



Robyn Grant, chronic disease management and prevention team leader, with occupational therapist Kerry Jorgensen and VANessa the CommuniTEA van. (Marco De Luca)

Healthy help to a tea

Those at risk of homelessness, or who are already homeless, can get in touch with health services through Sunbury's monthly Health Time.

The initiative is aimed at assisting people who may be sleeping in their cars, staying at friends' places or couch-surfing, and enduring health and financial issues.

Run in partnership with VincentCare and Sunbury Community Health, Health Time takes place on the fourth Monday of each month at Sunbury Neighbourhood House from 2-4pm.

This month a special breakfast event will

be held on Wednesday, June 28, from 9-10am. Advice will be available on chronic disease management, tackling finances, housing and health care programs and aged care services.

VANessa the CommuniTEA van will supply cuppas and a warm place to chat.

After breakfast, attendees are invited to stay on and socialise with the men's Drop In Guitar Group and the women's Morning Cuppa 'n' Chat group. The Sunbury Community Health showers will be available from 9-10am.

Details: 9304 0823

Serena Seyfort