



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!



“

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

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.

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Cost

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

🌐 holstephealth.org.au/ssp

