



NEIGHBOUR DAY

THE COMMUNITY YOU WANT STARTS
AT YOUR FRONT DOOR™

#NeighbourDay

GREATER
SHEPPARTON



BENEFITS AND TIPS FOR GETTING TO KNOW YOUR NEIGHBOURS

Getting to know the people who live in our neighbourhood is so much more than simply having someone close by to borrow a cup of sugar from, although this can be handy too! Living in a well-connected, happy and inclusive community helps prevent loneliness and isolation, improves quality of life and can even help discourage criminal activity.

Getting to know your neighbours better can be as simple as:

- inviting them around for a cuppa
- Introducing yourself – you may have a neighbour you have never met, or someone new may have recently moved to the area
- Offering your support or help – you might be able to look after a pet or collect the mail while they are away
- Simply say ‘hello’ if you see your neighbour out and about while collecting the mail or going for a walk

CONNECTING WITH YOUR NEIGHBOURS FOR SAFETY

- Trusted neighbours can keep an eye on your home for unusual activities
- Collect your mail if you’re out of town
- Take out your garbage bins and put them back if you are out of town or unwell
- Someone close to phone if you have fallen or hurt yourself
- You could set up a signal with your neighbours to let them know you’re ok each day, such as opening the curtains at a certain time of the morning
- Exchange numbers with trusted neighbours and keep them in a safe place like on the fridge for easy access

KEEPING YOURSELF SAFE WHILE STILL BEING A GOOD NEIGHBOUR

It's true that being connected to our neighbours can help us feel safe in our community, however it is important to be aware of certain risks, and not open yourself up to difficult situations.

Some tips on staying safe include:

- Don't ever feel obliged to invite a stranger into your home. If you have a security door make sure it is kept locked so you can have a conversation without opening the door if unsure
- If you are planning on visiting a neighbour or going out, tell a trusted friend or family member where you are going
- Financial information should be kept private – being neighbourly does not require any financial transactions and you should always be cautious if someone is wanting to know your personal information
- Try not to offer to do anything for a neighbour you wouldn't do for yourself. If a favour is too great for you to achieve it's best to put your safety first



Did you know?

Need groceries home delivered? See page 10.

for a list of local supermarkets that offer home delivery in your area!

Get out and about in the community

Community Meals Program

The Community Meals Program offers a 'home cooked' meal at a community based location, providing clients with a pleasant alternative to a home delivered meal.

Participants of all nationalities are able to meet in a friendly environment to renew past friendships and create new ones. Community meals are held at various locations such as Community Houses and Senior Citizens Centres.

The following lunch programs are currently available:

Town **Shepparton**
Day Wednesdays
Location Meet at Senior Citizens – Welsford Street Shepparton
 Dining Vouchers provided for local dining options
Transport Client's own transport

Town **Tatura**
Day Wednesdays
Location Senior Citizens – Flanagan Place
Dining Prepared and delivered by Mi Kitchen
Transport Clients own transport

Town **Mooroopna**
Day Mondays and Thursdays
Location Community House – Treacy Street
Dining Prepared and served by Community House Volunteers
Transport Community Transport.
Phone: 03 5831 8515

For more information please call **Greater Shepparton City Council** on **03 5832 9700**

PUFF WALKING PROGRAM

Walking is a great way to keep fit, and is beneficial to your physical and mental health. The PuFF Walking Group is a fun and brilliant way to meet new people, network, socialise, or walk with friends, keeping you out and active.

The PuFF program has been designed as a fun fitness program. To be eligible you need to be 65 and over, or on a Disability Support Pension. This must be accepted by a qualified medical practitioner. Once you contact Council, a PuFF information kit will be sent to you. All you need to do is complete the medical check-list and visit a General Practitioner for an assessment. Once the assessment has been approved

you will be notified by letter and provided with contact details to obtain your attendance dates and times.

Sessions are conducted in a group atmosphere and take approximately 45 minutes. A qualified fitness instructor will help guide the walk, ensuring it is suitable for all walking levels.

At the conclusion of the walk you will have the opportunity for a chat. There is a café available if you would like to purchase a cuppa, cold drink or a snack.

For more information please call **Greater Shepparton City Council** on **03 5832 9700**



Did you know?

Older adults who participate in social activities enjoy better physical and mental health and greater independence.



SOCIAL CONNECTIONS GROUP

What do Social Connection Groups involve?

- The opportunity to join in activities to enhance daily living skills
- The groups create the opportunity for companionship and new friendships
- To create a balance between social, intellectual and physical activities.
- The opportunity to participate in activities using past life experiences.
- To have fun in planning activities that will help maintain skills such as hand/eye coordination
- Social Connection Groups encourage Positive Ageing

How do I join a Social Connections Group?

An assessment visit is conducted by a skilled Program Leader who is sensitive to the varying needs of people who require assistance. The program leader conducting the assessment will provide

information, advice and assistance about services provided by Council and by other community organisations in the Greater Shepparton area.

The Program Leader will:

- Ensure available services meet your needs
- Be your point of contact at Council should you have any concerns about your services or if you require further assistance
- Refer you to other agencies as required, with your permission
- An assessment is not a guarantee of services

For more information please call **Greater Shepparton City Council** on **03 5832 9700**



Did you know?

Making new connections can be hard. Start small and do something within your comfort zone like making contact with a friend or relative for a chat once a week.

GETTING OUT AND ABOUT IN A MOTORISED SCOOTER

Do you have a motorised scooter to help you get around in the community? There are numerous locations in Shepparton that offer charging facilities including the following:

Location Aquamoves
Address Tom Collins Drive, Shepparton

Location Shepparton Library
Address 41 Marungi Street

Location Shepparton Art Museum
Address 90 Welsford Street, Shepparton

Location North Shepparton Learning Community and Learning Centre
Address 10/4 Parkside Dve, Shepparton

Location Shepparton Eastbank Centre
Address 90 Welsford Street, Shepparton

Location Shepparton Senior Citizens
Address 132 Welsford St, Shepparton

Location Shepparton Sports Stadium
Address Numurkah Road, Shepparton

Location Shepparton Tower Arcade
Address Maude Street Mall, Shepparton

Location Mooroopna Hub
Address Alexandra Street, Mooroopna



Do you live in Murchison?

CATCH THE COMMUNITY BUS FROM MURCHISON TO SHEPPARTON

The bus drops off/picks up at the Coles – Vaughan Street Shepparton Precinct and Shepparton Marketplace – Benalla Road Shepparton or at a point arranged at the time of booking. Drop off and pick up from medical appointments in this time is possible.

The bus is for everyone who would like to go from Murchison to Shepparton – appointments, groceries, shopping, see a movie, visit hairdressers, get your nails done, enjoy a meal, meet a friend – you decide!

When: Thursdays

Where: Departs from Murchison Neighbourhood House – 23 Impey Street (Next to the Doctors)

Time: Departs 9.00am sharp – Return to Murchison 12:30pm (approx.9.30am-12.00pm in Shepparton)

Cost: \$5.00 per person

**PLEASE NOTE: BOOKINGS
ARE ESSENTIAL AS SEATS ARE
LIMITED – PH: 5826 2373**

Meals on Wheels

Meals on Wheels are cooked fresh and delivered hot and ready to eat every day of the year in Greater Shepparton. A three course meal is provided to each client and they receive a quarterly menu offering them the choice of four main meals and three desserts along with soup and an optional juice.

There are seven week day runs in Shepparton, two in Mooroopna and one in Tatura delivering approx 100 meals per day by Council's 250+ valued Meals on Wheels volunteers. Meals are also delivered on the weekends to clients in Shepparton, Mooroopna and Tatura by a number of local Community Service Clubs and volunteers. Delivered meals are also available to clients in Murchison.

For more information please call
Greater Shepparton City Council
on **5832 9700**



Supermarkets that home deliver

IGA Friendly

Poplar Avenue, Shepparton
Ph. 5821 2211

Fishers IGA Supermarket

Walshe Street, Tatura
Ph. 5824 1141

IGA Supermarket and Bottle Shop

Numurkah Road, Shepparton
Ph. 5822 1555

Murchison Super Value Supermarket

Stephenson St, Murchison
Ph. 5826 2246

Foodworks Supermarket and Bottle Shop

24/28 Colliver Road, Shepparton
Ph. 5821 4158

Dookie General Store

Mary Street, Dookie
Ph 5828 6217

Branditt Avenue Supermarket and Bottle Shop

Branditt Avenue, Shepparton
Ph. 5821 2604

Karz Café

McLennan Street, Mooroopna
Ph. 5825 2453

Kings Family Foodworks Supermarket

Hogan Street, Tatura
Ph. 5824 1122

MI Kitchen

Shepparton
Ph. 5821 0577

Woolworths

Ph. 1800 000 610

** Terms and conditions apply to individual home delivery services.*

Please phone relevant supermarkets for further information

Useful contacts

Whether you're looking for support for yourself, a family member or friend, there are lots of organisations and support services that can help.

My Aged Care

My Aged Care can be contacted on www.myagedcare.gov.au or **1800 200 422** (for clients over the age of 65). Aged care in Australia is changing, making it easier for you to stay independent and living in your own home, close to your loved ones, and connected to your community. The changes increase your choice and flexibility to get the right aged care services for you.

The new Commonwealth Home Support Programme is among the changes and My Aged Care is an Australian Government service that can provide information on local aged care services, and advice on how to be active and healthy.

Age Care Assessment Service (ACAS)

ACAS assist older Victorians and their carers to identify care that best meets their needs – Phone **5823 6000**.



CONTACT US

Business hours: 8.15am to 5pm weekdays

In person: 90 Welsford Street, Shepparton

Mail: Locked Bag 1000, Shepparton, VIC, 3632

Phone: (03) 5832 9700

SMS: 0427 767 846

Fax: (03) 5831 1987

Email: council@shepparton.vic.gov.au

Web: www.greatershepparton.com.au

Join the conversation:    