

**For more information and bookings
please contact Aged and Community
Health Service Access:**

Tel 5155 8367

Email achserviceaccess@glch.org.au



Help in your language

GLCH can arrange interpreters free of charge to assist customers who speak little or no English, or whose first language is Auslan (Australian Sign Language). For more details, please contact your service provider.

Confidentiality

All clients have the right to expect that information provided will be kept confidential. For more information, please refer to the brochure '[Your Information - It's Private](#)'.

Let us know what you think

Listening to customers is important as it helps us improve our services. Customers wishing to provide compliments, complaints or suggestions can do so by completing our Consumer Feedback brochure (available at all reception areas) or by emailing feedback@glch.org.au

If you do not believe that your concerns have been dealt with adequately, you may contact the [Health Services Commissioner](#).

Level 26, 570 Bourke Street

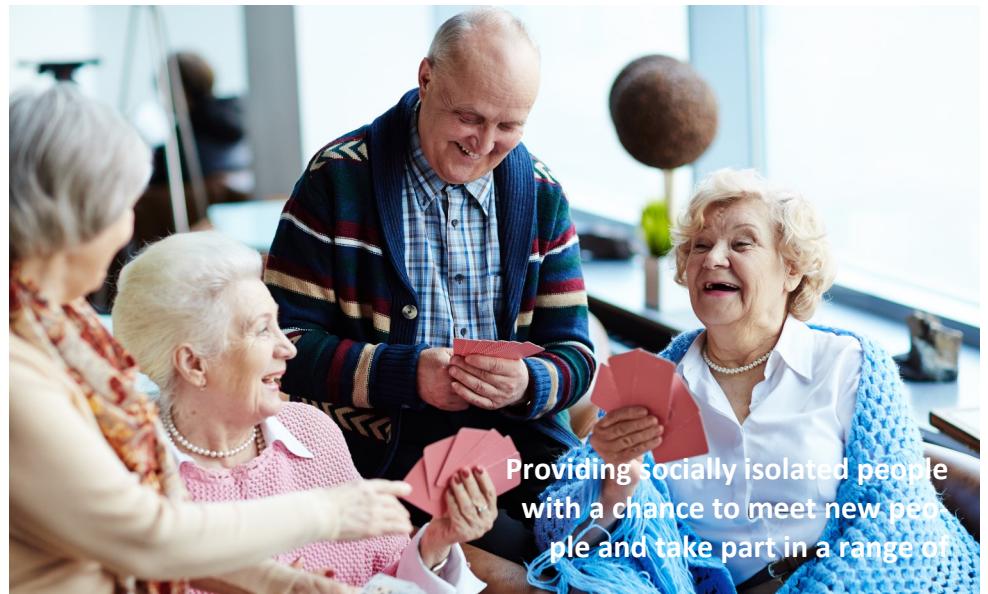
MELBOURNE VIC 3000

Telephone: 1300 582 113

Fax: 03 9032 3111

Email: hsc@health.vic.gov.au

Gippsland Lakes Community Health Planned Activity Groups



Planned Activity Groups (PAG) provide an opportunity for social interaction through group and community based activities outside the home. PAG groups also play an important role in providing respite and support for carers of people who are frail, aged or with a range of conditions including dementia, Parkinson, MS and acquired brain injuries.

Group activities are designed to meet individual needs of clients and enhance the skills required for daily living by providing physical, intellectual, emotional and social stimulation.

At Gippsland Lakes Community Health, we offer a wide range of groups each week, which focus on the interests our group members. Transport can be provided. This can be discussed upon initial assessment.

Monday Mingle Café

The Monday Mingle Café specialises in bottomless beverages, home cooked treats, relaxed conversation about local issues and current affairs, fun and friendship. **Mondays, 9.30 to 11.30am.**

Monday on the MOVE...

Let us pick you up at your home for a relaxing afternoon of taking in the sights of Lakes Entrance and surrounds from the comfort of our bus. Our afternoon will also include a stop at a local café (cuppa, food and snacks may be purchased if desired). On the last Monday of every month we will indulge in an 'Armchair Travel' afternoon, with a special guest speaker and holiday destination presentation onsite. **Mondays, 12.30 to 2.30pm.**

Attendance must be confirmed by 9.30am on the day.

Social and Active

Social and Active is a 'ladies only' group incorporating physical activity, social outings and loads of laughter! **Tuesdays, 9.45am to 2.45pm.**

Wednesday Roast

Wednesday Roast is an 'occasional group' for people who may have missed their usual group session due to illness or public holidays; carers who are seeking occasional respite for a loved one; or people who would just benefit from a little extra social interaction. Activities are varied but roast and veg is always on the menu. **Wednesdays, 9.45am to 1.45pm. Bookings required 24 hours in advance.**

Café Mix - double your caffeine and social connections!

The Cafe is a social/respite opportunity for carers and their loved ones. Share stories and strategies in a relaxed and supportive setting. **Wednesdays, 2.15pm to 3.00pm.**

Socialise in a café atmosphere at Cafe Connect. Enjoy the company of others while indulging in bottomless cuppas and culinary treats. **Wednesdays, 3.00pm to 4.00pm.**

Hidden Treasures

Hidden Treasures is for people with varying health issues. The group focuses on physical, intellectual and emotional wellbeing; and incorporates dementia specific activities. Hidden Treasures also provides the opportunity for quality respite time for carers. **Thursdays, 10.00am to 1.30pm.**

The Lounge

The Lounge Group is a social opportunity for 20 to 45 year old people with special needs. Participants enjoy an awesome range of activities including touring our local area, movie afternoons, coffee dates and more!

Thursdays, 11.30am to 4.00pm.

Memory Lane

Memory Lane is an 'occasional group' providing an opportunity to share memories, world news, music, theatre and of course an old fashioned family meal. **Fridays, 9.45am to 1.45pm. Bookings required 24 hours in advance.**

