

WE ARE YOUR WELLNESS CHAMPIONS

The Wellness Champions is a collaboration of three local trusted businesses with over 100 years' of combined experience providing supports and services. Working primarily in the aged care space, each of the businesses has the experience and capacity to assist Shire residents.

Wellness is about experiencing life to its full potential.

It's more than being happy or in good health. It's about living a life that is meaningful, a life that feels worthwhile. There are many things that a person can do to achieve and maintain a sense of wellbeing and, by doing so, live at home as independently as possible.

Each business sees you as an individual.

WE VALUE YOUR



Health



Safety and security



Identity



Growth



Connection to others
and your community.

YOUR SUTHERLAND SHIRE

WELLNESS CHAMPIONS

helping you live the life you love



For further information give us a call or visit our website – we are here to help.

www.wellnesschampions.org.au





Secure your independence, future proof your home.

Working with HMS to make your home safer and more accessible is a simple process. We've been assisting the residents of Sutherland Shire and St George areas for over 30 years.

Our services include:

- ✓ Full bathroom modifications
- ✓ External and internal ramps and hand rails
- ✓ General Home Maintenance including plumbing and electrical
- ✓ Occupational Therapy Assessments
- ✓ Annual home maintenance services including windows, ovens, carpets, blinds, gutters and spring cleaning.

Call 9524 1100

admin@homemods.org.au
homemods.org.au



homemodificationsolutions



Satisfying and healthy meals delivered to your door, with a smile and a good old chat.

Sutherland Food Services has been providing meals in the Sutherland Shire for over 50 years assisting with independence health and wellbeing.

- ✓ Over 60 meal choices, frozen or hot lunch meal deliveries including modified meals
- ✓ We see our customers as partners in their service
- ✓ Personalised meal plans
- ✓ Affordable pricing
- ✓ My Aged Care assistance
- ✓ Easy online or phone ordering
- ✓ Volunteer with Us

Call 9540 7365

info@foodservices.org.au
sutherlandfoodservices.com.au



sutherlandfoodservices



Stay connected with friends, family and community with transport that suits your everyday needs.

Getting out and about is easy, convenient and affordable for Shire seniors and those with mobility issues.

Travel in style in our premium vehicles with our friendly drivers who will support you all the way door to door with care.

- ✓ Medical or personal appointments
- ✓ Group outings, shopping shuttles, leisure trips
- ✓ Pet transit
- ✓ Easy and affordable
- ✓ Vehicle hire
- ✓ Volunteer with us

Call 8555 0000

info.transport@activus.org.au
activustransport.org.au



activustransport