

We look forward to meeting you at our local programs.



FOR FURTHER INFORMATION

Ph. (03) 42157049

Email: ssp@barwonhealth.org.au

Search: Barwon Health Website



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OUR VALUES
RESPECT
COMPASSION
COMMITMENT
ACCOUNTABILITY
INNOVATION



SOCIAL SUPPORTS PROGRAM

Staying active in your community



Barwon Health

Community Health & Rehabilitation Services

WELCOME

The purpose of the Social Support Program (SSP) is to engage people in meaningful, social activities that draw on personal strengths, encourage independence and involve them in their community.

Our program supports people:

- with no or few social supports
- looking for more social interaction
- living alone
- the elderly
- with disabilities
- needing respite for their carers

We offer a warm environment, caring staff and an opportunity to make new friends. The Program works with you and your family/carer or support services tailoring activities that meet your needs



PEOPLE SAY OUR PROGRAM HELPS THEM TO:

- "Keep fit and active"
- "Make new friends"
- "Learn new things"
- "Stay mentally alert"
- "Be creative"
- "Enjoy the time away from home"
- "Explore the Geelong region and beyond"

ACTIVITIES AVAILABLE INCLUDE:

- Community outings
- Community projects
- Music and dance
- Guest speakers and group discussions
- Nutrition and cooking
- Gardening and nature activities
- Indoor and outdoor games
- Woodwork, arts and crafts
- Exercise and movement
- Mindfulness

Visit our monthly calendar to view group activities happening in your local area by scanning the QR code below.



REFERRALS

Participants may refer themselves, or you may be referred by your family, friends, doctor or community agency.

COST

The cost is dependant on packaged care and changes annually. Please call (03) 4215 7049 to confirm the cost.

TRANSPORT

Transport is available for clients if needed.

MEALS

Morning tea and a three-course lunch are provided each day.

