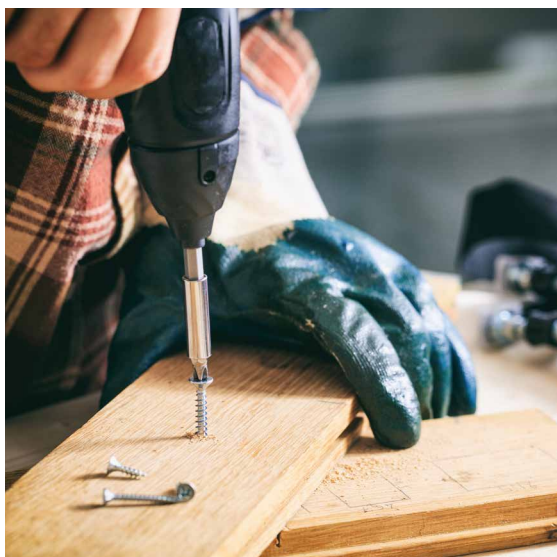
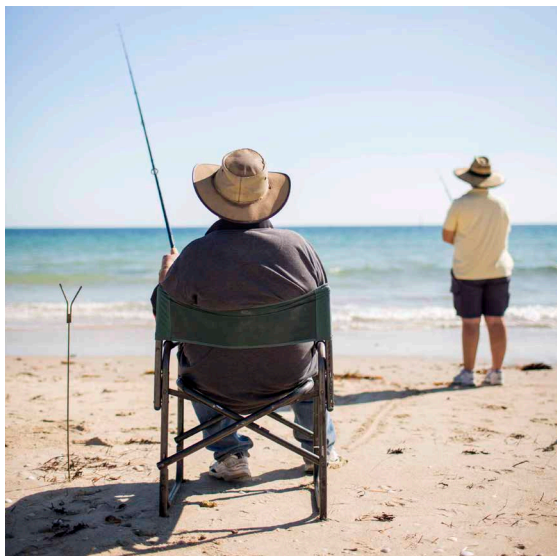


Social Links Directory



SPRING/SUMMER 2019



ACH Group's Social Links offers opportunities for you to discover new interests, meet like-minded people and learn new skills in ways that are fun and welcoming.

Whether you have an interest in photography or sport, a passion for art, a love of fishing or enjoy the theatre, ACH Group can help you to connect with others around common interests in groups or one-on-one experiences. With more than 50 different experiences available, we also offer practical support to help you participate, including transport.






No experience or prior knowledge is required to get involved – it's all about trying something new and engaging with your community to live a good life.

HOW CAN I PAY?

There are a range of ways to pay for your social experiences, including:

- Customer Funded (private payment)
- Government Subsidised
 - Commonwealth Home Support Program (CHSP)
 - Home Care Package (HCP)
 - National Disability Insurance Scheme (NDIS)

LOCATION KEY

-  Northern Adelaide
-  Southern Adelaide
-  Eastern Adelaide
-  Western Adelaide
-  Fleurieu Peninsula

Art Classes



GROUP EXPERIENCES

At ACH Group we offer a range of group experiences designed to connect you with your community. Whether you have a passion for art, love to sing or enjoy fishing, we have a group experience to match your interest.

ART CLASSES



Enjoy the benefits creativity can bring and learn how to use a variety of mediums. You'll feel a sense of achievement by having the option to contribute to the SALA exhibition or create stunning pieces for your own home. Classes taught by an experienced artist.

LADIES DAY OUT



Enjoy outings with other women and explore what Adelaide has to offer. High tea, lunches, shopping ventures, tours and more!

EXERCISE CLASSES



Facilitated by our qualified instructors, this group offers low impact exercises that focus on strength, balance and flexibility. Enjoy the benefits of exercising in a social environment. Tai Chi and Chi Ball available in selected areas. No experience needed, however an initial fitness assessment may be required.

JAMFACTORY JEWELLERY AND METAL WORK WORKSHOP



Learn to work with mixed mediums including metal. Design unique and individual pieces to take home. All skill levels welcome. 8 week programs running throughout the year.

JAMFACTORY POTTERY WORKSHOP



Design and create your very own collection of hand-made pottery. 8 week programs running throughout the year.

UPCYCLING TOURS



Join us on a fun, bargain-filled upcycling tour and take the opportunity to find a treasure or declutter and donate unwanted goods to charity. Includes lunch.

NIGHT OUT



Is the night time calling you? Enjoy a great evening with others who are looking to get out in the evening and night time. Come and join us at a local pub, café or for fish and chips.



Cafe Cruisers

GETTING CONNECTED

S E W FP

Learn how to use your iPad/tablet/smartphone or computer in a social environment. Explore cyber safety, social media, online banking, sending emails, searching the Internet, setting up a MyGov account, online shopping and other useful apps. You'll be an expert on your device before you know it! Individual in-home tuition available upon request and subject to availability.

SATURDAY SOCIAL GROUP

S

Designed to get you out and about. Join us for a range of activities in local southern regions including McLaren Vale, Willunga, Aldinga, Myponga and Seaford. Includes breakfast or brunch.

CAFÉ CRUISEES

FP

Fancy a cuppa? Our friendly Café Cruisers would love you to join them as they meet at different popular cafés. Enjoy a coffee or tea and some good chats with new friends.

LEARN, CREATE, SHARE

E FP

Our Learn, Create, Share group has been created as an inclusive group that can provide support to those living with memory loss. Participants meet at the same place each week to share a coffee, have lunch and socialise over light exercise, games, cards and crafts.

MOVIE BUFFS



If you love movies, then this is the group for you! Join other movie buffs for a delicious morning tea and a screening of the latest blockbusters in cinemas around Adelaide. Get the popcorn ready!

DAY TOURS



There's so much to see out there! Explore some of South Australia's most interesting local attractions. A great way to learn more about the state you live in and make some new friends.

A MOMENT IN TIME



Get ready to enjoy your favourite music style with some new friends. Join other music lovers during our Moment in Time concert series. Come and appreciate music from a range of genres including classical, jazz and contemporary.

OUT AND ABOUT



A group created for people experiencing memory loss, with a high staff ratio to support individual needs. The group decides on their outing each week and enjoys a new experience and lunch together at various locations. Come along to enjoy visiting places you may not have seen in a while. Transport from home available.

SOCIAL LINKS



There's always something new on offer! Designed for people who meet at the same place each week to share a coffee, have lunch together and socialise over light exercises, games, cards, crafts and go on the occasional outing.

JUST BLOKES



A group designed by blokes, for blokes. Explore local attractions in and around Adelaide. New group experiences are always being added to our itineraries. Come and meet some new mates!

SING FOR JOY CHOIRS



Led by an experienced, professional choir director, come along and learn choir singing techniques in a fun and social environment. Weekly rehearsals culminate in public performances on stages big and small, such as the Adelaide Fringe.

HOOK, LINE AND SINKER



What a catch! Join a group of social anglers fishing from different locations while yarning about the one that got away. Occasional charters are organised.

RIVERVIEW RESPITE

S

Created for people who need a bit more support or have memory loss and prefer to mostly meet in a home-like environment to share a coffee, have lunch together and socialise over light exercises, games, cards, and crafts.

A BETTER WAY TO ENJOY THEATRE

N E W

If you love the theatre but could do with some company, this group is for you! Enjoy the company of others while attending the theatre – whether it be a musical, drama or comedy.

GREEK DANCE **NEW**

E

Have fun, meet some new friends and learn traditional forms of Greek Dance.

LET'S DANCE **NEW**

E

Learn different forms of dance including Rock n' Roll, Ballroom, Latin, New Vogue, and improve your fitness while having fun.

MEN'S PROJECTS

S E

No need to retire those tools. Come and meet other handy men who work together on projects and swap stories. A great group for men who want to maintain their handy skills, or sharpen them up.

BOOK GROUP

FP

If you're an avid reader, join our friendly book group. Discuss different genres of books, listen to book reviews and even meet the occasional guest author.

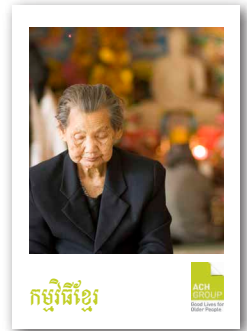


CAMBODIAN PROGRAM

At ACH Group we are experienced in working with Cambodian people in a way that respects their spiritual beliefs, customs and preferences. Our staff understand how to meet your physical, emotional, religious and cultural needs, respecting Cambodian traditions, experience and dietary requirements.

Participate in a range of experiences including temple attendance, meditation, exercise, dance, crafts, social lunches, bus tours and more.

Ask us for a copy of our Cambodian Social Links program. Available in Khmer and English.



HELP FOR CARERS

Are you caring for someone? If so, our Social Links programs can accommodate the needs of the person you are caring for and provide respite for you in your caring role.

Take some time out to focus on your own health and wellbeing, or share an experience together.

WANT TO REINVENT, REDISCOVER AND FIND YOUR VOICE?

The Exchange is a membership network that hosts courses, events and experiences so you can share your opinions and expertise in ways that matter.

It's open to anyone aged 50+ and is free to join. Join the Exchange achgroup.org.au/your-community/the-exchange

ONE-ON-ONE EXPERIENCES

One-on-one experiences can be customised to suit your individual interests and can occur in your home or within your local area. Experiences available across metropolitan Adelaide.

Examples may include:

- Reconnecting with past hobbies or interests such as fishing, walking or playing cards
- Learning a new skill such as using a computer or iPad to keep in contact with family and friends, or pay a bill online
- Getting in touch with your cultural side by visiting galleries, museums or the theatre
- Staying connected to your faith by attending your place of worship
- Reflecting on your life story and writing a memoir
- **And more! - talk to us about what it is you really love to do.**

TAILOR MADE NDIS SERVICES



Registered NDIS Provider

Tailor Made is a model of living well specifically designed for adults under 65 years living with a neurological condition.

Whether you have an interest in the creative arts, fitness or just want to enjoy a Friday night out, contact us to find out what's available.

Our range of Tailor Made and Social Experiences is continually growing and participants may be able to access services under the NDIS.

Visit our website or call us to receive a copy of the latest Tailor Made Health and Social Experiences Directory.

WAS SOMETHING MISSING?

At ACH Group we create our social programs based around community interests. If there is an experience missing from this program that you would like to participate in, or one listed that is not currently run in your area, please call us on **1300 22 44 77** and register your interest.

Our groups are updated monthly, please regularly check our website or call us for the latest social program including locations, dates and times.



Need transport?

Did you know that ACH Group can offer transport to and from Social Links experiences?

These can be accessed as part of your Home Care Package or Commonwealth Home Support Program and is also available through customer funded payment.

Call us on **1300 22 44 77** to find out more!

Please note this information is valid as at September 2019.

ACH Group is a not-for-profit community organisation promoting opportunities and services to support good lives.

Let's talk **1300 22 44 77** Visit **achgroup.org.au**

Join the conversation



#goodlives #achgroup