



## A Social Club supporting the frail aged and those living with dementia

The Social Club provides an inclusive environment where people who have cognition issues and / or are frail aged can take a break from their home environment, connect with their community and spend a day socialising.

The Social Club also allows family members and friends to take a break and enjoy some time out from their caring roles.

### What can you expect from our Social Club?

For those attending the club, there are plenty of activities to enjoy, in a safe and supportive environment. Our activities are tailored to suit each individual. These include, but are not limited to games, outdoor activities, reading, painting, reminiscing or just relaxing. Nutritious meals are served throughout the day.

### How can I access the service?

The service is available to people living with dementia in the Northern Sydney area. If you are a primary carer enquiring around costs, eligibility and availability, you can directly contact the Sanderling Social Club Manager.

### Like to know more?

Please contact us for more information regarding costs, eligibility and availability.

- 📞 1800 826 166
- 📧 [SanderlingSocialClub@hammond.com.au](mailto:SanderlingSocialClub@hammond.com.au)
- 🌐 [hammondcareathome.com.au](http://hammondcareathome.com.au)



### Sanderling Social Club

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