the average in regional Victoria. Our largest age bracket was those aged 60-69, with 17.9% of residents falling within this range compared to the state-wide average of just 13.6%. Those aged 70 to 84 also account for a large portion of our population, and our fastest growing age bracket.

Mansfield Shire Council recognises the significance of these statistics and the importance of properly supporting residents as their needs and goals change with age. Council is committed to supporting, assisting and advocating for our senior community members.

Mansfield Shire Council acknowledges the Taungurung people as the traditional custodians and we pay our respects to their Elders past and present. Council extends that respect to all members of our community.

If your business or group has not been included in this document and you feel it should be, please contact us on (03) 5775 8555.

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Healthy Eating

Good nutrition is important, no matter your age. It **gives you energy** and can help you control your weight. It may also help **prevent health conditions** such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

This section includes information about meal deliveries, local markets, welfare assistance, and professionals who can help you understand and plan your diet.

Markets

Mansfield Farmers Market - High Street Mansfield

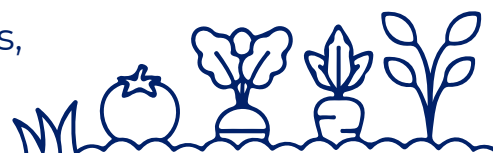
- Held on the 2nd and 4th Saturday of the month from 8:30am-1pm
- Stallholders vary but often include locally made treats, fresh produce, meat, and hot drinks.

That's My Farm Farmers Market - High Street Mansfield

- Held on the 3rd Saturday of the month from 8:30am-1:00pm
- Stallholders vary but often include cheese, eggs, produce, meat, and plants.

Mansfield Bush Market - Highett Street Mansfield

- Held on key holiday dates throughout the year
- Stallholders vary and include produce, snacks, decor, drinks, artwork, and much more



Food Sharing Programs

- The **Loaves and Fishes Food Pantry** is run by Mansfield Christian Fellowship every Wednesday (10am-12:30pm) and Thursday (4-5pm). They offer groceries and support to anyone experiencing food shortage. Turn up or contact them for assistance.



3b Sovereign Court, Mansfield



03 5779 1213

- The **Mansfield Fresh Food Drive** is a produce sharing program by Mansfield Respond. Excess produce from local growers is passed on to the community on the 1st and 3rd Tuesday of every month from 8:30-11:00am. If you would like to donate or receive extra produce, or volunteer to help hand out produce to local families, use the contact details below.



St John's Church,
43 Highett Street,
Mansfield



(03) 5775 8800



If you require assistance accessing food, the following services may be able to help.

MACE can help you access Centrelink support.



145-147 High Street,
Mansfield



(03) 5775 2077

St Vincent de Paul Society Mansfield offers welfare assistance.



31 Highett Street,
Mansfield



(03) 5775 3156

Meal Delivery

A selection of ready meals are available in our local stores including IGA and FoodWorks. These shops offer delivery to many areas within the Shire. Their contact details are provided below, along with a range of other meal delivery providers.

[Meals on Wheels by Mansfield District Hospital](#) - (03) 5775 8735

[Marks IGA Mansfield](#) - (03) 5775 2014

[Mansfield FoodWorks](#) - (03) 5775 2255

[Lite n' Easy](#) - 13 15 12

[YouFoodz](#) - 13 63 25

Diet Education

Mansfield District Hospital

The community health team at Mansfield District Hospital provide appointments to help residents understand and manage their diet and related health issues.



You don't need a referral to see a diabetes educator or dietician and there are no eligibility requirements. See further details on page 8.



53 Highett Street, Mansfield, 3722



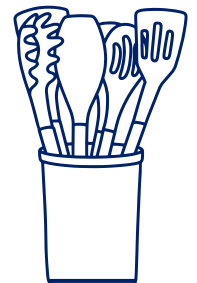
To make an appointment visit reception or call (03) 5775 8800

Diabetes education at Mansfield District Hospital

Educators will work with you to assess your needs, understand what matters most to you, and create a personalised diabetes management plan. This plan will help you manage your diabetes day-to-day, prevent complications and manage complications if they happen.

Dietetics at Mansfield District Hospital

Dietetic services provide information and advice about food and nutrition. The dietitians work with you to understand your food-related needs, plan nutritional diets and menus and maintain a healthy weight.



Cuisine Cooking Classes

Mansfield Adult Community Education (MACE) offers various cooking classes exploring multicultural cooking. They can help bring variety to your diet and develop your cooking skills. Previous classes have included Afghan and Filipino cuisine. They are also a great opportunity to meet new people.



145-147 High Street, Mansfield



(03) 5775 2077





Active Living

Staying active has **many short-term and long-term benefits**. It can improve sleep quality, lower blood pressure, reduce your risk of developing dementia, and lower your risk of heart disease. It also increases the strength of your bones and improves your balance, **helping you enjoy the things you love**.

This section includes information about local parks, trails, and facilities. It also includes contact details for exercise programs and active community groups.

*It is recommended that you aim for at least **30 minutes** of moderate exercise daily, however any amount of movement is beneficial for your physical health and mental wellbeing.*

Safe Exercise at Home

Safe Exercise at Home was created by Australian physiotherapists, with help from international experts and everyday people, to support older people in staying active safely at home. They have a range of exercise programs from beginner to advanced.

Check out their website for exercise guides, videos, and more.



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



Local Active Groups

Parkrun

The Parkrun is a free, volunteer-run event held at 8am every Saturday morning at Mansfield Botanic Park. You can walk or run, or volunteer to assist participants around the 5km track, and attendees often meet for coffee afterwards.



Register online at
<https://www.parkrun.com.au/mansfieldbotanic/>

Badminton

The Mansfield Badminton Association play from 7pm on Monday nights at the Mansfield Sporting Complex at 35 Highett Street. New players are able to try a session for free, after which the cost is \$5 per adult. All are welcome, you do not need to have played before.

Social Table Tennis

This group meets at the Mansfield Sporting Complex at 35 Highett Street, Mansfield on Thursdays from 2-4pm. Sessions cost \$5 and all are welcome, you do not need to have played before.



0418 120 151



Mansfield Bowls Club

The Mansfield Bowls Club welcomes visiting bowlers, new members and social groups. Meeting times and locations vary throughout the year. Please contact the group for further details.



(03) 5775 2257



35-37 Ailsa Street, Mansfield

Mansfield Pickleball

- 9am to 10:30am on Monday, Tuesday, Friday
- 6:30pm to 8pm on Monday & Wednesday
- Offers 2 free 'come and try sessions' for new players
- Social games - all ages, abilities, and skill-levels welcome



Book via "TeamReach" app with code "MansfieldPB3722"



Blue Court, Elvins St, Mansfield

Delatite Pickleball

- 8:30am to 10am on Tuesday and Thursday
- 5:30pm to 7pm on Wednesday
- 9am to 11am on Sunday
- Social games - all ages, abilities, and skill-levels welcome



Book via "TeamReach" app with code "delatitepickle3722"



Mansfield Sporting Complex, 35 Highett St

Line Dancing

Classes run weekly at a cost of \$5 per session

- Monday ~ Jamieson Memorial Hall (Perkins Street) from 2-4pm.
- Wednesday ~ St John's Hall (43 Highett Street, Mansfield) from 7:30pm.
- Wednesday ~ Tolmie Public Hall (13 Tolmie-Mahaikah Road) from 3:45-5pm.



0419 107 496

Mansfield Croquet Club

This group plays at the Lords Oval (Malcolm Street, Mansfield) on Monday and Wednesday mornings. Games are for fun and friendship, not competition.



0488 250 541

The Garden Club of Mansfield

This group meets on the last Thursday of the month at 7pm at Buckland Centre, Erril Street Mansfield. The group discusses gardening and visits private gardens.



0438 648 372

Bonnie Doon Community Centre

A variety of activities run out of the Bonnie Doon Community Centre. These may change - please contact the centre to confirm.



- **Walk & Talk** ~ Monday 10:30am ~ stay active and have fun with others
- **Seniors Lunch** ~ Wednesday 12-2pm ~ \$18pp, twice monthly, call to book
- **Reading Group** ~ 1st Thursday of the month ~ 1pm ~ gold coin donation
- **Dog Walk** ~ Friday 9am ~ walk with furry friends along the Rail Trail
- **Mindful Movement** ~ Friday 10-11am ~ \$10 ~ gentle exercise for seniors

Check out the full weekly calendar on their website at <https://bonniedooncommunity.com/our-activities-groups/>



75 Arnot Street, Bonnie Doon



03 5778 7722



Cycling Without Age

Run by volunteers, this service provides free trishaw rides around Mansfield Township for those unable to cycle. If you'd like to receive a ride or register as a volunteer, contact them on [facebook](#) or the email below.



mansfieldtrishaw@gmail.com

Everyday Activites

Staying active can be simple. Finding something you love is the best way to make movement part of your day to day life.

It could look like...

- Taking the dog for a walk
- Playing with your grandchildren
- Walking to the shops
- Tending to the garden
- Dancing to your favourite tunes
- Cleaning up around the home
- Tinkering in the shed



Parks and Trails

Getting active outdoors provides you with vitamin D which supports your immune system and helps you maintain strong bones. The sunshine and fresh air also help to regulate your sleep cycle and improve mood. Below are just a few of the many beautiful local spaces for you to enjoy.

- **Great Victorian Rail Trail**

Runs from Tallarook to Mansfield with a branch line to Alexandra. Can be explored on foot, bike or horse. It features a series of artworks, rivers, valleys, lakes and mountains. Learn more at:



<https://www.greatvictorianrailtrail.com.au/>

Contact the 'Friends of the Great Victorian Rail Trail' to enquire about volunteering to support the trail at:

 friendsofgvrt@gmail.com

- **Mansfield Botanic Park**

On High Street at the edge of Mansfield town centre is Botanic Park. Enjoy a range of paved walking tracks and native gardens. Well behaved off-leash dogs are welcome too.

- **Lake Eildon**

The perfect spot for fishing, swimming, and bushwalking. Devil Cove and Candlebark campgrounds have wheelchair accessible toilets and there is a path between the two for those looking for a gentle bushwalk.

The **Visitor Information Centre** would love to help you by suggesting local walks and providing you with maps. While you're there, pop in to the Mansfield Historical Society which is right next door.



Open 10am-4pm
everyday at 175 High St,
Mansfield



Contact them on
(03) 5775 7000

Mansfield Swimming Pool

Swimming is a low-impact form of exercise, which protects your joints while improving flexibility and reducing pain.

- This outdoor pool is open from November to March.
- It offers a 33 metre lap pool and smaller learn-to-swim pool, plus a kiosk selling refreshments.



Apollo Street, Mansfield



(03) 8603 3621

Mansfield Golf Club

Playing golf can improve your balance and coordination, and give you the chance to socialise with others.

- Features an 18 hole course, pro shop, clubhouse and restaurant.
- Play 9 holes for \$35, or 18 holes for \$48 ~ discounts available for members.



24 Kidston Parade,
Mansfield



(03) 5775 2628



Pilates & Yoga in Mansfield

Barefoot Studio Pilates



0438 937 277

BaseMovement.Co



0423 913 552

Earth Soma Therapies (Yoga)



0484 540 362

Yoga in Mansfield



<https://www.yogainmansfield.com/>

Gyms in Mansfield

Mansfield Health & Fitness Centre



0457 686 514

Primal Health Club Mansfield



(03) 7009 3088

More Than PT (Women only)



0428 534 386

Alpine High Performance Mansfield



0494 089 401

LouFit Personal Training



0403 476 087





Lifelong Learning

Staying curious and pursuing new skills is great for **cognitive health**, and may help prevent or delay age-associated conditions such as dementia. Setting learning-related goals can provide a **sense of purpose**, while achieving them can **boost self-esteem**.

This section includes information about local libraries, technology support, historical societies, and neighbourhood houses.

Mansfield Adult Community Education (MACE)

MACE hosts a variety of courses and classes including cuisine specific cooking, sewing, welding, and much more. It is also home to a Community Tool Library where you can borrow a range of tools including lawn mowers, pressure washers, electric saws, and hand tools. MACE can also help you access MyGov and Centrelink.



145-147 High Street,
Mansfield



(03) 5775 2077

Bonnie Doon Community Centre

The Bonnie Doon Community Centre hosts a variety of classes and groups including a reading group, mental health support group, and a digital mentor.



75 Arnot St, Bonnie
Doon



Call to book your spot
on (03) 5778 7722

Libraries

- Mansfield Library

Open Tuesday to Friday (9:30am to 5:00pm) & Saturday (10am to 1pm). Several programs and groups operate from the Library, contact them for further details. The Mansfield Library also visits Woods Point and Gaffney's Creek on the first Wednesday of every month.



2 Collopy St, Mansfield



(03) 5775 8621

- The Old Library at Bonnie Doon Community Centre

Call for opening hours and to register for this volunteer-run library.



75 Arnot St, Bonnie Doon



(03)5778 7722

- Community Book Exchange at Jamieson Post Office

Open weekdays 10am-12pm & 2pm-4pm and Saturday 12pm-2pm.



20 Perkins St, Jamieson

- Street Library at Woods Point

A little library inside a red phone box, by the Woods Point Progress Association.



27 Scott Street,
Woods Point



Discount Books

- [Little Shop of Good Reads](#)

A not-for-profit preloved book shop with books from as little as 20c. All profits support Mansfield Library.



31 Highett Street Mansfield



0417 358 746

Technology support

- [Bonnie Doon Digital Mentor](#)

Free support is available every second Tuesday from 1:30-3pm at Bonnie Doon Community Centre. Call (03) 5778 7722 to book your 20 minute consult.

- [MACE Help Hub](#)

Free one-on-one assistance on Thursdays from 2-4pm to help you get the most out of your phone or tablet. Call (03) 5775 2077 for queries.

- [Mansfield Library Tech Support Sessions](#)

Free one-on-one support with an IT specialist around the use of personal devices, internet banking, online security, and government forms. Runs on certain Fridays, call (03) 5775 8621 to book.

- [Regional Tech Hub](#)

Free support for regional Victorians to help you understand your connectivity options, troubleshoot problems, and stay up-to-date with the latest technology.



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



1300 081 029



Mansfield Arts Walk

Meander through the streets of Mansfield and discover the collection of artworks displayed around town, from the ceramic murals on Erril Street to the Pole People on High Street. To make sure you don't miss anything, pick up a map from the Mansfield Visitor Information Centre at 175 High St.



Mansfield Town Centre

Mansfield and District Potters

MAD Potters is a member-based community organisation where you can share ideas, knowledge and skills in the craft of pottery. This group established the annual Mansfield Pottery Festival and the community pottery studio 'The Clay Stables', where members can utilise the equipment at no cost.



5 Curia Street, Mansfield



secretary@madpotters.org.au

Jamieson & District Historical Society

This group maintains the Jamieson Museum, which displays artifacts, photographs and stories to bring back to life the pioneering spirit of the region and illustrate the development of the once thriving gold mining district. They welcome new members and volunteers to help achieve this goal and spread their passion for history with the local community and visitors.



24 Nash Street, Jamieson



0484 900 691

Mansfield Historical Society

Mansfield Historical Society aims to preserve and promote the history of Mansfield and surrounding districts. Located at the old Mansfield Railway Station building, its volunteers work together to present the 'known history of the region'. Become involved with the preservation of historical materials, addressing enquiries from the community, and assisting visitors to the Mansfield Railway Station rooms.



175 High Street, Mansfield



(03) 5779 1094

Volunteering

Mansfield Shire Council

Certain local facilities rely on volunteers including the Visitor Information Centre, Resource Recovery Centre, Library, and Botanic Park. Roles vary widely, and include gardening, collating local history, event promotion, teaching young people to drive (L2P), and community connection. Get in touch with our volunteer coordinator to explore how you could get involved, or apply online at <https://www.mansfield.vic.gov.au/Community/Residents/Volunteering>.



33 Highett Street, Mansfield



(03) 5775 8529

Community Groups

Most local community groups are volunteer-run. If you'd like to get involved with any of them, simply contact the group to let them know. Groups are often seeking new members and would be grateful for your involvement. You can also find a list of the groups who attended our most recent Health, Community and Volunteer Expo at <http://mshire.co/SIAGresources>.





Social Connection

Social connection is when you **feel like you belong** and have the support and care that you need. Being socially connected can help **protect against chronic disease** and illness including heart disease, dementia and stroke. It can also improve your ability to manage stress, anxiety and depression, and lead to better quality sleep.

Country Women's Association (CWA)

Meet new friends and learn new skills by joining this diverse group of women. This group meets several times throughout the month, enjoying cooking and crafting while working to support the local community.



22 High Street, Mansfield



0419 322 180

Men's Shed

The Mansfield Men's Shed enjoys woodworking projects including furniture repairs, toy making, and community projects. The women's High Country Quilters group also runs out of the Shed.



17 Erril Street, Mansfield



0491 723 642

Beolite Village Community Centre

Beolite Village (Mansfield) offers free and low cost activities to the wider community. These take place at various locations and are subject to change. Please contact them on (03) 5775 1925 for further information.

Rotary

If you're looking for a way to give back, build meaningful connections, and be part of something bigger - new members and visitors are always welcome! The group meets every 2nd and 4th Wednesday of the month at The Delatite Hotel from 6:30pm. Contact them via their website - <https://mansfieldrotary.org.au/>

Gadhaba

'Gadhaba' is a Taungurung word meaning 'Together'. This is the traditional name adopted in 2012 by the Mansfield Local Aboriginal Network, as it reflects their vision of working together alongside non-Aboriginal people to achieve their goals and aspirations. Contact them via their website - <https://www.gadhaba.com.au/>

Rural Australians for Refugees (RAR)

Mansfield RAR plans an active program of events and activities each year, with a focus on fundraising to support those seeking refuge and asylum. The group meets on the fourth Monday of each month at 6pm at the Mansfield Uniting Church Hall on Highett Street. Email them at mansfieldrar@gmail.com for further information.

Senior Citizens Group

The Mansfield Senior Citizens Group meets twice weekly at the Mansfield Youth Centre (7 Erril Street). New members are welcome, no booking required.

- Tuesday ~ Indoor Carpet Bowls ~ 10am
 - Thursday ~ Bingo ~ 10am
-

Merton Craft

The Merton Craft Group meets every Tuesday from 10am - 12pm at Merton Memorial Hall (17 Shaws Road). They learn new skills, share friendly chats, and enjoy lovely homemade treats. For more information call 0409 429 502 or just pop in.



Mansfield Shire Resources

*There are a variety of resources and programs available to seniors living in Mansfield Shire. **It's important to be aware of these services, to know how to access them, and to understand how they may support you to continue ageing well.** This section includes information about My Aged Care, local transport options, support services and more.*

Community Connections

Our Community Connections Officer works to support and advocate for the seniors in our community. They will listen to your concerns and help link you with any services you may require so that you can continue to live well in Mansfield Shire. They also visit our outlying communities to ensure everyone has access to information and can have their voice heard. Get in touch if you'd like to know more.



33 Highett Street, Mansfield



(03) 5775 8515

Community Support Register

A register of your personal information (mainly contact and medical) which can be used by approved authorities in case of emergency. It gives you and your loved ones the confidence that if you are unable to provide information (e.g. due to accident or illness) your medical details and emergency contacts are made available to the relevant authorities.

Registration forms are available at Mansfield Police Station, Mansfield District Hospital, and Mansfield Shire Council. You can also call us on (03) 5775 8555 for assistance.

My Aged Care - Care Finder

The care finder program provides assistance to older people who do not have a carer or support person who can help them interact with My Aged Care, access aged care services, and access other relevant supports in the community.

Contact the Mansfield District Hospital Care Finder for assistance in accessing My Aged Care.



53 Highett Street, Mansfield, 3722



03 5775 8735

Justice of the Peace

There are several JPs available around Mansfield Shire, including at MACE on Monday to Friday between 10am-3pm.



Find a JP at

<https://www.justice.vic.gov.au/justice-system/legal-assistance>

Transport

Community Bus

- Runs every Thursday (except public holidays) and costs \$6 per person.
- The bus will pick you up and drop you off at home (within Mansfield Township), with pickups starting at 9:30am and departing town at 12pm to return you home.
- Contact Mansfield Shire Council to book on  (03) 5775 8555

V/Line

- Wheelchair accessible coaches connect Mansfield to Melbourne, Maindample, Bonnie Doon, Woodfield, Merton and more.
- Visit the V/Line website to plan your journey or call the number below.



1800 800 007





Mental Health & Wellbeing

Mental health is important at every stage of life. As people age they may experience certain life changes that impact their mental health and can lead to mental illnesses including depression and anxiety. Whilst this section explores some of the resources available to you, please speak with your GP for personalised support and treatment.

Mental Health & Wellbeing Local

Mental Health and Wellbeing Locals provide a non-judgmental environment where you can reflect, understand the challenges you experience, and develop strategies to move forward. Whether in individual or family-based sessions, the goal is to support your mental and emotional wellbeing, helping you gain clarity and build resilience.

All services at the Mental Health and Wellbeing Local are free and do not require a referral or Medicare card.



31 Highbett Street, Mansfield



1800 000 842

Mansfield Support Group

The Mansfield Support Group for Carers and People with Special Needs is a self-help group for parents and carers of a family member with special needs. The group meets at 9:30am at Bob's Shed (82A Malcolm Street) on the 3rd Tuesday of each month for a 'Coffee n Chat'.



0409 751 593

Mansfield Let's Talk

Mansfield Let's Talk is a community driven initiative run by a dedicated group of local volunteers that are passionate about reducing stigma, encouraging people to reach out for help and ensuring our community supports people living with mental health issues. They organise training for Mental Health First Aiders and also meet at MACE at 7pm on the third Tuesday of every other month.



mansfieldletstalk@gmail.com

Collected Minds

Collected Minds deliver accessible, high-quality psychological care via telehealth (video or phone) to people living in rural and remote areas throughout Australia. Clinicians are highly experienced in providing effective, engaging support online, allowing you to access professional care wherever you live.



(03) 5753 6621

Substance Abuse

- National Alcohol & Other Drug Hotline (24/7) - 1800 250 015
- Victorian Department of Health DirectLine - 1800 888 236
- Australian Community Support Organisation (Hume) - 1300 022 760

Gambling Help

- Online Counsellor (24/7) - <https://www.gamblinghelponline.org.au/>
- Gambling Helpline (24/7) - 1800 858 858

Elder and Domestic Abuse

- Seniors Rights Victoria - 1300 368 821
- National Domestic Family & Sexual Violence Helpline (24/7)
 - Call - 1800 737 732 | Text - 0458 737 732

Important Resources

St Vincent de Paul - Welfare Assistance - (03) 5775 3156

My Aged Care - Government-funded Support Services - 1800 200 422

Financial Counselling - Mansfield Shire Council - (03) 5775 8569

Urgent Debt Support - National Debt Helpline - 1800 007 007

COTA - Seniors Advocacy Council - 1300 2682 28

RDAS - Regional Disability Advocacy Support - 1800 250 292

Community Connections - Mansfield Shire Council - (03) 5775 8515

Beyond Blue - Free Telephone and Online Counselling - 1300 22 4636

Lifeline - Suicide Prevention Service - call 13 11 14 or text 0477 13 11 14

Social Worker - Mansfield District Hospital - (03) 5775 8800

GP - Central General Practice Mansfield - (03) 5775 2591

GP - Mansfield Medical Clinic - (03) 5775 2166

Mansfield District Urgent Care is open 24/7 for the treatment of medical conditions requiring immediate care.



53 Highett St, Mansfield



(03) 5775 8800

Emergency

In case of emergency call 000

For non-urgent enquires:

Mansfield Police Station - (03) 5775 2555

Jamieson Police Station - (03) 5775 0505

Woods Point Police Station - (03) 5777 8235

All information accurate at time of publishing (June 2026)



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