

Senior Mens Bus Groups



Senior Womens Bus Groups



Bus Buddies



HOW

DO I ACCESS SERVICE?

Call HART Services

Anita

02 6628 0265

socialsupport@hartservice.org.au

www.hartservices.org.au

37 Converys Lane,
WOLLONGBAR NSW 2477

PO Box 1788
Lismore NSW 2480

Funded by



Australian Government
Department of Health



Family &
Community Services
Ageing, Disability & Home Care

This Organisation is supported by
Ageing Disability and Home Care, Family and Community Services



Transport
for NSW

hart
services

Home Assistance and

Regional Transport Services

LISMORE SOCIAL SUPPORT
PROGRAM

Is a flexible service which
enables social participation
and independence for
seniors, younger people
with a disability and
carers.



WHO IS ELIGIBLE

People experiencing social isolation who are living at home in the Lismore LGA and are either:

- >> Over 65 or under 65 with a disability, or
- >> Carers

WHAT DOES IT COST

Clients are asked for a contribution towards costs, starting from \$10.00 for a local car or bus trip. This is negotiable.

INTERESTED ?

>> You can refer yourself by phoning the Coordinator on 6628 0265. If you would rather, you can ask a family member, your doctor, or a community group to phone for you. Call Sheila or Anita on 6628 0265

>> The Coordinator will arrange to visit you. You can tell us about your interests and needs and find out what we can offer you.

>> You may have to wait for a place to become available on a particular service or while we match you with a suitable volunteer.



INDIVIDUAL SERVICES

AND OUTINGS

Social Support Volunteers provide transport and friendly assistance so that you can be active and independent. Services are customised so that you can get out and do the things you want:

Accompanied Activities

- >> Shopping for groceries or other items
- >> Morning tea or lunch outings
- >> Banking, hairdressing, solicitors or other appointments
- >> Getting to an activity of your choice
- >> Walking for pleasure, confidence or exercise

In Home Visits

A Volunteer can also visit you in your own home if you are unable to go out.

Tuition to help you connect

Learn how to use the Internet or your mobile phone to connect with friends and family, get information or on-line shopping. Volunteers can provide tuition in your own home and at your own pace.

HART Services is an inclusive organisation that believes in equality of service.

We are mindful of the needs of all in our community, welcoming clients who are Aboriginal & Torres Strait Islander, from the LGBTI community or from non English speaking backgrounds.

SOCIAL BUS OUTINGS

Senior Women's Bus Groups

Alternate Mondays - social outings, a different location each week

Senior Men's Bus Group

Fridays, weekly or fortnightly - social outings, the group choose where to go

Bus Buddies

Social activities for people with a disability aged between 30 and 65 - Usually alternate Tuesdays, with occasional weekend or evening trips.

Fishing Line

Go fishing on the 4th Thursday of the month.

VOLUNTEERS

Volunteers are an essential part of this program. A variety of rewarding roles are available in both group and individual services.

If you have some spare time and feel you would like to make a difference in someone's life, please give us a call on 02 6628 0265

