

Our Services

Meals on Wheels:

Clients are referred by their GP or other health professional
Clients must be unable to prepare their own meals, e.g. physical, mental health or aged disability
Canterbury District Health Board subsidises the cost if clients meet their criteria
Meals are delivered frozen
Meals are delivered Monday to Friday except on public holidays

Nurse Maude continence supplies:

Clients order their own supplies from NMA supply shop in Christchurch
Delivered to Nurse Maude at Lincoln on the first Thursday of the month
Pick up from Community Care Lincoln reception from Friday onwards.

Brolly (Continence) Sheets:

Sizes suitable for children and adults, a variety of colours
12- month guarantee
Other items such as pillow protectors and chair pads

Mobility Equipment Hire

Wheelchairs, crutches, shower stools, commodes, walking sticks, raised toilet seats, walking frames, reacher/pick up tools, nursery equipment (porta cot, high chair)
Modest hire rates
Short-term hire only, e.g. immediately after discharge from hospital until professional services commence; holiday visitors to Selwyn

Tuesday Friendship Club – Day Care Programme:

Weekly on Tuesdays, from 10 am to 3 pm
Held at Community Care Lincoln, 16 Lyttelton Street, Lincoln
For elderly persons experiencing loneliness, needing companionship, social interaction
Clients are referred by GP or other health professionals, and assessed for suitability by the funders
Regular activities, outings, two-course meal provided

SAYGo Falls Prevention Exercise classes

Weekly on Wednesdays, from 1:30 pm to 2:30 pm at Community Care Lincoln

Visitor Service

For anyone experiencing loneliness, needing companionship or social interaction. Community Care Lincoln coordinates this service with Age Concern Canterbury who matches you with a trained volunteer.

Appointment Driver

Volunteer drivers are available to take clients to a doctor or hospital appointment. Clients can be collected at their home returned back home after their appointment.

Free Educational Health Seminars:

Information delivered by professionals on health-related topics.
Mainly during specific 'focus' weeks, e.g. Alzheimer's, diabetes, stroke, muscular dystrophy

Senior Exercise Group

For anyone over the age of 60

Held at Lincoln University Recreation Centre every Monday, Thursday and Friday 10:10am to 11:10am, except for public holidays

Run by a qualified personal trainer

Very modest annual cost for LCC members

Lincoln Walking Groups

Three Groups open to LCC members (participants are required to join LCC for a small annual fee)

Walks are held Tuesday, Wednesday & Friday mornings, they alternate between Lincoln and further afield.

Conversational English

When there are enough people this class is held every Monday from 4:30 pm to 5.30 pm at Community Care Lincoln, 16 Lyttelton Street, Lincoln. Contact Community Care Lincoln to find out when classes are being held.

We welcome international people of all ages and cultures, no matter where they reside.

Join our friendly Volunteer facilitators who will select a different topic to discuss each week to generate social conversation.

A gold coin donation to Community Care Lincoln is requested for some services.

*For any of these services or more information please contact
Community Care Lincoln phone 03 325 2007*