

Flexible care and services to maintain your chosen lifestyle



Contact us for more information and referral pathways:
Groups Coordinator (08) 8724 1251

www.boandik.org.au



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Boandik Community Care Groups

Social Groups

Social clubs for people living in the community.
Respite for carers.

Ascot Club

Activities

Activities are determined by the group
Common choices include:

- Bus outings around the local area
- Musical entertainment
- Guest speakers
- Indoor bowls and bocce
- Exercise programs
- Games to challenge the mind

Information

Morning tea, lunch and afternoon tea
Transport to and from group
Choice of Tuesday or Thursday
Contribution to cost

Kingston Social Group

Activities

Activities are determined by the group

Information

Meets fortnightly
Nominal contribution

Men's Groups

The Men's Groups are social groups designed to bring men together for activities of common interest.

Activities

Activities are determined by the group

Information

Mount Gambier: Meets fortnightly Wednesdays, 1-4pm
Padthaway: Meets fortnightly Thursdays, 1-3pm

All men's groups:

Have experienced staff
Can include transport to / from group
Include afternoon tea
Individuals will pay for activities they attend in the community
Require nominal contribution

Under 65s

These groups are for younger people with dementia or to suit the needs of the clients.



Connections

A group designed to provide social opportunities for people living with dementia and respite for carers.

Aims

Promote confidence and social skills
Maintain connections with the community
Create opportunities for social interactions
Encourage independence and wellbeing

Activities

The activities are determined by the group

Information

Meets Wednesdays
Experienced staff and volunteers
Transport to and from group
Morning tea
A fee applies

Survivors

A group supporting people caring for someone living with dementia.

Aims

Learning about dementia
Sharing stories and strategies with people who understand
Practical support, tips and resources
Emotional support

Information

Meets second Wednesday of month from 1-4pm
Experienced staff
Guest speakers
Afternoon tea

Parkinson's Support

A group for people living with Parkinson's Disease and their carers.

Aims

Share experiences
Discuss issues
Emotional support
Practical support, tips and resources

Activities

Activities are determined by the group
Common choices include:

- Information and educational sessions on Parkinson's Disease
- Guest speakers across broad range of topics
- Group discussions
- Social outings and events

Information

Meets the last Wednesday of month, 12-2pm
Bring your own lunch
Community room at the Mount Gambier RSL
Nominal contribution

