

MON	TUES	WEDS	THURS	FRI
3 ONLINE YOGA 10:30am – 11:30am	4 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am MELBOURNE CUP 1pm—4pm	5 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	6	7 MEET US FOR LUNCH AT GLADESVILLE RSL 12 noon —3pm ONLINE YOGA 2pm – 3pm
10 ONLINE YOGA 10:30am – 11:30am	11 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	12 NOVEMBER BIRTHDAY PARTY 12 noon—3pm	13	14 BOOKWORMS BOOK CLUB 10am – 11:30am ONLINE YOGA 2pm – 3pm
17 ONLINE YOGA 10:30am – 11:30am	18 ONLINE SPANISH SPEAKING LESSONS 10am—11:30am	19 MEET US FOR LUNCH AT HOTEL MOSMAN 12 noon —3pm	20 SOCIAL SUPPORT PLANNING DAY 11am— 2pm	21 ONLINE YOGA 2pm – 3pm
24 ONLINE YOGA 10:30am – 11:30am	25 MAN CAVE LUNCHEON 12 noon—2pm	26 PALETTES, PLATTERS AND CRAFTY CUTS 12 noon—4pm	27 IN OUR OWN BACKYARD: BOBBIN HEAD 12 noon—3pm	28 ROSEVILLE MOVIE AND LUNCH “WICKED FOR GOOD” 12 noon ONLINE YOGA 2pm – 3pm
31 ONLINE YOGA 10:30am – 11:30am				

To register call 1300 134 332 or email customercare@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 **PURPLE** do not include transport.

Social activities in **ORANGE** are in the Your Side office.

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!

Hello, I'm Sakshi (it can sound like a little tongue twister at first!). I have completed a Master's in Women's Studies and I'm now in the final stage of my social work studies, graduating in December 2025. When I'm not working, I enjoy simple joys like drawing and painting, playing a little Tetris, or going for long walks. I truly look forward to meeting you, spending time together, and being part of your support journey.



Hi, I'm Ana, originally from Brazil. I'm working towards the end of my Master of Social Work, a journey that has completely changed my life and the way I see the world. It has deepened my understanding of people and strengthened my commitment to creating positive change. My love for human connection and understanding others' experiences draws me to my placement at Your Side, where I hope to learn from and contribute to the lives of the clients I meet.



Hi everyone, I'm Javi. I'm from the Philippines and have Chinese heritage, and I'm currently a Social Work student at ACAP University College. I love hearing people's stories, learning from their wonderful life experiences, and most importantly, sharing a good laugh! I enjoy conversations about culture, food, and the many experiences that make life interesting. So please don't be shy to say hi, I always enjoy a good chat!



Hi, I'm Sujin. I'm currently studying a Master of Social Work and I've joined Your Side to learn, grow, and gain real experience supporting people in the community. I enjoy meaningful conversations, understanding different perspectives, and learning from real-life stories. Outside of placement, I love travelling, discovering new places, and enjoying new experiences along the way.



BOOKINGS

Booking your spot for any of our activities in by the 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.

FEEDBACK

Your Side encourages clients to comment on the quality of the services we provide. We value and welcome these comments as they will assist us to continually improve our service.

If you would like support to raise a concern about your aged care services, you can talk with an aged care advocate. They offer an independent, free service to help you:

- understand and exercise your aged care rights
- find aged care services that meet your needs
- resolve issues with your government-funded aged care provider
- support you in meetings or when making a complaint; and
- will speak up for you if you are not comfortable doing it yourself.

You can call the Aged Care Advocacy Line on 1800 700 600 for free and confidential support. They'll connect you with an advocate in your state or territory. You can also visit the Older Persons Advocacy Network (OPAN) website at open.org.au.

NAME TAGS

If you have multiple Your Side name tags, please keep one and remember to return the extras at your next event or send them to the Your Side office. Your help will mean we can put a name to the beautiful faces of our new clients. Please bring the one you keep to every event. Thank you for your cooperation!

YourSide

COMMONWEALTH
HOME
SUPPORT
PROGRAMME

NOVEMBER 2025

Social Support Events Calendar



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DATES:	Tuesday 4 November
RSVP:	Friday 31 October You will be contacted by text or phone with any further details of this event. If you cancel your booking after Friday 31 October a 50% late cancellation fee will apply.
EVENT:	MELBOURNE CUP LUNCHEON
DESCRIPTION:	Join us for a fun-filled day as we celebrate the iconic <i>race that stops the nation</i>! Dress to impress—there’s a prize for best dressed—so bring your style A-game! Enjoy the excitement of sweepstakes, racing trivia, and live coverage of all the lead-up races before the big event. <i>Ready, set, go...</i> Don’t miss the thrill of watching the main race with friends, food, and festive vibes. A light lunch will be provided—come for the racing, stay for the fun!
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport will not be provided.
CONTRIBUTION:	\$15 Your contribution goes towards coordination, lunch and prizes.
TIMES:	1pm -4pm





DATES:	Wednesday 5 and 12 November
RSVP:	Wednesday 5 November – RSVP by Friday 31 October Wednesday 26 November – RSVP by Friday 21 November 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.
EVENT:	PALETTES, PLATTERS AND CRAFTY CUTS
DESCRIPTION:	All newcomers and inexperienced art and crafters welcome! 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 on how to paint. Lunch and tea and coffee will be provided.
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport not provided.
CONTRIBUTION:	\$15 Your contribution goes towards administration, painting materials and lunch
TIMES:	12 noon – 4pm





DATES:	Friday 7 November
RSVP:	RSVP Monday 3 November You will be contacted by text or phone with further details of this event. If you cancel your booking after Monday 3 November, a 50% late cancellation fee will apply.
EVENT:	MEET US FOR LUNCH AT... SERIES: GLADESVILLE RSL
DESCRIPTION:	The Meet Us for Lunch at... Series is designed to cater for those who prefer a short, but sweet gathering with friends. We will gather at a local pub, club or café in the Northern Sydney Region. This month we will meet at Gladesville RSL.
LOCATION:	Gladesville RSL, 4-6 Linsley St Gladesville. Transport will not be provided.
ACCESSIBILITY:	Gladesville RSL is wheelchair accessible.
CONTRIBUTION:	\$11 Your contribution goes towards coordination and lunch up to the value of \$19.
TIMES:	12 noon – 3pm.





DATES:	Wednesday 12 November
RSVP:	RSVP by Wednesday 5 November 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 5 November, a 50% late cancellation fee will apply.
EVENT:	NOVEMBER BIRTHDAY PARTY
DESCRIPTION:	Let's come together to celebrate our friends born in November 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 November, you're invited to join the celebration on us — simply let us know it's your special day! The motif is yellow, to represent the November birthstone, the citrine. This is going to be a fantastic celebration filled with joy, laughter, and great memories!
LOCATION:	The DY Bowling Club, 223 Fisher Rd N, Dee Why. 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.
ACCESSIBILITY:	The DY Bowling Club is wheelchair accessible.
CONTRIBUTION:	\$20 Your contribution goes towards administration, transport, cake, prizes, birthday presents and your main meal up to the value of \$26. No cost for clients celebrating a birthday in November!
TIMES:	12noon – 3pm. Transport times to be advised



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DATES:	Wednesday 19 November
RSVP:	RSVP Friday 14 November You will be contacted by text or phone with further details of this event. If you cancel your booking after Friday 14 November, a 50% late cancellation fee will apply.
EVENT:	MEET US FOR LUNCH AT... SERIES: HOTEL MOSMAN
DESCRIPTION:	The Meet Us for Lunch at... Series is designed to cater for those who prefer a short, but sweet gathering with friends. We will gather at a local pub, club or café in the Northern Sydney Region. This month we will meet at Hotel Mosman.
LOCATION:	Ground level of Hotel Mosman, 634 Military Rd, Mosman NSW 2088. Transport will not be provided.
ACCESSIBILITY:	Hotel Mosman is wheelchair accessible.
CONTRIBUTION:	\$14 Your contribution goes towards coordination and lunch up to the value of \$22.
TIMES:	12 noon – 3pm.





DATES:	Thursday 20 November
RSVP:	Monday 17 November You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 17 November a 50% late cancellation fee will apply.
EVENT:	SOCIAL SUPPORT PLANNING DAY
DESCRIPTION:	We're looking to mix things up and bring in fresh, fun activities into the program—and we'd love your input! If you have ideas that spark learning, build skills, encourage creativity, offer entertainment, and that help people connect with friends and the local community, we want to hear them. We're keen to explore ideas that are enjoyable, meaningful, and doable within our resources—so feel free to think creatively! A light lunch will be provided to keep the ideas and energy flowing! Let's make something great happen—together!
LOCATION:	Your Side Chatswood office, Level 10, 10 Help Street, Chatswood. Transport is not provided.
CONTRIBUTION:	\$10 Your contribution goes towards coordination and lunch.
TIMES:	11am – 2pm





DATES:	Tuesday 25 November
RSVP:	RSVP Thursday 20 November You will be contacted by text or phone with further details of this event. If you cancel your booking after Thursday 20 November, a 50% late cancellation fee will apply.
EVENT:	MANCAVE LUNCHEON
DESCRIPTION:	Men, join us for lunch on the last Tuesday of the month! 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. Don't miss out—bring your appetite, your stories and your best self. See you there!
LOCATION:	The Magpies Waitara, 11-37 Alexandria Parade, Waitara. Transport is not provided.
ACCESSIBILITY:	Magpies Waitara is wheelchair accessible.
CONTRIBUTION:	\$6 Your contribution goes towards coordination. Please pay your own way for lunch.
TIMES:	12 noon – 2pm Transport times to be advised





DATES:	BLUE GROUP – Thursday 27 November
RSVP:	Blue Group – RSVP Thursday 20 November 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:	IN OUR OWN BACKYARD: BOBBIN HEAD
DESCRIPTION:	Explore the highlights of Ku-ring-gai Chase National Park with a visit to its historic 1930s building, the Bobbin Inn, home to the Bobbin Head Visitor Centre and the Bobbin Inn Café. Enjoy a bistro-style lunch in a relaxed setting, with a terrace overlooking the water and stunning bushland views.
LOCATION:	Bobbin Head Visitor Centre, Ku-Ring-Gai Chase Rd, Mount Colah. 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 Bobbin Inn building is wheelchair accessible.
CONTRIBUTION:	\$25 Your contribution goes towards coordination, transport and lunch up to the value of \$30.
TIMES:	12 noon – 3:00pm. Transport times to be advised



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DATES:	Friday 28 November
	Monday 24 November
RSVP:	You will be contacted by text or phone with any further details of this event. If you cancel your booking after Monday 24 November, a 50% late cancellation fee will apply.
EVENT:	ROSEVILLE MOVIE AND LUNCH: "WICKED FOR GOOD"
DESCRIPTION:	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. The sequel to Wicked (2024), it adapts the second act of the 2003 stage musical by Stephen Schwartz and Holzman, which was loosely based on Gregory Maguire's 1995 novel, itself a reimagining of L. Frank Baum's 1900 novel The Wonderful Wizard of Oz and its 1939 film adaptation. Now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good. Genre: Action Classification: M for coarse language and sex scenes. Duration: 137 mins Watch the trailer: https://www.youtube.com/watch?v=vt98AIBDI9Y
LOCATION:	Lunch: Shonan Japanese Kitchen, 94 Pacific Hwy, Roseville Movie: Roseville Cinema, 112 Pacific Highway, Roseville Transport is not provided.
CONTRIBUTION:	\$30 Your contribution goes towards coordination, the movie and lunch. \$20 Your contribution goes towards coordination and lunch.
TIMES:	From 12 noon



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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.



1300 134 332

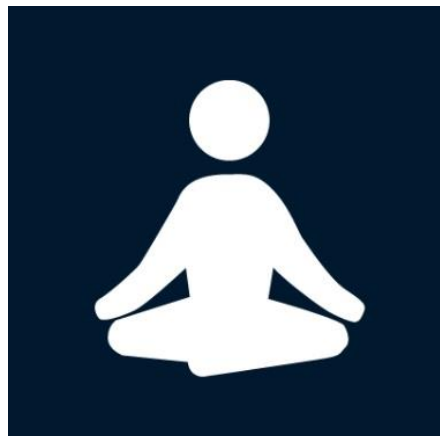


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Weekly Social Support Activities



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: \$5 Private rate: \$20
TIMES:	Monday: 10:30am - 11:30am (will not run on public holiday Monday 9 June) 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: \$5 Private rate: \$20
TIMES:	Tuesdays 10am – 11:30am



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DATES:	Friday 14 November
EVENT	BOOKWORMS BOOK CLUB
DESCRIPTION	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. In November we will discuss <u>Local Woman Missing</u> by Mary Kubica Shelby Tebow is the first to go missing. Not long after, Meredith Dickey and her six-year-old daughter, Delilah, vanish just blocks away from where Shelby was last seen, striking fear into their once-peaceful community. Are these incidents connected? After an elusive search that yields more questions than answers, the case eventually goes cold. Now, eleven years later, Delilah shockingly returns. Everyone wants to know what happened to her, but no one is prepared for what they'll find.... In this smart and chilling thriller, master of suspense and New York Times best-selling author Mary Kubica takes domestic secrets to a whole new level, showing that some people will stop at nothing to keep the truth buried. Clients are welcome to dial in via landline or mobile phone.
CONTRIBUTION	CHSP SS clients: \$10 (includes cost of book – either hard copy and postage, e-book or audiobook) \$2 (if you have your own copy of the book)
TIMES	10am - 11:30am



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