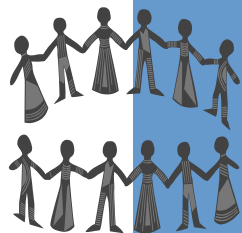


## Social Support

A program that helps you with those little things that can make life a whole lot easier.

Social Support:

- Offers assistance and support in doing the everyday tasks that make living at home easier, safer and keeps people in their own homes longer.
- Minimises isolation & allows people to participate in community life
- Facilitates social contacts & development of friendships



**Interpreter Service**

**131 450**

**Advocacy contact**

**1800 657 961**

**Disability and Aged  
Information Service**

**1800 800 340**

**Commonwealth Carer  
Respite Centre**

**1800 052 222**

**1800 059 059**

PO Box 51  
MURWILLUMBAH NSW 2484

Phone

Dungay: 02 6672 0900

Kingscliff: 02 6674 2267

Fax: 02 6674 2019

Email: [raetownend@tvrs.org.au](mailto:raetownend@tvrs.org.au)

**Tweed Valley Respite Service Inc.**

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**Dungay: 02 6672 0900  
Kingscliff: 02 6674 2267**

# Social Support



## What is Social Support ?

### The Social Support Program offers:

- Visitation . providing companionship and support (chat & a cuppa). Drop in visits to make sure you are O.K.
- Practical Assistance . reading the newspaper, mail, filling in forms or help writing a letter
- Transport . shopping, social groups and events, visits to nursing homes, hospitals, medical appointments when Community Transport are unable to take you.
- Household Tasks . simple tasks from changing light globes, basic gardening to hanging a picture or putting the clothes on the line
- Social Groups . planned picnics and outings with others in a similar situation

### Who can use the service ?

The Social Support Service is provided for people living in the Tweed Shire who are frail aged, have a disability & the carers of both. People from linguistically and culturally diverse backgrounds, Aboriginal & Torres Strait Islanders, people who are financially disadvantaged, people living in remote locations and/or who are socially isolated are welcomed.

### Who will help you ?

People requiring assistance will be linked with a volunteer to provide help in your own home or assist you into the community. A TVRS staff member will visit with you and discuss your requirements then match you with a suitable helper.

### What is the Cost ?

Clients will be asked to make a voluntary gold coin donation for the service.

Volunteers are reimbursed for out of pocket expenses from TVRS Inc.

### How do I get help ?

The phone numbers below are for Tweed Valley Respite Cottage.

The Social Support Team Leader will get your details and make a time to meet with you to tell you about the program and determine the tasks that would benefit you.

All volunteers have been screened, have insurance cover and are given ongoing training & support

### Contact:

**RAE TOWNEND**

**Team Leader**

**Social Support**

**Tweed Valley Respite Service Inc.**

**PO Box 51  
MURWILLUMBAH NSW 2484**

**Phone**

**Dungay: 02 6672 0900**

**Kingscliff: 02 6674 2267**

**Fax: 02 6674 2019**

**Email: raetownend@tvrs.org.au**