

# Plus Social<sup>®</sup> Program



## About the program

The Plus Social Program has been designed to improve your wellbeing. This 12-week program works alongside your existing medical care. You can tap into local supports such as:

- social and community services
- financial counselling
- housing assistance
- interest groups, including relaxation, cooking, gardening, and more.

During the Plus Social Program you will be connected with a dedicated Link Worker who will learn more about you, identify your current needs, and support you to establish connections with local services, community groups and activities. You will be able to access Plus Social specialised groups for supported social participation to build wellbeing, inclusion and resilience. The program, including all activities and services offered to you during the 12-weeks, is funded by EML.

*'The group has given me more courage, self-belief, support, encouragement, fun and purpose.'*

– Jess, Plus Social participant



## Your Link Worker cares

Link-workers have experience and qualifications in the health sector and genuinely care about making a difference to your quality of life.

## Some questions answered

**Q** I'm currently participating in other health programs recommended by my Nominated Treating Doctor and other treatment providers.

**Why do I need the Plus Social program?**

Participation in the program does not impact your other treatments and services recommended by your nominated treating doctor and other treatment providers. Plus Social should complement your current health and social support services. We will work with you to identify your social, emotional and practical needs, and link you to local community services to address them.

**Q** How long does the program run for?

This is a 12-week program run by Primary & Community Care Services (PCCS). At the end of the program, your Link Worker will talk with you about the next steps.

**Q** Do I have to go anywhere to participate?

Yes. You will be encouraged to engage with relevant local sources of support and services. This will enable you to tap into a vast network of social and community services such as relaxation, cooking, art and photography classes, health education, financial counselling and housing assistance.

**Q** How much does it cost?

Participation in this program is free and is funded by EML.



## Find out more at PCCS

[pccs.org.au/plus-social](http://pccs.org.au/plus-social)

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