

Contact information for Program/Service

For all enquiries please contact our friendly

Social Support Group team:

Wonthaggi: (03) 5671 3520

San Remo: (03) 5671 9225

Email: socialsupportgroup@basscoasthealth.org.au

Availability

Individual and Group sessions are available for Commonwealth Home Support Program (CHSP) clients.

Group sessions are available fortnightly for Support at Home clients.

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

Alternatively, you may submit your comments to the Quality Department via email

quality@basscoasthealth.org.au, by phone

(03) 5671 3365 or you can write to:

Bass Coast Health

PO Box 120 Wonthaggi 3995

Bass Coast Health Locations

Wonthaggi Hospital



235 Graham St Wonthaggi



PO Box 120, Wonthaggi Vic, 3995



(03) 5671 3333



info@basscoasthealth.org.au



www.basscoasthealth.org.au

Phillip Island Community Hospital



50-58 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.

Prompt Doc No: BCRH0258466 v1.0 Reviewed Date: 17/12/2025 DOC-SS-001

Social Support Group

Individual (one-on-one) and Group outing sessions to stay active, independent and socially connected within our community



Excellence in care

About the service

Bass Coast Health (BCH) is a major public healthcare provider within the Bass Coast Shire in South Gippsland which has been providing 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 care beds along with an extensive array of Primary and Community care services.

What we provide

BCH's Social Support Group offers various group activities to meet a range of interests and social needs. The Groups have members from all over the Bass Coast region.

Our 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 catching up with old friends
- Grabbing a bite to eat or a cuppa
- Improving sense of self
- Restoring self-confidence and motivation
- Physical improvements and a more positive outlook.

Cost

Commonwealth Home Support Program

If you are registered with My Aged Care and are eligible for the Commonwealth Home Support Program (CHSP), you can access our Individual Support and Social Group programs at a subsidised rate.

Support at Home Program

If you are a recipient of the Support at Home Program you can still access our programs, however we are required to charge the full cost for this service to your program.

A 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