East Wimmera Health Service Planned Activity Groups

Planned Activity Groups are social group programs aimed at engaging people who are frail, aged or disabled, and their carers, in supported social activities.

What is involved in the program?

Activities offered aim to increase social confidence by providing physical, intellectual, emotional and social stimulation to enhance an individual's ability to remain living at home in the community.

You have the freedom to choose which sessions and days you would like to attend. You can participate in as many or as few activities as you like, giving you the opportunity to take part in the activities you enjoy or renew old interests. All groups have a monthly planner to help you decide which activities you would like to be involved in. We welcome new ideas for activities so that we can tailor the program to suit your interests.

Transport

An East Wimmera Health Service vehicle is available to pick you up from home and transport you to and from Planned Activity Groups if you require.

What happens at Planned Activity Groups?

Session days and times vary at each campus however Planned Activity Groups generally run from 10am to 3pm, including a midday meal.

Some activities you can choose to become involved in include crafts, crosswords, cards, games and movies. Other activities may include gentle exercise programs, barbeques, lunches at local venues, bus trips and special themed celebrations such as Australia Day or Melbourne Cup Day.

Who is eligible?

When you contact East Wimmera Health Service an assessment will be made to determine your eligibility. Doctor's approval may be required before you join some exercise programs.

How can I access Planned Activity Groups?

All enquiries for Planned Activity Groups are through our Central Intake service.

You will have a brief telephone conversation with a Community Health Nurse at a time that suits you and, if you agree, arrangements to attend Planned Activity Groups will be made.

Is there a cost involved?

A minimal daily fee applies which includes a midday meal, however the cost will vary depending on individual circumstances. You will be advised of this cost when you contact Central Intake.

Contact us

If you would like more information or wish to attend Planned Activity Groups please call into any campus reception or contact us on:

Phone: 5477 2222
Fax: 5477 2131
Email: intake@ewhs.org.au

Note: Planned Activity Groups do not operate on weekends or Public Holidays.

Our Mission: To provide health services that support healthy communities.

Our Vision: To be one of the healthiest communities in rural Victoria.

Our **Compliments, Concerns or Complaints (CCC)** system helps us to evaluate and improve the quality of our services. You can choose to:

- Speak to any EWHS staff member in person
- Obtain a Feedback Form from any Campus Reception
- Download a Feedback Form from our website **www.ewhs.org.au**

Culture, Communication and Language: Any difficulties you may have with understanding and speaking about your needs should not prevent you from accessing our services – please be aware that we can offer additional support and options to assist you.

Privacy and Confidentiality: We recognise that personal information which we obtain from you is confidential and we will:

- Only use this information for the reasons that it is collected
- Share it with only those that you give consent to.

These services are jointly funded by the State and Federal Governments.

Campuses are located at:

Birchip Campus
28 Duncan Street
Birchip 3483
Ph: 5477 7100

Charlton Campus
4 Learmonth Street
Charlton 3525
Ph: 5477 6800

Donald Campus
1A Aitken Avenue
Donald 3480
Ph: 5478 6200

St. Arnaud Campus
52 North-Western Road
St. Arnaud 3478
Ph: 5477 2100

Wycheproof Campus
19 Grandview Street
Wycheproof 3527
Ph: 5478 0700

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East Wimmera Health Service
Cultivating Healthy Communities

Planned Activity Groups - PAG

Phone: 5477 2222
Fax: 5477 2131
Email: intake@ewhs.org.au

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EWHS