

To ACCESS Phone Support

Please complete the form below.

I would like to receive Phone Support

Mr/Mrs/Ms

Address

Postcode

Phone (home)

Phone (other)

Detach and Post to:

**Phone Support
Neighbourhood Support Programs**

5 Maturin Road
GLENELG SA 5045

Phone: 08-8375 1401

Neighbourhood Support Programs

Neighbourhood Support Programs aim to increase people's social opportunities through the support of friendly, trained volunteers.

The services are available to people who are socially isolated and are:

- over 65 years of age;
- an adult with a disability; or
- a carer.

You may self-refer, or have friends, family members or service professionals do this for you.

Phone Support is one of the Neighbourhood Support Programs which has provided social support for socially isolated people for over 20 years.

Neighbourhood Support Programs are available to people metropolitan wide and in the Barossa Valley. The program has been established and thrives through the generosity of volunteers.



Neighbourhood Support Programs
5 Maturin Road
GLENELG SA 5045

For **Phone Support** contact **Marilyn**

Phone: 08-8375 1401

Fax: 08-8375 1190

Email: marilyn.pearson@ucwesleyadelaide.org.au

Website: www.ucwesleyadelaide.org.au

UnitingCare Wesley Adelaide Inc

ABN 33 174 490 373

Neighbourhood Support Programs

PHONE SUPPORT



Feeling socially isolated?

Would regular friendly phone calls help?



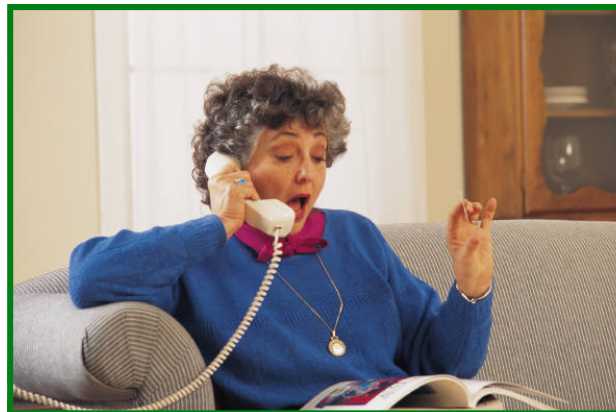
Aims of the Phone Support Program



Phone Support aims to:

- ☎ Provide the opportunity for people who are socially isolated to enjoy a friendly telephone conversation each week to discuss items of interests.
- ☎ We provide a service that:
 - ensures you are respected and valued;
 - affirms your individuality; and
 - encourages your contribution.

- ☎ Recognise and value the social contribution you have made and the wealth of experience you have to share.
- ☎ Respect the your right to participate in decision making and to make your own decisions. We should not make decisions on your behalf.
- ☎ Recognise and value the uniqueness of you as a person, your life experiences, your values, your hopes, aspirations and fears.
- ☎ Be as open and honest with phone support calls as we hope you will be.



Would you like to receive Phone Support?



If you are living in the community and are socially isolated due to frailty or disability, or you are a carer, you may enjoy receiving a friendly phone call each week.

Phone Support offers socially isolated people the opportunity to share a friendly chat with a volunteer for around 15 minutes each week.

You share conversation and discover common interests and learn about another person's life. You can share conversation about hobbies, current affairs, or any subject that interests you.

It is an enjoyable way to get to know new people. Many long term friendships have developed this way.