



## **VOLUNTEERING**

**We are proud to say we have a large community of dedicated, well-trained volunteers who are the lifeblood of our organisation.**

## **TRANSPORT**

**Our community transport will get you to your important appointments with the help of our caring volunteer drivers.**

## **COMMUNITY**

**We offer you a range of diverse programs and outings which support independent living and build great friendships.**

## **WHY CHOOSE US?**

**Through a dedicated and caring Volunteer Community, we deliver outstanding services and programs that provide you with the help you need to live independently in your own home.**

## **ABOUT US**

**We are a charity organisation that provide outstanding volunteer services to support independence and promote community connection within the senior and disability community.**

**Bridges Connecting Communities, 6 Griffith Street, Knoxfield VIC 3180**



**03 9753 4577**



**reception@bridgescc.com.au**



**bridgescc.com.au**

## ACCESSING OUR SERVICES

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The Australian Government supports older adults to live independently. If you have a My Aged Care Consumer record, you can access Bridges services in two ways:

- 1** If you **ARE** receiving a home care package **Ask your Home Care Package Provider to authorise payment.**
- 2** if you are **NOT** receiving a home care package **the Commonwealth Home Support Programme (CHSP) may fund your Bridges Service, supplemented by a small co-payment from you.**

If you are under 65, (or if Aboriginal, or Torres Strait Islander, under 50) and your capacity for independent living is at risk, you may be eligible for services under The Home and Community Care Program for Younger People (HACC PYP).

Visit the government website [www.health.vic.gov.au](http://www.health.vic.gov.au) to learn more.

My Aged Care is the Australian Government's single-entry point for your aged care services. Having a My Aged Care Consumer record will make it easier for you, your family, and your carers to access information, assess your needs, and find the supports you need. It will also make it easier for aged care assessors and service providers, like Bridges, to understand your changing needs.

## COMMUNITY TRANSPORT

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### Individual

The friendly Bridges team is here to support you. A not-for-profit organisation, we match you with one of our caring volunteer drivers, who will collect you from home to ensure that you get to your destination. Your driver will be waiting to drive you home again after your appointment.

We provide transport services to a variety of destinations including (but not limited to) major hospitals, allied health services and shopping centres.

**Most of our consumers reside in the following suburbs;**

Knoxfield • Bayswater • Boronia • Monbulk • Kallista • Kalorama • Wantirna • Wantirna South  
Belgrave • Lysterfield • Rowville • Scoresby • The Basin • Ferntree Gully • Upper Ferntree Gully  
Montrose • Kilsyth • Mooroolbark

**If you are unsure as to whether we service your area, please call us on 9753 4577.**

### Group

#### Shop Connect

Shop Connect is our regular bus service to both Westfield Knox City and Stud Park shopping Centres. Shop Connect is a door-to-door service where you are picked up from your home and taken to get your shopping done and then taken home again. Knox City and Stud Park both have a great variety of shops, as well as other important service providers available.

#### Community Programs Bus

This door-to-door bus service is available to those who attend our Community Programs. Please see the following pages for more information on our Community Programs.

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**All transport bookings require 5 business days' notice and are dependent upon volunteer driver availability.**

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# COMMUNITY PROGRAMS

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**Our extensive range of programs are designed to keep you enjoying an active social life with the support of our caring volunteer community.**

**Our Community Programs buses are also available to transport you to our community programs \*transport fees apply.**



## **Active Minds**

Active Minds will keep your hands and mind busy by participating in games and trivia in an inclusive environment. This group is a fun way to meet people while exercising your mind to strengthen your memory and cognition.

## **Cafe Catch-up (starting 01/09/24)**

Cafe Catch-up is an informal way for people to get together over lunch and a cuppa in a friendly environment. No week is the same, with the group visiting a different local cafe each week. More detailed information with venues is provided on monthly calendars. All food and drink costs associated are at consumers own expense. Please note that Cafe Catch-up is a self-drive group, transport is not provided.

## **Computer Class (starting 01/09/24)**

Computer Class aims to build on and improve technology literacy in a supportive, and engaging environment. With the support of staff and volunteers, we encourage members to embrace and actively engage in learning. Some basic knowledge is required. BYO technology (tablet, phone or laptop). Skill level: intermediate

## **Computer Social (starting 01/09/24)**

Aimed at beginners, Computer Social aims to encourage and support members to better understand technology in a supportive, friendly, and social environment. With the support of staff and volunteers, we encourage members to embrace and actively engage in learning. BYO technology (Tablet, phone or laptop) Skill level: Beginner

## **Day Trippers**

Day Trippers is an all-day group outing visiting places of interest. Past and ongoing trips include: Morning Melodies, Weribee Zoo, Movies, Arthurs Seat, Scienceworks, City Tours, Cruden Farm, The Moorabbin Air Museum and more. We are constantly updating our outings to make sure our consumers get to enjoy the best that Melbourne and surrounds has to offer. More detailed information with venues is provided on monthly calendars.



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## COMMUNITY PROGRAMS (continued)

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### **Easy Moves**

Easy Moves is a gentle chair-based exercise group where you are guided to stretch using easy and controlled movements while seated. Therabands and light hand weights are also used as part of the session with all exercises and activities encouraging and supporting hand & eye coordination. Easy Moves is a fun and social way to keep active and healthy. A Doctors Certificate may be required to participate.

### **Fit Fridays (starting 01/09/24)**

Fit Fridays is an active walking group that explores local tracks with a social cafe visit included. Participants must be able to walk 2km unassisted and may need a doctor's certificate to participate. Food and drink are at consumers own expense.

### **Gadabouts**

Departing from the Montrose area, this group outing visits local cafes and places of interest. Past outings include, Beasley's Nursery & Tea House, Yarra Valley Dairy Yering and Food Factory Sales in Bayswater as well as a range of amazing cafes. Food and drink are at consumers own expense.

### **Game Time**

In this group, you can enjoy keeping your mind active, participating in games, and building connections with others. A variety of games are played, including (for example) Scrabble, Rummikub, dominoes, and the popular "Grocery Grab".

### **Knitting & Craft**

In this fun group you have the option of knitting or a craft activity. Those who wish to knit (or crochet) have the option of knitting for various charities. This group is a wonderful way to share a love of creating as well as relax, talk and meet likeminded people. No previous experience is necessary.

### **Men's Lunch**

Men's Lunch is a fortnightly program for men to catch up and share a meal together at one of the many great hotels in the area. No fortnight is at the same venue with venues being chosen for their great food and atmosphere. All food and drink costs associated are at consumers own expense.

### **Out & About**

Out & About is a group outing visiting local places of interest. Past and ongoing outings include: Shopping, Morning Melodies, Picnics, scenic drives and more. We are constantly researching venues to make sure our consumers get to enjoy a fantastic variety of outings. More detailed information with venues is provided on monthly calendars.



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## **COMMUNITY PROGRAMS (continued)**

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### **Plant Lovers (starting 01/09/24)**

We will be visiting some fantastic local nurseries on a fortnightly basis where you will get the opportunity to pick up a few plants (or just enjoy being surrounded by plants). Lunch will be at either the nursery cafe, or a nearby cafe. More detailed information with venues is provided on monthly calendars. Lunch is at Consumers expense.

### **Quiz & Puzzle Fun**

Quiz & Puzzle Fun will encourage your logical thinking skills by completing quizzes, playing games (including Bingo) and participating in trivia in a fun and friendly group environment. Attendees often delight in sharing stories, jokes and reminiscing while enjoying the social interaction that the Quiz & Puzzle Fun provides. Includes Cafe visit for morning tea every third week (at Consumers expense).

### **Restore & Recycle (starting 01/09/24)**

Meet in a friendly and inclusive social environment while you work with your hands, restoring and rejuvenating a small furniture item, as well as learning to make some handy timber boxes. Chat and share stories while you hone old creative skills or learn some new ones. No previous experience required.

### **Wanderlust Wednesdays (starting 01/09/24)**

Wanderlust Wednesdays offers the following groups each week (rotating schedule):

- **Mystery Bus Tour**

An exciting bus tour to a local Mystery location! Our fabulous bus will pick you up and you will find out on the day where we are headed.

- **Book Chat**

A facilitated round table chat with other book lovers. Bring a book you are currently reading. You will not be expected to read the same book as the group.

- **Armchair Travel**

Join us for a relaxed weekly session as we discover a different destination each time, featuring videos, trivia, music, and culinary delights.

- **Arts & Culture**

We will explore a range of art forms including current exhibitions, music, and films, delving into the creativity and inspirations of artists.

More detailed information is provided on monthly calendars. The Mystery Bus Tour may require consumers to pay for morning tea if heading to a venue.

### **Woodwork**

In Woodwork, you will learn to handcraft a range of items in a fun and supportive setting. Some past projects include chopping boards, Lazy Susan's, board games, toys, bird feeders and tables. All abilities are welcome, with no previous woodworking experience or knowledge of tools necessary.



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# INDIVIDUAL PROGRAMS

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The caring Bridges team is here to support you. A charity organisation, we will advise you on, and match you with your best individual program option (government subsidised or private).



## **Good Company (Home Visiting program) (Starting 01/09/24)**

One of our friendly volunteers will pop in for a visit at your home where you can enjoy a chat with them over a cup of tea or coffee. Our volunteers are excellent conversationalists and are happy to chat about a variety of topics. Not only do our volunteers enjoy the company of people they are animal lovers too. If you own a dog, they may suggest taking your furry friend for a walk so Fido doesn't feel left out! If you love dogs (but don't own one), our volunteer may even be able to bring their dog to visit you \*conditions apply.

## **Assisted Shopping**

Bridges Assisted Shopping Program can help you if you are struggling to do your shopping on your own. Our volunteers are patient and friendly and make essential shopping possible for you by picking you up from your own home, taking you to your local shops (which may include, the post office, bank and supermarket for example) and then taking you back home.

## **Phone-a-friend**

Phone-a-friend gives you the chance to have regular contact with a familiar voice if you are feeling alone, lonely, or isolated. You can stay connected and be supported by receiving a free phone call on a regular basis from one of our friendly volunteers. Our Volunteers are great listeners who also have the ability to talk about a wide range of subjects.

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*Version 18/07/24*

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*Bridges Connecting Communities is supported by The Victorian Government (HACC-PYP) and the Australian Government Department of Health and Aged Care (CHSP). The material contained herein does not necessarily represent the views or policies of either the State or Federal Australian Government.*

