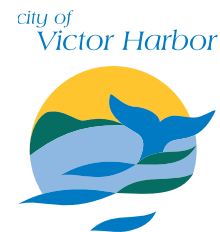




Our volunteers

The Caring Neighbourhood Program is supported by many skilled and dedicated volunteers.

Volunteering for Caring Neighbourhood Program is a rewarding experience. If you are interested in finding out what it takes to be a volunteer for this program, call 8551 0544.



Contact us

For more information about the Caring Neighbourhood Program:

City of Victor Harbor Civic Centre
1 Bay Road, Victor Harbor

Phone: (08) 8551 0544
Email: cnp@victor.sa.gov.au
Website: www.victor.sa.gov.au/ageingwell

For registration and referral:

Contact My Aged Care and choose Caring Neighbourhood Program at the City of Victor Harbor as your preferred Social Support provider

Phone: 1800 200 422
Website: www.myagedcare.gov.au

The Caring Neighbourhood Program is an initiative of the City of Victor Harbor. It is funded by the Australian Government Department of Health. Visit the Department of Health website www.health.gov.au for more information.

Although funding for the Caring Neighbourhood Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government



CARING NEIGHBOURHOOD PROGRAM

Promoting a caring and supportive community in Victor Harbor

The Caring Neighbourhood Program offers an inclusive and supportive environment to those who are aged over 65 and feeling isolated or disconnected. Providing goal focussed social opportunities to build on people's strengths through community based, meaningful activity.



Group activities

Lunch groups

The Caring Neighbourhood Program lunch groups are a chance for people to get together and socialise over a meal. The lunches are held at different locations on the Fleurieu Peninsula and usually cost between \$10-\$20. Lunches start at 12noon, except Sunday Funday which starts at 12.30pm.

You can make your own way to the lunch venue or one of our volunteers can pick you up and drop you home. In addition to the cost of your meal, there is a small transport donation of \$2 if you get picked up by one of our volunteers.

The program has six separate lunch groups which occur monthly:

Gad-about	First Monday of the month
Lunch 2Gether	Second Wednesday of the month
Lunch Matters	Third Wednesday of the month
Sunday Funday	Third Sunday of the month
Out 4 Lunch	Fourth Wednesday of the month
Men's Lunch	Third Thursday of the month

Flutter Bus

A longer bus trip that includes lunch.

When:	First Wednesday of the month
Cost:	Transport donation – \$6 Lunch – Between \$15 and \$20

Carrickalinga Connections

Watch a movie on the big screen, with an intermission. for afternoon tea.

When:	Second Saturday of the month (1.30pm)
Where:	Carrickalinga House, Cnr Torrens St and Hill St, Victor Harbor
Cost:	\$5 per session

Create, Dabble and Paint

A relaxed, fun session where you can learn the art of decorative painting.

When:	Tuesdays (9.30am – 12noon)
Where:	The Community Room, City of Victor Harbor Public Library 1 Bay Road, Victor Harbor
Cost:	\$5 per session (includes materials)



Social Stretch

Gentle chair based exercise classes, to promote health and wellbeing. Instructed by Exercise Physiologist.

When:	Mondays (1.30pm – 2.30pm)
Where:	Old School Building, Torrens Street, Victor Harbor
Cost:	\$5 per session

When:	Thursdays (2.30pm – 3.30pm)
Where:	3/3 Commerce Crescent, Victor Harbor
Cost:	\$5 per session

Community Singing

A relaxed singing group for people who like to sing for fun.

When:	Every Tuesday (1.30pm – 3.30pm)
Where:	Old School Building, Torrens Street, Victor Harbor
Cost:	Gold coin donation

Individual Links:

You can choose to be matched with a skilled volunteer to maintain or re-engage with a chosen social or community activity. Some examples are:

Friendly Visit - At home or outing to cafe or shops

Library Links - Delivery of library books, or a social visit to the library

Pet pals - Pre-organised visit from volunteers to engage in agreed activity with pet and pet owner

Caddy Program - Volunteer connecting with a person living with memory loss to enable them to participate in a meaningful activity

Find out more or register

For more information about the program or to discuss whether it is suitable for you or a loved one contact the Program Coordinator on (08) 8551 0544.

To register and organise a referral to attend any of our programs, contact My Aged Care on 1800 200 422 or visit www.myagedcare.gov.au