



NORTHERN DISTRICT COMMUNITY HEALTH

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MEDIA RELEASE

NDCH launches Social Support Group

Northern District Community Health has launched a new group that aims to keep residents socially connected.

The community health organisation will host its first Social Support Group session at its Kerang headquarters, located at 24 Fitzroy Street, on Wednesday, 18 March from 11am-1pm, with a second gathering to occur at the organisation's Cohuna headquarters, located at 33 King Edard Street, on Wednesday, 1 April from 11am-1pm.

Developed for residents who are eligible for Commonwealth Home Support Program (CHSP) Social Support community engagement assistance, and Home and Community Care Program for Younger People (HACC PYP) approved recipients who have previously been assessed, the program aims to help individuals stay active, connected and independent with their community.

“Northern District Community Health is proud to provide this new program, which will play an important role in strengthening community connections and improving overall quality of life for participants,” NDCH Chief Operating Officer, Mansoor Hussain said.

“Each session will enable participants to socialise with others over a meal and participate in activities that will promote living confidently at home and staying engaged in their communities.”

The first sessions at Cohuna and Kerang will feature a presentation from Occupational Therapist, Anna Burns, who will outline insights and practical tips to support independence, wellbeing and staying active in the community.

Participants will also be able to complete a survey asking what activities they would like to participate in during future gatherings.

Places are limited to 40 people, with RSVPs for the Kerang session required by Tuesday, 10 March. Entry to each session is \$5 per person.

To book your spot or for more information, contact Northern District Community Health on (03) 5451 0200.

For more information or interview requests, please contact Northern District Community Health Chief Executive Officer, Penny Wilkinson on (03) 5451 0200.