

# Cultura Social Support and Respite Clubs



Our Social Support and Respite Club programs are for older community members that are eligible to receive support through the Commonwealth Home Support Program(CHSP), Home Care Packages (HCP) and Home and Community Care Program for Younger People (HACC PYP). This is a summary of the range of Social Support and Respite Clubs that we currently provide at the Healthy Living Centre.

Cultura Healthy Living Centre (HLC)  
25-41 Arunga Ave, Norlane  
P: 5222 7275

Please note:  
Transport provided to CHSP funded clients only, program times inclusive of transporting to and from the program.

Group	Days/Time	Transport Provided	Program Focus
Club Friendship HLC CHSP- Social Support group	Monday-Friday 9.30-3.30	Yes	For socially isolated, frail, older people requiring some support. <i>Focus- group activities, social connectedness, life skills.</i>
Club Vitality-am HLC	Monday 9.30-12.30	No	For active independent older people <i>Focus- mixed social group, community outings and shared activities</i>
Club Vitality-pm HLC CHSP- Social Support group	Monday 1.00-4.00	No	For active independent older people <i>Focus- Female oriented, community outings and shared activities</i>
Club United - Mon HLC CHSP- Social Support group	Monday 9.30-3.30	Yes	For independent older people <i>Focus- Male oriented, participant led program, sharing of same interests.</i>
Club Classic - Tues HLC HCP- Social Support group	Tuesday 10.30-2.30	No	For socially isolated, frail, older people requiring some support. <i>Focus- group activities, social connectedness, life skills.</i>
Club Fantastico HLC CHSP- Social Support group	Wednesday 9.30-3.30	Yes	For independent older people, socially isolated, requiring minimal support <i>Focus- diverse backgrounds, exploring creative outlets, active, group activities.</i>

Group	Days/Time	Transport Provided	Program Focus
Club Alegria HLC CHSP- Social Support group	Thursday 9.30-3.30	Yes	For independent older people socially isolated, requiring some support <i>Focus- Female oriented, movement, life skills, group activities.</i>
Club Ku Loo HLC CHSP- Social Support group	Friday 9.30-3.30	Yes	For socially isolated, frail, older people requiring some support. <i>Focus- Karen and Karenni men and women, social connectedness, life skills, group activities.</i>
Club Highton- Monday/Tuesday/ Thursday HLC CHSP- Centre-Based day Respite	Monday 9.30-3.30 Tuesday 9.30-3.30 Thursday 9.30-3.30	Yes	For socially isolated, frail, older people requiring some support. <i>Focus- Centre based respite including mind-body-moves program, physical and mental wellbeing, and social connectedness, group activities.</i>
Club Highton- Wednesday HLC CHSP- Centre-Based day Respite	Wednesday 9.30-3.30	Yes	For socially isolated, frail, requiring some support. <i>Focus - Centre based respite, social connectedness, life skills, group activities.</i>
Club Wellness- Strength and Balance HLC CHSP- Allied Health program	Friday 10.30-12.00	No	Physiotherapist led strengthening group program to improve mobility, balance and quality of life. An initial and ongoing physiotherapist assessment is included with the program.

Mind-Body-Moves (Allied Health CHSP subsidised) - 1 hour group session, focusing on gentle chair based exercises to increase strength and mental and physical wellbeing. An initial physiotherapist assessment is included with the program before starting.