

National Relay Service for deaf,
hearing and speech impaired:
Phone: 1800 052 222

Speech to Speech Relay:
Phone: 1800 555 660

Translating and interpreting:
Phone: 131 450

For further information contact
Holdsworth Community Centre
& Services

Phone: 02 9302 3600

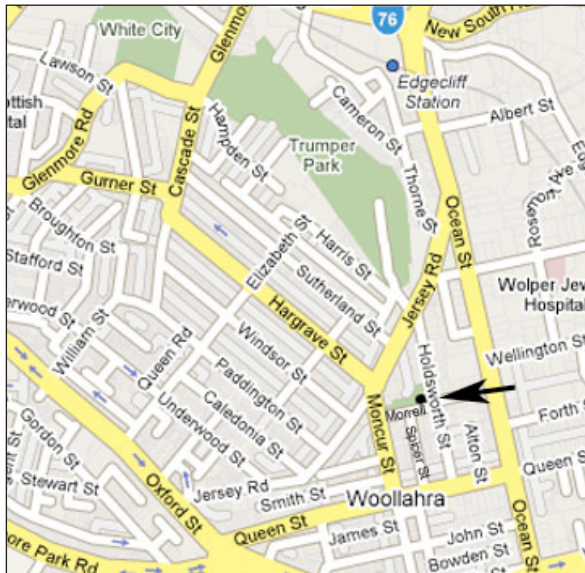
email: info@holdsworth.org.au

Holdsworth welcomes enquiries about
supporting our work through donations or
volunteering.

Supported by:

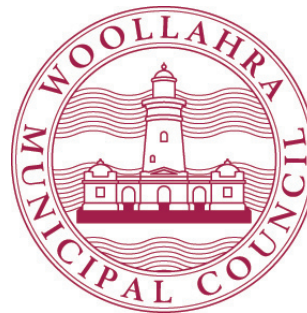


Services for Older People



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Holdsworth Community Centre
64 Holdsworth Street,
Woollahra NSW 2025
Ph: 02 9302 3600
www.holdsworth.org.au



Aged Care Services

At Holdsworth we believe that age should be no barrier to an active and fulfilling life. Our team provides a variety of programs for older people whether frail or active. Through peer support, community integration and hands-on skill, our team encourages self-awareness, independence and the building of friendships.

- **Discussion groups** meet at Holdsworth Community Centre to discuss current affairs and local, national and international news.
- We have **Seniors' Bus Outings** every week visiting parks, clubs for shows, beaches and other places of interest.
- Our **Memory Loss Groups** provide respite to the carers of people with mild to moderate memory loss. The groups takes part in fun activities such as memory puzzles and games, art and craft, sensory awareness and gentle exercises.
- In our individual **Shopping service** we collect the shopping list from the clients and arrange home delivery of clients regular grocery needs. This service is designed for people who are house bound for medical or mobility reasons and requires a doctor's referral. Fees for this service vary depending on delivery and grocery costs.
- For active seniors we have **Discovery Tours** to cultural centres, gardens, museums and other places of interest. Costs apply for transport, entry to venues and lunch. This program is for independent and active seniors as it requires walking and may involve steps.

- **Saturday Fever** is an exciting new night program designed for seniors that can no longer go out at night by themselves. Program includes going to dinners, theatre, concerts and movies to name a few.
- At Seniors' **Movie Matinees** we screen some fantastic golden oldies.
- Another program we offer is **Music Appreciation Club** where members meets at Holdsworth fortnightly and explore various kinds of music and occasionally we have guest speakers and performers.
- **Heartmoves** and **Yoga** are our new healthy ageing programs designed to help all senior members of the community to improve fitness, balance, co-ordination, strength and flexibility to enhance quality of life and prevent falls and injuries.

Fees apply to some of these services. Our Community Transport supports all of these services and we can arrange pick up and drop off. For more information on any of these services please contact our Aged Services Team on 9302 3600.

Other Holdsworth Services for older people

Community Links is a one-to-one service for frail aged people that provides home visiting and companionship. Contact the Volunteer Co-ordinator on 9302 3600.

Our **Community Transport** Program provides affordable, accessible transport to eligible residents of Woollahra who are unable to

access public transport or are without access to private vehicle support.

We have a regular **Shopping Bus** that picks up clients at their door, takes them to one of the local shopping centres and drops them off at home afterwards.

We also operate a free **Community Bus - Woollahra Link** – connecting people in the Woollahra Municipality to shopping centres, hospitals and medical centres. This free service can be accessed by all, but priority will be given to people who are frail, aged or have difficulty accessing other forms of transport. Clients must book before 3 pm on the previous business day by calling 9302 3605.

All program participants undergo an assessment to determine eligibility and to find the most appropriate activities for them. Please ask for our Client Intake Co-ordinator. For some programs participants must live in Woollahra municipality and be over 65. A small fee applies for transport and for entry to venues.

Holdsworth welcomes diversity and does not discriminate against anyone on any grounds. For many of our services we ask for a contribution towards our costs; however, services will never be refused because of an inability to pay.

If you are not eligible for a service offered by Holdsworth, or need services that we do not provide, we can assist in referral to other services in Eastern Sydney.

