



## Support to stay at home

## Free and low cost social activities and community services

### Greater Hobart and Southern Tasmania

Tasmania is one of the best places in the world to live. As a beautiful, clean island, a diverse environment, we are also famous for our friendly communities.

### Connect with Community – Connect with Information

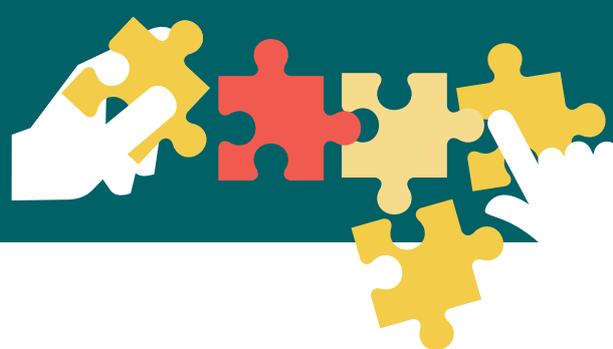
Here's a list of tips and contacts for information about local community activities and services. By making a few calls or getting some information from the internet, you can open up some opportunities to meet interesting people, learn new skills.

### TOP TIPS

- **Contact your Council** for local community services, activities local newspapers, events.
- **Go to your local LINC.** A great place to ask questions, to learn and to socialise. You can also keep up to date with the internet, digital world and computer literacy (see last page).
- **Pop into Mathers House** in Hobart when you are next in town. Lots of information, good people to talk to and a great timetable of events. A great place to have a nice lunch too.
- Look up **[www.findhelptas.com.au](http://www.findhelptas.com.au)** and click on older people for lots of local services.
- Lastly, the **[www.meetup.com/cities/au/hobart](http://www.meetup.com/cities/au/hobart)** website is a great way to connect with local interest and activity groups. If you don't have internet access, call or go the LINC.

There are many services, publications and activities with a special focus or interest on ageing. Some in the list are well known, and others will be new to you.

The list is cannot contain all the services in your area, but it's a start. If any sound interesting, please look up the website or, call them ask for information; ask what they do and what it costs.



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### Community Publications and Newsletters

<i>What's On In Positive Ageing?</i>	6234 1441	Quarterly Newsletter and Calendar of events for Mathers House (City of Hobart) <a href="http://www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing">www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing</a>
<i>Southern Midlands News</i>	6254 1308	Monthly local publication \$2 by subscription
<i>Hobart Observer</i>	6210 5210	Free Monthly Publication delivered to wider Hobart area <a href="http://www.hobartobserver.com.au">www.hobartobserver.com.au</a>
<i>The Senior</i>	6210 5210	(Quarterly) Now incorporated into the <i>Hobart Observer</i>
<i>Prime Times</i>	6210 5210	8 page lift out in the <i>Hobart Observer</i>
<i>Huon News</i>	6266 3104	Local weekly paper; many stories available online too <a href="http://www.huonnews.com">www.huonnews.com</a>
<i>Kingborough Chronicle</i>	6229 3655	Free, weekly local publication online and in many outlets
<i>Glenorchy Gazette</i>	6210 5201	Free monthly publication delivered to homes and businesses in Glenorchy <a href="http://www.glenorchygazette.com.au">www.glenorchygazette.com.au</a>
<i>Eastern Shore Sun</i>	6210 5201	<a href="http://www.easternshoresun.com.au">www.easternshoresun.com.au</a>

### Learn and Socialise

U3A	<a href="http://www.u3aonline.org.au">www.u3aonline.org.au</a>	University of The Third Age
U3A Hobart	The Phillip Smith Centre, 2 Edward Street, Glebe 6223 2817 for enrolment	Low cost classes, annual subscription
CHATS South	6282 1555	CHATS provides social support to older Tasmanians by participating and being included in activities, social engagement and community connections. <a href="http://www.chatstasmania.org.au">www.chatstasmania.org.au</a>
Mathers House & Criterion House	108 Bathurst St, Hobart 6234 1441 10am – 3pm weekdays	Community Space in the heart of Hobart. Meals, activities, socialising and education centre for older people (of course all ages are welcome). <a href="http://www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing">www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing</a>



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Still Gardening Program	6234 1441	Part of the services of Mathers House. <a href="http://www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing/Still-Gardening-Program">www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing/Still-Gardening-Program</a>
26TEN	1300 00 2610	Supporting people to build literacy and numeracy.
Eating with Friends	6228 65615 <a href="mailto:nht@nht.org.au">nht@nht.org.au</a>	Many locations across Tasmania. Eating With Friends is a social eating program. Bringing people together for a nutritious meal and help to make new friends. <a href="http://www.nht.org.au/projects/eating-with-friends">www.nht.org.au/projects/eating-with-friends</a>
LINC Information Education Home Lending and Delivery Service Find your local LINC		<p>“For library assistance, learning support, most queries. LINC’s are fantastic places to get local information, attend courses and there are free on-line access centres”</p> <p>LINC Tas provides a Home library service to clients who:</p> <ul style="list-style-type: none"> <li>• have an illness or disability which prevents visiting the library in person</li> <li>• cannot carry library items home</li> <li>• live in a nursing home, hospital or hostel or a supported accommodation house.</li> <li>• care full-time for someone physically unable to borrow library items</li> <li>• are children of, or cared by, someone physically unable to borrow library items</li> </ul> <p>LINC’s rely on volunteer couriers to support home library service clients. Where possible, couriers deliver to clients who live nearby. Contact your local LINC or library for more information (go to locations page.)</p> <p><a href="mailto:linc@education.tas.gov.au">linc@education.tas.gov.au</a> <a href="http://www.linc.tas.gov.au/locations">www.linc.tas.gov.au/locations</a></p>



## Support to stay at home

### Useful Services

Mathers House	6234 1441	Wide variety of events, classes and daily luncheons with a focus on Seniors. Formerly known as the 50s and Better Centre.
Kingborough Volunteer Program	6211 8200	Contact council for friendly home visits and outings with registered volunteers.
Community Transport Services Tasmania	6208 8500	Low cost transport with volunteer drivers – statewide service.
Council – Community Services		On the next page see Council lists. Ask for Community Services area.
Community and Neighbourhood Houses Multi purpose health centres		On the next page see Council lists. Locations in rural and remote areas.
Migrant Resource Centre	6221 0999	Wide range of services to people with backgrounds who speak other languages and from culturally diverse backgrounds.
Phoenix Centre	6221 0999	Special support for people who have fled from war to safety in Australia.
Carers Tasmania	1800 242 636 6231 5507	Statewide information and support service for unpaid carers.
Multicultural Council of Tasmania	6285 9907	Has information and contacts for various cultural community groups.
Kickstart Arts Creative Exchange	6228 0611	NEWTOWN “Classes in everything”.
National Dementia Helpline	1800 100 500	Dementia information and support for people with dementia.
Men’s Sheds	1300 550 009	There are many all over Tasmania. You can contact your Council too.
ILC Independent Living centre	1300 885 886 6334 5899	State wide Information Service – Education/ Advice about Living Aids. Showroom in Launceston.
Various RSL clubs	6242 8900	Veterans welfare supports and many community clubs. <a href="http://www.rsltas.org.au">www.rsltas.org.au</a>
South Hobart Living Arts Centre Mt Stuart Open Door Program Art Classes, Local Clubs, Walking Groups	408 Macquarie St, South Hobart 0428 603 299 6234 1441	Program listed in the <i>What’s On?</i> Contact your council.



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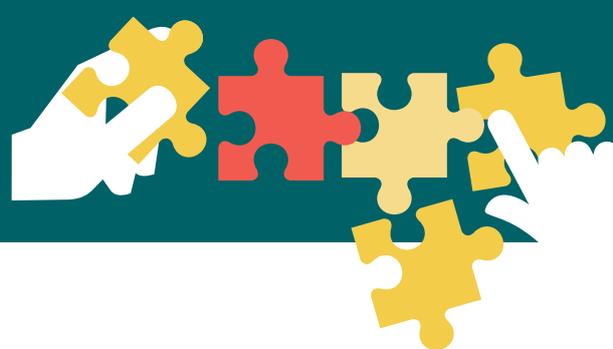
### Other Information

My Aged Care	1800 200 422	The gateway to subsidised aged care services – Australian Government
Department of Health and Human Services	1300 135 513	(Tasmanian Health Services)
Aged Care Complaints Commissioner	1800 550 552	<a href="http://agedcarecomplaints.gov.au">agedcarecomplaints.gov.au</a>
COTA Tasmania	03 6231 3265	Advances the rights, interests and futures of older Australians. Peak Body and Advocacy organisation.
Advocacy Tasmania	1800 005 131	Provides individual Advocacy Services for people with a disability, older people, people with mental illness and people who use alcohol or other drugs. Support for people with issues they can't resolve with National Disability Insurance Scheme.
Elder Abuse – ADVOCACY Support and Advice	1800 441 169	Support and Information for people impacted with Elder abuse.
Legal Aid Tasmania Hobart	6236 3800	Free legal support for low income earners.
Women's Legal Service	1800 682 468	Legal Telephone Advice Line
Hobart Legal Service	6223 2500	Hobart
	6263 4755	Bridgewater
	6265 1911	Sorell

### COUNCILS

### PHONE

Brighton Council	6268 7000
Clarence, City of	6217 9500
Derwent Valley Council	6261 8500
Glamorgan Spring Bay Council	6256 4777
Glenorchy City Council	6216 6800
Hobart, City of	6238 2711
Huon Valley Council	6264 0300
Kingborough Council	6211 8200
Sorell Council	6269 0000
Southern Midlands Council	6254 5000
Tasman Council	6250 9200



## Support to stay at home

LINC	Street	Suburb	Postcode	Phone	Email
<b>Tasmania</b>					
Bridgewater LINC	Green Point Rd	Bridgewater	7030	(03) 6165 5446	bridgewater.linc@education.tas.gov.au
Burnie LINC	30 Alexander St	Burnie	7320	(03) 6477 7400	burnie.linc@education.tas.gov.au
Devonport LINC	21 Oldaker St	Devonport	7310	(03) 6478 4230	devonport.linc@education.tas.gov.au
George Town Community Hub	12 Elizabeth St	George Town	7253	(03) 6702 6090	george.town.hub@education.tas.gov.au
Glenorchy LINC	4 Terry St	Glenorchy	7010	(03) 6165 5493	glenorchy.linc@education.tas.gov.au
Hobart LINC	91 Murray St	Hobart	7000	(03) 6165 5597	hobart.linc@education.tas.gov.au
Huon LINC	1 Skinner Drive	Huonville	7109	(03) 6121 7010	huon.linc@education.tas.gov.au
Kingston LINC	11 Hutchins St	Kingston	7050	(03) 6165 6208	kingston.linc@education.tas.gov.au
Launceston LINC	71 Civic Square	Launceston	7250	(03) 6777 2446	launceston.linc@education.tas.gov.au
Rosny LINC	Bligh St	Rosny	7018	(03) 6165 6448	rosny.linc@education.tas.gov.au
Scottsdale LINC	51 King St	Scottsdale	7260	(03) 6778 8586	scottsdale.linc@education.tas.gov.au
West Coast Community Hub	9-13 Diffield St	Queenstown	7467	(03) 6495 1530	westcoasthub@education.tas.gov.au



Australian Government



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 'Westella' 181 Elizabeth St  
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