



Community Care

Commonwealth Home
Support Program - Seniors
Social Group



The **Whiddon Group**
Life is a journey



Seniors Social Group

Join a Seniors Social Group and enjoy meeting new friends, participating in exercise, arts and music, cooking classes and technology lessons!

At Whiddon, we know that helping older people stay connected, participating in the things that they enjoy and being part of a community are important to our wellbeing.

The Social Group offers a regular opportunity to spend time with new and old friends, with support from experienced care workers. Social Groups are offered regularly in Narrabri and Tamworth, with morning tea or lunch provided.

The Seniors Social Group offers: bus outings, VintageBites cooking program, DanceWise dance and exercise program, Chat, Stories & Tea, Art lessons, Technology lessons with iPads, BBQs and much more.

How to access Social Groups through CHSP

The Commonwealth Home Support Program (CHSP) is a government program that supports older people who are still living independently at home but want some extra assistance, such as home help or attending social groups. The service is subsidised so your cost is much lower.

To be assessed for CHSP services you will need to be assessed by the Regional Assessment Team. Please contact us for assistance with organising this.

1300 738 388
hello@whiddon.com.au

All products and services subject to location availability.

V1 08/2018