

Connect Local

A FREE program linking over 65s to local activities and services in Glen Eira

FREE CALL 1800 929 022



What is Connect Local?

- It's a FREE program run by Connecting Communities to Care, linking you to local services and social activities. So you can get back to being a part of your community and making the most out of your life.
- It involves speaking with a trained professional, a Community Connector to discuss what's important to you.
- They will then find and access suitable activities for your wellbeing and enjoyment.
- Your Community Connector will be there for you to make sure you are supported along the way.

Is Connect Local for me?

- If you are 65 years or older
- live in Glen Eira, and
- Want to improve your wellbeing

then YES this is for you!

Would you like to:

- Do things that interest you with others in your local community?
- Meet new people?
- Join groups to share experiences?
- Find out about activities and services in your local area and how to join them?

How can Connect Local help?

It can connect you with local services and activities that support you to do what matters to you. This could be:

- Social Activities like book clubs, art classes, gardening clubs, special interest and multicultural groups
- Healthy Lifestyle Programs such as exercise and walking groups, sport clubs and adult learning classes
- Volunteering opportunities
- Support Services like legal or financial advice, Meals on Wheels, grief counselling, or access to Government services.

The program is FREE however there may be costs for the community activities that you choose to participate in.

How can I participate? You can contact one of our friendly Community Connectors directly or ask your GP or health provider for a referral.



✉ enquiries@connectlocal.org.au
🌐 www.connectlocal.org.au



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