

Name of service	Purpose of the service	Patient eligibility	When to refer in the patient's journey	How to refer
ACON - Love Project	<ul style="list-style-type: none"> • Healthy ageing information • Events and activities • Sharing stories and experiences • Make new friends • Finding LGBTQ welcoming services 	Older LGBTIQ+ (not restricted to specific age)	Any point	<p>Self or with support: https://www.loveproject.org.au/</p> <p>See also: https://www.acon.org.au/what-we-are-here-for/ageing/</p>
Community Visitors Scheme	The Community Visitors Scheme connects people who wish to volunteer with an older person that may be experiencing isolation and who would benefit by the companionship of a regular visitor.	Receiving a Home Care Package or living in an Aged Care Home	Any point	<p>Self or with support: https://communityvisitorscheme.com.au</p>
Sydney Community Services/ CALD communities	Social Support Program CALD communities aims to facilitate social inclusion of older people or younger people with disability. In consultation with community leaders, we design and facilitate a range of social activities which aim to support, promote and enhance the independence, quality of life and well-being.	CALD older person, or younger people with disability		<p>Self or with support: https://www.sydneycs.org/services-for-seniors/culturally-and-linguistically-diverse-communities/</p>
Crows Nest Community Centre	<p>At the Crows Nest Centre, our services and activities are designed to help you continue to live independently, improve your health and wellbeing, and expand your social network.</p> <p>Our vibrant and bustling community centre is a great place to enjoy a meal join in fun activities and make new friends.</p> <p>We can also help you at home with services like meals on wheels, changing bed linen and assistance with shopping.</p>			<p>Self or with Support: https://www.crowsnestcentre.org.au/services/section/older-people/</p>
Seniors Services Guide	Directory of local groups from everything from walking groups, citizen science & pet care for socially isolated people.	Older people living in our community	Any point	<p>https://www.seniorservicesguide.com.au/list/Activities/australia/nsw/north+sydney+council+lg/north+sydney</p>
GP Social Work	Delivered by PCCS and CCNB, this service provides social work support to GPs in the prevention of hospital admission or readmission, assessing and addressing psychosocial needs and issues. Providing referral and linkage with appropriate services.	People living with high and or complex care needs.		<p>Referral must be made by a GP – forms linked below.</p> <p>CCNB - https://sydneynorthhealth-network.org.au/wp-content/uploads/2016/08/CCNB-Referral-form.docx</p> <p>PCCS - https://sydneynorthhealth-network.org.au/wp-content/uploads/2016/08/GP-Social-Work-Connect-Referral-Form.pdf</p>

Social Isolation for Older People

Head to Health	Head to Health provides mental health support to those in need and will connect people to the appropriate support or service.	All ages, clients experiencing mental health or addiction.	Any point	Call 1800 595 212 or access a mental health hub in the Sydney North region. For more details https://sydneynorthhealthnetwork.org.au/head-to-health-pop-up/#1630642393758-a0149f6b-7dce
Open Support	The Community Connections Program is a no cost program which provides social support to individuals who are experiencing loneliness and isolation in our communities. Individuals are supported to establish and maintain meaningful social connections with community, leading to reduced social isolation and increased wellbeing.	People residing in Sydney	Any point	Open Support: 02 8382 6430
Healthy Living for Seniors Chatswood	Day program for Seniors funded under the Commonwealth Home Support Program or you have the option to pay privately. Activities include: learn a new skill like painting, or keep fit and active with tai chi, line dancing or an exercise program	For Seniors living in the Northern Sydney Area		1800 486 484 www.uniting.org
Northern Sydney Chinese Aged Day Care Centre (Lower North Shore)	Day centres for frail aged Chinese people at Chatswood (also Pennant Hills and Hornsby).			www.acca.org.au/drupal/
GWC Community Services - Northern Sydney Greek Social Support Group	Provides a range of services for people from diverse cultural and linguistic backgrounds with services located in the Sydney Metropolitan, Illawarra and Hunter regions - contact the Central Office for further details.			02 9516 2188 www.gwccs.org.au
Seek volunteer Website	Australia's largest volunteer website			www.volunteer.com.au
Hornsby Village Hub	A social connectedness program for seniors to support health and wellbeing in Hornsby.	Live or work in the Hornsby Local Government Area (LGA), are aged 55 years or over, or aged over 50 years for Aboriginal and/or Torres Strait Islander people	Any point	https://sydneynorthhealthnetwork.org.au/hornsby-village-hub/ Mobile: 0424 960 637 Email: villagehub@snhn.org.au Self: Membership Registration Form Referral: Social Prescribing (For Health Providers)
Ku-ring-gai Neighbourhood Centre (KNC)	Not for profit volunteer-based organisation which supports older people to remain at home independently. Their services include community seminars, health care, therapists, social groups, and wellness programs amongst a host of other special events.			02 9988 4966

Social Isolation for Older People

Women's Shed Hornsby Ku-ring-gai (WSHK)	WSHK works with individuals to relieve distress, identify opportunities for empowerment and realisation of personal goals.			https://www.wshk.org.au/about Email: info@wshk.org.au
Fusion Sydney North	Fusion works to see transformation in individual lives and the community through a wide range of local initiatives.			Phone: (02) 9477 1110 Email: sydneynorth@fusion.org.au Web: https://sydneynorth.fusion.org.au/
Waverton Hub	The Hub is an active ageing initiative seeking to make the community more age friendly. It is a member-driven organization being set up by residents for Waverton, Wollstonecraft, and nearby suburbs.			Web: www.wavertonhub.com.au Email: wavertonhub@gmail.com Phone: 9955 6279 (to leave a voice message) Mail address: 75 Bay Rd Waverton NSW 2060
Connected AU	Delivers meaningful programs designed to create real connection. Their mission is to help people feel seen, valued, and connected.			https://connectedau.com.au/
COTA NSW	COTA is committed to achieving a society where older people are respected, consulted, included, represented and heard. COTA is determined that their contributions are valued and that they have access to the opportunities other members of the community take for granted.			https://www.cotansw.com.au/
MindSpot Wellbeing Plus Course	Free, online, personalised mental health care with MindSpot			https://www.mindspot.org.au/?gclid=Cj0KCQjw48OaBhDWARIsAMd-966DOYVloMBgnfoYeGWwOkG7Q-orODQRCzrtuGFjMHnARB_17RINX-I13oaAIMmEALw_wcB
New Access Mental Health Coaching	NewAccess mental health coaching is a guided 6-session self-help program. It's designed to give you the skills to manage everyday life stresses such as work, study, relationships, health or loneliness. The program is confidential and free of charge to you.		No GP referral required	https://www.beyondblue.org.au/get-support/newaccess-mental-health-coaching
This Way Up	Tailored online programs are designed to teach you proven psychological skills to transform your thoughts, feelings, and behaviours so you can make a positive change in your life.			https://thiswayup.org.au/
WellMob	Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People			http://www.wellmob.org.au/