



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:

- ✓ **Social Programs & Services** like art classes, book clubs, coffee clubs, knitting groups, community centres
- ✓ **Physical Activity Programs** like walking groups, chair yoga, lawn bowling, Healthy Weight for Life (including online groups people can do at home)
- ✓ **Support to Access Government and Health Services** like My Aged Care, NSW Housing, Centrelink, and linkages for assistance with NDIS applications (via One Door Mental Health) and for Chronic Care Coordination Service (via Silverchain)
- ✓ **Healthy Lifestyle/Food Programs** like Meals on Wheels, food banks and cooking groups

**Better
together[®]**

Who is eligible?

Social Rx is provided at **no cost** to anyone over 18 who:

- ✓ has, or is at risk of developing, a long term health condition (including mental health), and
- ✓ is experiencing social isolation or loneliness, and
- ✓ 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.

- 📍 Our region stretches from Helensburgh in the north, past Eden to the Victorian border in the south, and inland to Cooma/Monaro, Queanbeyan, Yass, and Goulburn.

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 website). 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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