

For over 40 years, we have been trusted to deliver community services to keep people connected and living independently in their community.

Our dietetic services are funded through the Commonwealth Home Support Program (CHSP)

We support your health through every stage of ageing.

- Maintaining strength and independence
- Recovering after illness
- Managing chronic health conditions
- Improving energy levels
- Enjoying food with confidence



NEED TO GET IN CONTACT?

General Information

For more general information or to view and download our current events calendar you can visit our website
www.communityculture.org.au

Enquiries

Email:
welcome@communityculture.org.au

Phone:
1300 646 444
Mon - Fri 8.00am - 4.00pm
(excl public holidays)

In 2024 Active Care Network and Peppercorn Services partnered under Community Culture to better deliver services in your area.

1300 646 444
communityculture.org.au

DIETETICS



 ActiveCareNetwork

 Peppercorn



Our Dietetic services are facilitated by qualified Dietitians who hold registrations with Dietitians Australia.

Our services aim to provide support that restores, improves or maintains the health of our clients

Our services are provided in your home, with support over the telephone, or in our health clinics.

Our Dietitian will work with you to understand your health and nutrition needs and develop a support plan to help you achieve your goals.



COOKING CLASSES

We offer fun and interactive cooking classes led by our Dietitian to help you build confidence in the kitchen whilst also connected with others in your community.

Every month brings a new cooking theme! Explore cuisines from around the world while learning practical skills such as preparing budget-friendly meals, high-protein recipes, one-pan dishes, cooking for one or two, diabetes-friendly cooking or interpreting nutrition labels.

Nutrition plays an important role in managing a range of health conditions:

- Diabetes
- Heart disease and high cholesterol
- Malnutrition and unintentional weight loss
- Poor appetite
- Gastrointestinal conditions
- Kidney disease
- Osteoporosis
- Texture modified diets

Our Dietitians provide practical, evidence-based advice tailored to individual needs, lifestyle and goals.

SIGN UP PROCESS

Getting started is easy.
Just give us a call and our friendly team will talk you through your options, check your eligibility, and help you register for the services that are right for you.

1300 646 444

We're proud to serve residents of the following Local Government Areas:

- Hawkesbury
- Penrith
- Blue Mountains

ELIGIBILITY

You must be 65 years or older, or over the age of 50 if you identify as Aboriginal and Torres Strait Islander and have been assessed as eligible by My Aged Care.