



Commonwealth Home Support Programme
Social Support Event Calendar

AUGUST 2025

MON	TUES	WEDS	THURS	FRI
				1 ROSEVILLE MOVIE AND LUNCH “FOUR LETTERS OF LOVE” 12 noon ONLINE YOGA 2pm – 3pm
4 ONLINE YOGA 10:30am – 11:30am	5 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	6 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	7 MINDFUL MOMENTS 10:30am—2pm	8 BOOKWORMS BOOK CLUB 10am – 11:30am ROSEVILLE MOVIE AND LUNCH “THE FRIEND” 12 noon ONLINE YOGA 2pm – 3pm
11 ONLINE YOGA 10:30am – 11:30am	12 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	13 CULTURAL MELTING POT 11am—3pm	14 MUSEUM OF PRINTING 12 noon —3pm Neutral Bay and Brookvale	15 HYDE PARK BARRACKS 12 noon—3:30pm ONLINE YOGA 2pm – 3pm
18 ONLINE YOGA 10:30am – 11:30am	19 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am ROSEVILLE MOVIE AND LUNCH “THE LIFE OF CHUCK” 12 noon	20 HYDE PARK BARRACKS 12noon— 3:30pm	21	22 AUGUST BIRTHDAY PARTY 12 noon—3pm ONLINE YOGA 2pm – 3pm
25 ONLINE YOGA 10:30am – 11:30am	26 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am MAN CAVE LUNCHEON 12 noon—2pm	27 MUSEUM OF PRINTING 12 noon —3pm PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	28 ROSEVILLE MOVIE AND LUNCH “MR BURTON” 12 noon	29 LATIN AMERICAN LUNCH 12 noon—2pm ONLINE YOGA 2pm – 3pm

To register call 1300 134 332 or email customer@yourside.org.au

Social outings in **PINK** will pick up from Hornsby, North Ryde, Lane Cove and Chatswood.

Social outings in **BLUE** will pick up from Narrabeen, Brookvale, Forestville, Frenchs Forest and Neutral Bay.

Social outings in **GREEN** will pick up from any of the above destinations.

Social outings in **BLACK** do not include transport.

This program is open to people in the Commonwealth Home Support Program, Social Support, who are:

- 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people).
- 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless.
- Living in the Northern Sydney region.

For eligibility you must be screened by My Aged Care. You can call them on: 1800 200 422

MEET OUR NEW STUDENTS!

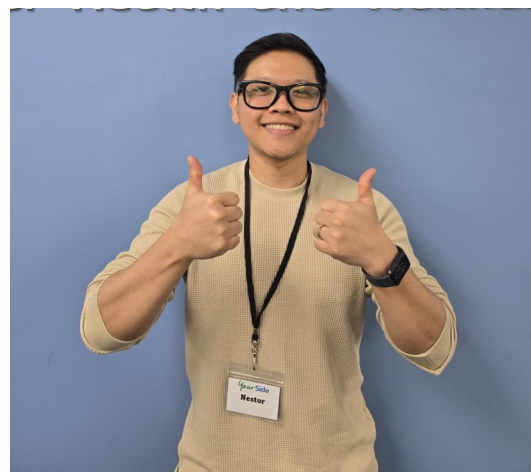
ANNICK

I'm currently completing my final placement as a Master of Social Work student. I speak both English and Mandarin. I hold a bachelor's degree in Preschool Education and have a strong passion for music and the arts — I play the violin, guitar, ukulele, and piano. I was a Kindergarten teacher before I came to Australia. My past experience has helped me become a good listener, someone who is patient, empathetic and genuinely cares about others. I'm here to learn, support, and grow together.



NESTOR

I love having deep conversations about personal realisations and wisdom from experiences. Apart from these, I also love working out, playing games, bingeing on funny videos, and reading. I am looking forward to meeting you and offering support whenever I can during my stay here.



ISABEL

I am currently in my fourth year of social work, set to graduate at the end of the year. I recently completed a placement with DCJ Housing NSW and am passionate about promoting equity and supporting vulnerable communities. I live on Sydney's North Shore with my beloved British Bulldog, Henry. I have a twin sister, enjoy Pilates, and love spending weekends with family and friends. I'm looking forward to getting to know everyone at Your Side.



BOOKINGS

Booking your spot for any of our activities in by RSVP date really helps us plan ahead. It ensures we have enough space at the venue, the right number of volunteers, and suitable transport arranged.

Even if you're a regular on Zoom, we still ask that you book your sessions to help us stay organised.

Your booking will be counted in our final numbers unless you cancel by the RSVP date.

ABSENTEEISM

If you are absent from a scheduled activity, it is our duty of care to ensure you are alright. We will call you via your preferred method, and if we cannot reach you, we will contact your emergency contacts. In the event we cannot reach your or your emergency contacts, we will call emergency services who may conduct a welfare check in your home.

CANCELLATIONS

We understand that sometimes plans change, and you may need to cancel your booking. We just ask that you let us know as soon as possible if you can't make it to a booked event.

Please remember, a late cancellation fee will apply if you cancel after the RSVP date for any social outing. Check the booklet for RSVP dates for each event.

If there are very few bookings for an activity, Your Side may need to cancel it. Don't worry, you won't be charged for any activities cancelled by us.

Late cancellation fees do not apply to online events.

IMPORTANT CONTACT NUMBERS

Your Side Office - 1300 134 332

To speak to someone regarding Social Support press 1 for 'services', then 3 for 'CHSP'.

To speak to someone to make a payment, press 2 for 'accounts' then 1 'to pay a bill'.

Please save these contacts on your mobile:

0488 850 069— You can correspond with staff at the office via text messaging with this number. This number is used to send you details of your upcoming social outings.

0435 835 071 - You can call and text to this number. This number is used to communicate with your assisting staff on the day of a social outing.

YourSide

COMMONWEALTH
HOME
SUPPORT
PROGRAMME

AUGUST 2025

Social Support Events Calendar



1300 134 332



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DATES:	Friday 1 August
	Monday 28 July
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 28 July, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "FOUR LETTERS OF LOVE"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p>Starring Ferdia Walsh-Peelo, Olwen Fouéré, Ann Skelly, Fionn O'Shea, Pierce Brosnan, Gabriel Byrne, Helena Bonham Carter</p> <p>Nicholas and Isabel were made for each other but how will they ever know it? As ghosts, fate and the sheer power of true love pull them together, so too does life threaten to tear them apart.</p> <p>Genre: Drama Classification: M for suicide references. Duration: 109 mins Language: English</p> <p>Watch the trailer: https://www.youtube.com/watch?v=eTxP8uIB2lc&t=11s</p>
LOCATION:	<p>Lunch: Rashmin Indian Nepalese Restaurant, 80 Pacific Hwy, Roseville</p> <p>Movie: Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport not provided.</p>
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	<p>Lunch: 12 noon</p> <p>Movie: 2:15pm</p>



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DATES:	Wednesday 6 and 27 August
RSVP:	<p>Wednesday 6 August – RSVP by Friday 1 August</p> <p>Wednesday 27 August – RSVP by Friday 22 August</p> <p>You will be contacted by text or phone with any further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.</p>
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS
DESCRIPTION:	<p>As requested, Palettes, Platters and Crafty Cuts will run twice a month on a Wednesday</p> <p>Tap into your creative juices and let the magic flow with whatever art or craft medium or project you desire. As usual, you can bring along your own project, whether that be scrap booking, diamond painting, hand build pottery, etc. For those who wish to paint, we will provide materials and instructions.</p> <p>Lunch and tea and coffee will be provided.</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	\$10 Your contribution goes towards administration, painting materials and lunch
TIMES:	12 noon – 4pm





DATES:	Thursday 7 August
	Monday 4 August
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after the Monday 4 August, a 50% late cancellation fee will apply.
EVENT:	MINDFUL MOMENTS: A DAY TO PAUSE, REFRESH AND RECONNECT
DESCRIPTION:	<p>Take a moment for yourself and join us for Mindful Moments, a relaxed and meaningful day designed to help you unwind, connect, and enjoy some calm.</p> <p>We'll start with a cuppa and conversation, followed by a special guest speaker from Beyond Blue, sharing thoughtful insights about how we can take care of ourselves and support one another in everyday life. After that, we'll enjoy a shared lunch, light mindfulness activities, and a little time just to relax and chat.</p> <p>This is a gentle, feel-good event open to all. Come along, take a breather, and leave feeling refreshed.</p> <p>PLUS your very own goodie bag to take home and enjoy.</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	\$10 Your contribution goes towards administration, lunch and goodie bag
TIMES:	10:30am – 2pm



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DATES:	Friday 8 August
RSVP:	Monday 4 August You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 4 August a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE FRIEND"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p>Starring Ann Dowd, Noma Dumezweni, Sarah Pidgeon, Constance Wu, Naomi Watts, Bill Murray</p> <p>Based on a bestselling novel, writer and teacher Iris finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor bequeaths her his beloved Great Dane, Apollo. The dog immediately creates practical problems for Iris. Yet as Iris finds herself bonding with Apollo, she begins to come to terms with her past, this is a story of healing, love, and friendship.</p> <p>Genre: Drama Classification: M for mature themes, suicide references and coarse language. Duration: 119 mins Language: English</p> <p>Watch the trailer: https://www.rosevillecinemas.com.au/movie/the-friend</p>
LOCATION:	<p>Lunch: Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville</p> <p>Movie: Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport not provided.</p>
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	<p>Lunch: 12 noon</p> <p>Movie: 2:15pm</p>



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DATES:	Wednesday 13 August
RSVP:	<p>Wednesday 6 August</p> <p>You will be contacted by text or phone with any further details of this event. If you cancel your booking after the Wednesday 6 August, a 50% late cancellation fee will apply.</p>
EVENT:	CULTURAL MELTING POT
DESCRIPTION:	<p>Back by popular demand, join us for an exciting multicultural event celebrating the diversity of our group with lunch, music, entertainment and cultural attire! We welcome you to bring something from your heritage to share, whether a national dish, a folk song for the group to sing, a festive dance number, a story to tell or your cultural dress. It could be anything from your culture that you love!</p> <p>This time around, we are lucky to have a very diverse group of students to share their rich cultural heritage - from Colombia and Brazil to the Philippines and China and across to Denmark, let's come together to embrace our colourful cultural tapestry!</p>
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	Please bring a dish to share or donate a gold coin on the day.
TIMES:	11am – 3pm





DATES:	Thursday 14 August - BLUE GROUP NEUTRAL BAY AND BROOKVALE	Wednesday 27 August – PINK GROUP
	Blue Group – RSVP Thursday 7 August	Pink Group - RSVP Thursday 21 August
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.	
EVENT:	PENRITH MUSEUM OF PRINTING	
DESCRIPTION:	<p>The Penrith Museum of Printing is a unique ‘working museum’ established in Penrith NSW in 2001. The museum has been designed to give the appearance of a 1940’s Australian printing establishment. The collection showcases 22 pieces of working printing machinery and equipment as well as pre-press ‘composing room’ equipment that includes many different type fonts gathered from Australian print shops.</p> <p>A light lunch of sandwiches and fruit will be provided.</p> <p>This event will be available in September to people who require pick up from Narrabeen, Frenchs Forest or Forestville. Date to be advised.</p>	
LOCATION:	Penrith Museum of Printing, Penrith Showground / Paceway Cnr. Mulgoa Rd and Ransley St Penrith. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.	
ACCESSIBILITY:	The Penrith Museum of Printing is wheelchair accessible.	
CONTRIBUTION:	\$15 Your contribution goes towards administration, transport, lunch and museum entry.	
TIMES:	12 noon – 3pm Transport times to be advised	



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DATES:	Friday 15 August– PINK GROUP	Wednesday 20 August– BLUE GROUP
	Pink Group – RSVP Friday 8 August	Blue Group - RSVP Wednesday 13 Aug.
RSVP:	You will be contacted by text or phone with further details of this event. If you cancel your booking after the RSVP date, a 50% late cancellation fee will apply.	
EVENT:	HYDE PARK BARRACKS TOUR	
DESCRIPTION:	<p>Immerse yourself in their audio-guided tour as you uncover an extraordinary record of the living legacy of colonial Australia. Originally built to house convicts, the Hyde Park Barracks also served as a women’s immigration depot and asylum, and later law courts and government offices. Today, this immersive museum tells the stories of the thousands of men, women and children held or housed there, and the Aboriginal communities profoundly impacted by the relentless push of colonial expansion.</p> <p>Prior to the tour will be lunch at a café nearby.</p>	
LOCATION:	<p>Lunch: Eatalo Café, corner Phillip Street and, 2/8-18 Bent St, Sydney.</p> <p>Tour: Hyde Park Barracks, Queens Square, Macquarie St, Sydney.</p> <p>Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>	
ACCESSIBILITY:	Both Eatalo Café and Hyde Park Barracks are wheelchair accessible.	
CONTRIBUTION:	\$6 Your contribution goes towards administration and transport.	
TIMES:	<p>12 noon – 3:30pm</p> <p>Transport times to be advised</p>	



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DATES:	Tuesday 19 August
	Thursday 14 August
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Thursday 14 August, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "THE LIFE OF CHUCK"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p>Starring Tom Hiddleston, Karen Gillan, Mark Hamill, David Dastmalchian, Harvey Guillén, Chiwetel Ejiofor, Jacob Tremblay, Annalise Basso, Kate Siegel, Mia Sara, Carl Lumbly, Lauren LaVera.</p> <p>The life-affirming, genre-bending story explores three chapters in the life of an ordinary man named Charles Krantz. Based on Stephen King's novella and written and directed by modern master of horror Mike Flanagan. Charles 'Chuck' Krantz experiences the wonder of love, the heartbreak of loss, and the multitudes contained in all of us.</p> <p>Genre: Drama Classification: CTC. Duration: 120 mins Language: English</p> <p>Watch the trailer: https://www.rosevillecinemas.com.au/movie/the-life-of-chuck</p>
LOCATION:	<p>Lunch: Rashmin Indian Nepalese Restaurant, 80 Pacific Hwy, Roseville</p> <p>Movie: Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport not provided.</p>
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	<p>Lunch: 12 noon</p> <p>Movie: 2:15pm</p>



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DATES:	Friday 22 August
RSVP:	<p>RSVP by Thursday 14 August</p> <p>You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Thursday 14 August, a 50% late cancellation fee will apply.</p>
EVENT:	AUGUST BIRTHDAY PARTY
DESCRIPTION:	<p>Let's come together to celebrate our friends born in August with a fun-filled birthday bash! Join us for a day of a delicious lunch, exciting games, and, of course, birthday cake. If your birthday falls in August, you're invited to join the celebration on us — simply let us know it's your special day!</p> <p>The motif is green, the colour of the August birthstone, the peridot. It's going to be a fantastic celebration filled with joy, laughter, and great memories!</p>
LOCATION:	<p>Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills</p> <p>If you can make your own way to the venue, that would be most appreciated. Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
ACCESSIBILITY:	Pennant Hills Bowling Club is wheelchair accessible.
CONTRIBUTION:	\$7 Your contribution goes towards administration, transport, cake, prizes, and birthday presents. Please order and pay your own way for lunch on the day. No cost for clients celebrating a birthday in August!
TIMES:	12noon – 3pm. Transport times to be advised



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DATES:	Tuesday 26 August
	RSVP Tuesday 19 August
RSVP:	You will be contacted by text or phone with further event details. If you cancel your booking after Tuesday 19 August a 50% late cancellation fee will apply.
EVENT:	MANCAVE LUNCHEON
DESCRIPTION:	<p>Men, join us for lunch on the last Tuesday of the month!</p> <p>Come enjoy good food, great company, and meaningful conversation in a relaxed setting. Whether you're looking to network, connect with others, or just take a break from the grind, this is the perfect opportunity to unwind with fellow men in the community.</p> <p>Don't miss out—bring your appetite, your stories and your best self. See you there!</p>
LOCATION:	The Oaks, 118 Military Rd, Neutral Bay. Transport not provided.
ACCESSIBILITY:	We will be situated at the part of the Oaks which is wheelchair accessible.
CONTRIBUTION:	\$4 Your contribution goes towards administration. Please pay your own way for lunch.
TIMES:	<p>12 noon – 2pm</p> <p>Transport times to be advised</p>





DATES:	Thursday 28 August
	Monday 25 August
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 25 August a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "MR BURTON"
DESCRIPTION:	<p>Join the club to view the latest melancholy dramas, international films, historical biographies and beautiful love stories told in front of the camera, then share your thoughts or simply catch up for lunch down the road.</p> <p>Starring Toby Jones, Lesley Manville, Aimee-Ffion Edwards, Harry Lawtey, Aneurin Barnard.</p> <p>In the Welsh town of Port Talbot, 1942, Richard Jenkins lives as a wayward schoolboy, caught between the pressures of his struggling family, a devastating war and his own ambitions. However, a new opportunity arises when Richard's natural talent for drama catches the attention of his teacher, Philip Burton.</p> <p>Genre: Drama Classification: M for mature themes and coarse language. Duration: 124 mins Language: English</p> <p>Watch the trailer: Mr Burton Roseville Cinemas</p>
LOCATION:	<p>Lunch: Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville</p> <p>Movie: Roseville Cinema, 112 Pacific Highway, Roseville</p> <p>Transport not provided.</p>
CONTRIBUTION:	\$16 Your contribution goes towards administration, the movie and lunch.
TIMES:	<p>Lunch: 12 noon</p> <p>Movie: 2:15pm</p>



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DATES:	BLUE GROUP – Friday 29 August
RSVP:	<p>Wednesday 13 August</p> <p>You will be contacted by text or phone with any further details of this event and your pickup time. If you cancel your booking after Wednesday 13 August, a 50% late cancellation fee will apply.</p>
EVENT:	COMMUNITY RESTAURANT: LATIN AMERICAN LUNCH
DESCRIPTION:	<p>Created by Mosman Council, the Mosman Community Restaurant is a monthly event where the clients of Your Side can experience various cuisines from around the world. This month we will be a Latin American Lunch.</p> <p>As there are limited spots, we have decided to offer this series to the pink and blue groups on alternate months. This is to limit the time on the bus. This month, this event is offered to the blue group.</p>
LOCATION:	<p>Mosman Square Seniors' Centre, located at the Civic Centre in Mosman Square in Spit Junction.</p> <p>Please advise at the time of booking if you wish to catch the Your Side bus from one of our many pick up points. This helps with the planning process.</p>
CONTRIBUTION:	\$17 Your contribution goes towards administration, lunch and transport
TIMES:	<p>12 noon – 2pm</p> <p>Transport times to be advised.</p>



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COMMONWEALTH HOME SUPPORT PROGRAMME

Social Support Events Transport

These central pick-up points were allocated due to their close proximity to public transport and/or unlimited parking facilities. The order of pick up is dependent on the final destination and the quickest route possible.

If you are unable to access the following locations, please do not hesitate call **1300 134 332** to discuss alternative options.

PINK GROUP

- **CHATSWOOD** - Outside Chatswood RSL, 446 Victoria Avenue.
- **NORTH RYDE** - Macquarie Centre bus stop located on Herring Road.
- **LANE COVE** - Lane Cove Library, corner of Central Avenue and Longueville Road.
- **HORNSBY** - Outside Hornsby RSL, 4 High Street.

GREEN GROUP

This is a combined group, please refer to either Pink or Blue transport options.

BLUE GROUP

- **NARRABEEN** - The Park and Ride car park adjacent to Tramsheds Café.
- **BROOKVALE** - Bus stop Stand B on Pittwater Road, Brookvale, opposite Warringah Mall near the overpass stairwell **OR** in front of B-Line Bus stop in front of Warringah Mall.
- **FORESTVILLE** - Bus stop on Starkey Street near Memorial Hall, Forestville. For long day trips that require a comfort stop, the pickup location is at the car park outside Forestville Library.
- **NEUTRAL BAY** - Bus stop on Rangers Road, before Military Road (outside Woolworths) **OR** bus stop Stand E on Military Rd, Neutral Bay Junction, near Young Street.
- **FRENCHS FOREST** – Car park of 11 Aquatic Drive, Frenchs Forest.



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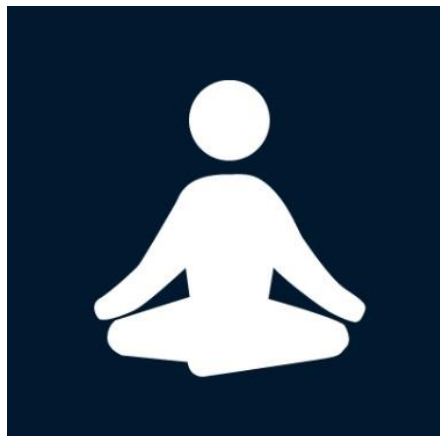


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Weekly Social Support Activities



TWICE WEEKLY	YOGA
DESCRIPTION:	Improve your balance and increase your strength through fluid movement sequences and yoga postures. The class is designed to adapt to all fitness levels. A 5-minute assessment of your physical health will be conducted at the time of booking.
CONTRIBUTION:	CHSP SS clients: \$3 Private rate: \$15
TIMES:	Monday: 10:30am - 11:30am Friday: 2pm - 3pm



WEEKLY	SPANISH SPEAKING LESSONS
DESCRIPTION:	Back by popular demand, fellow client and our teacher Amparo will help beginners and those wanting to freshen up or practice their Spanish speaking skills in a relaxed environment online. Amparo will guide you through learning her native tongue with reference material and exercises which can also be emailed or sent to you.
CONTRIBUTION:	CHSP SS clients: \$3 Private rate: \$15
TIMES:	Tuesdays 10am – 11:30am



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DATES:	Friday 8 August
EVENT	BOOKWORMS BOOK CLUB
DESCRIPTION	<p>For lovers of the written word, join us on the 2nd Friday of the month for a discussion on the group's latest chosen read. At the first meeting, come with your top picks for the group to explore. Participation can be casual, and you can find out what we're reading this month by giving us a call. In August we will discuss <u>Still Life</u> by Sarah Winman.</p> <p>Tuscany, 1944: As Allied troops advance and bombs fall around, a young English soldier, Ulysses Temper, has a chance encounter with Evelyn Skinner, a middle-aged art historian who has come to Italy to salvage paintings from the ruins and recall memories of her own youth. In Evelyn, Ulysses finds a kindred spirit whom he never expects to see again after the war.</p> <p>On returning home to London, Ulysses reimmerses himself in life at The Stroat and Parrot with a motley mix of pub crawlers and eccentrics. When an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills.</p> <p>With beautiful prose, extraordinary tenderness, and bursts of humor and light, Still Life is a sweeping portrait of unforgettable individuals who come together to make a family, and a richly drawn celebration of beauty and love in all its forms.</p> <p><i>Clients are welcome to dial in via landline or mobile phone.</i></p>
CONTRIBUTION	<p>CHSP SS clients:</p> <p>\$10 (includes cost of book – either hard copy and postage, e-book or audiobook)</p> <p>\$2 (if you have your own copy of the book)</p>
TIMES	10am - 11:30am



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Two Night Stay

Wollongong

Your Side

In the upcoming warmer months, you will have the opportunity to bond with your fellow Social Support members at scenic Wollongong and its surrounds.

Purpose: The Social Support program aims to foster friendships, make meaningful connections and get you out and about. By participating in one of our 2 Night Stays you will:

- Have the opportunity to connect socially with others in a group.
- Engage in group activities to improve your physical health and wellbeing.
- Explore regional NSW and learn interesting historical facts.
- Have fun, laugh and play games.

Eligibility: This activity is open to clients accessing the Your Side Commonwealth Home Support Programme, Social Support.

Accommodation: We will be staying at the Sage Hotel, 60-62 Harbour St, Wollongong. Singles will stay in their own room, whilst couples will share. Sage Hotel boasts a heated outdoor pool and indoor gym.

Transport: We will meet at the Your Side office in Chatswood and travel to and around to Wollongong in a 24 seater mini bus.

Dates:

Monday 24 - Wednesday 26 November 2025

Monday 23- Wednesday 25 February 2026

Monday 9 - Wednesday 11 March 2026

Your flexibility is much appreciated, however, if you have a preference, please let us know.

What is it?

Itinerary: We will depart Chatswood on the Monday at 10am and return on the Wednesday at approximately 5pm.

Some of the wonderful activities we have in store include:

- The Dharawal Country Experience
- A visit to Wollongong Lighthouse and Harbour
- Tai Chi and a vegetarian lunch at the Nam Tien Buddhist Temple
- A visit to the Wollongong Art Gallery
- A visit to the Wollongong Botanical Garden

We encourage everyone to participate with the group to get the most from the experience. We understand if you need to take a rest when needed.

Two Night Stay Wollongong

YourSide

Client Contribution: This activity is subsidised by the Commonwealth Home Support Programme and clients are expected to pay a contribution of \$300, which will cover administration fees, staffing, accommodation, transport, activities, breakfast for 2 days, dinner on Monday night and lunch on Tuesday.

How to book: At this stage, we are taking expression of interest only. To express your interest and your preferred date(s), please call 1300 134 332 to speak to one of our friendly Customer Care Consultants or email customercare@yourside.org.au.

EXPRESSION OF INTEREST CLOSE MONDAY 11 AUGUST

Outcome of your expression of interest: After Monday, 11 August, you will be notified of the outcome of your expression of interest via text message (or phone call if preferred). If you were successful, you will have until Friday, 15 August, to confirm your spot.

We encourage you to give serious consideration to participating in this event, as space is highly limited.

If you were unfortunate to miss out, we will consider scheduling the same trip in the future.

Cancellations: All confirmations are final. If you cancel your confirmed booking, a 50% cancellation fee will apply.

