



What is social support?

Helping people to maintain their social networks, to make new friends and to participate in local community life. Social support is also provided in the home if people have mobility problems.

What are the benefits?

- Maintain independence
- Keep socially active
- Maintain friendships
- Improved physical and mental health
- Participation in your local community

Have you thought about becoming a Volunteer?

Volunteering has many benefits including making you happier and healthier. Our volunteers support clients in many of our activities and are valuable members of our team. If you love being around people and would like to learn new skills, we have a volunteer role for you.

Please contact our branches for more information on how you can help us to help your community.



BeConnected Community Services Inc. is a not-for-profit, community based organisation which has been supporting our community since 1965.

We receive funding for our social support program from the Australian Government and for our Community Builders Program from the NSW Government.

"Our vision is for a connected community where individual needs are respected and supported."

We provide responsive services that focus on a person's abilities and individual needs. Services are planned to enhance social connections and quality of life to help people maintain their social networks and independent wellbeing.

CARINGBAH
9525 6806

JANNALI
9528 6299

CRONULLA
9544 0104

MIRANDA
9540 2633



"We support your independence and wellbeing"



We provide a range of services to support people's independence and wellbeing. Our activities include individual shopping assistance, supported social activities, exercise and wellness activities and support for individuals and families.

Social Support Services

BeConnected specialises in providing social support services on an individual basis or in small groups with support from our team of staff and volunteers. Our services can be provided on a continual basis or as needed, such as when a carer is away.

Services are provided across the Sutherland Shire at our four branch locations, in people's homes, at local clubs and cafes and a variety of venues in our local community.

Referrals for our Social Support services are made through the 'My Aged Care' contact centre.

Information on how to register with 'My Aged Care' is available at: www.myagedcare.gov.au or call **1800 200 422**.

You can also call one of our Branch offices and we will help you through the process.

Community Builders Support Services

BeConnected is funded under the Community Builders Program to develop services that strengthen our community by supporting children and families.

Services include:

- Information and Referral
- School Breakfast Club
- Community partnerships and support

Social Support services include:

- Shopping assistance on an individual basis with a volunteer.
- Home visiting with a volunteer.
- Cheerio phone calls
- Social groups which may include guest speakers and entertainment.
- Light gardening and handyman service with a volunteer.
- Bus outings, Lunch outings
- Local Sunday transport (Jannali only)
- Travel and Walking buddies
- Buddylink—home visiting, local transport
- Individual Interest Activities including:
 - * Ipad classes
 - * Movie outings
 - * Men's Group
 - * Shopping outings in a small group
 - * Craft, games, cards, Bingo
- Exercise and Wellness Activities including:
 - * Walking
 - * Tai Chi, Gentle exercises
 - * Fishing
 - * Nutrition and Healthy cooking
 - * Carpet bowls

Services may vary from branch to branch depending on resources. Please contact our branches for more information:

JANNALI

Rear 527 Box Road, Jannali 2226

Ph: 9528 6299

E: jannali@beconnected.org.au

CRONULLA

Level 3, Cronulla Central,
38-60 Croydon St, Cronulla 2230

Ph: 9544 0104

E: cronulla@beconnected.org.au

CARINGBAH

Senior Citizens Hall
386 Port Hacking Road, Caringbah 2229

Ph: 9525 6806

E: caringbah@beconnected.org.au

MIRANDA

95a Karimbla Road, Miranda 2228

Ph: 9540 2633

E: miranda@beconnected.org.au