

SOCIAL SPOONS

café meals project

Improving social connectedness within the Better Health Network community



Member information

socialspoons.org.au  facebook.com/socialspoons

what is social spoons?

- > SOCIAL SPOONS is a project run by **Better Health Network (BHN)**
- > SOCIAL SPOONS encourages isolated members of our community to **dine at supportive and welcoming cafés** in their local area
- > SOCIAL SPOONS provides a **meal subsidy for members** to dine at partner cafés (*see maps next pages*). Each member will be linked with a Key Worker from **BHN** who will aim to connect their member with the wide range of **wonderful social groups, activities and health services** within our local area
- > SOCIAL SPOONS aims to **promote social connectedness** amongst our broader community!

how do we choose the partner cafés?

Cafés have been carefully chosen. They must have:

- ✓ A welcoming environment
- ✓ Communal seating
- ✓ Wheelchair access
- ✓ Public transport access
- ✓ Multiple food options for \$15 or less
- ✓ Foods on display or pictures of foods
- ✓ Healthy options on the menu
- ✓ Friendly, welcoming and interactive staff

current partner cafés

1. Tippy Village - 313 Coventry Street, South Melbourne.
Monday: 10am-3pm. Tuesday: Closed. Wednesday to Friday:
8:30am-3pm. Saturday and Sunday: 8am-3pm.

2. PM's Café - 221 Bay Street, Port Melbourne.
Corner of Liardet Street). Monday to Friday: 5am-3pm.
Saturday and Sunday: 5am-5pm.

3. Sugar Bowl Cafe - Prahran Central Shopping Centre.
325 Chapel Street, Prahran (Ground level near the escalator).
Monday to Friday 7am-5:30pm. Saturday: 8am-5:30pm.
Sunday: 10am-5pm.

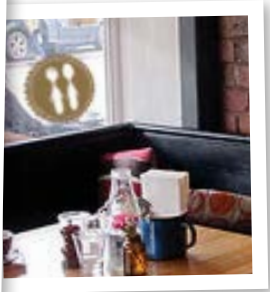
4. Neighbours Cafe - 42 Chapel Street, St Kilda.
Monday to Friday: 6.30am-4pm. Saturday and Sunday:
7.30am-4pm

5. Café Bruce - 134 Carlisle Street, St Kilda.
Monday: 7:30am-3pm. Tuesday to Friday: 7am-3pm.
(closed Saturday and Sunday)

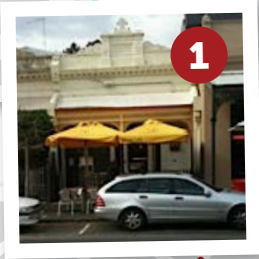
6. Ground Yourself Café - Acland Court Plaza.
Shop G1, 158 Acland Street. Monday to Friday: 7am-3pm.
Saturday and Sunday: 8am-4pm.



current partner cafe locations

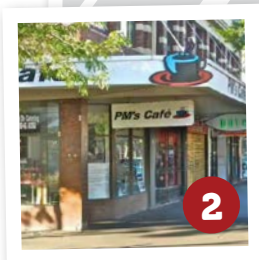


Look for the gold Social Spoons window stickers at the partner cafés.

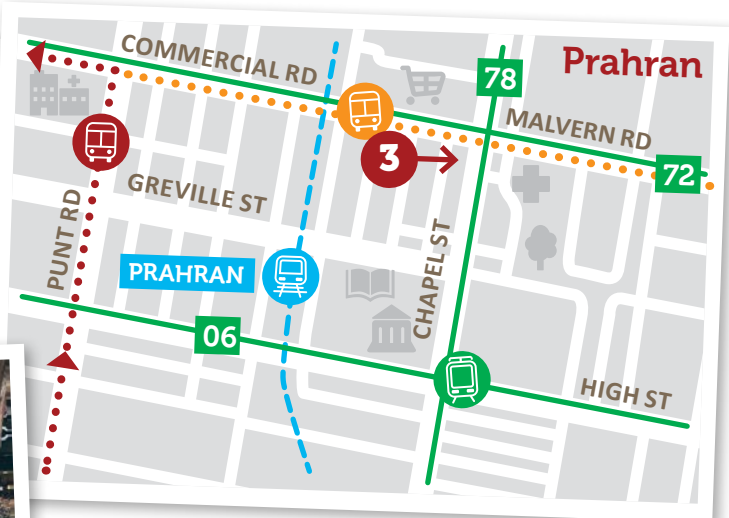


Maps Key

- BHN
- Market
- Town Hall
- Library
- Park
- Hospital



Ask your Key worker for more information about the transport options available in your area.



how does Social Spoons work?

- > Every 4 weeks you will get a new membership card
- > Your membership gives you 4 subsidised meals per month, with your 5th free, up to \$15
- > Your membership lasts 6 months
- > When you join the program your key worker will support you to visit cafes initially
- > By the end of your 6 months of membership, you will be supported and encouraged to continue to dine at affordable and **socially accepting cafés** within our area. Information about these cafés will be given to you throughout your membership
- > Upon completion of the program you will receive a 10% discount card to use at the participating cafes, when the program is finished.



Social Spoons members pay a minimum of \$2.50 for each cafe meal.

what do you need to do?

- > Take your **membership card** to one of the partner cafés (see maps)
- > Order your meal and show the staff member your membership card. They will **stamp your card** for each subsidised meal you order
- > You only need to **pay \$2.50, plus the extra** if your order is more than \$15

For example, if your order comes to \$16.50, you will pay \$2.50 + \$1.50, so \$4

- ✓ You are encouraged to make **healthy choices** when ordering your meal
- ✓ You are encouraged to **dine in at the café**, rather than ordering take-away
- > Your membership card cannot be used to purchase alcohol





find out more

If you would like to know more about **SOCIAL SPOONS**, please contact **BHN** by phone **132 246** or email **socialspoons@bhn.org.au** and ask for the **SOCIAL SPOONS** Program Coordinator

socialspoons.org.au  facebook.com/socialspoons

Supported by the City of Port Phillip
Community Grants Program

