



Linking you to practical supports for your health & wellbeing



What is Social Rx®?

Social Rx is a short-term program to help you access local support services and community resources that can make a real difference to your life.

PCCS can work with you to address the things getting in the way of your health and wellbeing, such as difficulties with housing, family relationships, dealing with challenging life events and stresses, or if you're feeling disconnected from your community and social networks. We can help you set personal goals and make a plan together to meet your needs.

How can Social Rx® help?

Social Rx is designed to provide practical assistance, linking you to the community resources and supports you want and need.

Our team can assist with things like:

- ✓ **Support to Access Government Services** like support with applications for the NDIS, My Aged Care, NSW Housing and Centrelink
- ✓ **Healthy Lifestyle Programs** like Meals on Wheels, cooking groups, food banks, walking groups, yoga, lawn bowls, and online groups people can do at home
- ✓ **Social Activities and Services** like art classes, book clubs, coffee clubs, knitting groups, and community activities
- ✓ **Wellbeing and Advancement** like connecting you to volunteering opportunities, emotional wellbeing services, education and employment.



Who is eligible?

Social Rx is provided at **no cost** to anyone over 18 years living in the Illawarra Shoalhaven region who:

- ✓ has, or is at risk of developing, a long term health condition (including mental health), or
- ✓ is experiencing social isolation or loneliness, or
- ✓ needs practical help with issues that could significantly impact on health and wellbeing like housing issues, food security, lack of access to aged care or disability supports, domestic violence, financial stresses, low physical activity or any other significant stress.

*Social Rx is not intended for people who already have access to other long term supports like the NDIS, psychosocial supports or who are living in a residential aged care facility.

How can I participate?

Ask your GP or health provider about this program and for a referral (you could even show them this page or the website below). Feel free to reach out to our friendly team for more information and to discuss access to the program.

Contact PCCS

- ☎ (02) 9477 8700
- ✉ enquiries@pccs.org.au
- 🌐 pccs.org.au/social-rx



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