





Cost of Living Booklet



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Support for Families

The current cost of living means that Victorian families are doing it tough. That's why we're delivering tangible support - giving families one less thing to worry about.

Costs of Education and Young People

- ✓ Free pads and tampons in schools and in hundreds of public places
- ✓ Kinder Kits in Three-Year-Old kinder and Prep Bags
- ✓ \$200 Get Active Kids Vouchers to cover the costs of kids' sport
- ✓ Melbourne Museum and Zoos Victoria now free for kids under 16-year-old
- ✓ Making Secondary Teaching and Nursing degrees free
- ✓ Glasses for Kids program provides free glasses for students
- ✓ Free dental care at government school
- ✓ Free kinder - saving families up to \$2,500 per child a year
- ✓ School Breakfast Clubs program offering free, nutritious and healthy food

\$400 School Saving Bonus

While the current costs of living, covering supplies and extracurricular activities can be hard on families doing it tough. Uniforms, camps and excursions - it all adds up.

That's why, to help cover these costs, we're providing a \$400 School Saving Bonus to every child at government schools, and eligible students at non-government schools.



Kids Sports Voucher

Helping eligible families get their kids involved in organised sport and active recreation. Receive up to \$200 to cover the costs for membership and registration fees.

To find out more visit <https://www.getactive.vic.gov.au/vouchers/>

Childcare Subsidy

Families must meet eligibility criteria to get CCS. The number of CCS a family can get depends on their circumstances. Services Australia will pay the subsidy directly to your childcare provider to reduce the fees you pay.

To find out more visit <https://www.servicesaustralia.gov.au/child-care-subsidy>

Free Breakfasts and Lunches at School

Offering free, nutritious and healthy food for students in all participating Victorian government schools.

To find out more visit <https://www.vic.gov.au/school-breakfast-clubs-program>



Early Parenting Centres

A free primary health service that provides specialist support, including settling and sleep help, for Victorian families with children from birth to 4 years.

To find out more visit

<https://www.health.vic.gov.au/maternal-child-health/early-parenting-centres>



Affordable School Uniforms

The program provides uniforms and other essential school items for families that need an extra hand.

Families can receive support for a range of items, including:

- School uniform items
- School shoes
- Swimwear
- Stationary items & stem calculators
- Textbooks & school bags
- Work boots for vocational students

Helping families save more than \$100 per application.

For more information and to apply, please visit: vic.gov.au/help-school-costs-and-fees

Free Kinder

All children in Victoria who are 3- and 4-years old can access Free Kinder. This means families will save up to \$2,500 per child each year.

To find out more visit <https://www.vic.gov.au/sending-child-kinder>

Free Zoo Visits and Melbourne Museum Entry for Kids Under 16

To find out more about Zoo entry visit <https://www.zoo.org.au/kids-visit-free/>

To find out more about Melbourne Museum entry visit

<https://museums victoria.com.au/melbournemuseum/plan-your-visit/admission-prices?modal=1>

Health

Priority Primary Care Centre

PPCC's provide free care for people (with or without a Medicare card) with conditions that require urgent attention but not an emergency response. The centres are open after hours and have diagnostics on site or nearby.

To find out more visit <https://www.betterhealth.vic.gov.au/priority-primary-care-centres>

Narre Warren Priority Primary Care Centre & Medicare Urgent Care Clinic

60 Victor Cres, Narre Warren, VIC 3805
0397712020

Dandenong Priority Primary Care Centre

134 Logis Boulevard, Dandenong South, VIC 3175
0395797933

Bulk Billing

Since November 2023, the Albanese Government has tripled the bulk billing incentive, making it easier for more than 11 million Australians to see a doctor. To find out more visit <https://www.health.gov.au/our-work/increases-to-bulk-billing-incentive-payments>

Smile Squad

Free oral health promotion, dental check-ups and treatment to Victorian government school students at school.

To find out more visit <https://www.health.vic.gov.au/smile-squad>



MORE FREE GLASSES FOR KIDS WHO NEED THEM



Glasses for Kids

Provides free vision screening and, if needed, further testing and free glasses to participating Prep to Year 3 students.

To find out more visit

<https://www.vic.gov.au/glasses-for-kids>

Free Sanitary Pads and Tampons in all Government Schools

Available in every government school in Victoria.

To find out more visit

<https://www.vic.gov.au/free-sanitary-pads-and-tampons-all-government-schools>



Assistance with Energy Bills

Solar Rebates

The Allan Labor Government is helping Victorians make the transition to renewable and cleaner energy by offering four solar rebate programs.

- Solar panel rebate
- Hot water rebate
- Solar rebates for rental properties and community housing
- Solar battery loans

To find out more visit <https://www.solar.vic.gov.au/solar-homes-program>

Assistance with Water Bills

The Allan Labor Government is offering up to 50% off annual water and sewerage bills for eligible pensioners and health care card holder.

To find out more visit <https://www.water.vic.gov.au/for-households/help-paying-your-bills>

Annual Electricity Concession

Discounted gas and electricity bills for concession card holders.

To find out more visit <https://services.dffh.vic.gov.au/annual-electricity-concession>

Utility Relief Grant

The grant provides help to pay a main electricity, gas or water bill that is overdue because of temporary financial crisis.

To find out more visit <https://services.dffh.vic.gov.au/utility-relief-grant-scheme>

Bringing Back the SEC

We're bringing back the State Electricity Commission (SEC) to drive down power bills and create thousands of jobs in renewable energy. An initial \$1 billion investment will help deliver 4.5 gigawatts of power and help create 59,000 jobs.





Victorian Energy Upgrades Program

This program provides access to discounted energy-efficient products, including reverse-cycle air conditioners and hot water upgrades. Yearly, an average household can expect to save \$100-\$200 by upgrading their hot water system and \$150-\$600 by upgrading heating.

To find out more visit <https://www.energy.vic.gov.au/victorian-energy-upgrades/homes>

Victorian Energy Compare

An independent online energy price comparison service which can help you find the best energy deal for free.

To find out more visit [compare.energy.vic.gov.au](https://www.compare.energy.vic.gov.au)

Energy Assistance Program

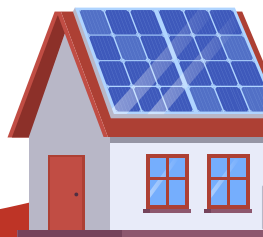
A free service to support Victorians who are having trouble paying their energy bills.

The program can provide one-on-one assistance for:

- Applying for eligible concessions & grants
- Accessing your retailer's hardship programs
- Finding, comparing, and switching energy offers
- Understanding energy bills + addressing billing errors
- Energy saving and efficiency
- Referrals to other services like financial counselling

To find out more visit [energy.vic.gov.au/households/help-paying-your-bills/energy-assistance-program](https://www.energy.vic.gov.au/households/help-paying-your-bills/energy-assistance-program)

Phone: [1800 531 741](tel:1800531741)



Housing and Renters Rights

We understand how challenging it can be to find an affordable place to live. This is why we're working hard to put an end to loopholes that drive up the cost of living.

Victorian Home Buyers' Scheme

If you have a 5% deposit, the Allan Labor Government will chip in up to 25% of the purchase price for a share in the property - which you buy back over time, interest free.

To find out more visit <https://www.sro.vic.gov.au/homebuyer>

Rent Assistance

Available through Services Australia. Services Australia will check if you are eligible for rent assistance when you make a new claim form for certain payments.

To find out more visit <https://www.servicesaustralia.gov.au/rent-assistance>

Capped Council Rates

Council Rates have been capped at 2.75 per cent for 2024-2025.

To find out more visit <https://www.localgovernment.vic.gov.au/our-programs/council-rates-and-charges>

Financial Counselling Victoria

FCV can help you find local financial counsellors, financial counselling for small businesses and counsellors in rural areas.

To find out more visit <https://fcvic.org.au/get-help/>

Protecting Renters' Rights

We've been working hard to ensure that tenants get a fair deal when renting.

- ✓ Restricting rent increases between successive fixed-term leases
- ✓ Introducing the portable rental bond scheme
- ✓ Extending the notice of rent increase & notice to vacate period to 90 days
- ✓ Establishing Rental Dispute Resolution Victoria
- ✓ Standardising rental applications & protecting renters' personal information
- ✓ Delivering support for the organisations who work to help renters'

Transport



Capped regional travel on V/Line and Regional Travel

It's now easier to travel around and explore our state, with a fare cap of \$10.60 on a full fare or \$5.30 for a concession fare on regional travel.

To find out more visit

<https://www.ptv.vic.gov.au/more/introducing-fairer-fares-for-regional-victorians/>

Free Rego for Tradie Apprentices

If you're a trade apprentice using your car for work, you may be eligible to get 100% of your registration renewal.

To find out more visit <https://www.vicroads.vic.gov.au/registration/registration-fees/concessions-and-discounts/trade-apprentice-registration-discount>

Three- and Six-month Rego Payments

Pay your registration for 3,6 or 12 months and pay less up front when you choose a 3- or 6-month registration renewal.

To find out more visit <https://www.vicroads.vic.gov.au/registration/registration-fees/short-term-rego>

Free Learner and Probationary Licenses

Learner and probationary licenses and online testing are now free, while drivers who have not incurred demerit points or committed road safety offences in the three years prior to their license expiring benefit from the reintroduction of a 25 per cent discount on their license renewal.

To find out more visit <https://www.premier.vic.gov.au/free-ls-and-free-ps-deliver-big-savings-new-driver>



Jobs, Education & Training

Free TAFE

In December 2023, the Alban Labor Government expanded the free TAFE program, making more than 8- TAFE courses free for Victorians, even if you already hold a VET qualification or degree.

To find out more visit <https://www.vic.gov.au/free-tafe>

Free Secondary Teaching Degrees and Scholarships

If you enrol in a Victorian secondary school teaching degree, you could be eligible for a scholarship that pays while you learn and can cover the cost of your studies.

To find out more visit <https://www.vic.gov.au/scholarships-secondary-teaching-degrees>

Free Nursing Degrees and Scholarships

To help us build a stronger workforce we're offering scholarships and support to train and upskill the next generation of nurses and midwives.

To find out more visit <https://www.health.vic.gov.au/nursing-and-midwifery/free-nursing-and-midwifery-study>

State Schools' Relief

An organisation working to help children stay in education & out of poverty by providing support and financial help for families in need.

Requests can be made by principals, assistant principals and/or wellbeing and welfare coordinators.

For more information, please visit stateschoolsrelief.org.au/

Parents and Carers are encouraged to contact their local school to find out what support they may be eligible for.

Local Support

Casey North Community Information & Support Service

Address: 30-32 Verdun Drive, Narre Warren
Number: 03 9705 6699
Email: cnciss@caseynorthciss.com.au
Website: <https://www.caseynorthciss.com.au/>

Available for individuals and families experiencing disadvantage. Aid includes food vouchers, food parcels, household goods and financial assistance.

Andrews Centre

Address: 2-6 Hannah Drive, Endeavour Hills
Number: 03 9700 4944
Email: admin@andrewscentre.org
Website: <https://andrewscentre.org.au/>

Emergency relief is available for individuals and families experiencing disadvantage. Aid includes food parcels, food vouchers, frozen food, clothing, blankets, furniture and financial assistance for paying household bills.

Shepherds Table

Address: Our Lady of Help Christian Parish, 496 Princes Highway, Narre Warren
Number: 0488 227 535
Email: shepherdstable@olhc.org.au
Website: <https://olhc.org.au/shepherds-table/>

Provides hot meal on the first and third Saturday of each month. Provides parcels of food and other essential grocery items to people who cannot afford to buy basic foods and groceries for themselves and their families.

Transit Soup Kitchen & Food Support

Address: 3 Webb Street, Narre Warren
Number: 0484 986 466
Email: Malcolm.transit@gmail.com
Website:
<https://www.transitoutreach.org.au/>

Material aid is available for individuals and families experiencing disadvantage or social isolation.



Salvation Army

Address: 3 Webb Street, Narre Warren
Number: 13 72 58
Website: <https://www.salvationarmy.org.au/>

Range of social services to help individuals and families in need. These services may include food assistance, shelter for the homeless, employment assistance.

BK 2 Basics - Community Food Pantry



Address: 54-60 Vesper Drive, Narre Warren
Email: bk2basicsmelbourne@gmail.com
Website:
<https://www.bk2basicsmelbourne.org/>

A community food pantry provides material aid in the form of bread & bakery products, fresh fruit, vegetables, non-perishable food parcels and frozen food, for individuals and families who are homeless, at risk of homelessness or otherwise experiencing disadvantage.

St Vinnies Endeavour Hills

Address: St Paul Apostle, 5 William Hovell Dr, Endeavour Hills

Number: 03 9700 3781

Email: info@svdp-vic.org.au

Website: <https://www.vinnies.org.au/vic/find-help>

Offers food hampers and emergency assistance.

WAYSS Dandenong

Address: 20 Princes Hwy, Dandenong VIC 3175

Number: 03 9791 6111

Email: contact@wayss.org.au

Website: <https://www.wayss.org.au/>

A point of contact for people who are homeless, or at risk of homelessness in Greater Dandenong, Casey and Cardinia.

Sikh Volunteers


Address: Food van in various locations

Number: 0423 359 279

Email: info@sikhvolunteersaustralia.org

Website: <https://sikhvolunteersaustralia.org/category/free-food-van/>

Provides free food and drinking water to those suffering from homelessness and financial stress.



Other Resources

If you're experiencing hardship or need additional support, please reach out to the numbers listed below.

VIC SES
132 500

Police Assistance Line
131 444

Nurse-On-Call
1300 606 024

Poisons Information Centre
13 11 26

United Energy
13 20 99

Gas Emergencies
03 9203 9700

Yarra Valley Water
1300 853 811

Parentline Victoria
13 22 89


Life Line
13 11 14

Kids Helpline
1800 551 800

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