## PENINSULA SOCIAL CLUB () (S) (S) (S)

# Affordable, fun, local activities with door to door transport



- Everyone is welcome, there are no age restrictions
- Volunteer companions and drivers are here to help
- Suitable for all needs and fitness levels
- We can invoice your activity costs to a Home Care or Disability provider, just ask.
- Friendly reminder phone calls, SMS and emails
- If you need personal care, please bring along a family member, or support worker.





## AT PENINSULA SOCIAL CLUB (PSC), — WE BELIEVE THAT NOBODY WHO WANTS — COMPANY SHOULD BE WITHOUT IT.

## Our mission is to end social isolation and loneliness for Frankston and Mornington Peninsula residents.

Living alone is a major risk factor towards being lonely. According to the Australia Census 1 in 4 Australians are living alone (24%).

Research tells us that loneliness and social isolation is as harmful to our health as smoking 15 cigarettes a day, and it's even worse for us than obesity and physical inactivity!

Poor health, bereavement, retirement, or becoming a carer can increase our risk of loneliness and isolation.

Getting out of the house on a regular basis, meeting new friends over lunch, going on a social outing is much more important than we realise.

Pick up the phone, or email us today and chat with one of our friendly Social Connectors.

We always welcome new volunteers. To learn more about volunteer opportunities, please refer to page 4





## **ABOUT US**

Peninsula Social Club is an initiative of Peninsula Transport Assist (PTA).

PTA is a volunteer led community transport service with over 70 volunteer drivers who drive their own cars or PTA minibuses as a way to help people with their transport needs.

Our mission is to provide affordable, and accessible transport options for Frankston and the Mornington Peninsula residents.





## IMPORTANT INFORMATION

## **Booking is easy**

Just ring us on (03) 5971 5210 and tell us what activity/ event you'd like to attend.

Information we will need from you on booking: a contact and home address, an emergency contact person, and some basic information about walking aids and your overall health.

To confirm your activity booking you will need to pay in advance.

If you want to pay with your Home Care Package, please ask your Client Advisor or Case Manager to contact us.



## Pricing

We try to keep prices as low as possible. Trip fees are a flat rate of \$25 per person, which covers door to door return transport and our administration costs.

#### You will need to pay for your own meal costs, or ticket fees on the day. We will indicate these prices on our calendar.

Remember to bring along your Seniors Card and Carer Companion Card for event or venue discounts.

## Help on the day

Our volunteer drivers and companions are happy to provide basic assistance for example assisting you with your wheelie walker, taking a food order or guiding you to a restaurant seat. Volunteers are not trained to provide any personal care. You're encouraged and welcome to bring along a personal carer or family member to assist.

## Transport

Most transport for PSC outings is provided by minibus. We also have volunteers available who can drive you in their own cars, depending on where you live and your mobility needs.

## Wheelchair transport

Please note we don't have any wheelchair vehicles at this time. We are fundraising for some of these vehicles at the moment. We apologise for the delay.

## **Cancellation policy**

If we have to cancel an activity due to a lack of numbers or poor weather, you will be fully reimbursed.

We understand that you may need to cancel at times ie. due to poor health or medical appointments.

If you cancel within 48 hours we will do our best to fill your spot. If we cannot find a replacement, then you will be charged the full \$25 fee.

## **Activity Icons**

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Meal - a main meal is available

- Transport door to door transport provided
- Refreshments afternoon/morning tea available

## Entry tickets - entry or ticket prices included





## ACTIVITIES -

## **Monthly Luncheons**

Venues all have a warm, ambient atmosphere with good parking, are wheelchair friendly, with good quality affordable food and service. Most hotels/ restaurants have a seniors menu, costs for meals range from \$15.00 to \$40.00



## Lunch with Friends - Mornington

Mornington Hotel 1st Thursday of the Month | 12.00 - 2.00 pm 917 Nepean Hwy, Mornington

## **Lunch with Friends - Rosebud**

**Rosebud Hotel 2nd Thursday of the Month 12.00 - 2.00 pm** 1099 Point Nepean Rd, Rosebud

## **Lunch with Friends - Frankston**

Langwarrin Hotel 3rd Thursday of the Month | 12.00 - 2.00 pm 220 Cranbourne-Frankston Rd,

## **Lunch with Friends - Hastings**

Kings Creek Hotel 4th Thursday of the Month | 12.00 - 2.00 pm 1989 Frankston - Flinders Rd, Hastings



## Outings

## Pt Leo Estate

Tuesday 20th March | 10.30 am - 2.00 pm \$25 Transport PLUS \$10 Entry fee (pay on the day)

Escape to one of the Mornington Peninsula's most pristine locations. Immerse yourself in one of Australia's most comprehensive sculptural collections

Discover the Estate's wines at the Cellar Door and have a drink on the terrace. Soak in the spectacular views of the vineyard, pastoral land, Western Port Bay and Phillip Island.

We will stop off at the Red Hill Bakery for lunch, selection of meat pies, salads, frittatas and pastries at a reasonable price. You are welcome to bring your own lunch.







## Outings continued...

## **Coolart Homestead**

#### Tuesday 24th April | 10.30 am - 2.00 pm

\$25.00 Transport | Free entry - bring money for lunch



Visit the heritage listed Coolart Homestead for a picnic on the lawns. Explore the historic Coolart Mansion and surrounding gardens, as well as visit the nearby bird hide to view the wetlands and spot some native birdlife. We will stop off at a nice local cafe for lunch.

## **McClelland Sculpture Park and Gallery**

#### Tuesday 8th May | 11.00 - 2.00 pm

\$25.00 Transport Free entry - bring some money for lunch

Take a stroll around the unique outdoor sculpture collection of the McClelland Sculpture Park, with over 100 works by Australian artists displayed amongst beautiful forests and gardens. You can also take a look inside the three indoor gallery spaces, and sit down to lunch at the Gallery Café.



## **Tyabb Packing House Antiques**

#### **Saturday 26th May** | **11.00 - 2.00 pm** \$25.00 Transport

Free entry - bring some money for lunch

Wander through the huge range of antiques, old wares and vintage goods at one of the largest antique centres in Victoria, the Tyabb Packing House, and enjoy a delicious lunch at the café.

Menu prices range from \$17.00 - \$30.00



## **Frankly Sinatra**

**Friday 8th June 2017** | **10.30 am - 1.00 pm** Frankston Art Centre \$25.00 Transport, plus \$18.00 per tickets = \$43.00



Enjoy some music, good times and Frank Sinatra! Don't miss out on Frankly Sinatra at the Frankston Arts Centre, a tribute show featuring 22 of Ol' Blue Eyes' biggest hits, interwoven with a narration of Sinatra's incredible life story. Enjoy light refreshments before the show.





## **Morning Melodies**



## The New Atrium 10 Country Club Drive, Safety Beach \$22.00 for lunch & show

**Thursday March 8th** | **Variety Show,** 10.30 am arrive, show starts at 11.00 am Performer - Suzy Singer

Thursday April 12th | Hits of the 60's 10.30 am arrive, show starts at 11.00 am Performer - Phil Wall

Thursday May 10th | Dusty Springfield 10.30 am arrive, show starts at 11.00 am Performer - Lyndal Anderson

Thursday June 14th | Neil Diamond Show 10.30 am arrive, show starts at 11.00 am Performer - Alex Kyle

## The Sands

71 Hall Rd, Carrum Downs VIC \$14.00 show & single course lunch

**Friday March 16th** | **Cheek to Cheek** 10.30 am arrive, show starts at 11.00 am Duo most requested

Friday April 20th | Rob and Nadia 10.30 am arrive, show starts at 11.00 am Around the World,

**Friday May 19th Marceau Camille** 10.30 am arrive, show starts at 11.00 am Mr Versatile

Friday June 15th | Kingsely George 10.30 am arrive, show starts at 11.00 am Wonderful World





## **Singing for Wellness**

**Tuesdays from 11.30 am - 1.30 pm, fortnightly** Seawinds Hub 11a Allambi Street. Rosebud

A fun and therapeutic music group designed to improve memory and communication.

Ideal for people with Acquired Brain Injury, Parkinsons, Multiple Sclerosis and Stroke Survivors.



## VOLUNTEERING OPPORTUNITIES

## Driver

Volunteer driving is an easy and fun way to get involved in your local community. Join us and help tackle loneliness and social isolation on the Peninsula. Become a volunteer driver in your own car, drive our bus, or do both. Use your passion for helping others and contribute to a worthwhile cause

## To be a driver

- > You must be honest and reliable
- > Complete a police and medical check
- > Complete a driving assessment
- > Vehicle must be in good condition and fully insured
- > Be available on a regular basis to drive for PSC

### We provide

- > Training opportunities
- > Reimbursement for vehicle expenses
- > Reimbursement to cover meal costs



## **Social Connector**

If you are a people person, with great administration and organisational skills become a Peninsula Social Club Social Connector. You need a good eye for detail, be able to take bookings, payments and coordinate vehicle runs using our online platform.



Help to promote the PSC program and to recruit new members and new volunteers in the suburb/ community where you live. You will need to attend some PSC activities to ensure members are warmly welcomed, and the activity is well coordinated. Join our fun & dynamic team.

### To be a Connector

Identify exciting activities that people would enjoy going too.

- > You must have good people skills
- > Administrative skills
- > Complete a police check

### We provide

- > Flexibility, work from home or at our Baxter Offices.
- > 1:1 full training
- > Work experience
- > Reimbursement to cover meal costs

### **Benefits of Peninsula Social Club**

- > Keep active in your community
- > Give back to your local community.
- > Gain a sense of purpose
- Improved health and wellbeing through volunteering
- > Be part of a fun team









