



Uniting Aged Care is an organisation of the Uniting Church in Australia

For details of all UAC services visit [www.uacvt.org.au](http://www.uacvt.org.au)

#### UAC Head Office

Level 6, 130 Little Collins St  
Melbourne VIC 3000  
9251 5990

[unitingagedcare@uacvt.org.au](mailto:unitingagedcare@uacvt.org.au)

#### UAC Regional Offices

##### Victoria

Central	9853 1900
---------	-----------

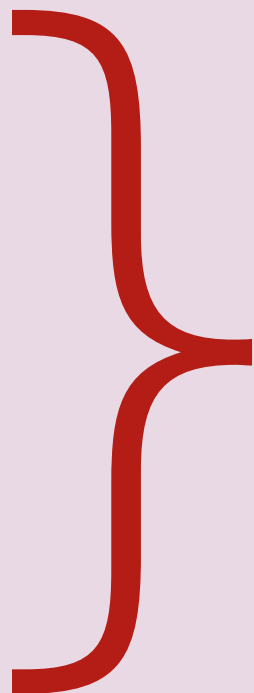
East	9845 3126
------	-----------

West	5243 9566
------	-----------

##### Tasmania

North	6341 1400
-------	-----------

South	6208 3208
-------	-----------



Uniting Aged Care



Your Choice - Our Priority

## A guide to social support

Would you like to get out and about to enjoy activities and have some fun?

**At Uniting Aged Care (UAC)  
your choices are our priority  
now and as you get older**

- you can choose to have services in your own home
- you may want social support or day therapy
- you can choose a residential option: independent retirement living or residential care



Melbourne | Geelong | Bendigo | Tasmania



# The UAC Principles of Service

At UAC, we are committed to a person-centred approach.

This means that:

- > you are listened to
- > you are at the centre of decision-making
- > your gifts, skills and strengths are focussed on
- > you and your family members are our partners

## Social Support – An Invitation

If you are an older person, a carer or a person with a disability who would like some support with social and leisure activities – please get in touch with your local UAC Centre.

We want to offer you activities that meet your needs, interests and creative passions.

Or you may find we have activities and groups running already that suit you.

Most activities include a shared lunch and morning or afternoon tea. These are great opportunities for sharing conversation, experiences and laughter.

Many lasting friendships are formed in these groups.

We want to form a partnership with you to meet your needs. We will assist you to find an activity with UAC or to access an activity with another organisation if that suits you best.

Please ring us or just drop in to have a chat about your interests.



## Activities

Here are some examples of the sort of activities that are happening already at our centres and in the community.

- > A singing group enjoys the great acoustic in their local church
- > A walking group uses their local park
- > A woodwork group uses a local workshop with good tools
- > Groups from China, India and Sri Lanka are currently getting together
- > Some people like to use our computers to research their family trees
- > A group of people with memory loss are exploring their world as artists
- > Fine weather picnics and wet weather pub lunches

There are many other activities and possibilities. Please bring your ideas to us.

## Fees

The cost of Social Support is funded jointly by the State and Federal Governments. You will be asked for a small fee to contribute to costs. If you cannot afford the fee, talk to our coordinators about payment options and your eligibility for funding.

## Transport

Transport is provided for the many outings that groups go on. We can also assist you with transport to and from the centres.

## Find your local UAC Social Support

### Melbourne

<b>Altona North</b> Gwennap Centre From November 2011, at Kingsville	9314 8277 9680 0400
--	------------------------

<b>Brighton</b> Girrawheen Centre girrawheencentre@uacvt.org.au	9596 0347
---	-----------

<b>Box Hill</b> Kangerong Centre kangerongcentre@uacvt.org.au	9898 7405
---	-----------

<b>Forest Hill</b> Mingara Centre	9845 3113
--------------------------------------	-----------

<b>Hawthorn</b> Auburn Centre auburncentre@uacvt.org.au Sefton Club seftonclub@uacvt.org.au	9818 4484 9818 1829
---	------------------------

<b>Moorabbin</b> Leighmoor Centre leighmoorcentre@uacvt.org.au	9532 1094
--	-----------

<b>Noble Park</b> Scott Club scottclub@uacvt.org.au	9554 0700
---	-----------

### Geelong

<b>Belmont</b> Kalkee Centre kalkeedayrespite@uacvt.org.au	5243 1746
--	-----------

### South Tasmania

<b>Mornington</b> Lillian Martin The Cottage Club LM.Dayrespite@uacvt.org.au	6283 1150
---	-----------

Uniting Aged Care is an organisation  
of the Uniting Church in Australia

For details of all UAC services visit  
[www.uacvt.org.au](http://www.uacvt.org.au)

**UAC Head Office**

Level 6, 130 Little Collins St  
Melbourne VIC 3000  
9251 5990  
[unitingagedcare@uacvt.org.au](mailto:unitingagedcare@uacvt.org.au)

**UAC Regional Offices**

**Victoria**

Central	9853 1900
East	9845 3126
West	5243 9566

**Tasmania**

North	6341 1400
South	6208 3208

