






## 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 support you:

-  (03) 9386 3575
-  [socialsupport@merrihhealth.org.au](mailto:socialsupport@merrihhealth.org.au)
-  [merrihhealth.org.au/ssp](http://merrihhealth.org.au/ssp)



Scan the QR code to find out more or make a referral on our website



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**Merri Health**  
Healthcare that moves with you

## 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



**Merri Health**  
Healthcare that moves with 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...

And if you don't see a group that sparks your interest, we'd love to work with you to start one!

## Where does the program run?

Groups run at our Merri Health sites:

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

Plus outings to interesting towns, gardens, historic sites and more in Victoria!

“

**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 client.

## Get started

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

**Call:** (03) 9386 3575

**Email:** [socialsupport@merrrihealth.org.au](mailto:socialsupport@merrrihealth.org.au)

## Cost

There is a small cost for activities. See our website for more information: [merrrihealth.org.au/ssp](http://merrrihealth.org.au/ssp)

