

## tom foster community care

11-13 Darley Street,  
Newtown, NSW 2042  
Phone 9335 2153  
Email [tfadmin@marrickville.nsw.gov.au](mailto:tfadmin@marrickville.nsw.gov.au)

## interpreter service

Marrickville Council employs bi-lingual staff who can assist with interpreting. Please call 9335 2222.

You can also call on 131 450, the Telephone Interpreter Service (TIS).

## other programs

Tom Foster Community Care coordinates several programs to improve the quality of life for seniors in the area, such as:

- > Home delivered meal service.
- > Centre based meals, bulk meals and takeaway meals.
- > Marrickville Social Support Service includes home visiting, escorting to appointments and personal shopping.
- > Gentle Exercise and Yoga.
- > Social Group including Tom Foster Seniors, Chinese Seniors, Sydenham Tempe and St Peters Seniors and Portuguese Seniors.
- > Bus transport of local seniors groups to local areas and outings.



## what is tom foster community care?

Tom Foster Community Care is a Marrickville Council facility which provides services and activities for seniors living in the Marrickville area.

The Centre aims to encourage a healthy and happy lifestyle for seniors through a range of activities and services.

If you are interested in joining the Centre for any activities or outings please call **9335 2153**.

## activities in the centre

- Craft
- Guest speakers
- Entertainment
- Tai chi and exercises
- Special events
- Games
- Quiz/Trivia

## monthly bus outings

A bus outing is held monthly for each group.

## program

Tom Foster Community Care's group activities are held between 10am-2pm.

- Tom Foster Seniors - Fridays
- Chinese Seniors - Mondays
- Sydenham, St Peters and Tempe Seniors - twice monthly
- Portuguese Recreation



## lunch

Most of the group get a centre-based meals when they come in Tom Foster for their activities.

## how do i get to the centre?

Tom Foster Community Care is located at 11-13 Darley Street, Newtown.

*A free pick up and drop off service is available in the Tom Foster Community Bus for citizens needing transport assistance.*

The centre is also close to St Peters train station and bus stops in King Street, Newtown.

## your rights

Tom Foster Community Care operates under a code of conduct to ensure that citizens' rights are protected.

- Be treated with respect and courtesy.
- Have complaints resolved promptly and fairly.
- Have the information you provide to the Centre kept confidential.