



**FREE
PROGRAM**
FOR PORT MACQUARIE-
HASTINGS COMMUNITY

HEALTHY ME, HEALTHY COMMUNITY

A SOCIAL CONNECTION PROGRAM LINKING YOU TO
LOCAL ACTIVITIES AND INFORMATION, HELPING YOU TO
BE HAPPIER, HEALTHIER AND BETTER-CONNECTED!

HEALTHY
NORTH COAST

phn
NORTH COAST
An Australian Government Initiative

 **feros care**
GROW BOLD

This program is funded by Healthy North Coast through the North Coast PHN program and is delivered by Feros Care.

WHAT IS HEALTHY ME, HEALTHY COMMUNITY?

Healthy Me, Healthy Community is a free initiative in the Port Macquarie-Hastings region that encourages and empowers you to engage or re-engage with social activities of your choosing.

We want to know what matters to you and help you to find and engage with local activities you're interested in!

We are here to support you to achieve your goals to increase your social connections and improve your connection with the community, so you feel happier and healthier!

Your Wellbeing Coach is a local expert and has the skills and knowledge to help you find and connect with information and activities you are interested in.

Best of all, the program is funded by Healthy North Coast through the North Coast PHN program and is delivered by Feros Care, **free of charge for you!**

HOW DOES HEALTHY ME, HEALTHY COMMUNITY WORK?



HOW MUCH DOES IT COST?

This program is funded by Healthy North Coast through the North Coast PHN program, and is delivered by Feros Care, and therefore free and of no charge to participants in the Port Macquarie-Hastings region.

Costs associated with participating in social groups, community or physical activities and services of your choosing are your responsibility.

IS HEALTHY ME, HEALTHY COMMUNITY FOR ME?

Would you like to...

- **Learn about local activities in your community, and get help connecting to them?**
- **Do things that interest you with others in your community?**
- **Meet new people in your local community?**
- **Explore volunteering opportunities?**

If you've answered yes to any of the above, and you are 18 years of age and residing in the Port Macquarie-Hastings region, this program could be the perfect fit for you.

Healthy Me, Healthy Community is not a mental health program and does not provide mental health intervention. If you require mental health or other support options outside of social connection, please speak with your GP, and/or visit or phone:

Emergency services on 000

Lifeline on 13 11 14

Beyond Blue on 1300 224 636

Mental Health Line on 1800 011 511



TELL ME MORE ABOUT 'SOCIAL PRESCRIBING'?

At Feros Care, we're experts in what's often referred to as the 'social prescribing' approach. We've been asking 'what matters to you?' rather than 'what's the matter with you?' for over 30 years.

This is because, at every age, each one of us has unique social needs that underpin our health and wellbeing, research shows that loneliness and isolation can lead to poorer health outcomes.

By looking at every aspect of a person's life, we help tackle this by providing support, opportunities, and know-how for people to create meaningful connections in their community.

A social prescription involves increasing your social and community connection as a pathway to improved health. It advocates to increase your community engagement and social interaction through activities you're interested in, like volunteering, joining social groups, participating in arts and culture, or engaging in environmental or physical pursuits. These activities address aspects of life that may be lacking, impacting your overall health and wellbeing.

HOW COULD THIS PROGRAM HELP ME?

At Feros Care, our aim is to support people to live people live happier, healthier and better-connected lives, and that's what this program is here to do.



Humans are social creatures that need social connection to thrive. Social prescribing has been shown to improve social confidence, physical and mental wellbeing, sense of purpose and health self management.



Social connections are one of the best protectors of good health, both mentally and physically. But often social connection is not prioritised in people's lives



Social Prescribing has been proven to increase confidence and physical and mental wellbeing.

HOW CAN I SIGN UP FOR THE PROGRAM IF I THINK IT WOULD HELP ME?

If you feel that this program is a good fit for you, or someone you know, please call **1300 987 215**, email hmhc@feroscare.com.au, visit feroscare.com.au/healthyme or scan the **QR code** below.



HOW TO USE A QR CODE

1. Open the camera on your phone.
2. Point the camera at the QR code.
3. In a few seconds a small banner will appear.
4. Tap the banner on your phone screen.

Your General Practitioner (GP), pharmacist, aged care service provider or other health professional can also refer you to this program. If they need more information they can visit feroscare.com.au/healthyme

"I've become rather shy over the last two years due to COVID-19, cooped up at home. It's really no good for my mental health. Feros Care has really brought me out and given me more confidence to get back to the things I love."

SONIA, SOCIAL PRESCRIBING PROGRAM PARTICIPANT



START BUILDING YOUR COMMUNITY CONNECTIONS TODAY

Call 1300 987 215 or visit feroscare.com.au/healthyme

WHY FEROS CARE?

We're Feros Care. And what we care most about is helping people live happier, healthier, better-connected lives. For over 30 years, we've been making it happen, both for older Australians and people living with disability.

Our aged care and disability support services can help in many ways, whether it's through home care, residential and respite care, clever technology to make life easier, assistance in accessing community activities, coordination of local NDIS services, or one of our growing number of allied health and wellness solutions.

As an organisation, we pride ourselves on innovation. We anticipate the future and set ourselves ambitious goals so that we can not only meet customer and client needs but exceed all expectations.



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