Our volunteers

The Caring Neighbourhood Program would not operate without the support of our volunteers.

Volunteering for the Caring Neighbourhood Program is a rewarding experience. If you are interested in finding out what it takes to be a volunteer for this program, call 8551 0544.

Contact us

For more information about the Caring Neighbourhood Program:

Program Coordinator – Helen Deguet
City of Victor Harbor Civic Centre
1 Bay Road, Victor Harbor

Phone: (08) 8551 0544
Email: cnp@victor.sa.gov.au

For registration and referral:

My Aged Care
Phone: 1800 200 422
Website: www.myagedcare.gov.au

The Caring Neighbourhood Program is an initiative of the City of Victor Harbor and Alexandrina Council. It is funded by the Australian Government Department of Health. Visit the Department of Health website (www.health.gov.au) for more information.

Although funding for the Caring Neighbourhood Program has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government

CARING NEIGHBOURHOOD PROGRAM

Promoting a caring and supportive community in the Southern Fleurieu

The Caring Neighbourhood Program operates within the Victor Harbor and Alexandrina Council areas, providing friendship and support to those that are isolated or alone.

Individual support

The Caring Neighbourhood Program provides one on one support to those people over 65. Our volunteers can visit you in your home or take you on an outing.

Volunteers will visit for a few hours each week or fortnight, depending on what you require.

You will need to pay for all of your own costs associated with the visit or outing.

Library Links

Social visit from a volunteer to deliver books to your home.

When: Fortnightly (Tuesday, Wednesday, Friday)

Pet Pals

Social visit from a volunteer to engage in agreed activities with pet and pet owner.

Group outings and activities

Carrickalinga Connections

Watch a movie on the big screen, with an old fashioned intermission. Afternoon tea provided.

When: Second Saturday of the month (1.30pm)

Where: Carrickalinga House,
Cnr Torrens St and Hill St, Victor Harbor

Cost: $4 per session

Flutter Bus

A longer bus trip that includes lunch.

When: First Wednesday of the month

Cost: Transport donation – $6
Lunch – Between $15 and $20

Create, Dabble and Paint

A relaxed, fun session where you can learn the art of decorative painting.

When: Tuesdays (9.30am – 12noon)

Where: The Community Room,
City of Victor Harbor Public Library
1 Bay Road, Victor Harbor

Cost: $5 per session (includes materials)

Social Stretch

Gentle exercise classes, with afternoon tea.

When: Mondays (1.30pm – 2.30pm)
Old School Building,
Torrens Street, Victor Harbor

Thursdays (2.30pm – 3.30pm)
3/3 Commerce Crescent, Victor Harbor

Cost: $5 per session

Community Singing

A relaxed and information session for people who like to sing for fun.

When: Every Tuesday (1.30pm – 3.30pm)

Where: Old School Building,
Torrens Street, Victor Harbor

Cost: Gold coin donation

Lunch groups

The Caring Neighbourhood Program's lunch groups are a chance for people aged 65 years and over to get together and socialise over a meal. The lunches are held at different locations on the Fleurieu Peninsula and usually cost between $10-$15. Lunches start at 12noon, except Sunday Funday which starts at 12.30pm.

You can make your own way to the lunch venue or one of our volunteers can pick you up and drop you home. In addition to the cost of your meal, there's a small transport donation of $2 if you get picked up by one of our volunteers.

The program has five separate lunch groups:

Gad-abouts	First Monday of the month
Lunch 2Gether	Second Wednesday of the month
Lunch Matters	Third Wednesday of the month
Sunday Funday	Third Sunday of the month
Out 4 Lunch	Fourth Wednesday of the month
Men's Lunch	Third Thursday of the month

Find out more or register

For more information about the program or to discuss whether it is suitable for you or a loved one contact the Program Coordinator on (08) 8551 0544.

To register and organise a referral to attend any of our programs, contact My Aged Care on 1800 200 422 or visit www.myagedcare.gov.au