



FREE PROGRAM
FOR PORT MACQUARIE RESIDENTS

HEALTHY ME, HEALTHY COMMUNITY

A 15-WEEK SOCIAL CONNECTION PROGRAM, HELPING YOU TO BE HAPPIER, HEALTHIER AND BETTER-CONNECTED



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 15-week social support program designed to support, encourage, and empower you to engage or re-engage with social connection and activities of your choosing.

If you've been feeling a bit down, lonely, lost, or isolated, this is the perfect program to get you back into doing what you love.

It's all based on the 'social prescribing' approach. Think of it as a prescription for our social lives: a way of getting involved with things that have a positive impact on your health and wellbeing, such as volunteering, social groups, arts, cultural events and exercise.

A Wellbeing Coach will work directly with you to understand why you're feeling the way you are and what social connections you are missing. Instead of asking "what's the matter with you?" they ask, "what matters **to** you?"

They'll then develop a social plan with you, linking you to networks and support in your community along the way.

Best of all, the program is funded by Healthy North Coast through the North Coast PHN program and is delivered by Ferros 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 region.

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

AM I ELIGIBLE?

You may like to ask yourself...

- **Do I want to feel more connected to my community?**
- **Would I like to meet new friends, participate in community activities, and learn new skills?**
- **Do I want to feel more confident?**
- **Would I be interested in volunteering and helping others?**

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

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. When socially unfulfilled, we often become unwell; research shows that loneliness and isolation lead to anxiety, depression and chronic disease.

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

A social prescription also contains recommended ways back to good health and might incorporate community, social and physical activities that might otherwise be missing from your life. It's just like when we are physically unwell, and a health professional recommends medications that will help us recover.

HOW COULD THIS PROGRAM HELP ME?

At Feros Care, we are all about helping people live healthier, happier and better-connected lives, and that's what this program is here to do.



Social connections are the greatest protector against mortality. But as individuals, we rank them the least important.



Social prescribing can reduce chronic disease and depression behaviour, reliance on medication and substance abuse.



Social prescribing has been proven to improve social confidence, physical and mental wellbeing, sense of purpose and health self management.

"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

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

If you feel that this program would help 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



**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 healthier, happier, 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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