

## Contact information for program/service

For all enquires please contact our friendly Social Support Group team on 03 5671 3520

## Availability

There are seven groups that run weekly.

## Locations Service Provided

The Social Support Groups are for residents of Bass Coast and South Gippsland shared over many locations across Bass Coast Shire.




## Feedback

We invite any comment you may have about the services provided.



Care Opinion is a safe and anonymous public website where you can post your comments and view responses. Please go to [www.careopinion.org.au](http://www.careopinion.org.au)

Alternatively, you may submit your comments to the Quality Department via email [quality@basscoasthealth.org.au](mailto:quality@basscoasthealth.org.au), by phone (03) 5671 3365 or you can write to:  
Jan Child Chief Executive Officer (CEO)  
PO Box 120 Wonthaggi 3995



## Bass Coast Health Locations Wonthaggi Hospital

 235 Graham St Wonthaggi  
 PO Box 120, Wonthaggi Vic, 3995  
 (03) 5671 3333 f: (03) 5671 3300  
 [info@basscoasthealth.org.au](mailto:info@basscoasthealth.org.au)  
 [www.basscoasthealth.org.au](http://www.basscoasthealth.org.au)

## Phillip Island Health Hub

 50-54 Church St Cowes Vic 3922  
 (03) 5951 2100

## San Remo

 1 Back Beach Rd San Remo Vic 3925  
 (03) 5671 3333

## Other Service sites

Some services can be provided, on request, from Corinella, Grantville, Inverloch and in your own home. Please discuss this with your service provider.

Bass Coast Health acknowledges the Bunurong People as the Traditional Custodians; their Elders past and present and the spirit of their ancestors, of the land on which we live, work and learn. We commit to reconciliation and engaging respectfully with all Aboriginal and Torres Strait Islander peoples in our community.



Disclaimer - The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

BCH, May 2023

DOC-SS-001

# Social Support Group



Excellence in care





## About the service

Bass Coast Health is a major public healthcare provider within the Bass Coast Shire in South Gippsland which provides high quality care for residents of the Bass Coast Shire and beyond for over 100 years.

Bass Coast Health is an integrated health care provider providing emergency services as well as acute medical and surgical, sub-acute and residential inpatient beds along with an extensive array of Primary and Community care services.

## What we provide

We offer a range of group activities to meet a range of interests and social activities. The Groups have members from all over the Bass Coast Shire including Wonthaggi, Inverloch, San Remo, Phillip Island and the Waterline.

Social Support Group staff work with you and the people who support you. They provide a program of various activities and opportunities to maintain and enhance your independence and social contacts

Transport is available, our staff will discuss this with you if required.

## How we can help you

Our Social Support Group is a great way to stay active, independent and socially connected with others in your community.

The program is aimed to support people living at home who;

- would like to build more social connections
- wish to participate in gentle exercise to build and maintain strength, balance and stamina
- are unable to get out into the community due to mobility, fatigue or confidence issues
- feel isolated and alone
- want a community contact within a supported group setting

## Benefits

Some benefits to attending the Social Support

Group include:

- Having fun
- Meeting new people or catch up with old friends
- Grabbing a bite to eat or a cuppa
- Improve sense of self
- Restore self-confidence and motivation
- Physical improvements and a more positive outlook.

## Cost

If you have a Home Care Package (HCP) with a service provider then you will be subsidised by the Commonwealth Government directly through the money allowance of your package. BCH is required to charge the full cost for this service to your package. A BCH staff member will discuss the cost of attending with you.

If you are not a recipient of a HCP you are eligible for Commonwealth Home Support Programme (CHSP) subsidies. This means BCH is reimbursed by the Government for the full cost of your attendance to Social Support Group. A BCH staff member will discuss the cost of attending with you.

## Referral

Referrals for Social Support Group are obtained through:

My Aged Care

Phone: 1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)