A directory of services, events and activities suitable for seniors in the Sorell Municipality
This Directory is designed to assist senior residents, service providers and community organisations within the Sorell Municipality to access or refer to local services, activities and events.

Every effort has been made to ensure this information is correct. If you are aware of omissions or errors, or you would like to be included in the Directory, please call 6269 0000 or email sorell.council@sorell.tas.gov.au
## INDEX

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPORTS AND ACTIVITIES</td>
<td>5</td>
</tr>
<tr>
<td>ARTS AND CULTURE</td>
<td>6</td>
</tr>
<tr>
<td>SERVICES</td>
<td>8</td>
</tr>
<tr>
<td>SOCIAL AND INTEREST GROUPS</td>
<td>9</td>
</tr>
<tr>
<td>MEDICARE AND CENTRELINK</td>
<td>12</td>
</tr>
<tr>
<td>HEALTH AND WELLBEING</td>
<td>13</td>
</tr>
<tr>
<td>MENTAL HEALTH AND CARERS</td>
<td>15</td>
</tr>
<tr>
<td>COMMUNITY HOUSES</td>
<td>16</td>
</tr>
<tr>
<td>AGED CARE</td>
<td>17</td>
</tr>
<tr>
<td>HELP TO STAY IN YOUR HOME</td>
<td>18</td>
</tr>
<tr>
<td>SERVICE ORGANISATIONS</td>
<td>21</td>
</tr>
<tr>
<td>SORELL COUNCIL SERVICES</td>
<td>22</td>
</tr>
<tr>
<td>TRANSPORT</td>
<td>23</td>
</tr>
<tr>
<td>IMPORTANT CONTACTS</td>
<td>24</td>
</tr>
</tbody>
</table>
Sorell Bowls Club

Mens, Ladies and Youth
New members welcome
Club House available for hire, includes bar and kitchen facilities.
Bowls Club members also volunteer their time to coach school students on sports days. Young people now play regularly in pennant and organised games and parents are taking part alongside their children as a family activity.
The Bowls Club Board of Management would like to see more young people and families come along and try bowling as a healthy family activity. Everyone is welcome to come along and find out more.

1 Somerville Street          Ph. 6265 2503
Sorell

Dodges Ferry Indoor Bowls  ph. 6265 8208
- New members always welcome - no experience necessary
- Dodges Ferry Recreation Centre Thurs 12.45pm-4pm

Heart Foundation Walking

Walking groups are fun and a great way to meet new people.
Walking for at least 30 minutes a day provides a range of heart health benefits including maintaining healthy weight, increased fitness and strength, improved self esteem and mental health. Members receive some great benefits including special offers, regular newsletters, incentives and prizes to help keep walkers motivated.

To find out more contact:
Sorell Walkers Organiser - Elizabeth Williams - ph. 6265 3345
Dunalley/Murdunna Walk Organiser - Pamela Till - ph. 6253 5652

Or you can start a new group as a volunteer Walk Organiser

Contact Council’s Area Coordinator on - ph. 6269 0000

Golf

Murraville Golf Club - Dunalley ph. 6253 5587
Pittwater Golf Club - Midway Point ph. 6265 2069
Forcett Lakes Golf Club - Forcett ph. 6265 3550

General Fitness

- Fundamental Fitness - low impact gentle exercise classes ph. 0408 031 609
- Tai Chi - Wednesday 10am -11am - Okines Community House ph. 6265 7016
- General fitness including Yoga and Pilates - Okines Community House ph. 6265 7016
- Tai Chi - Wednesdays 9.30am - 10.30am Pittwater Community Centre ph. 6265 1155
- Zumba Gold - Fridays 9.30am - 10.30am Midway Point Hall ph. 6265 1155
- General fitness programs - Dunalley Tasman Neighbourhood House ph. 6253 5579
- Kung Fu - Mon and Thurs 6.30pm - 7.30pm - Midway Point Hall ph. 0429 107 108
Sorell on Stage

Sorell on Stage is a local theatre group that has been in operation since 2010. They present theatrical works of all descriptions, including children’s shows, comedy, variety, theatre restaurant, drama and anything else that may take their fancy! They produce three shows a year at the Sorell Memorial Hall, which they consider their home. They usually meet and rehearse twice a week and are always looking for talent and helpers of all ages.

All welcome!

“Sorell on Stage” can be found on Facebook.

For further details contact Saakia Itchins ph. 6265 8040

Sing Australia

Sing Australia is a group of fun-loving people of all ages, who get together weekly for rehearsal and fun. There is no age limit to membership, everyone is welcome. The only requirement is that you like to sing, regardless of your voice quality. If you are worried that your voice is not good enough, don’t worry, it will improve when you are singing with others.

If you would like to go along and check them out please just turn up on the night or you can contact joint leaders Robyn and John, who will be happy to answer any question you may have. They will also warmly welcome you when you come along.

They meet every Wednesday night between 7pm and 9pm at the Midway Point Hall in Rayners Road

Robyn Dell ph. 6260 1038
John Coll ph. 6269 2952

Southern Beaches Regional Arts (SBRA)

The South Eastern branch of Tasmania Regional Arts (TRA) meets on the 2nd Tuesday of each month at 7pm for show and tell gatherings at the Lewisham Tavern (arrive at 6pm if you would like a meal first). There is a featured artist each month and it is a great way to network with other artists.

SBRA hold regular exhibitions and also bring touring TRA exhibitions to our area. The aim is to encourage and raise the profile of the arts in our communities.

Artists and supporters of the Arts are all welcome to join as a member.

Contact Michelle Pears (President) ph. 0407 851 706
Email: michelle.pears@bigpond.com
Pittwater Photography Group

Join them each Wednesday for fun, social adventures with your cameras. You can carpool and there are various meeting points and times.

Costs...
A yearly membership cost $6 (covers you for insurance) plus a donation towards petrol costs and some money for lunch (sometimes they take a picnic or BBQ depending on the outing).

Based at the Pittwater Community Centre,
34 Hoffman Street, Midway Point.

Enquiries Michelle Pears ph. 0407 851 706 or michelle.pears@bigpond.com
Pittwater Community Centre ph. 6265 1155
**Meals on Wheels**

Meals on Wheels (MOW) provides a way for people to stay in the comfort of a familiar home environment for as long as possible by providing a low cost 3 course meal with no referral necessary.

Meals on Wheels staff can also suggest or refer to other HACC services that may assist depending on individual needs.

**Volunteers** are also crucial to the operation of every Meals on Wheels organisation. They deliver the meals to clients, as well as helping run the service by serving on the management committee. If you would like to volunteer for MOW please contact Head Office who will provide you with an application form.

- **Head Office**
  - ph. 6228 4546
- **Dodges Ferry**
  - ph. 0418 325 718
- **Eastern Shore (covers Sorell & Midway Point)**
  - ph. 6244 3925
- **Tasman Peninsula**
  - ph. 6250 9000

**Sorell Library and Online Access**

Sorell Library and Online Access Centre is part of LINC Tasmania, bringing together Adult Education, the State Library of Tasmania, Online Access Centres and the Tasmanian Archive and Heritage Office (TAHO).

There is so much you can access through the LINC Tasmania network - locally, online and around the state. Their staff can help you do it.

You can borrow books, magazines, and DVDs. Get help to use their large range of online resources and find the information you need. Enrol for a course. Use the Internet. Join in events or just look around.

Access and use the internet, email, computers, and some software tools on your own or with help from volunteers and staff.

The Online Access Centre Coordinator is present Monday and Wednesday afternoons and all day Thursday. Volunteers can help you during other times.

- **Cole Street Sorell**
  - ph. 6265 1250

**Sorell and South East Literacy Program**

Helps people of all ages to improve their literacy. People might want to be able to read a particular book, improve their spelling or maths or even help their grandchildren with their homework. They use trained tutors working one on one with people in the Sorell area. They are also looking for Tutors who will receive full training.

- **Sorell Library**
  - ph. 6269 2824
- **Cole Street Sorell**

www.linc.tas.gov.au
The Causeway Club
A day Club run by volunteers for people who like to have fun, make friends, go on occasional bus trips, play good games and maybe allow your carer a few hours of respite.

Morning tea and a home cooked two course lunch and cuppa are provided and you can participate in a 20c raffle with several prizes and a trade table which helps raise funds for excursions.

Volunteers are always needed, so come along for an easy fun day and help make a difference in peoples lives.

No joining fee
Daily charge for meals is $5.00
All welcome every second Thursday 9.30am –1.30pm
Sorell RSL Club, Cole Street Sorell
Contact the Coordinator ph. 6265 3810

Eating with Friends
Eating with Friends is about bringing older people together for a nutritious meal with friends. It’s about strengthening communities, reducing social isolation and improving wellbeing.

Sorell
Last Tuesday of each month at Sorell School Hospitality Room
Cost: $10.00 for a 3 course meal. Time: 12.00 - 1.20pm
Contact Linley Devereux ph. 6269 1100

Primrose Sands
Third Sunday of every month at Primrose Sands Hall
Cost $12.00 for a 3 course meal and lucky door prize
Contact Gayle or Maree ph. 6265 5495 or 6265 5304

Dodges Ferry
Second and last Friday of the month at Okines Community House
Cost $7.00 for a 2 course meal
Contact ph. 6265 7016

Historical Society
Sorell
Meets 3rd Thursday of the month
History Room Sorell Memorial Hall ph. 6265 2453

Southern Beaches ph. 6265 8085 or 0408 497 037
Southern Beaches Landcare Coastcare

Join Southern Beaches Landcare Coastcare and educate yourself and the community about the environment, boneseed and other weed eradication, planting field days and other projects. Resources are always available as is a range of information, tools and a well equipped Landcare trailer.

General meetings are held on the first Friday of each month at Okines Community House. Working bees are on the third Saturday of each month at various locations.

The Primrose Sands group hold working bees on the first Saturday of the month and Clean Up group working bees are on the last Sunday of the month.

For more information ph. 6265 9096
Email: southernbeacheslandcarecoastcare@gmail.com

Sorell School for Seniors

The Sorell School for Seniors has been in operation for over 20 years. There are currently about 30+ members who enjoy social interaction, information sharing, interesting speakers and the chance to form new friendships.

There is no Committee - everyone contributes as much as they feel they are able.

Meetings are at the Community Health Centre in Cole Street Sorell, every Friday, from 10am - 12pm with a break for morning tea.

The cost is $2 per person, per attendance, which assists with the cost of tea, coffee and biscuits as well as providing a couple of outings through the year, a small gift for guest speakers and donations to charity.

The group are always keen to find speakers, so if anyone has a particular interest, hobby or educational project and would like to present to an enthusiastic, enquiring group of appreciative seniors they would love to hear from you.

The School for Seniors covers a wide range of interests and is always happy to welcome new members. For further information, please contact Wendy Simmons on ph. 6265 1156.

Sorell Men’s Shed

For information on joining the shed and participating in community projects:
www.sorellmensshed.org.au ph. 6248 6568
Station Lane 0478 051 266
Sorell www.sorellmensshed.org.au

Men’s Breakfast

St Georges Church ph. 6248 1878
Sorell
(Third Wednesday of the month)
**Sorell Legacy Widows**  
Meets 11am on second Wednesday of each month at Sorell RSL Club Rooms. Widows of Service Men from all wars are welcome.  
Contact  
ph. 6269 2860

**Sorell and Districts Garden Club**  
Meets at 1.30pm-3pm on the second Tuesday of each month at South Eastern Community Care, Sorell.  
All welcome  
ph. 6265 1462 or 6265 7208

**Dodges Ferry Seniors Citizens**  
Indoor Carpet Bowling at Dodges Ferry Recreation Centre Thursdays 12.45pm - 4pm  
All day bowls every 3rd Thursday including lunch and regular Round Robin bowls competitions.  
Social outings, club lunches, Christmas and New Year lunches and activities.  
Also provides a support network for members and their families.  
ph. 6265 8208

**Midway Point Senior Citizens**  
Social gatherings and activities, bus trips and monthly get together with other seniors groups.  
Annual events including bus trips or outings.  
The group also play indoor Bowls on Mondays at 1pm and would welcome new members to the team - no experience is necessary  
New members welcome  
ph. 6265 1003

**Midway Point Hall Op Shop**  
Volunteers and visitors welcome  
Open Wed and Fri - 9.30am-12.30pm  
ph. 6265 1003

**Sorell Sunday Market**  
Sunday’s until 1.30pm  
Cole Street (behind RSL) Sorell  
Contact  
ph. 6247 9353
Australian Government Department of Human Services
(Medicare, Centrelink, Child Support)

For help and information regarding aged pension, partner allowance, continence aids payment scheme, pension bonus bereavement payment, pension bonus scheme, loans scheme, rent assistance, health care cards, disability and general information.

There are a range of contact options – at a time to suit you.

Self Service
With self-service you can manage things online, on your mobile device, on the phone or using a self-service terminal at a Service Centre.

Go to humanservices.gov.au/onlineservices to access online services across Medicare, Centrelink and Child Support.

The Express Plus Seniors App can be downloaded for free from the App Store or Google Play.

Call us
Centrelink has a new call back service that gives you the option to keep your place in the queue without waiting on the phone if you are registered for phone self-service.

Key numbers:       Older Australians  132 300
                   Medicare           132 011

TTY users: Telephone 1800 810 586 and request the phone number you wish to contact. Speak and listen users (speech-to-speech relay) can use 1300 555 727 and request the phone number you wish to use.

Planning for retirement
Retiring from paid work is a major life change. You can attend a free Financial Information Service (FIS) seminar to help with your retirement planning. FIS seminars provide information about how to prepare for retirement, understanding your pension and living in retirement.

You can phone 132 300 and ask to speak to a FIS officer. If possible, your questions will be answered over the phone. If there are complex issues to be discussed, the FIS officer may offer to arrange an appointment for you.

Visit us
Rosny Service Centre          Opening hours 8.30am to 4.30pm
2 Gordons Hill Rd            (Offering full Centrelink and Medicare services)
Rosny Park 7018

Service Tasmania             Opening hours 9am to 4pm (closed for lunch 12pm - 1pm)
Shop 3, 5 Fitzroy St          (Offering self-service terminals and some Centrelink services)
Sorell 7172
www.centrelink.gov.au
Sorell Family Practice
Family orientated medical practice caring for our community. Also operating the Sorell Skin Cancer Clinic and the Sorell Allied Health Centre. Providing services in podiatry, physiotherapy, psychology, chiropractic, audio, dental and massage therapy.
Email: reception@sorellmedical.com.au

Medical Services
Shop 11, 12 Cole Street Sorell ph. 6265 2341

Allied Health Services
42 Cole Street Sorell ph. 6265 2565

Sorell Doctors Surgery
Bulk bill pensioners and concession card holders over 65 years of age, DVA patients, and children under 16 years.
Womens and mens health, driving assessments, diabetic care, work related injuries, insurance medicals, cryotherapy, travel and health vaccinations and chronic disease management.
Opening hours 8.30am - 5pm Monday - Friday
31 Gordon Street Sorell ph. 6165 1595
sorellds@iinet.au

Australian Hearing
Dedicated to helping people manage their hearing impairment so they have a better quality of life, Australian Hearing delivers hearing services to clients eligible under the Australian Government Hearing Services Program.
Sorell Community Health Centre ph. 131 797
Cole Street Sorell www.hearing.com.au

Sorell All Care Dentist
General dental, dental prosthetics, whitening, crowns, bridges, fillings, emergency service
No referral necessary.
Shop 13/5 Fitzroy Court ph. 6265 2009
Sorell

Dentures at Sorell
Dental prosthetics, dental implant, dental surgery services.
46 Main Road ph. 6269 2500
Sorell
Exercise Physiologist

Two weekly exercise classes for seniors (Monday and Wednesday at 10.20am) at Healthy Horizons in Dodges Ferry. Also health coaching groups to facilitate positive lifestyle changes, predominantly around healthy eating.

Other services include:

- Prescription for exercise for injury rehabilitation
- Prescription of exercise to assist with management and treatment of chronic medical conditions
- Prescription of exercise to increase work capacity and to improve function and productivity
- Nutritional coaching to assist with weight loss and health improvement - individual and group sessions are currently being held
- Falls prevention programs
- Fitness and musculoskeletal assessment
- Postural improvement programs

Based at Healthy Horizons - Dodges Ferry

Shaned Gaffney  
BAppSci (HM); BMedSci; GradCertOH&S  
Phone: 0418 146 973  
Email: shanedmond@bigpond.com

Physiotherapy

Private Physiotherapist in Sorell Allied Health Services Centre.  
Open: Monday, Tuesday and Thursday

Jane Scott Physiotherapy  
42 Cole Street  
Sorell  
Phone: 6265 2565

Optometrist

Eyelines - Gateway Shopping Centre  
Total Eyes Care - Sorell Plaza  
Phone: 6265 3011  
Phone: 6265 2552

Hobart Pathology  
Sorell Plaza  
Phone: 6223 1955  
Website: www.hobartpath.com.au

Community Health Centre

Physiotherapy, podiatry, occupational therapy, incontinence management, community nutrition, oral health, home care support, social work, speech pathology and mental health.

Also a range of activities, social groups and information is on offer.

Contact the Centre for more information  
Phone: 6265 6601  
47 Cole Street  
Sorell
Anglicare - Personal Helpers & Mentors (PHaMS)

PHaMS Sorell is an Outreach service that works with people whose mental health is impacting on their ability to live a fulfilling life. This program is a free service that can outreach to people’s homes or communities. We support people to overcome the barriers that they are facing due to mental health issues by assisting people to reflect on their goals and come up with strategies to work towards them.

1 Fitzroy Street Sorell  ph. 6213 3555
www.anglicare-tas.org.au

The Commonwealth Respite and Carelink Centre (CRCC)
Mental Health Support Program
Auspiced in Southern Tasmania by Community Based Support South

Provides support tailored to carers and care recipients to people with a mental illness.

- **Respite and Support** options are available and tailored to individual needs;
- The **Going Home Program** is designed to assist people after they have been discharged from acute care. They can assist in making the transition back home a little easier by providing tailored support to suit individual needs before, or just after discharge;
- The **Social Support Program** provides supported short term activities that may lead to future engagement in the community;
- **Education Programs** are offered and designed to support you to be better informed about mental illness, treatment and therapy options;
- **Carer Engagement Programs** provide opportunities for carers to be in contact with other carers for support, time out and companionship.

All support is tailored to each individuals needs and is confidential.

Referrals for support can come directly from carers or anyone else who has consent to contact them on behalf of a carer.

For more information about services:  ph. 6208 6600

Freecall 1800 052 222 (calls from mobiles at applicable rates)

Email: CBSSouthCarelink@CBSSouth.com.au

Web: www.cbssouth.com.au
Okines Community House
Okines Community House provides the following activities for Seniors:
- Tai Chi - Wednesday 10am -11am
- Crafts - Monday 10am -12pm
- Spinners - second & last Friday of the month 12pm - 2pm
- Eating with Friends - 2nd & last Friday of each month 12pm - 2pm
- Seniors Week activities 1st - 7th October
- Seniors Bus Trip - once a term
- Community Garden

510 Old Forcett Road
Dodges Ferry
ph. 6265 7016
www.okinescommunityhouse.com.au

Pittwater Community Centre
A Community Centre which provides the following activities for Seniors:
- Tai Chi - Wednesdays 9.30am - 10.30am - Beginners welcome
- Eating with Friends - second and fourth Friday of each month - bookings essential
- Pingo - Played the same as Bingo, but for grocery prizes. Tuesdays 10am - 12noon
- Zumba Gold - Fridays 9.30am - The first 30 minutes is specially designed for seniors and second half targets balance and strength

34 Hoffman Street
Midway Point
ph. 6265 1155
www.pittwatercommunitycentre.com

Dunalley Tasman Neighbourhood House
Their seasonal program offers one off and continuing activities and services aimed at/or suitable for seniors including:
- Weekly Mah Jong
- Monthly movie days (Merv goes to Hollywood)
- Every second Friday of the month - ‘Community Get Togethers’ for a meal and music
- Regular bus trips to various locations
- Community Garden
- Regular visiting health professionals such as massage therapist, Relationships Australia and Hearing Australia

172 Arthur Highway (PO Box 8)
Dunalley 7177
ph. 6253 5579 or
ph. 6250 2118
contact@dunalleytasman.org
www.dunalleytasman.org
Ningana - Uniting Age Well

Located in Sorell, Ningana is a 72 bed aged care facility - 71 permanent and 1 respite (high and low) which values older people for their wisdom and life experience and have a range of activities both social and leisure to enable residents to participate and remain engaged with the community.

Their qualified nursing staff have special expertise and knowledge in the care of older people and work with a commitment to quality care.

1 The Circle
Sorell
ningana.reception@uacvt.org.au
www.uacvt.org.au
If you are living in your own home, speak to your GP or a health professional about whether you are able to access the following services.

**Falls Prevention Activities & Resources**
Assists in preventing falls and injuries from falls in older people who have experienced a fall or are at high risk of falling.
Community Allied Health Services (South) ph. 6222 7280

**Aged Care Assessment Team (ACAT)**
An assessment will determine which services you may be able to access to help you cope with daily living activities at home. You will be visited at home by a trained health professional from the local ACAT team.
ACAT ph. 1800 260 464

**Home and Community Care (HACC)**
The aim of HACC is to help you stay at home by providing a range of basic support and maintenance services such as cleaning, gardening, personal care, community support and transport.
TasCarePoint - ph. 1300 769 699

**Department of Veterans’ Affairs (DVA)**
If you are a veteran contact the DVA to see if you are eligible for Veterans’ Home Front service.
DVA ph. 1800 801 945

**Red Cross**
www.redcross.org.au

**The Commonwealth Respite and Carelink Centre (CRCC)**
Provides carer support services, either directly, or through linking carers with other organisations and includes:
- In-home, community and residential respite including 24 hr emergency support
- Other in-home and community supports for the carer/care recipient, including personal care, social support, domestic assistance etc
- Group and 1:1 training to equip carers with the knowledge needed to assist in the caring role as well as looking after yourself
- Information on a range of topics and services available which we will tailor to your specific needs
- Counselling
- Support to assist carers and care recipients link with their local communities
- Assessment and referral

All support is tailored to each individual’s needs and is confidential.
Referrals for support can come directly from carers or anyone else who has consent to contact them on behalf of a carer.

For more information about our services, please contact us by:
Phone: 6208 6600, or Freecall 1800 052 222 (calls from mobiles at applicable rates)
Email: carelink@cbssouth.com.au
Web: www.cbssouth.com.au
**Community Based Support**
Can assist you to stay in your home, and do the things you enjoy best.

**Support for you and your family at home.**
Community Based Support (CBS) provides a range of services to help older people and people with a disability remain connected to their communities, stay at home and live independent lives. Experienced staff assist you to create tailored care plans, ensuring your needs are met, your home is safe and you and your family can have the confidence from knowing there’s always someone dependable to lend a hand.

**A full range of services**

**Personal care:**
Dressing, showering, grooming, mobility assistance, medication prompts and meals.

**Domestic assistance:**
Light household duties such as vacuuming, cleaning, laundry and ironing.

**Respite:**
In home personal, domestic and social support to give carers a break.

**Social support:**
Access to centre-based and community activities like shopping, banking, companionship, gentle exercise groups and social outings.

**Home modification and technical service:**
Advice, practical and financial assistance, renovations to bathrooms and fitting of external handrails, ramps etc.

**Other services include** –
Homeshare; spring cleaning; gardening; holiday packages; counselling for carers; short-term and emergency support; packages of care; referrals to other services; assessments; case management; care coordination; support following an acute episode; education for carers; 24 hour support; overnight support; bed and breakfast respite.

For more information about services available to you, please call on 6208 6600, Monday to Friday, between the hours of 8.30am and 5pm.
South Eastern Community Care

A not-for-profit community based organisation, funded to provide a wide range of health care options to assist clients and carers to maintain an optimum level of health while remaining in their own homes in the townships and surrounding rural areas in South Eastern Tasmania.

Referrals and enquiries are welcome for the provision of the following services:

- Community Nursing
- Personal Care
- Domestic Assistance
- In-Home Respite
- Social Support
- Home and Garden Maintenance
- Respite for Carers’ Day Centres
- Packaged Care
- DVA Nursing
- Veterans’ Home Care
- Community Transport
- Private Clients
- Brokered Services

Sorell ph. 6269 1200
Email: mail@secommunitycare.com.au fax 6269 1208

Carers Tas. Australia

Carers Tasmania is a non-profit, community based, incorporated association and registered charity dedicated to improving the quality of life of the estimated 66,500 family carers living in Tasmania. Carers Tasmania is the only organisation completely dedicated to supporting the needs and representing the views of Carers throughout Tasmania.

Who are carers?

“Carer” means a person who is providing, or who has provided, unpaid care and support to family members or friends who are living with a disability, mental illness, chronic condition or terminal illness, or who are frail or aged.

What support do they offer?

- Carer Support and Wellbeing Check
- Carer Advisory Service
- Talking it over - Caring for carers
- Carer education and training
- Young Carer Program
- Better Start Program

Whilst the office is in Hobart they do offer an outreach service in Sorell.

Freecall 1800 242 636 for further information
Lions Club
The Lions Club are volunteers who work towards creating and fostering a spirit of understanding among all people for humanitarian needs by providing voluntary services through community involvement and international cooperation.
Serving the community for 40 years
New members always welcome

Lions Club of Sorell
PO Box 66
Sorell
sorell@lionstasmania.org

Lions Club of Dodges Ferry

CWA
Orielton
Sorell
www.cwaintas.org.au

RSL
Primrose Sands
Sorell
RSL Sorell Ladies Auxiliary

Rotary Club of Sorell

Salvation Army
Church services, counselling, emotional support, emergency relief, budgeting, financial counselling.
Carlton

Service Tasmania
Shop 3, 5 Fitzroy Street, Sorell
Opening hours: Monday to Friday 9am - 4.30pm
Seniors Advisory Group - SAG

The Advisory Group meets regularly to discuss issues of concerns to senior residents in the Sorell LGA and to keep up-to-date with Council projects, services and events. Join the Seniors Advisory Group and help us to develop an age-friendly community which provides opportunities for seniors to live active and fulfilling lives and provide Council with information that can be used to support seniors, address the challenges and increase opportunities as people grow older in our community.

To join the Seniors Advisory Group or for more information contact Council.

Seniors Week

Council runs Seniors Week events in the first week of October. Previous events have included a soup and sandwich lunch with entertainment at the Sorell Memorial Hall, a bus trip and lunch travelling to destinations such as Oatlands and Woodsdale museum, motorised scooter and aids expo, senior driver forums and organised walking.

Community Bus

Council is committed to providing the community greater accessibility to services and improved social mobility. Councils Community Bus Scheme is intended to support organisations and groups which are:

- Local to the Sorell Municipal area
- Non-profit community based, and which
- Provide services which directly and significantly benefit either the whole of the Sorell community or a specific target group within the Sorell area

The Council Bus is available for booking seven days per week to community groups within the Sorell Municipality, subject to availability and accreditation. To receive accreditation a Community Bus Scheme Accreditation form will need to be completed. Fees apply.

Councils Community Bus has a regular return service from Primrose Sands to Sorell on Tuesdays and Thursdays (except public holidays).

For information and booking:

Sorell Council
47 Cole Street
Sorell
www.sorell.tas.gov.au
Ph. 6269 0000
Community Transport Services Tasmania Inc. (CTST)

CTST provides transport to aged, disabled and disadvantaged members of the community, including their carers where necessary. This service is available to people who do not have access to suitable or appropriate transport and wheelchair accessible vehicles are available in most areas.

CTST assist with transport for social and non-emergency medical appointments such as:
- Shopping (groceries, clothes etc.)
- Doctor or other appointments including hospital appointments
- Paying bills, visit the hairdresser
- Visit family or friends
- Transport to and from the airport

Vehicles are located at various points to allow them to pick you up from and return you to your home. Transport is available locally, to Hobart or anywhere within the state and vehicles are driven by friendly local volunteers.

**CTST provide regular shopping trips and outings in the Sorell area:**

A small bus is provided for shopping in Sorell every Friday for approx. 1.5 hours

- Departs Midway Point at 8.40am to Sorell.
- Departs Sorell at 10.45am and returns to Midway Point.
- Departs Primrose Sands at 9.30am and services Carlton and Dodges Ferry.
- Arrives in Sorell between 10.15am - 10.30am.
- Departs Sorell at 11.45am returning to Dodges Ferry, Carlton and Primrose Sands.

**Two monthly outings are also provided:**

On the second Tuesday of each month the “Eastlands Shopper” travels from Primrose Sands, picking up in Carlton, Dodges Ferry, Sorell and Midway Point then on to Eastlands for shopping and lunch returning early afternoon.

Every fourth Thursday there is a social outing, meal and shopping with trips to various locations. This trip picks up in Sorell and Midway Point. Times may vary slightly.

Fees apply to the bus trips above and are approx. $9.00 or $14.00 depending on destination. Meal and shopping is not included and is at own cost.

**For information and bookings contact your local Coordinator**

Email: se@ctst.org.au       ph. 6260 4146

**Volunteer Drivers and Vehicle Detailers Urgently Required**

**Can you spare a few hours on a week day, weekend or after hours?**

Community Transport Services Tasmania Inc. provides a statewide door to door transport service to the aged, people with disabilities and disadvantaged members of our Community. Transport is provided for shopping, bill paying, social outings, non-urgent medical appointments etc. If you can you spare a few hours on a week day, weekend or after hours they would love to hear from you.

**For more information about volunteering please phone 62 316974 or email: info@ctst.org.au**
FOR ALL EMERGENCIES CALL 000

Sorell Police Station  ph. 6265 4950
Dunalley Police Station  ph. 6253 6066
If the station is unattended the phone will divert to:
Police Headquarters  ph. 131 444

Ambulance  000
Non-urgent Ambulance Freecall  1800 008 008

Fire
General enquiries  ph. 6230 8600
Freecall  1800 000 699

Volunteer Fire Brigades
Dodges Ferry  ph. 0408 119 442
Dunalley  ph. 0417 512 265
Midway Point  ph. 0427 653 029
Orielton  ph. 0438 376 052
Primrose Sands  ph. 6265 5260
Wattle Hill  ph. 0429 652 927
District Officer - East Coast  ph. 6214 8836 or 0488 634 935

Sea Rescue
Dodges Ferry  ph. 6265 9666
If no answer call  ph. 6265 8030

(SES) State Emergency Service
Administration  ph. 6230 2700
Emergency Enquiries  ph. 6230 2733
After Hours  ph. 6230 2734
Police Listening Watch  ph. 6230 2733

IN A DECLARED STATE OF EMERGENCY
State Emergency Service  ph. 6230 3013
Storm and Flood Emergencies  ph. 13 2500
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For further information please contact:

Sorell Council
47 Cole Street
Sorell 7172
ph. 6269 0000
Fax 6269 0014

www.sorell.tas.gov.au