

IMPROVING SOCIAL CONNECTIONS



Wellbeing Connectors provide free support to connect older adults with **local lifestyle services and activities**



Social and lifestyle activities may include:

- Physical activity programs such as walking groups and group exercise programs
- Arts and recreational activities like book clubs, bird watching and music programs
- Volunteering opportunities and social activities such as Men's Shed and coffee clubs

Wellbeing Connectors can provide more intensive assistance if required, either in person, over the phone, online, or through a home visit.

Mid-Lower Blue Mountains	Jo Newton	0460 859 543	cdo@sncc.org.au
Lithgow and Upper Blue Mountains	Eva Regitz	0406 411 702	wellco@sncc.org.au
Penrith and Hawkesbury	Dana Stewart	0440 104 157	dana.stewart@benevolent.org.au

People aged 65 years of age or 55 years for Aboriginal and Torres Strait Islander people are eligible, including those receiving and not receiving government support.

For more information visit:

MyHealthConnector.com.au

