

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

Service Locations

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

Please contact our team to determine if these
locations are suitable for you.

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 our
Quality Department or CEO at:
Bayside Health
PO Box 120, Wonthaggi 3995

Bayside Health (Bass Coast) Locations

Wonthaggi Hospital



235 Graham St Wonthaggi



PO Box 120, Wonthaggi Vic, 3995



(03) 5671 3333



info@basscoasthealth.org.au



www.baysidehealth.org.au

Phillip Island Community Hospital



50-58 Church St **Cowes** Vic 3922



(03) 5951 2100

San Remo Community Health



1 Back Beach Rd **San Remo** Vic 3925



(03) 5671 3333

Other Service sites

Please discuss this with your service provider.



Wonthaggi Hospital

Phillip Island Community Hospital

(03) 5671 3333

baysidehealth.org.au



Reviewed by
Consumers



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

Social Support Group

Bass Coast Service Area

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



Bayside Health
Regional

About the service

Bayside Health (Bass Coast), formerly Bass Coast Health, 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.

We are 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

Our 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. Group sessions are available fortnightly for Support at Home clients.

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