



# Support That Meets You Where You Are

Whether you're hoping to stay active, meet new people or improve your mobility, we're here to help you choose what feels right for you.

Many of our services can be accessed using CHSP or Support at Home funding and we can help you navigate what applies to your situation, so the path forward feels clearer.

We're only a conversation away, here to help you feel supported, informed and confident about the steps ahead. Transport to and from our centres is available.

## Connect With Us

Ready to explore what's possible? Please reach out to your local BASSCARE Community Centre for more information.



Scan to Wander Further

### Chambly Hall

Call (03) 9880 4709

Email [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

Located at 405 Camberwell Rd, Camberwell

### Ashburton Seniors Centre

Call (03) 9058 6060

Email [social@basscare.org.au](mailto:social@basscare.org.au)

Located at 296 High Street, Ashburton

### North Balwyn Seniors Centre

Call (03) 9880 4752

Email [marwal@basscare.org.au](mailto:marwal@basscare.org.au)

Located at 9 Marwal Avenue, Balwyn North

Where Every Day Holds a Little Magic.

## Community Centres

### Built on Connection

Ordinary moments become something more through shared laughter, warm conversations and the magic of time spent together



# A Place to Join in and Feel Connected

Our group programs offer something deeper than a schedule of activities. They create moments where people can meet others, share stories and be supported by staff who understand how important social connection truly is.

Creative and lifelong learning sessions offer relaxed ways to explore ideas, art and new interests together. Outings and movement classes add something to look forward to, helping you stay active, social and engaged. Together, these experiences bring more connection and enjoyment to each week.

Running five days a week across three locations, we welcome older adults from the City of Boroondara and nearby suburbs.



## Allied Health That Helps You Feel Steadier, Stronger and More Sure of Yourself

Our Allied Health Services are here to help you feel at ease in your body and more confident in the rhythm of everyday life. With a blend of practical support and a gentle sense of possibility, our team works alongside you to improve movement, manage discomfort and rediscover what your body can still do.

**Exercise physiology** uses tailored movement and guided exercises to improve strength, balance and mobility. **Podiatry** plays a vital role in overall well-being. By caring for your feet, the foundation of your mobility, we help reduce pain, prevent issues before they develop and support you to stay active and independent.

### You can expect:

- **Personalised support that helps you move with confidence.**
- **Sessions tailored to your comfort, goals and energy.**
- **Foot care that strengthens stability, comfort and independence.**

