

My team *is* **BRHS**

Improving the health and wellbeing of the East Gippsland community by providing accessible, high quality and sustainable health care.



Encouraging people to remain in the community by providing meaningful & enjoyable activities that enhance social & life skills.



We welcome feedback at:
Bairnsdale Regional Health Service PO Box 474 Bairnsdale VIC 3875
P (03) 5150 3333 F (03) 5152 6784 E email@brhs.com.au www.brhs.com.au

Planned Activity Group
Home and Community Care

The information in this brochure is intended as a guide to one of the services provided by BRHS and is correct at the time of publishing. **Issue date:** March 2014
Our Ref: CS0006

Bairnsdale Regional Health Service is located on the traditional land of the Gunaikurnai people.

What are Planned Activity Groups?

Planned Activity Groups provide a friendly place to share a meal, catch up with friends or make new ones, and enjoy a range of activities that can assist with better health and wellbeing. Planned Activity Groups can also serve as respite for carers.

Activities might include outings, woodworking, craft, puzzles, knitting and more.

Bairnsdale Regional Health Service has Planned Activity Groups in 5 areas including Bairnsdale, Buchan, Lindenow, Metung and Paynesville.



Who can attend Planned Activity Groups?

- People over 65 living within the community
- People of any age living with a disability

What is the cost?

- \$13.00 per day. This includes lunch and afternoon tea.

What if I can't drive?

You can contact Planned Activity Group staff if you require assistance with transport.

What days are Planned Activity Groups open?

- Bairnsdale - Monday to Friday: **PH: 51520222**
- Buchan – Thursday only: **PH: 0409 957308**
- Lindenow – Tuesday only: **PH: 0417 253226**
- Metung – Tuesday only: **PH: 0409 957308**

(Transport available from Bruthen)

- Paynesville – Wednesday only: **PH: 0409 957308**

All programs start at 9.00am

Further Information?

You can contact Planned Activity Group staff if you require more information on **(03) 5152 0222**



Planned Activity Groups are funded by Home and Community Care (HACC) and are underpinned by the Active Service Model (ASM) With your consent, Planned Activity Group will participate in care coordination with other BRHS services and local HACC funded agencies.