

Beaufort Social Support Group

Meets on Thursdays at The Community Centre in Pratt Street Beaufort from 10:00am to 2:03pm. Examples of activities:

- ◆ arts and crafts,
- ◆ film days,
- ◆ theme days
- ◆ outings to different places,
- ◆ special interest days



Snake Valley Social Support Group

Meets on Wednesdays at the Snake Valley Community Hall, Linton-Carngham Road, Snake Valley from 1:00pm to 4:00pm. Activities are like the Beaufort Group.



Beaufort Out & About Social Support Group

Runs on the 1st & 3rd Mondays. Client directed travel to places within a 1 hour trip from Beaufort.

Avoca Out & About Social Support Group

Runs on the 2nd & 4th Mondays. Client directed travel to places within a 1 hour trip from Avoca.



Shopping Bus Services

Beaufort on Tuesdays - Beaufort CBD for doing banking, paying bills, collecting medications, or doing food shopping.

Avoca 1st Monday – Avoca Town Centre.

Avoca 3rd Monday – Maryborough Town Centre.



Blokes Day Out

This one is just for the men. A chance to get together once a month for a meal and chat about things that men like to talk about. Meeting together at a local pub/hotel for lunch (at your own cost).

Held every 2nd Tuesday from 12:00pm to 2:00pm.



Aquatics Social Support Group

Gentle exercise in water to stay active and mobile. An allied health professional assessment is required if you wish to have a personal program. Held every Friday, clients will be picked up from 10am. Pool entry fee and lunch at your own cost.

Beaufort area goes to Ballarat, **Avoca** area to Maryborough.



Community Meal

Held on last Thursday of the month from 12:00 to 2:00pm at the Beaufort Community Centre, Pratt Street, Beaufort. Enjoy a catered meal service by some of our lovely Support Staff. A great way to meet with other members of your community.

Laughing Yoga & Meditation

This will put a smile on your face and make you feel happy about life. Also known to improve physical and mental health and wellbeing.



Held every 2nd and 4th Tuesday of the month. No need to worry if you are not a 'floor' person, all sessions can be done sitting in a chair or standing up.

CHSP Clients will be \$3.00 per session – you will need to contact My Aged Care and have "Allied Health" funding added to your name. All other Shire Residents will be \$5.00 per session.

Call the Pyrenees Community Care (PCC) Team on 1300 797 363 to register your interest.

Health & Wellbeing Group

Focussed on Client's goals. Can include cuppa & a chat; activities; outings or learning new things. Client suggestions are important too.

Held at the Avoca Senior Citizens Centre,
High Street on Wednesdays from 1:00pm to
4:00pm.



Transport



Are you thinking, this is great but how do I get there?

All Social Support Group attendees are provided with transport if they need it to and from venues.

How do I get involved?

- ◆ 65yrs & Over (50yrs for Aboriginal & Torres Strait Islanders) will need to be registered with My Aged Care, please call the PCC Team to get the relevant funding name. If you are under 65yrs, contact the PCC Team.
- ◆ If you have a Home Care Package, you will need to talk to your Case Manager.



Australian Government



myagedcare

www.myagedcare.gov.au

Phone: 1800 200 422

Weekdays: 8:00am to 8:00pm

Saturdays: 10:00am to 2:00pm

Closed Sundays & Public Holidays



Pyrenees
Shire Council

Please call Pyrenees Shire
Community Care Team on
1300 797 363 for inquiries
or suggestions regarding
Social Support Groups



Pyrenees
Shire Council

Community Care

GROUP ACTIVITIES



Group Activities are a welcoming place to get together and have some fun!

We believe that Group Activities can help a person's physical, social and emotional health and wellbeing. Also, they aim to help you continue living at home and being included in your community in a variety of ways.