

VOLUNTEERING WITH SOCIAL SUPPORT

Social Support has many volunteers, who provide valuable assistance to clients and staff.

Volunteers offer their knowledge and time whilst gaining skills and experience.

If you are interested in volunteering call the Volunteer Engagement Officer on 5258 0874 for an information pack, including registration and police check forms.



✓ **CONSUMER REVIEWED**

This publication has been reviewed by a health service user

BOOKINGS AND APPOINTMENTS

 1800 007 224

Email: intake@bch.org.au

Fax: (03) 5258 0864



You can make an appointment yourself or ask your doctor, health worker or other service for a referral.

Eligibility criteria and waiting periods may apply to some of our services.

BCH acknowledges the traditional custodians of the land where we work, and pay respects to Elders, past, present and emerging.

HEALTH CENTRE LOCATIONS

DRYSDALE

23 Palmerston Street
Monday - Friday
8:30am - 5:00pm

OCEAN GROVE

78 Presidents Ave
Monday - Friday
8:30am - 5:00pm

PORTARLINGTON

39 Fenwick Street
Monday - Friday
8:30am - 5:00pm
Fax: (03) 8513 6202

DRYSDALE YOUTH

Peninsula Drive,
Drysdale - Behind bus
shelter number 5
Monday - Friday
9:00am - 5:00pm
Fax: (03) 5251 5099

POINT LONSDALE

2 Nelson Road
Point Lonsdale
Monday - Friday
8:30am - 5:00pm

Bellarine Community Health Ltd. gratefully acknowledges funding support from the Commonwealth and Victorian Governments under the Home and Community Care Program (HACC).

February 2021

www.bch.org.au

A0025025E

PO Box 26 Point Lonsdale 3225

ABN 96 536 879 169

Social Support Groups



bch Bellarine
Community
Health

With you for life

Bellarine Community Health provides specialist health services for all ages across five locations on the Bellarine. We are committed to providing quality, affordable health care.

SERVING OUR DIVERSE COMMUNITY

Bellarine Community Health is proud to promote and advocate for the health needs of our diverse community.

Our service provides safe, inclusive and high quality care for everyone.

HEALTH SERVICE FEES

Fees for health and dental services are calculated on your income and your ability to pay.

Fees will be explained prior to an appointment being made for you.

Difficulty or inability to pay will not prevent you from receiving treatment or service.

Visit www.bch.org.au for detailed list of fees.

GIVE US FEEDBACK

Bellarine Community Health is wholly committed to improving our services through your experiences.

Please contact us at haveyoursay@bch.org.au or download a feedback form from our website.

WHAT IS A SOCIAL SUPPORT GROUP

Social support is a social, recreational and activities program for adults that aims to support people to:

- Stay connected with the community and live as independently as possible with a focus on working with you, rather than doing for you
- Stay active physically and mentally
- Engage in stimulating and interest based activities and outings

By participating in a range of enjoyable and meaningful activities, people can enhance, practice or maintain their skills, enjoy social contact with others and participate in the community.

Social Support groups provide social support, respite and health information for participants and their carers.

Assistance with transport may be provided for those not able to drive themselves.

Morning tea and lunch is available.

WHO CAN ATTEND SOCIAL SUPPORT

The program is open to a wide range of people who are seeking to maintain their independence and connection to the community.

This may include people living independently at home, or with the support of carers or family, and those with a disability.

Specific programs also support people with memory loss and reduced mobility.

Attendance may also provide respite opportunities for carers.

ACTIVITIES AND OUTINGS

The program aims to support wellness and independence by including a range of activities which build on the strengths, goals and interests of those participating.

Activities are held at our Community Health Centres and within the community.

Activities may include:

- Guest speakers and health information
- Sharing and discussion
- Gardening, fishing, billiards
- Participation in local projects
- Gentle exercise
- Activities to stimulate mind and memory
- Outings to local venues
- Games and activities
- Art, craft and music
- Picnics

