

Need a bit of help to do those everyday jobs around town?

Do you need a little bit of help with transport?

Would you like some company and support to help?

Social Support might be for you



☺ **Shopping Support** - it might just be that you need transport to the shops or a bit of help to load and unload the groceries. Maybe you need someone to help get the shopping trolley around the aisles for you, maybe you need help finding what you need on the shelves.

Our volunteers may be able to provide the support you need.

☺ **Transport Assistance** - this is a 'door-to-door' service and the drivers will help you into to venue of your appointment. You do need to be able to get in and out of the car yourself, but wheelie-walkers are not a problem!

☺ **Tech Savvy Seniors** - wasn't it great that the kids or grandkids gave you that Ipad or mobile phone, but what are you going to do with it? With the help of our volunteer in a one-to-one setting with your device, you can learn to use your piece of technology and keep in touch with the family or your friends.



Contact us on 6772 7087 for more information

