Helping older people stay connected to their community

Wellbeing Guide Program



Finding it hard to get out and about and meet new people? Spending more time on your own? Feeling lonely?

The Wellbeing Guide Program can help. A Wellbeing Guide will help you to find local support, groups and activities that are right for you.

Who is this program for?

This program is for older people who need help to meet people, find support and get involved in their community.

This program could be right for you if you:

- Feel lonely or out of touch
- Live with a long term health condition
- Need help to find support or things to do near you

The program focuses on:

- People aged 65 years or over
- Aboriginal and Torres Strait Islander peoples aged 50 years and over
- People living in rural and remote communities

How can the program help?

A Wellbeing Guide will help you:

- Meet new people
- Find local groups, services and things to do
- Connect with support near you
- Feel better about getting involved

You do not have to do it alone. We will be here to help you.

Where is the program offered?

We offer the Wellbeing Guide Program in select local areas. If you are not sure if this covers your town, give us a call and we can help.

* excludes towns in the Lachlan Shire south of Condobolin.



How do I refer myself or someone?

Call or email us and we will help with the next steps.

1300 402 585

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marathonhealth.com.au/wellbeing-guide

This service is funded by:

phn WESTERN NSW
An Australian Government Initiative

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Better healthcare, closer to home

Marathon Health is a not-for-profit, registered charity delivering high quality health and wellbeing services to people wherever they choose to live.

This service is supported by funding from Western NSW Primary Health Network through the Australian Government's PHN Program.