



“

I look forward to coming every week and seeing other clients and staff. It's relaxing and friendly – reminiscing and chatting. I also enjoy the meals!”

– Percy

By your side – and led by you

Explore new hobbies, make new friends – join today! Our social groups will keep you engaged and involved in your community.

Find out how we can help you

☎ (03) 9386 3575

✉ socialsupport@holstephealth.org.au

🌐 holstephealth.org.au/ssp

Scan the QR code for more



Merri Health
and Banyule
Community
Health are now



Holstep
Health

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Holstep
Health

Groups for
older adults

Enjoy a social life, your way

Groups and activities made for you!



Stay active and connected

Join our social groups today –
no waiting!

Whether you want to exercise in a group,
chat to new friends, tend a garden, or get
out and about – we've got you covered.

With lots on offer for everyone, our Social
Support Program is a great way to explore
new hobbies, have fun, make friends and
connect with others in your local area!



What's on?

We offer groups throughout the week, including:

- Outings
- Special events
- Gardening
- Keeping active
- Memory support
- Women's groups
- Men's groups
- Language-specific groups
- Movie group
- Quiz groups and more...

What's on?

Groups run at our Holstep Health sites:

- 382–386 Moreland Road, Brunswick West 3055
- 5D Cromwell Street, Glenroy 3046

“

I feel like it's my community.
I come out and I feel connected
again when I was isolated before.”

– Rose

Who can join?

We welcome anyone 65 years and over (50 years
and over for Aboriginal and Torres Strait Islander
people) who lives in North or West Metropolitan
Melbourne. You can be either a Commonwealth
Home Support Package or Home Care Package
(Support at Home) client.

Get started

Contact us to chat about what's on and how
to join today.

☎ (03) 9386 3575

✉ socialsupport@holstephealth.org.au

Cost

There is a small cost for activities.
See our website for more information:

🌐 holstephealth.org.au/ssp

