

# Services for Older People

**Holdsworth Community Centre & Services provides a range of programs for older people. The programs are designed to meet the needs of the elderly to promote independence, support them in their homes and to encourage social integration. Referrals can be made by GP's, Social Workers, relatives and by self-referral.**

## SENIORS PROGRAMS

### DISCUSSION GROUP

Our discussion group meets at Holdsworth Community Centre to discuss current affairs, local and international news. The group runs **every Monday from 12.15pm-2.45pm**. Tea, coffee and biscuits provided. BYO lunch.

### BUS OUTINGS

These programs run every **Monday to Thursday throughout the year from 10am to 4pm**. Participants must live in the Woollahra, Waverley, Randwick, City of Sydney and Botany Local Government Areas and be over 65. Currently we visit parks, clubs for shows, beaches and other places of interest. Participants are encouraged to take part in planning of activities. Tea, coffee and biscuits provided.

### COMMUNITY LINKS

This service offers one-to-one support for frail aged people in the form of home visits and companionship provided by friendly Holdsworth volunteers.

### CLASP - COMMUNITY LINKS ASSISTED SHOPPING PROGRAM

This service offers one-to-one support for people who need some help at the shops. We link a volunteer with you who will come to your home, escort you to and from the shops and lend a helping hand whilst you are there.

### INDIVIDUAL (LIST) SHOPPING SERVICE

This service is designed for people who are house bound for medical or mobility reasons and requires a doctor's referral. Our staff member will collect the shopping list from the client's home or take details over the telephone and arrange home delivery of regular grocery shopping. There is no fee for this service, however delivery cost applies.

### MUSIC APPRECIATION CLUB

This club is for all music lovers and involves educational experiences in various kinds of music from classical, romantic, orchestral and choral through to jazz. We encourage participants to bring their own music for listening and appreciation. Also we have special excursions to the Conservatorium of Music and St Andrew's Cathedral. **Members meet every 1st and 3rd Friday of the month at Holdsworth Community Centre from 1pm to 3pm**. We pick-up and drop-off home. BYO lunch, afternoon tea provided.

### ACTIVE SENIORS' DISCOVERY TOURS

For active seniors, on the **4th Friday of each month, approx. 9.00am to 5.00pm**. Cultural tours, tours to gardens, museums and other places of interest. We can pick up from various locations. This program is for independent and active seniors as it requires walking and may involve steps.

### 'SATURDAY FEVER' - NIGHT PROGRAM

Designed for seniors that can no longer go out at night by themselves. Our Community Transport bus can pick-up and drop-off home. We go to the movies, theatre, concerts and out for dinner **every 2nd Saturday of the month**. This program is for independent and active seniors as it requires walking and may involve steps.

### SENIORS' MOVIE MATINEES (Educational Program)

We screen some fantastic golden oldies on **2nd and 4th Wednesday of each month 1.00pm to 3.00pm**. Tea, coffee and biscuits provided. BYO lunch. Gold coin donations appreciated. Transport can be arranged with Holdsworth Community Transport (additional fees apply).

### YOGA (Exercise Program)

This is a special program designed for older people. **Every Thursday between 2.00pm and 3.00pm (excluding School holidays)** at Holdsworth Community Centre. Yoga is a systematic method of inducing complete physical, mental and emotional relaxation. It is the art of conscious relaxation. While sitting in a chair or lying on the floor (optional) our instructor guides you through the practice into a state of deep relaxation. You will need to bring a yoga mat, light rug and small cushion. Gold Coin donations appreciated.

### LOW VISION FRIENDSHIP GROUP

The Low Vision Friendship Group provides people who have experienced vision loss with an opportunity to meet and share thoughts and ideas with others who are vision impaired. **Group meets every 2nd Friday of the month from 11am to 3pm** (including door to door pick-up and drop-off). The social group meets for lunch at various locations in the Eastern Suburbs. Caring and trained volunteers accompany all Vision Impaired members for support and assistance.



**For more information about Seniors and Carers Services please contact Client Intake by phoning 9302 3600 or for Transport Services phone 9302 3605**  
**E-mail: [intake@holdsworth.org.au](mailto:intake@holdsworth.org.au)**  
**Web Site: [www.holdsworth.org.au](http://www.holdsworth.org.au)**

# Services for Older People

## CLUB HOLDSWORTH

Club Holdsworth provides centre based day care programs for people with dementia. It takes place from Tuesday through to Saturday from 10am to 4pm and members undertake a number of activities including outings, music, art and exercise and movement. These services are for people living in Sydney's Eastern Suburbs and cover Woollahra, Waverley, Randwick, City of Sydney and Botany Local Government Areas. We also provide respite and support for members carers.

**For more information phone 9302 3600 and speak to the Club Coordinator.**

## COMMUNITY TRANSPORT

### WEEKLY THURSDAY & FRIDAY SHOPPING BUS

This service is designed for people who are unable to access public transport. Our shopping bus picks up clients at their door, takes them to one of the local shopping centres - either Edgecliff or Bondi Junction and drops them and their shopping at home afterwards. This bus operates Thursdays and Fridays from 9.00am to 1.30pm. Participants must live in the WOOLLAHRA Municipality.

### INDIVIDUAL TRANSPORT

Provides affordable, accessible transport to residents of WOOLLAHRA who are unable to access public transport or private vehicle support. We operate Monday to Friday for medical (and other **health related**) appointments. And Saturdays for **Social** appointments in the Eastern suburbs area only.

### MONDAY STROKE GROUP

If you had a stroke and you want to meet people like you, you can join the Stroke Recovery Group which meets every Monday at Rose Bay RSL from 10am to 12pm. We provide transport from your home to Rose Bay RSL with a wheelchair accessible bus. We also provide help to enter and exit the vehicle.

**For more information about Community Transport and for bookings please contact the Community Transport Office on 9302 3605.**



## CARERS SERVICES

### SUPPORT, ADVOCACY & REFERRAL

Often, as a carer, your own needs get put aside when taking on the enormous responsibility of caring for someone you love. There are services within the community that are designed to support the invaluable work you do as a carer. Often carers do not know all the services available to them. We can, as a Carer Information Service, identify and connect you to the support services designed to assist you in your caring role, link you with other carers who are dealing with the same issues that you face, identify financial subsidies for which you are eligible, refer you to respite, home and community care services and retreats, inform you of the program activities in local day centres, provide training and information sessions and advocate on your behalf. Our aim is to support your supporting.

### CARER GROUPS

**EastEnders** is a group organised for Carers of a loved one with memory loss. The group meets monthly on a Monday or Tuesday. Carers are welcome to attend with or without their loved one. The group has run for over four years now and the program includes guest speakers, outings and group lunches.

**Thursday Thrivers** is a new group set up for Carers of a loved one with memory loss. The group is just for Carers that meet fortnightly on Thursdays. Program includes gallery visits and picnics, guest speakers, lunch at the beach, movie days, art sessions and alternate therapies workshops.

**For more information about Carer Services for older people please phone us on 9302 3600.**

### INTAKE AND ASSESSMENT

Client Intake looks after all aspects of initial intake, assessment, referral and advocacy for those seeking Holdsworth Seniors Services, Community Transport, Community Links and Carer services. This ensures effective integration into Holdsworth programs or referral to more appropriate services depending on individual clients needs.

**For more information about Seniors and Carers Services please contact Client Intake by phoning 9302 3600 or for Transport Services phone 9302 3605**  
**E-mail: [intake@holdsworth.org.au](mailto:intake@holdsworth.org.au)**  
**Web Site: [www.holdsworth.org.au](http://www.holdsworth.org.au)**

