

WAG is run by **each** staff with the assistance of a large, dedicated and friendly group of volunteers.

WAG is for people aged 35 years and over, who are living independently within the community and who are socially isolated.

Due to the large size of the group, any health conditions (including mental health issues) must be stable and managed prior to joining the group.

referrals

Referrals are accepted from:

- Individuals interested in the group
- Family members or carers
- Health professionals
- Other external agencies

Referrals to be directed to the Intake Worker on **9837 3999**.

Prior to acceptance into the group, an assessment visit will be undertaken either in the participant's home or at Maroondah Social & Community Health Centre by the **WAG** Service Coordinator.

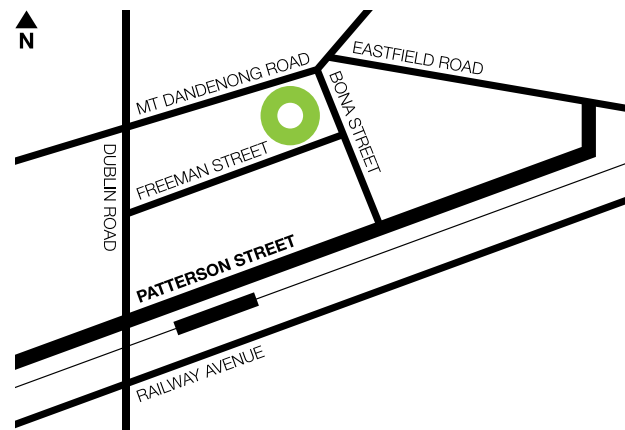
when and where is the group held?

WAG is run every Wednesday between 10.00am and 1.00pm through the year except for a break over the Christmas/January period.

The group is held at St Stephen's Uniting Church Hall
28 Freeman Street Ringwood East

for more information

Contact the Intake Worker on **9837 3999**



each

social and community health

main office

46 warrandyte road ringwood 3134 vic

t 03 9871 1800 f 03 9870 4688

info@each.com.au **each.com.au**

wednesday activity group



the wednesday activity group (WAG) aims to:

- enhance health and wellbeing through involvement in a variety of activities
- develop and strengthen friendships
- assist in creating and maintaining links with the community and reduce social isolation

about WAG

WAG provides the opportunity to:

- Socialise and meet new friends
- Share skills, hobbies, knowledge and memories
- Participate in activities such as
 - art / painting
 - decorative arts
 - silk painting
 - woodwork
 - leatherwork
 - general craft
 - cards
 - table games
- Special events including
 - in-house theme days, lunches BBQ's and activities
 - community based outings such as attending movies, theatre performances, exhibitions, and morning melodies.

transport

Participants are required to organise their own transport to the group. Limited volunteer transport may be available.

costs

There is a nominal fee to attend the group each week. An additional small fee may be charged for activities that require special materials. There will be additional costs for outings but these vary and attendance is optional.

lunch

Sandwiches can be provided for a small fee. Soup is also available during the winter months at a small additional charge. Alternatively, participants are welcome to bring their own lunch.

interested in becoming a WAG volunteer?

If you would like to join our group as a volunteer, please contact the Pathways Coordinator on **9871 1850**.

