

Social support

A great way to make new friends



 **CALL US**
1800 242 696

 **LEARN MORE**
lchs.com.au



We acknowledge all First Nations people as the traditional custodians on whose ancestral lands our offices are situated. We recognise and pay our respects to Elders - past, present and emerging - and all First Nations people and communities across Australia.



Social support groups give people a chance to have some fun and meet new friends or provide a break for carers.

At Latrobe Community Health Service, we provide support that focuses on maximising the independence and wellbeing of each person.

Activities can involve community outings, gardening, interactive information and technology, games, entertainment, guest speakers, music, physical activities, theme days, reminiscing and craft.

Social support provides an opportunity to:

- Maintain an individual's ability to live at home and in the community
- Enhance and maintain skills for daily living
- Promote physical, intellectual, emotional and social wellbeing.

A small fee is charged for each session. Transport to and from the program and lunch and morning tea are also provided.

Eligibility

We provide social support group programs each week across the Moe, Morwell, Churchill and surrounding areas.

To find out more and join:

- If you are older than 65 (or older than 50 and identify as Aboriginal or Torres Strait Islander), Contact My Aged Care on 1800 200 422 and ask for the Social Support Program.
- If you are younger than 65 (or younger than 50 and identify as Aboriginal or Torres Strait Islander) with a disability and not in receipt of NDIS support, Contact LCHS on 1800 242 696 and ask to speak with the Social Support Team Leader.

Volunteering

Volunteers are a valuable part of our social support team. If you are interested in volunteering, please phone Latrobe Community Health Service on 1800 242 696 or visit www.lchs.com.au

Kylie's story

Kylie's journey with LCHS social support started earlier than most, after a stroke at 36 years of age caused her to become more house-bound. After extended time at home made her feel lonely, Kylie joined the under 65 social support group to meet new people.



"I love going out on day trips, having BBQ's and picnics, or going bowling. I really enjoy the different card games, board games or physical activities and that we get to participate in, and the cafes and hotels we go to for lunch!" Kylie said.

For Kylie, it's the social connection and company that keeps her coming back.

"The networking is really helpful for each of us as we may have information or advice we can share with each other about our health journey. I love how much laughter we have, and the comradery is really good between us all," she said.

"Great food, meeting new people, making new friends, and being able to get out of the house. What more could you want?"