



LET'S GET CONNECTED....

MDNSW is currently expanding our social support groups under the banner of *Connections*. As well as the current carer support groups around regional NSW, we have started up new social support groups in areas including Liverpool and the Central Coast region.

Attending a social support group can be a great way of connecting with others who understand you and share similar concerns and experiences. Your time with the group can be helpful in allowing you to talk with others about stressful times, whether you've had a bad day at work or a year filled with

loss or chronic illness. It can also be an opportunity to celebrate achievements and support each other in an environment that is friendly and safe. The social support groups will allow you to access information, advice, guidance and other types of assistance should you need them. They are a great way to learn more about resources, to exchange information and support each other with new strategies for managing life's challenges.

Coming along to a social support group offers a chance to meet others and to develop new friendships. Often people in groups say it makes them feel like

they're not on their own, and that the other members are a great support.

"In a support group, you can talk to somebody about your concerns and feel supported. I felt better and the isolation for me is now gone."

Social support groups provide a safe place for people to relax and be at ease with others who understand what they are going through. They can also allow an environment where people can feel comfortable to share their experiences, laugh and joke – and just be themselves!

CURRENT SOCIAL SUPPORT GROUPS IN THE SYDNEY METRO AND REGIONAL AREAS OF NSW

Liverpool Parent Group meets in the Coffee Club at Mounties in Mount Pritchard on a Tuesday morning every six weeks for a coffee and chat

Northern Rivers Social Group meets every second month at various locations on the Far North Coast

Hunter Social Group meets every second month in the Hunter area

Illawarra Carer Support Group meets 1st Tuesday of each month various locations in the Illawarra

BOB Blokes out Bush meets every second month in Narrandera

Wicked Rollers Central West Group meets every second month in Orange

There are a number of new *Connections* social support groups starting up in many areas and we are keen to hear from you if you would like to attend or find out more about these new groups.

The new Central Coast Social Group will meet every second month at Wallarah Bay Recreation Club

The new Armidale Social Group will meet every second month at the Armidale RSL Club

The new Orana Social Group will meet every third month in Dubbo

The new Central West Social Group will meet every third month in Bathurst

*For further information about MDNSW's *Connections* social support groups, please call the Client Services team on 9809 2111 ext. 1.*