



SOCIAL SPOONS

café meals project

Improving social connectedness within the

Inner South Community Health Service community



inclusive

how does Social Spoons work?

- > SOCIAL SPOONS members can join the program for up to 6 months, during which time they are entitled to **2 subsidised café meals per week**.
- > SOCIAL SPOONS members will collect their membership card from ISCHS reception monthly, which will encourage a connection with their local health service.
- > When attending a café, a SOCIAL SPOONS member **pays \$2.50 and can order a menu item up to the value of \$10**. ISCHS will contribute up to \$7.50 towards the meal. Healthy meal choices will be encouraged. Members will have their membership card stamped by the café staff to monitor utilisation.
- > When members join SOCIAL SPOONS, they will have a key worker at ISCHS, who will have regular contact with the member and can accompany them to cafés initially as needed.
- > SOCIAL SPOONS members will be encouraged to dine and make social connections with others and sit at communal tables. Café staff will learn their names and encourage as much social interaction as possible.
- > After 6 months on the program, these members will be supported to link in with existing programs and encouraged to continue to dine at affordable and **socially accepting cafés** within our catchment area.



Partner *cafés* will have the Social Spoons window sticker.



what is social spoons?

SOCIAL SPOONS offers socially isolated individuals in our community an **opportunity to access subsidised café meals** at supportive and welcoming cafes in their local area.

The meal subsidy is an incentive to encourage these individuals to dine with others, and link them into existing programs and health services to **promote social cohesion** amongst our broader community.

who is it for?

Socially isolated individuals living within the ISCHS catchment area.

SOCIAL SPOONS members reflect the diverse community living in the Cities of Port Phillip and Stonnington. These may include:

- > People who live in rooming houses
 - > People who receive delivered meals
 - > People living with mental illness
 - > People with a disability
 - > Single parents
 - > Individuals from culturally and linguistically diverse (CALD) backgrounds
- ...and many other individuals who we work with on a daily basis.



how do we choose the partner cafés?

Our partner Cafés have been selected using clear eligibility criteria based on recommendations from other existing café meals programs in Victoria.

They must have:

- ✓ A welcoming environment
- ✓ Communal seating
- ✓ Wheelchair access
- ✓ Public transport access
- ✓ Multiple food options for \$10 or less
- ✓ Foods on display or pictures of foods
- ✓ Healthy options on the menu
- ✓ Friendly, welcoming and interactive staff



To find out more: If you would like to know more about **SOCIAL SPOONS** please contact **Inner South Community Health Service** on **9690 9144** and ask for a member of the **SOCIAL SPOONS** team.