



CARERS & disABILITY LINK

15 Second Street, Nuriootpa SA 5355 Email barossa@cadl.support
Phone 08 85 624 000 Webpage www.cadl.support



NEWSLETTER ~ February and March 2017

A Letter from our CEO

I hope you all enjoyed the Christmas season (although I know it can be tough for some) and I wish you and your families all the best for the coming year. May you be blessed with new hope, new joy and new beginnings.

I was blown away the other day by a gift given to me. I was not expecting it. It was not a thank you gift, given to me for something I had done, or a celebration gift. It was just a thoughtful gift given to me with well wishes, and it just humbled me to think that someone would do that for me.

It is so easy to forget what a wonderful world we live in, when you see so much negativity and hurtfulness on television, and hear the petty grumbles of people on the street (including our own).

But it takes just one person, bringing you a bunch of flowers, leaving you a Christmas gift or sending you a card, to refocus on the beautiful in our world. Whether it feels like it or not sometimes, there are more nice people in the world than nasty, and we need to remind ourselves of this when we start to feel overwhelmed by the struggles and negativity around us.

One thing about working or volunteering at Carers and Disability Link is that we have the wonderful opportunity to meet so many different people. They come from all walks of life, many different cultural backgrounds, many different life experiences, and with many different expectations of their life to come. What a privilege to meet and walk alongside such people. What a privilege to be able to support and serve our fellow life travellers.

We hope that as we support you in your life, that we can make the same difference that the bunch of flowers made to me - that we fill you with joy, happiness, and a new appreciation for those around you.

Be the reason someone smiles today.



Vicki Williamson
CEO Carers and Disability Link



Australian Government
Department of Health



Government
of South Australia



Carers & Disability Link has successfully
achieved accreditation
at Certificate Level
of the Service Excellence Program'

Carers and Disability Link, Barossa Staff Members



VICKI
Chief Executive
Officer (CEO)



DAVID
Chief Finance
Officer (CFO)



MARG
Manager Direct
Care Services



HELEN
Quality Officer



DEBBIE C
Carer Support
Coordinator



DEBBIE P
Carer Support
Worker



LOUISE
Carer Support
Worker



CORALIE
Carer Support
Worker



BRENT
Carer Support
Worker



PAM
Young Carer
Coordinator



GABY
Carer Support
Worker



ROSEMARY
Direct Care Service
Coordinator



CHRISTA
Direct Care Services
Worker



MARION
Direct Care Services
Coordinator



ANNETTE
Direct Care Services
Coordinator



KATHRYN
NDIS Support
Coordinator



ELSPETH
Social Support
Coordinator



MERINDAH
Social Support &
DCS Worker



INGRID
Finance



LISA
Finance



RETA
Community Care
Worker



DEANNE
Administration



RITA
Administration



KERRY
Administration



'A Time to Reflect'

As we move forward in life, it is sometimes important to look back. We are holding a special ceremony to reflect upon and celebrate the lives of those we cared for who are no longer present but always with us

In our hearts
In our minds
In our lives.

Carers and friends are invited to join with the Carer Support team to attend a ceremony to be led by Mary Plush at:

The Barossa Bush Chapel

(enter from Penrice Road)

11am on Friday 24th March.

This will be followed by lunch at the **Vine Inn** for those wishing to join Louise and Mary.

Feel free to contact **Louise** with any enquiries and please let us know if you are able to attend the Bush Chapel or lunch at the Vine Inn by contacting Rita, Deanne or Kerry on **8562 4000.**

The Kettle's

on.....



Fancy a cuppa?

Are you interested in a casual catch up around the kitchen table at Carers & Disability Link?

Everyone is welcome

to join our friendly volunteers, Helen and Barb, for a Cuppa and a Bikkie.

When:

The first Tuesday of the month starting on **Tuesday 7th March**

Time: 10 am – 11.30 am

Where: Carers & Disability Link
(Kitchen or court yard depending on the weather)

Diary Dates

Tues 7 March
Tues 4 April
Tues 2 May
Tues 6 June
Tues 4 July



Mystery Trip for Carers!

13th May 2017

Check next newsletter, Facebook, group invitations, or ask staff for more details!

save
the
date®

save
the
date®

save
the
date®

Autism Information Evening

Making the community Autism friendly...

When :- Thursday 2/03/2017

**Where : Carers and Disability Link
15 Second St Nuriootpa**

Time : 6.30pm – 8.30pm

Cost: \$5 Donation

A Certificate in Autism Understanding will be available from Autism SA.

All Carers, Contractors and Community Members are Welcome.

Please book in early to avoid disappointment by contacting Rita, Deanne or Kerry on **8562 4000**.

Social Skills / Linking your Child to our Community

Attention all Carers of children with a disability aged 8-16 years

Does your child fall between the gaps with funding ?

What could our community offer your child ?

Would you like your child to learn more social skills?

Could your child to be more connected to their community?

If you have any ideas, please phone the office on **8562 4000** or email **barossa@cadl.support**



What is Art Therapy?

Art Therapy offers a safe, non-threatening space for expression & exploration of issues & goals through art. It externalizes the issue so that the client can explore it in the art through imagery, metaphor, symbols & story. The art therapist guides the client on a journey of self discovery, helping them to get to the root of the issue, creating goals, taking control & integrating their progress into everyday life.

* Art skills are not required to benefit!*

As a staff member or client of Carers and Disability Link, you are welcome to 40% off all Art Therapy Sessions!
That's \$50 per session, normally \$80 (ends 30/6/17)

Please contact **Tara Kate Therapeutic Arts** on 0411715181 for more information or to make a booking.

17 Second St, Nuriootpa SA

(Located in the massage clinic right next door!)



MENS RETREAT

Friday 7th - Monday 10th April 2017

--- POMPOOTA HOMESTEAD ---



Calling for expressions of interest for men who care for adults who are frail aged or with a disability.

The retreat commences on Friday morning and finishes on Monday. This retreat is intended to be a very relaxing time at the house, enjoy a barbecue in the beautiful grounds or go fishing on the "Mighty Murray".

Please express your interest before **13th March 2017** by calling Carers and Disability Link on 85624000 or email barossa@cadl.support

Retreats provide a very welcome opportunity for Carers to take a break from their day to day caring role. They're a great time to relax and get to know other Carers.

Funding for Retreats comes from Department of Social Services and other funding bodies and is limited when the number of Carers wishing to attend Retreats is considered. While we acknowledge and value the financial contribution that Carers make towards attending retreats, accommodation and fuel costs associated with Retreats have risen considerably in recent times. This can mean that Carers may miss out on attending a retreat or miss out on the retreat of their choice.

Carers and Disability Link wants to provide all Carers who wish to, with the opportunity to attend a Retreat, and so the following guidelines are being used to determine who attends. We appreciate your understanding that the guidelines are necessary to give all Carers this opportunity.

Attendance at each retreat is determined by an expression of interest and the need of the Carer for a break.

No names or expression of interest will be taken until the retreats have been advertised in the newsletter.

Priority will be given to, in order

- Active Carers, in particular those who have not been on an overnight/day retreat in recent years.
- Active Carers who have been on recent Retreats
- Relinquished Carers
- Retired Carers
- Carers who are able to attend specific Retreats (eg Dementia, Mental Health)

Carers and Disability Link staff make the final decision on Retreat attendances.



MENTAL HEALTH CARERS RETREAT

POMPOOTA HOMESTEAD on the Murray River

March 31st - 3rd April



Calling for expressions of interest from Carers of a person living with a mental illness.

Retreat commences Friday morning, and finishes on Monday. It is possible to attend for 3 days if work commitments need to take a priority. This retreat is intended to be a very relaxing time at the house & river, with only short excursions to local towns if Carers wish.

**Please express your interest before MARCH 7th 2017
by calling Carers and Disability Link on 8562 4000**

Get in quick as there are only limited places and respite may need to be arranged

Social Support Group News

Welcome to 2017 and to a New Year of fun, innovative and meaningful social support group activity!

January was a great month for the groups. Some of the January highlights were: marble painting, an Aussie Day party, aboriginal dot painting session and a front bar fish and chips lunch.

For the months of February and March we have some great activities planned.

Here are some of the events coming up:

Ladies High Tea, COTA presentation, Circus day, Tribal elder sharing with John Herring, Bangers and Mash Concert, Bus Outings, Seasonal and cultural days, Lawn bowls and poetry day.

The 'Food, Fun & Friendship' (FFF) group will be trialling new Hotel venues in 2017. If you are a part of this group and have any suggestions please let Reta or Elspeth know.

A special **THANK YOU** to Grant Taylor for funding and cooking the Australia Day BBQ at 'Caring Coffee Club' on 25th January. It was a hoot!

Please remember that if you receive 1:1 respite with a Carers and Disability Link Contractor in 2017 there is a \$5 per hour fee, which will be invoiced to you at the end of each month. As an organisation we are no longer able to subsidise the full cost of respite hence a small client contribution is being requested.

The Ladies Bushgardens program is based back at the Bushgardens on Wednesday 15th February. Please note we are still running the Bushgardens activities at the Reusch Centre on the 1st and 8th of February.

We look forward to another wonderful year with you all.

The Social Support Team

EXCITING NEW NEWS.....*Seated Tai Chi* is coming to 'Caring Coffee Club' in 2017! We have a new volunteer who is a qualified Tai Chi teacher who will be conducting 'Seated Tai Chi' on alternate Wednesdays at 11.30am at the Reusch Centre. Come along and relax with gentle exercise.

Commences 15th February.

Social Support Group News

A Friendly Reminder:

SOCIAL SUPPORT GROUPS - NO CASH AT GROUPS 2017

Each month we will send you an invoice to pay, which will be for clients attendances at groups. What this means is that on the day of the group you will no longer have to pay. The benefit of not handling money is that workers can be totally focussed on providing quality social support and activities with clients.

If you have any concerns about receiving an invoice, please call me on 8562 4000 or email elspethm@cadl.support. Kind Regards, *Elspeth*

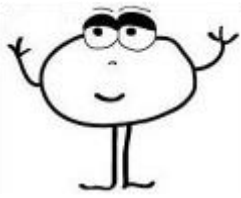


Social Support Groups 2017 Survey:

Please fill in this small survey and return to the office or pass onto Elspeth, Merindah or Reta.....These groups are ALL ABOUT YOU - so your feedback is vitally important for how we plan our programs.

Can you think of three things that YOU would like to do at 'Carers and Disability Links' Social Support Groups this year and list them below:

1. _____
2. _____
3. _____



YOUNG CARERS NEWS



YCSC Mobile: 0417 082 732
Young Carers aged 13+ can find me on Facebook.



**CARERS &
disABILITY LINK**
2017 Dates

- 8 February
- 8 March
- 10 May
- 14 June
- 9 August
- 13 September
- 8 November

CHILL

Wednesdays Monthly

3:30 PM to 6:30 PM Donation

At Carers and Disability Link

A relaxed, informal support group for Young Carers of all ages, Chill provides fun activities, games and crafts. We play, we make, we eat, we laugh, we chill.

Notifications are sent late the week prior to a group. Please book by 5:00 PM Monday (2 days prior to group)



Study Space

Tuesday/Thursday Fortnightly (see below for details)

4:00 PM to 6:00 PM Donation

At Nuriootpa and Kapunda Libraries

Young Carer homework groups at Nuriootpa and Kapunda Libraries give Young Carers (Year 7 to 13) two hours of uninterrupted, stress-free study time. We have access to all the library's resources, including computers and WiFi.

I provide after school snacks and drinks. You can book yourself a lift from school, and/or home after.

To complete your stress-free evening, you can also take home frozen meals for the family from Kind Hearted Kitchen. You just need to let me know ahead of time what you need.



Study Space Nuriootpa Dates

- Tuesdays*
- 7 February
- 21 February
- 7 March
- 21 March
- 4 April
- 9 May
- 23 May
- 6 June

Study Space Kapunda Dates

- Thursdays*
- 16 February
- 2 March
- 16 March
- 30 March
- 18 May
- 1 June
- 15 June
- 29 June

Bookings for Study Space

Please book no later than 5PM the day before Study Space and tell us:

1. Are you coming?
2. Will you need transport? If so, to/from where?
3. Would you like to book a computer to use at the library?
4. Would you like Kind Hearted Kitchen meals to take home to your family for dinner? If so, how many people need feeding? Does anyone have any special dietary needs?

When and Where

How to find a Young Carer Support Coordinator when you need one!

With limited work hours and a large area to cover, we are trialling some creative support options for Young Carers. This involves some different contact times, methods of contact and places for outreach. Let's try and explain:

Hours

A standard work week for Young Carer Support is now

Monday to Thursday

2:00 PM to 7:00 PM

Please note that Reception times have not changed, and remain Monday to Friday

9:00 AM to 5:00 PM

Nuriootpa and Kapunda

Face to face Young Carer Support is available off-site and after hours during Young Carer Study Space Group at both Nuriootpa Library and Kapunda Library.

Check group calendar for dates and call to confirm on

0417 082 732

Eudunda and Mount Pleasant

Face to face Young Carer Support is available off-site and after hours from the Regional Youth Bus on some occasions when it visits Eudunda and Mount Pleasant.

Check RYB schedule for dates and call to confirm on

0417 082 732

If you are not sure when or where you can access Young Carer Support, you can contact me direct on 0417 082 732, PamM@CADL.support or on Facebook. Still not sure? Call our admin team and they will track me down for you!

CARERS & ABILITY LINK



SAVE THE DATE!

We are going back to Victor Harbor!

April 18th to 21st is the first week of school holidays and wedged right between Easter and Anzac Day. It is also when Young Carers from Year 7s through to young adults will be relaxing by the beach.

Teen Retreat

What a Young Carer told us about Teen Retreat 2016:

"I thought that the retreat was amazing. I liked the fact that we could choose what we wanted to do and chill out if we wanted. [...] I loved being at this retreat and wish we can do something like this again or go on another"



BUT WAIT.... THERE'S MORE IF YOU TURN THE PAGE



Feel like a mid term treat? How's this?

Barossa Valley Discovery Holiday Park has built a waterpark and we are going to try it out!



**young
carers**

SPLASHTACULAR!

SATURDAY, 25 February 2017



Meet at the main driveway entrance of the Tanunda Caravan Park
at **1:00 PM** to sign in. Pick up from the same location at **5:00 PM**

Please bring:

Bathers and/or shorts

T-shirt or Rashie

Hat (that can get wet!)

Towel

Waterproof sunscreen

Plastic bag for wet things

Please DO NOT bring:

Valuables

Spending money

Food and drink

Please book by Monday 20 February

text 0417 082 732

Email PamM@CADL.support

Facebook.com/pamcarerslink

We will provide:

Snacks

Drinks

Entry

We ask that families make every effort to make their own transport arrangements. However, please let us know if you need some assistance.

Art and Craft Drop In
18 January 2017

Today we did painting and colouring and some making too.

I enjoyed the painting the most. I might like to do some face painting again soon.

**Tegan,
Young Carer
aged 7**



Aussie Day Camp
25 January 2017

On Wednesday, 25 January, the Young carers went on an Aussie Day Camp. We did a variety of activities, like sumo wrestling, bowling, painting, water trekking, steering the boat and boogie boarding.

We had a wonderful time. We would like to thank our hosts, Shaun and Trudy, for making us morning tea, lunch and afternoon tea (dessert!). And of course, for having us there.

I really enjoyed today and I hope that we can go again.
Mikaela, Young Carer aged 10





**Mixed Blessings
Dolphin Explorer
Christmas 2016**



Congratulations!

Jeff Hoffmann

(Jeff is a long term
Carers and Disability Link
Board of Management member)

Jeff received an award on
Australia Day in appreciation of
over 40 years of volunteering in
the local community.

Well done Jeff -
Carers and Disability Link
congratulate you!



Living Well Forum

MARCH 9TH St PETRI CURCH HALL 4.30pm-7.45pm

Stop Going Crazy



Start Loving Your Life!

Everyone feels a bit crazy sometimes. People drive us a bit crazy. Work drives us a bit crazy. Our own mind chatter drives us a bit crazy... and sometimes that can get out of hand and make us really unhappy.

This seminar might change your life or the life of someone you love.

Learn the **7 keys** that give clarity about what is going on, what caused it, and how to resolve it, including:

1. Four causes of stress
2. Cumulative impact
3. Mindfulness of timelines
4. Preventing overwhelm
5. The neurobiology of reactive habits
6. Reality versus illusion
7. Personality strengths

For capable, self-aware people who know that even when things are hard...

Life is for living, not just surviving.

Presented by Liana Taylor,
Clinical Psychologist and Executive Coach for
over 25 years.



All Welcome—Free Event

- ~~~~~
- 4.30pm - 6pm** Presentation by Liana Taylor,
Clinical Psychologist
- 6pm - 6.45pm** Soup & Sandwiches
- 6.45 - 7.45pm** Laughter Therapy with
Louise Ross

Laughter Therapy—the fun way to relieve stress

A laughter workshop gives you a "feel good" factor; the whole body relaxes and stress and tension is reduced.

Laughing is an excellent way to reduce stress in our lives, and can help us to cope with and survive a stressful lifestyle.

Laughter provides a full-scale workout for our muscles and improves our respiration – and our immune system is boosted which helps us to resist disease.



Laughter also unleashes a rush of stress-busting endorphins (happy hormones). Since our bodies cannot distinguish between real and fake laughter, anything that makes us giggle will have a positive impact. We don't need to be happy or have a sense of humour to benefit from a good laugh.

Join Louise Ross and have a laugh!

To book in please call
Carers & Disability Link
on **8562 4000** or



email: barossa@cadl.support by 3rd March—thank you!



Congratulations



Our Dementia Friendly Communities committee held a raffle late last year—

Congratulations to Mignon Sich

for buying the winning ticket B11.

We thank everyone who gave us donations to pop into this lovely basket of goodies!

And thank you to all community members, carers, contractors who purchased tickets!

CATASTROPHIC FIRE DANGER DAYS

To ensure the safety of all Carers, Clients, Staff, Volunteers and Independent Contractors on Catastrophic Fire Danger Days all Carers & Disability Link support groups, outings, home visits and transport will be cancelled. Caring Coffee Club and Hello Monday groups may be cancelled.

Staff will be by their phones on these days so please phone if you wish to speak to them.

Direct Care Services may also be unavailable, depending on the location of clients. So please keep this in mind and make alternate arrangements to ensure that you are safe and in a safe location.

If you have a Case Manager (such as Aged Care Packages, Disability Services, NDIS) please make sure that you discuss what will happen on a Catastrophic Fire Danger day with them.

**If you have any further questions, please contact
Carers and Disability Link on 8562 4000**



SNAIL OR E-MAIL?



Due to the rising cost of postage, in 2017 we are giving you the option to receive your newsletter via email instead of post.

We would greatly appreciate if you could please email us at

barossa@cadl.support

and let us know that you would like to receive your newsletter via email. Many thanks.... ☺

SA Ambulance...

Are you covered ?

Ambulance Cover

From 1 November 2016 South Australians will continue to have access to interstate Ambulance Cover with the launch of a new tiered scheme.

Standard Ambulance Cover will continue to include all ambulance attendance within South Australia, with interstate coverage available for an additional \$15 per year or \$30 for those on family plans

SA Ambulance Service has introduced two tiers of cover to provide members with greater control over the level of security they need.

Ambulance costs are not covered by Medicare and even if you have private health insurance, your policy may not cover the cost of an ambulance. Many private health insurance schemes only cover you and your family for emergency ambulance services. Many illnesses or injuries require additional patient transportation which are classified as 'non-emergency' (e.g. for tests, ongoing treatment or transfer to another hospital).

We strongly recommend checking with your private health insurance provider to find out if you are covered for ambulance transport and if so, your level of cover.

Below is the current costs for ambulance fees :

Ambulance fees

SA Ambulance Service will invoice and recover monies for ambulance services relating to treatment and/or transport of persons except where:

- *The person holds a valid and current [Ambulance Cover membership](#)*
- *The service is for the initial attendance at a motor vehicle accident ^
- *Payment for the invoice is the responsibility of another party and such party has acknowledged responsibility for payment of the invoice.

The following ambulance fees table outlines categories and call out fees; current as of 1 July 2016:

GAZETTED FEES as of 1 July 2016	
Provision of retrieval team	\$3039
Emergency call out	\$934
Non-Emergency call out	\$208
Treat no Transport (flat rate)	\$205
Plus Kilometre charges	\$5.40

The cost of an emergency ambulance is generally around \$934.

It is advisable to be covered by ambulance cover because if a person is not covered by SA Ambulance and an ambulance is called for assistance, that person may be charged for the call out or transportation to a hospital (see above fees). Even if a person refuses an ambulance but one is called and the SA ambulance deem it necessary to transport that person to hospital, they may still be charged for the call out and transportation.



PHOTOGRAPHS AT EVENTS

Carers and Disability Link will be taking photographs at different events.

You may be in them!

Your image may be captured at events and printed in our newsletter and electronic publications for promotional and educational purposes only.

If you have concerns about your image being used for these purposes, please chat with the staff on the day.

Thank you.

Country Stitchers

are a fundraising Group of Carers and Disability Link and regularly hold trading tables in Foodland Mall at Nuriootpa.

Meeting at the Reusch Centre every Thursday

For more information, please call Denise direct on 85 623 449.



free financial advice

Carers and Disability Link are offering Free Financial Advice to carers by Anthony

As a free service to our Carers, he can provide assistance with:

Centre Link enquiries

Retirement Planning

Superannuation

Investments

Personal Insurance

Estate Planning

Budgeting

(Budgeting does not include immediate household budgeting. Please call Lutheran Community Care on 85622688 for assistance in this area)

**Please call Anthony on 85 612 400
Mention Carers & Disability Link
when booking**

"Are you interested in Drawing and Painting?"

Mr Tony Haines facilitates a group At the Reusch Centre Wednesday afternoons 1.45 – 4.30pm Contact admin staff on 85624000 for further information.

There are discounts for Carers and Disability Link carers and clients.

Mr Tony Haines, Teacher with his Art Group.



Have your say!

CARERS AND DISABILITY LINK

*is committed to providing quality support and services to all
Family Carers and Clients.*

To help us to continually improve our services we encourage you to let us know what you think of what we do-whether it be a suggestion or a complaint to help us improve, or feedback on what we do well, we would love to hear from you.

I would like to say:

.....
.....
.....

Please send your comments by post to Carers and Disability Link, 15 Second Street, Nuriootpa 5355, or drop it into the office. You may send us an email to barossa@cadl.support or write it on a piece of paper if you do not wish to cut this out!

Broadband for Seniors Internet Kiosk



Free access to the internet Are you over 55 years of age and wanting to know more about how to use your computer, access the internet, keep in touch with family and friends....?

Well, Carers and Disability Link through the Broadband for Seniors Program are offering free tutoring (1 hour per session) on **Wednesday** mornings between 9am and 12 noon.

Just phone Rita, Deanne or Kerry on 8562 4000 to book an appointment.

Our computers and programs are up to date and **include a touch screen computer**. Our tutor is competent in several programs and is constantly updating his skills and knowledge to ensure he can answer any questions and give you an opportunity to learn something new each time. If you are over 55 years and already confident on the computer, you are welcome to come in and use the computers free of charge between 9am and 5pm Monday to Friday. Please note however, that this is for computer use only and does not include printing of documents. Why not book in now to start your computer journey or to update your existing skills.

Our tutor is happy to teach you on your own laptop or tablet!



Community Helpers Inc.

We are always looking for Volunteers to help in the Nuriootpa Warehouse and Tanunda Clothing Shop.

Please ask for David at the Warehouse on 8562 2786 or Norma at the Tanunda Clothing Shop on 85631 105 for more information.

Community Helpers raise many \$\$ for Carers & Disability Link and other charities.



February 2017 events - check your invitations for latest information

DAY / DATE	GROUP	DETAILS / TIME
Wednesday 1 February	Ladies Bushgardens Caring Coffee Club Broadband for Seniors	9.30am Meet at Reusch Centre 9.30am at Reusch Centre Call to make an appointment
Thursday 2 February	My Day for Carers	9.30—2.30pm Reusch Centre
Friday 3 February	Fun, Food and Friendship	10am - various venues
Monday 6 February	Bowen Therapy Mens Bushgardens Hello Monday Creative carers Mixed Blessings	Call admin staff to make an appointment 10.15am at Bushgardens 12pm at Reusch Centre 10am Meet at Reusch Centre 10am Meet at CADL or 10.30 @ AP Hotel
Tuesday 7 February	Young Carers Study Space	Nuriootpa Library
Wednesday 8 February	Ladies Bushgardens Caring Coffee Club Kapunda Carers Young Carers Chill	9.30am Meet at Reusch Centre 9.30am @ Reusch Centre 12noon Sir John Franklin Hotel 3.30pm @ CADL
Thursday 9 February	MH Carers	6pm @ CADL
Friday 10 February	Williamstown Carers Fun, Food & Friendship	12noon @ Old BakeHouse Tavern 10am - various venues
Monday 13 February	Mens Bushgardens Hello Monday Barossa Advisory Committee MHC&F's Chicken n Chips	10.15am @ Bushgardens 12noon @ Reusch Centre 10.30am @ CADL Lunch at North Kapunda Hotel 6pm @ Vine inn Hotel
Tuesday 14 February	In for the Long Haul Reflections Group	Lunch @ Weintal Resort 5pm @ CADL
Wednesday 15 February	Ladies Bushgardens Caring Coffee Club Freeling REST carers	9.30am @ Bushgardens 9.30am @ Reusch Centre 1.30pm @ Church Hall Freeling
Thursday 16 February	BV Carers Let's Lunch combined group Young Carers Study Space	9.30am Movie and Lunch @ Elizabeth 12noon @ Weintal Resort Kapunda Library
Friday 17 February	Friday FFF Retired Carers	10am—various venues 12noon lunch at Tanunda Clubhouse
Monday 20 February	Mens Bushgardens Hello Monday Dementia Carers	10.15am at Bushgardens 12noon at Reusch Centre 10am @ Reusch Centre inc Tai Chi
Tuesday 21 February	Piece of the Puzzle Young Carers Study Space Eudunda Robertstown Carers	11.30 Meet @ CADL or 12n @Soul with Zest @ Nuriootpa Library 6pm @ Eudunda Hotel
Wednesday 22 February	Ladies Bushgardens Caring Coffee Club & Workshop	9.30am @ Bushgardens 9.30am @ Reusch Centre
Thursday 23 February	Top Blokes Board of Management meeting	Meet 11.30 at CADL or 12noon at Vine Inn 11am @ CADL meeting room
Friday 24 February	Friday FFF	10am at various venues
Monday 27 February	Happy Wanderers Mens B/gardens Hello Monday	Trip to Morgan 10.15am @ Bushgardens 12noon @ Reusch Centre

March 2017 events - check your invitations for latest information

DAY / DATE	GROUP	DETAILS / TIME
Wednesday 1st March	Ladies Bushgardens Caring Coffee Club & Workshop	9.30am @ Bushgardens 9.30am @ Reusch Centre
Thursday 2nd March	Let's Lunch R&R YC Study Space Autism Information Evening	12pm @ The Vine Inn @ Kapunda Library 6.30pm - 8.30pm @ CADL
Friday 3rd March	Friday Food, Fun & Friendship	10am @ Various Locations
Monday 6th March	Mens Bushgardens Hello Monday Bowen Therapy Creative Carers Mixed Blessings MHC&F's	10.15am at Bushgardens 12noon at Reusch Centre Call CADL to make an appointment 10am @ The Reusch centre 10am - 2pm @ CADL 12pm @ Barossa Bowland
Tuesday 7th March	Kettle's On YC Study Space	10 am @ CADL @ Nuriootpa Library
Wednesday 8th March	Ladies Bushgardens Caring Coffee Club & Workshop Broadband for Seniors Kapunda Carers YC Chill	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 12pm @ The Sir John Franklin 3.30pm - 6.30pm @ CADL
Thursday 9th March	Mental Health Forum	4.30pm @ The St Petri Hall
Friday 10th March	Food, Fun & Friendship Williamstown Carers	10am @ Various locations 12pm @ Lyndoch Hotel
Tuesday 14th March	Let's Lunch Tuesday	12pm @ Stockwell Hotel
Wednesday 15th February	Ladies Bushgardens Caring Coffee Club Freeling REST carers	9.30am @ Bushgardens 9.30am @ Reusch Centre 1.30pm @ Church Hall Freeling
Thursday 16th February	BV Carers Let's Lunch Thursday Young Carers Study Space	9.30am Outing and Lunch @ Munno Para 12noon @ Stockwell Hotel Kapunda Library
Friday 17th February	Friday Fun Food & Friendship Retired Carers	10am @ various venues 12pm @ Stockwell Hotel
Monday 20th February	Mens Bushgardens Hello Monday Dementia Carers	10.15am at Bushgardens 12noon at Reusch Centre 10am @ Reusch Centre
Tuesday 21st February	Piece of the Puzzle Young Carers Study Space Eudunda Robertstown Carers Reflections	11.30 @ CADL @ Nuriootpa Library 6pm @ Robertstown Hotel 5pm @ CADL
Wednesday 22nd February	Ladies Bushgardens Caring Coffee Club & Workshop	9.30am @ Bushgardens 9.30am @ Reusch Centre
Thursday 23rd February	Top Blokes Board of Management meeting	Meet 11.30 @CADL, Central Districts Club 11am @ CADL meeting room
Friday 24th February	Friday FFF A Time to Reflect	10am at various venues 11am @ Bushgardens, Lunch @ Vine Inn
Monday 27th February	Happy Wanderers Mens B/gardens Hello Monday Reflexology Chicken'N'Chips & In for the Long Haul	Gawler Cinema, Lunch @ The Kingsford Hotel 10.15am @ Bushgardens 12noon @ Reusch Centre Call CADL to make an appointment 6pm @ The Vine Inn
Wednesday 29th March	Ladies Bushgardens Caring Coffee Club	9.30am @ Bushgardens 9.30am @ Reusch Centre
Friday 31st March	Friday FFF MH Retreat	10am @ Various Locations Leave Friday and return on Monday 3rd April