



## Information and Accessing Services

Cumberland Council's Aged & Disability Team is committed to ensuring that seniors and people with disability in the Cumberland area have access to all the information they need to access different services in the community. For more information on what services Council provides, to join a service or for general information and enquiries please contact Council's Aged & Disability Services, Service Development Team on **8757 9041**.

### Eligibility

- 55yrs+ (50yrs+ for Aboriginal and Torres Strait Islanders)
- Living in the Cumberland area
- NDIS Participants

### Fees

- Small fees apply for the services and programs outlined

These services are supported by the Australian Government Department of Health. For more information <http://www.health.gov.au/>. Although funding for these services have been provided by the Australian government, the material contained herein does not necessarily represent the views and policies of the Australian government.

### Cumberland Council

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CUMBERLAND  
COUNCIL

# Cumberland Council's Aged and Disability Services

Cumberland Council's Aged & Disability Team are here to help you keep Active, Healthy and Connected. Whether you want to give our meals a go, make some new friends and get out and about, be supported with day to day activities or find out about all the latest services and resources on offer; we are ready to help.





## Home Delivered Meals

Cumberland Council's Nutrition Services is the only service in the Greater Parramatta Region that provides freshly cooked, hot meals delivered to your door. The service provides lunches, dinners, desserts or frozen meals from a continually changing menu to suit most tastes and cultural or dietary needs. The Nutrition Services Team is also able to provide these meals to senior's groups and homes with the Cumberland area. For convenient, healthy and delicious meals that are not expensive, please contact the Nutrition Services Team on **8757 9033**.



## Over 55's Lifelong Learning Programs

Cumberland Council's Social Inclusion Team provides Over 55's Lifelong Learning Programs to promote positive ageing in the Cumberland community. These programs address the physical, mental and social needs of seniors, while catering for a diverse range of interests such as gentle exercise groups, Zumba Gold Classes, Line Dancing and Painting Classes. The programs currently run in Regents Park, Merrylands, Granville, Pemulwuy, Berala and Auburn with new locations and programs continuously being offered. For classes that will keep your heart and mind happy, please contact the Social Inclusion Team on **8757 9031**.

## Senior's Wellness Programs and Social Outings

Maintaining social connections and providing opportunities to actively participate in your community are the focus of the Social Inclusion Team's Wellness Programs and Social Outings. Wellness Programs are provided in Centres located in Guildford, Granville, Wentworthville and Berala and include activities such as gentle group exercise, creative arts, music, games, theme days, reminiscence groups and live entertainment. A delicious three course meal is provided by the Nutrition Services Team and transport is available to and from your home.

Bus trips are also offered each week to locations near and far! Groups are taken on a variety of trips including boat cruises, museum visits, scenic drives, lunch outings or to special events like the annual Tulip Festival. Transport is provided to and from home or from a meeting point. Our Senior's Bus Trips can also cater to individual senior's groups within the Cumberland area. For more information, please contact the Social Inclusion Team on **8757 9031**.



## Shopping Services

The Aged & Disability Team understands that maintaining your independence is very important to many and we offer services to assist you with this. Wonderful volunteers provide customers with assistance to do their shopping and bill paying, running errands, transport or visiting you at home to assist with reading and writing letters. To enquire or for more information, please contact the Social Inclusion Team on **8757 9031**.



## Culturally Specific Programs

The Aged & Disability Team has programs and services that are developed specifically for Aboriginal & Torres Strait Islanders and other cultural groups in the community such as Arabic, Spanish and Filipino. The team is always looking to work in partnership with other groups and organisations in the Cumberland area to continue to grow these programs and services. If you would like to discuss any opportunities further, please contact the Service Development Team on **8757 9041**.



## Programs for People with Disability

The Lifestyle Leisure Links program focuses on development through experience and encourages improvement to social, physical and emotional capacity through a range of peer group activities. Programs are delivered to National Disability Insurance Scheme (NDIS) participants aged 18 to 65 years and include group outings and activities such as playing sports, dining out and going to various shows.