

Uplift and Connect

Social chat program

FREE

This social chat program for small groups of up to four older members in our community will reduce feelings of loneliness and isolation by connecting them to their peers, encouraging new friendships and trying new activities.

Facilitated each week through video conferencing, the conversations will cover selfcare, hobbies, gardening, healthy diet, travel, sports and more. In addition to English, opportunities are available to engage in community languages such as Greek, Macedonian and Italian. More languages will be introduced based on demand.

How it works:

- Each session will run for 45 minutes to one hour
- Suitable for residents aged over 55
- All you need is a smartphone, tablet or computer (Landline is also suitable)
- After all the restrictions are removed, participants will be invited for a 'get-together' where they can meet their new friends in person.



For more information: Register your interest by calling 9407 5913 or email your details to leap@whittlesea.vic.gov.au.

Free telephone interpreter service



131 450