

EASING HARDSHIP OF BEING LONELY, ISOLATION

INTERAGENCY

COVID-19 made 2020 a memorable year and really showed the hardship that is loneliness and isolation for many in the community.

Now that we can start coming together, The Neighbourhood Centre is a great place to start connecting with others.

"Knowing there are people I can call on, people who have become friends through our meetings, keeps me sane." So says Josephine, a member of the Friday Friends Group.

One of the most important roles for The Neighbourhood Centre is to create a place for people to meet each other and to widen their support networks.

There is something for everyone.

Friday Friends Group meets for afternoon tea after chair yoga for a chat and a catch-up.

Men Connect supports guys and the Multicultural Women's Network helps migrants in Bathurst settle in and meet people.

Another great group is DCaf, where people with dementia or memory loss and their loved ones get together to share the load and have a laugh.

If groups aren't your thing, The Neighbourhood Centre can find you a volunteer role.

Volunteering is a fabulous way to get involved in the community.

You get to meet people and do something useful for our fabulous town.

Come and see us at 96 Russell Street or visit us on www.binc.org.au to find out how you can get social with like-minded people.