

# WELLNESS CHAMPIONS

*helping you live the life you love*



## 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
- ✓ Prescription and provision of Assistive Technology equipment

Call 9524 1100  
admin@homemods.org.au  
homemods.org.au



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

Sutherland Food Services been providing meals in the Sutherland Shire for over 50 years. Assisting residents maintain independence, health and wellness.

- ✓ Fresh, healthy and nourishing ingredients
- ✓ Personalised meal plans
- ✓ Affordable pricing
- ✓ My Aged Care
- ✓ Easy online ordering and phone orders
- ✓ Volunteer with us
- ✓ Daily hot lunches

Call 9540 7365  
info@foodservices.org.au  
sutherlandfoodservices.com.au



**ACTIVUS**  
TRANSPORT

## 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

Call 8555 0000  
info.transport@activus.org.au  
activustransport.org.au



## Enhance your health and social wellbeing through community, health and learning programs.

Clever Care NOW has provided quality care for 60 years. Delivering health checks, flu vaccinations, home nursing, Clever Ageing Expos, Day Tripper outings and children's literacy programs.

- ✓ Business health checks and flu vaccinations
- ✓ Blood pressure and blood sugar testing
- ✓ Pre & post-operative care and home nursing
- ✓ Clever Ageing Expos
- ✓ Day Tripper social outings with a nurse
- ✓ Children's literacy programs (3-6 year olds)

Call 9502 3422  
admin@clevercarenow.org.au  
clevercarenow.org.au

