

Peppercorn Services offers practical support for seniors

- **Community transport** provides a door to door transport service connecting the Hawkesbury;
- **Community meals** where you can share a meal with friends at a local community centre, club or restaurant; and
- **Community social support** for Hawkesbury seniors to participate in social outings to local attractions and shows.

**Talk to our team today
to find out more**

4504 7055

*Please note that the services listed above
are available to residents of the Hawkesbury
only – funding conditions apply*



Peppercorn

BRINGING THE HAWKESBURY TOGETHER

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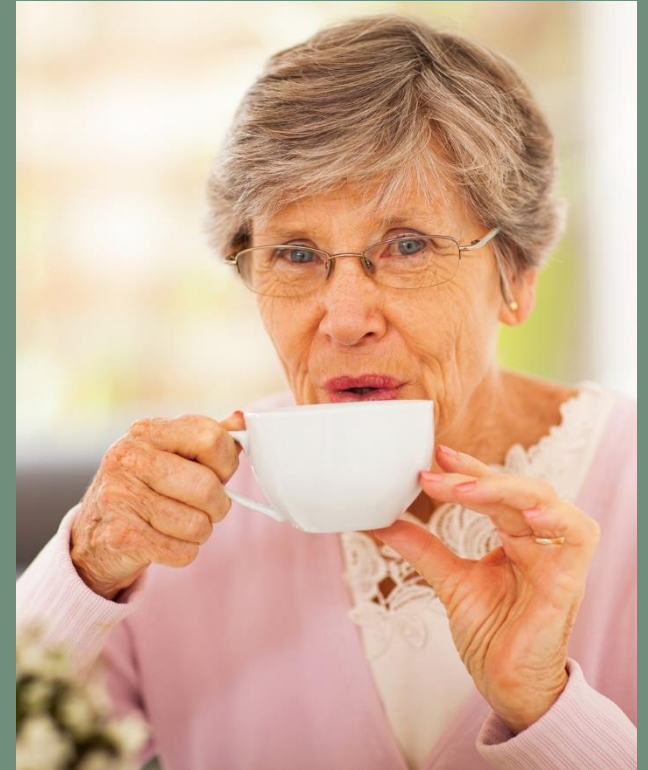


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This program is funded and supported by the Commonwealth Government Department of Social Services. The material contained in this brochure does not necessarily represent the views or policies of the Commonwealth or State Governments, or of Hawkesbury City Council.

Peppercorn Seniors Community Meals



BRINGING THE HAWKESBURY TOGETHER

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BRINGING THE HAWKESBURY TOGETHER

Peppercorn Seniors Community Meals

Peppercorn Seniors Community Meals gives you an opportunity to get out and enjoy a meal with new-found friends at a local club or restaurant, and other venues.

Is this service for me?

Peppercorn Seniors Community Meals is available at subsidised cost for people who are part of the Commonwealth Home Support Program.

You must be over 65 or be an Aboriginal and Torres Strait Island person aged over 50, and you have been assessed by My Aged Care as needing assistance with daily living.

Talk to our team today to find out more.

How much does it cost?

You will be asked to contribute \$10 for your meal. We are required under our Government contracts to ask you to contribute to the cost of your meal.

Your meal is subsidised. Your contribution helps Peppercorn ensure that your service meets quality and safety standards.



**Call My Aged Care
today
1800 200 422**

How do I get there?

Peppercorn Community Transport can pick you up from your home, bring you to the meal venue, and take you home.

This will cost just \$10 for your transport round-trip.

If you are still able to drive, and don't need community transport, just come along to the venue and join the group.

You can also join in with other seniors' activities and social outings.

Be part of a Seniors group

Be part of an activity just for seniors at HLLC.

- **Health & Leisure to You** – social support and activities supporting people with dementia.
- **Seniors Exercise** - enjoy light paced activities to improve your mobility, posture and strength.
- **Knitting & Social** – knit, purl, have a good yarn!
- **Informal Men's Social Group** - play a game of chess or cards, or just have a cuppa and a chat

**For more information,
call our team today**

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