

Social Support Program



The City of Port Phillip's Social Inclusion service provides a range of community-based initiatives, which includes the delivery of the Social Support Program and management of the Cora Graves centre.

Social Support Program

Port Phillip's Social Inclusion Program provides older residents, those experiencing dementia or who are socially isolated and people with disabilities the opportunity to participate in recreation and cultural activities. Programs offer people a social and active experience in a relaxed and fun environment.

Monday

Centre Based Meals

This program provides older local residents an opportunity to enjoy a social meal and meet people who live in the neighbourhood.

- Location:** Cora Graves Centre
38-40 Blessington St, St. Kilda
- Time:** 12.00 pm to 1.30 pm
- Target:** Older people 55+
- Fee:** 2 courses - \$5.80 3 courses - \$7.40
- Frequency:** Mondays, Wednesdays & Fridays
- No transport provided**

Early Birds

Weekly program that provides local residents with the opportunity to meet others for morning tea and then enjoy lunch out in neighbouring communities

- Location:** Cora Graves and out in the community
- Time:** 9.30 am to 3.30 pm
- Target:** Frail older people 65+
- Fee:** \$16.20 (morning tea and lunch included)
- Frequency:** Weekly
- Transport provided**

Sounds of Culture

Weekly discussion group for local residents interested in literature, music and current affairs

- Location:** Cora Graves Centre
Time: 12.30 pm to 2.30 pm
Target: Older people 65+
Fee: \$6.20 (afternoon tea included)
Frequency: Weekly
Transport can be provided

Tuesday

Activity Group

Weekly program that provides local residents with dementia the opportunity to participate in a range of stimulating activities

- Location:** Cora Graves
Time: 9.30 am to 3.30 pm (includes transport)
Target: Older people living with dementia
Fee: \$16.20 (morning tea and lunch included)
Frequency: Weekly
Transport provided

Water Leisure

Weekly program that provides local residents with mobility issues the opportunity to do gentle aquatic exercises

- Location:** Melbourne Sports and Aquatic Centre, Wellness Centre Hydro Pool
Time: 10.00 am to 12.30 pm (includes transport)
Target: Older people 65+
Fee: \$10.40
Frequency: Weekly
Transport provided

Live Well

A 13 Week wellness program promoting physical activity and nutrition to multi-cultural seniors who want to follow a healthy approach to ageing.

- Location:** Cora Graves and out in the Community
Time: 9.00 am to 2.00 pm
Target: Older people 65+ from multi-cultural backgrounds
Fee: \$16.20 (light lunch included)
Frequency: Weekly for 13 weeks
Transport provided

This service is supported by funding from the Commonwealth and Victoria Governments under the CHSP/HACC PYP programs.

Wednesday

Mid Weekers

Weekly program that provides local residents an opportunity to meet others whilst doing a variety of activities including lunch outings, bus trips and community events

Location: Cora Graves and out in the Community

Time: 9.30 am to 3.30 pm

Target: Older people 65+

Fee: \$16.20 (morning tea and lunch included)

Frequency: Weekly

Transport provided

Wednesday Workout

Weekly program that provides local resident the opportunity to do gentle exercise for building strength balance and flexibility

Location: Police Citizens Youth Club Inkerman St. St Kilda

Time: 10.00 am to 11.00 am

Target: Older people 65+

Fee: \$6.20

Frequency: Weekly

Transport can be provided

Wednesday Monthly

Carer Support Group

Monthly program that provides local residents who reside with an older frail person an opportunity to mix with others in similar caring roles

Location: Cora Graves and out in the Community

Time: 12.30 pm to 2.30 pm

Target: Carers

Fee: No Charge (lunch included)

Frequency: 3rd Wednesday of the month

Transport can be provided

Thursday

Strength Training

Weekly program provides local residents the opportunity to do exercise with light weights

Location: Police Citizens Youth Club Inkerman St. St Kilda

Time: 10.00 am to 11.00 am

Target: Older people 65+

Fee: \$6.20

Frequency: Weekly

Transport can be provided

Thursday Monthly

Monthly Film Outing (1st Thursday of the month)

Monthly outing to the cinema for local residents to enjoy a new release movie

Time: 9.00 am to 2.00 pm

Target: Older people 65+

Fee: \$16.20 (includes a light lunch)

Transport provided

Big Day Out (2nd Thursday of the month)

Monthly program that provides local residents with an opportunity to enjoy day trips

Location: Various locations around the greater metropolitan area

Time: 9.30 am to 3.30 pm (Includes transport)

Target: Older people 65+

Fee: \$16.20 (morning tea and lunch included)

Transport provided

Out & About (3rd Thursday of the month)

Monthly program for people who are adventurous, active, enjoy walking and are confident on their feet

Location: Various locations around the greater metropolitan area

Time: 9.30 am to 3.30 pm (Includes transport)

Target: Active older people 60+

Fee: \$16.20 (morning tea and lunch included)

Transport provided

Russian Big Day Out (4th Thursday of the month)

Monthly program that provides local Russian speaking residents the opportunity to enjoy day trips

Location: Various locations around the greater metropolitan area

Time: 9.30 am to 3.30 pm

Target: Older adults 65+

Fee: \$16.20 (morning tea and lunch included)

Transport provided

Friday

Friday Lunch & Games Club

Weekly program that provides Supported Residential Services (SRS) residents and people who are socially isolated with the opportunity to enjoy a meal and activities in a relaxed and social environment.

Location: Sol Green Recreational Centre

Time: 12.00 pm to 3.30 pm

Target: SRS Residents, residents who are socially isolated or have special needs

Fee: No charge

Frequency: Weekly

Transport can be provided

FLAG (Friday Leisurely Arts Group)

Weekly arts based program for people who may be experiencing social isolation or Mental health issues

Location: Sol Green Recreational Centre

Time: 1.30 pm to 3.00 pm

Target: SRS Residents, residents who are socially isolated or have special needs.

Fee: No charge

Frequency: Weekly

Transport can be provided

Tai Chi

Weekly program that provides local residents an opportunity to participate in a gentle modified Tai Chi class especially designed for seniors.

Time: 10.30 am – 11.30 am

Target: 55+

Fee: \$6.20

Frequency: Weekly

Limited transport available

Multicultural Social Club

Weekly drop in group for Multicultural seniors

Activities include cards, music, chess, backgammon, dominos, knitting, mah-jong, bingo, movies, arts and crafts.

Location: Cora Graves Centre

Time: 1.00 pm to 3.00 pm (afternoon tea provided)

Target: Older multicultural adults 65+

Fee: No charge

Frequency: Weekly

Limited transport available

Friday Monthly

High Needs Outing

A monthly program that provides local residents with higher needs the opportunity to enjoy a social lunch out

Location: Out and around City of Port Phillip and greater Melbourne

Time: 10.00 am to 2.00 pm

Target: Older people 65+ with high needs

Fee: \$16.20 (includes lunch)

Frequency: 4th Friday each month

Transport provided

[How to access Social Inclusion services for Aged 65 years & over](#)

New clients aged 65 years & over who are wanting to access services provided by City of Port Phillip Social Inclusion program will need to contact **My Aged Care 1800 200 422** for an initial phone assessment

If you are contacting My Aged Care directly make sure you tell them that you want your referral for City of Port Phillip Social Support services as your preferred supplier.

The Australian Government's My Aged Care phone line and website can help you access services & find information for yourself or family member, friend or someone you are caring for to receive aged care services.

[How to access Social Inclusion services if Aged under 65 years](#)

City of Port Phillip Social Inclusion also provides limited services for people under the age of 65 if they meet the following criteria.

- Frailty, chronic ill-health, injury or the ageing process have limited opportunities for Social Inclusion
- Have a physical, intellectual or psychiatric disability and are not registered on or receiving services through the National Disability Insurance scheme
- On a low income
- Living at home, in rental accommodation, living with family, in a boarding house or special accommodation.
- Have a temporary medical condition and may require service for a short period of time.

For more information please contact Social Inclusion on 9209 6738.

Further Information

Community Transport Service

The City of Port Phillip's Community Transport Service is a free travel service that operates Monday to Friday (excluding public holidays).



The service aims to keep residents who find it difficult accessing existing public transport, active and connected. The service stops at a range of locations including libraries, community centres, health centres and shopping precincts. The Community Transport Service connects St Kilda to Port Melbourne using two fully accessible buses.

Cora Graves Centre

The City of Port Phillip's Cora Graves Centre is a lovely light open space that is available for local services, businesses and community groups to hire. The Centre also has kitchen and BBQ facilities. Hire charges are available on request.

For more information or bookings, please contact:

Social Inclusion Team, Cora Graves Centre

38 Blessington Street, St Kilda

☎ 9209 6738 📠 9525 4763

💻 Tracey McAlpine: tmcalpin@portphillip.vic.gov.au

Office hours: Monday to Friday 8.30 am to 4.30 pm

Rainbow Tick

The Access and Ageing department has been awarded the Rainbow Tick, an accreditation developed by Gay and Lesbian Health Victoria (GLHV) in consultation with and overseen by the Quality Innovation Performance (QIP) organisation. This accreditation against Australian standards recognises inclusive health and human services in Australia for people who identify as gay, lesbian, bisexual, transgender and intersex (GLBTI).

