

## How can I get to the program?

Sherwood Neighbourhood Centre is accessible by bus or train.

Parking is available on the street.

If you would like to participate and you think it will be difficult for you to attend please discuss this with the program coordinator as we may be able to assist with transport costs.

### Contact us

T 07 3379 8316

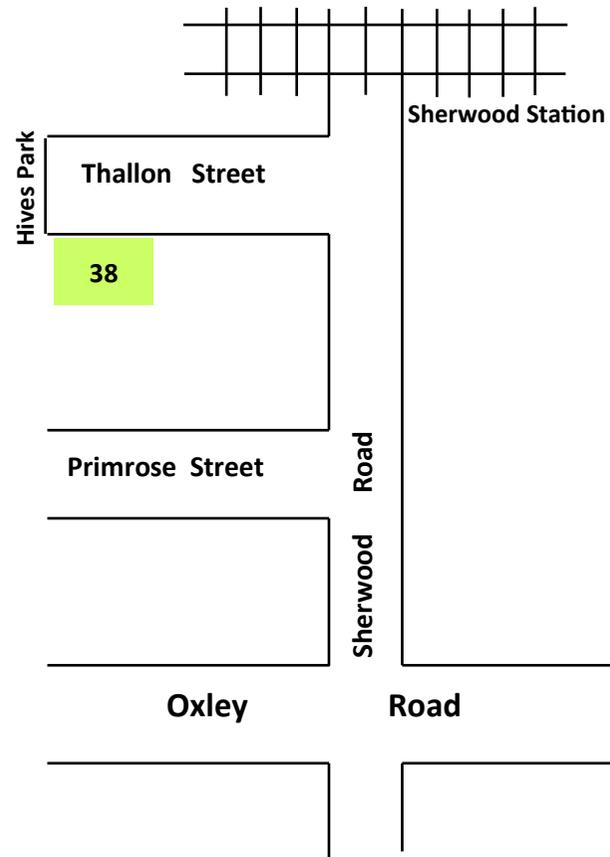
### Email

housingco@sherwoodnc.org

## Our Location

38 Thallon Street

Sherwood Qld 4165



**SHERWOOD  
NEIGHBOURHOOD  
CENTRE INC**

**"A PLACE FOR THE COMMUNITY"**

[www.sherwoodnc.org.au](http://www.sherwoodnc.org.au)

## HEAR OUR VOICES

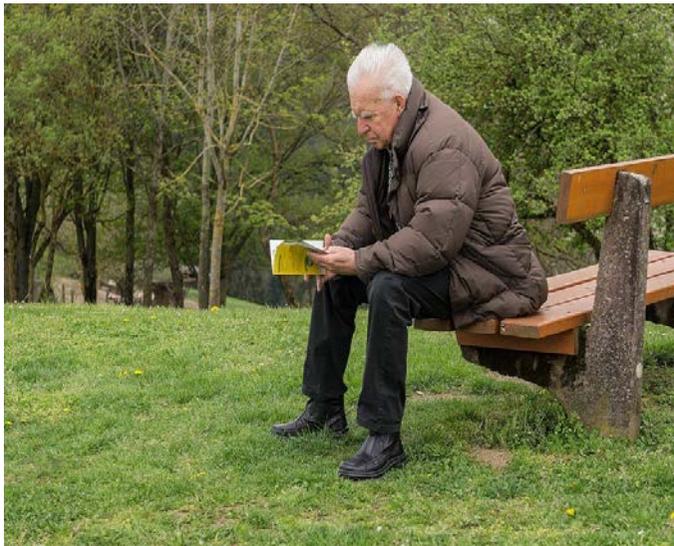


Supported by An elder abuse support program funded by the Department of Communities, Disability Services and Seniors Advancing Queensland: an age-friendly community grants program.



## What is elder abuse?

The World Health Organisation defines elder abuse as, 'A single or repeated act or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person'. (World Health Organisation, 2018).



The most common forms of elder abuse include financial, physical, sexual, psychological and emotional abuse as well as neglect and abandonment.

## What is Hear our Voices about?

Hear our voices is a peer support group led by a trained facilitator for people who have lived experience of elder abuse.

There will be some group sessions with guest speakers who have expertise to guide you with legal and financial concerns, wellbeing and self-care.

There will be the opportunity to establish relationships with others who have experienced elder abuse in a safe and supported environment.

Referrals to other organisations to support your needs.

## How can I access the program?

You can call the Hear our Voices Program through Sherwood Neighbourhood Centre or you can also ask your current service provider to contact the program coordinator.



Initially a face to face meeting will be arranged with a facilitator where any concerns or questions you have can be discussed.