



carersLINK

Carer support that changes lives

15 Second Street, Nuriootpa SA 5355

Phone 8562 4000 Fax 8562 4020

Email admin@carerslinkbv.org

Webpage www.carerslinkbv.org



NEWSLETTER ~ August/September 2016

Thank You Gary!

I am sure you will all join me in thanking Gary for the great work he has done at Carers' Link and within our community. Not only has he led Carers' Link in such an admirable way, but he has also supported other members of our community who have sought a listening ear, needed help with affordable housing, wanted to make a social connection, needed funds to do their own community work, and much more. Gary has been a key player in the establishment of a number of community projects, amongst them is Carers' Link, Barossa and Districts Housing, Barossa Leisure Options, and Fathers Farm.

Gary has been a wonderful role model and passionate advocate for Carers over the past 21 years. He has fought hard to ensure that Carers receive the recognition they deserve and are valued for the very important role they play. He has not shrunk from the challenge of making sure that all Commonwealth and State Government Officials are aware of the need to treat Carers as unique individuals, capable of shaping their own lives, capable of expressing their own needs, and looking for support in a way that values these beliefs. However, that was not enough, in more recent years he has expanded

Carers' Link to ensure Carers in Yorke Peninsula, Adelaide Hills and Fleurieu as well as people with disability and older Australians are also getting the recognition and support they want and deserve. What a great example he is, of commitment to community.

If you would like to pass on your appreciation for the work he has done, we invite you to share your thoughts, your stories and your personal connection with Gary. We ask that you write these down and leave them with Rita, Deanne or Kerry by the end of August so we can make them into a special book for Gary.

And so a new era begins.

Hi, My name is Vicki Williamson and I am the new CEO of Carers' Link (just in case you did not read our last newsletter).

I would like to thank the Board of Management who has put their trust in me, and to staff, volunteers, carers and clients across the organisation who have shown their support and wished me well in this new role. With this determination to

support each other and desire for each person to be their best, Carers' Link can only continue to be a great organisation. We will continue to be a team of supportive and dedicated people wanting the best for our families, for our neighbours, for our friends - **for our community**.

I look forward to sharing with you all and ensuring we are representing our communities to the best of our abilities. Please keep an eye out for future gatherings to share your needs and ideas with myself and our staff.

Vicki Williamson

CEO



'Carers' Link Barossa and Districts Inc. has successfully achieved accreditation at Certificate Level of the Service Excellence Program'

Say Your Farewell To Gary!

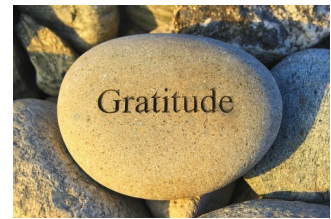


Come and bid Gary a farewell at our Annual General Meeting on the 29th of September

In the meantime we are putting together a special Book of Gratitude to present to Gary at the AGM.

We extend an invitation to all our Carers and Clients to write Gary a letter or note that we can place in our special book. We will create a keep-sake piece that Gary can sit and read in retirement.

If you would like to contribute please submit your piece before the end of August 2016 to Deanne, Rita or Kerry in the Administration team at the Carers' Link Reception or email it to admin@carerslinkbv.org



We are looking for Expressions of Interest for an Experienced Volunteer Choir Leader

Please post short application letters detailing your experience working with people and choirs to: Carers' Link, Att: Deanne, 15 Second Street, Nuriootpa

The person filling this position will need a police clearance.

for more information

please contact Deanne on 8562 4000



~ ARAS Display ~

Thank you to Volunteer Penny for putting together the ARAS display in the foyer at Carers Link. The display was to highlight the issue of Elder Abuse and create awareness as part of Elder Abuse Awareness week.

Carers' Link Nuriootpa Staff Members



GARY
Retiring (CEO)



VICKI
Chief Executive
Officer (CEO)



MARG
Manager Direct
Care Services



HELEN
Quality
Officer



DEBBIE
Carer Support
Coordinator



DEBBIE
Carer Support



LOUISE
Carer Support



CORALIE
Carer Support



BRENT
Carer Support



PAM
Young Carer
Support



GABY
Carer Support



ROSEMARY
Direct Care Services
Coordinator



CHRISTA
Direct Care Services
Coordinator



MARION
Direct Care Services
Coordinator



ANNETTE
Direct Care Services
Coordinator



ELSPETH
Social Support
Coordinator



MERINDAH
Social Support
Worker



INGRID
Finance



LISA
Finance



RITA
Administration



DEANNE
Administration

free financial advice

Carers 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 Carers Link admin staff on 85624000 to make an appointment with Anthony

Anthony has been in the Barossa for the past 6 years, has over 20 years experience in the financial industry and a country boy!



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 85622786 or Norma at the Tanunda Clothing Shop on 85631105 for more information.

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



FREE Community Workshop for Carers



'Maximising My Independence'

10.30am - 11.30am Wednesday 31 August 2016
Caring Coffee Club at the Reusch Centre

Please call Carers Link on 8562 4000 to register.

- Maximise your independence and quality of life - stay living at home longer.
- Wellness, Reablement and Restoration - Your participation, your goals, your choice & your rights.
- Access information about the Commonwealth Home Support Programme at My Aged Care.

“The Commonwealth Home Support Programme (CHSP) helps you stay independent and in your home and community for longer. If you want to stay in your own home, but need some help with daily tasks, or require entry level care, the Commonwealth Home Support Programme may be able to help.”

Carers Week!

16th–22nd October 2016

National Carers Week is raising awareness of Australia's 2.8 million unpaid Carers, 12% of the population. Carers week is a time to recognise and support Carers.

A Carer is someone who is caring for a family member or friend who has a disability, illness or is frail aged, although rewarding, can also be hard work.

The Chances are you personally *are* a Carer, need a Carer or *know* a Carer.

CARERS COUNT!

Join us to celebrate and support the Carers in our Community.



Come and join us at the

Village Green Reserve

(In front of the Reusch Community Centre)
in the Nuriootpa main street
for a family sausage sizzle and
activities! On

THURSDAY 20TH OCTOBER

11:30am - 1.30pm

If you would like to attend,
Please give admin a call to
book in on 8562 4000



**Working together to
improve Awareness
of Dementia**



Kathryn

Bob, Bev, Debbie, Helen, Gayl,
Alison, Pauline.



Gaby

Carers' Link and the Dementia Friendly Communities Group in the Barossa Valley, have united to action a joint initiative – "promoting awareness of persons living with Dementia in our local communities."

Ongoing communication through local media, a variety of activities and the distribution of relevant information throughout the community aims to bring a heightened awareness of access and acceptance, for people living with Dementia and their families. Our initiative will actively progress a number of events during August, September and October to coincide with Dementia Awareness over that period. These events will aim to create a broader understanding of what it's like to live with Dementia.

Watch this space for news of the planned events over the coming weeks

We welcome your interest in our initiative. A Carer representative is available to visit you, speak at your meetings or a function which you may be hosting - or is available to chat with you by phone. We welcome suggestions or questions as to how you and / or your business might promote and action easier access for those living with Dementia and their families.

For further information you can contact;

- Bev Saegenschnitter or Helen Wood at Carers Link: 85 624000
- Bev: 0403 236 056 or email bevs@carerslinkbv.org

DR12067

DEMENTIA FRIENDLY COMMUNITIES

Up-Coming Events

Co-Op Mall Stall

24th August ~ 10am - 3pm

September is Dementia Awareness Month

Co-Op Mall Stall

September 14th & 15th 10am - 3pm

DFC Dinner @ The Vine Inn

September 19th 6pm

Social Support Group News

At Hello Monday we have been on outings to the Woodcarvers Haven and The Barossa Valley Cheese company. We have cleaned up the Men's Shed with the help of a Faith Lutheran College volunteer. We welcome Art Therapist Tara Tauba who is doing her volunteer placement helping us create meaningful activities to capture our life stories through art.



Activities coming up at Hello Monday

- Wine Science with Keith Ward (Glaetzer Wines)
- Making Beer Bread
- Setting up a Herb Garden
- Armchair travel—Nepal

Scottish Day

Caring Coffee Club

Thanks to all the Laddies and Lassies who dressed up, wore their kilts, made shortbread, for your tartans, pictures & dvds.

When the Barossa & Districts Pipe Band played Amazing Grace, a few tears were shed around the room.

It was a joyful day!



Caring Coffee Club—What's Coming up Next!

We have some exciting events and activities planned for Caring Coffee Club participants over the coming months from a Sing-along with Bill Ordway, Guest John Herring, activities for the Olympics, circus games, cultural days, gardening, making scarecrows & also craft activities to get ready for our Christmas Parade float! And yes, we know it's early but save the date for our Christmas Lunch on December 14!

Social Support Group News

Food, Fun & Friendship group

We all really enjoy our FFF Outing each Friday! It is a wonderful opportunity to go for a tour of the countryside, enjoy a delicious Hotel lunch and make social connections with other people in the community.

To help us to cover a portion of the cost of the drive, meal, drinks and activities, there has been a price increase for the group to \$25 as at July 1. For new members this is effective immediately, for those currently on the group this will start on Friday September 2.

Remember all you need to be able to attend these creative and meaningful groups is to be 65 years or older! Please call us if you would like more details. Kind Regards, Elspeth and Merindah



A **SPECIAL THANK YOU** to Rob King for leading the 'Caring Coffee Club Choir'. Due to the success of our recent sing-a-long with Keyneton Primary School we have decided with the support of Rob to continue with our choir!

A **SPECIAL THANK YOU** also to Grant Taylor for his amazing 'dishwashing efforts' at Caring Coffee Club each week.

CARERS LINK FLOAT — BAROSSA CHRISTMAS PARADE

This year Carers Link will be participating in the Barossa Christmas Parade. Our theme will be 'Santa's Workshop'. Traditionally the Christmas Parade is held on the first Friday of December which will be December 2 this year.

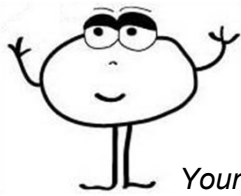
Roger Cridland has been making reindeers, the young carers group are going to make 'reindeer food' to hand out along the way and we would love to have as many of you as possible walking or riding with us on the night!

Please save the date and look for more information in the next Carers Link newsletter!



SOCIAL SUPPORT GROUPS TRANSPORT

'From September 2nd a **transport fee** of \$2.50 single trip or \$4.00 return will be introduced for attending Carers' Link social support groups to cover our vehicle expenses. As an organisation we have always waived a transport fee but are no-longer able to carry the cost without a consumer contribution. If you use transport it will be added to your invoice from this date. If you feel concerned about this fee increase, or if you have any other questions, please call me on 8562 4000 and we can discuss arrangements or email elspeth@carerslinkbv.org



YOUNG CARERS NEWS



YCSC Mobile: 0417 082 732

Young Carers aged 13+ can find me on Facebook. Search for Pam Carerslink

CHANGES YOU NEED TO KNOW ABOUT

A group of our Young Carers got together and brainstormed what the ideal Young Carer Program for them would look like. There were some wonderful ideas, some we can do now and some we can't do quite yet. But here is a start.

Flexible Access

Standard business hours and teenage hours do not overlap much! And so the Young Carer Support Coordinator will be going to work more flexibly, being available for support until 7:00PM most weekday evenings. With the addition of a laptop, access at remote or unusual locations will begin to happen too!



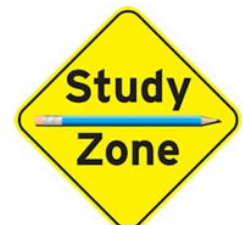
For those Young Carers over 13 years of age, if you have a Facebook account, you can connect with Pam Carers Link (<https://www.facebook.com/pamcarerslink>) for up date information, event invitations and access to instant messaging. Please note that friend requests will not be accepted from Young Carers under 13 years of age, or from parents/guardians. (However, parents and guardians are welcome to message.)

Study Space

The need for a homework group has once again come up and so we are going to try it!

Here's how we think it will work to start with:

- Young Carers who were being invited to Skills Group will automatically receive an invitation to Study Space (Study Space has not replaced Skills)
- The group will meet at Nuriootpa Library where Young Carers will have access to all library resources including computers and Wi-Fi
- Young Carers will have the option of taking home a Kind Hearted Kitchen meal for their family
- Study Space will take place on Tuesdays from 4 pm to 6 pm. Four Tuesdays have been booked for term three for a trial of the group.
- Transport, for those who need it, will be regularly available from both Kapunda High School and Nuriootpa High School. Those attending other schools may have to arrange their own transport, but if you are stuck, ask – we may be able to help!
- Young Carers will need to book a Study Space place, indicating at the time of booking if they require access to a computer, assistance with transport and a family meal (including any family dietary requirements)
- We begin Tuesday 26 July 2016.



Come in. Get it done.



Young Carer Catchup

This is not so much a new group as an old group reinvented!

YC² is back and it will replace Skills! For ease, this group will run for the same duration as Chill – 3:30 to 6:30. The format will evolve as we go. But, as the wise man said “The world is run by those who show up” so show up and make this group into what you want it to be.

STUDY SPACE For Teenagers Year 7 to Year 13 Selected Tuesdays, Term 3 4:00 to 6:00 PM Nuriootpa Library	CHILL For School-aged Carers Reception to Year 13 2 nd Wednesday, most months 3:30 to 6:30 PM Carer Support Centre	YC² For Teenagers Year 7 to Year 13 3 rd Wednesday, most months 3:30 to 6:30 PM Carer Support Centre	CARERS YNK For Young Adult Carers Aged 16 to 25 years 4 th Wednesday, bi-monthly 6:30 to 9:30 PM Carer Support Centre
26 July	10 August	17 August	27 July
16 August	14 September	21 September	28 September
6 September	9 November	16 November	23 November
27 September <i>Week 10 Feedback</i>	14 December Farewell 2016!	Details of each activity will be sent to you prior to each date via text message, email or Facebook.	



Mid Winter Splash

Our inaugural Mid Winter Splash took place at The Rex during the July school holidays. We had a small, but enthusiastic, turnout. Although it was chilly outside, we were more than snug inside – heard of Christmas in July? This was Summer in July! And to make sure that we all made it home still nice and toasty, our friends at Darlings Café in Tanunda supplied us with complimentary hot chocolates! Yum!



Carers Australia Young Carer Bursaries

Applications Open August 2, 2016!



Carers Australia are offering financial assistance for eligible Young Carers to study in 2017. To apply for a \$3,000.00 bursary, go to <http://bursaries.youngcarers.net.au> and fill out the online application form. I urge all eligible Young Carers to apply as education costs are increasing and opportunities for individual funding are limited. They have to give the money to someone – it might as well be you!

Also watch out for

The Soroptimist International Barossa Young Carer Education Support Packages for 2017.

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 Home and Community Care 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 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' Link staff make the final decision on Retreat attendances.

DEMENTIA CARERS RETREAT

18th - 21st October

~ POMPOOTA HOMESTEAD ~

Near Mannum on the Murray River

Calling for expressions of interest for carers of a person living with dementia. This retreat will commence Tuesday morning and will finish on the Friday. This retreat is intended to be very relaxing time at the house and by the river, with only short excursions to local towns is carers wish.



Please express your interest before the 1st of October 2016 by calling Carers Link on 8562 4000 or email to admin@carerslinkbv.org



Australian Government
Department of Social Services

WOMENS RETREAT #1 26th - 29th September ~ POMPOOTA HOMESTEAD ~

Near Mannum on the Murray River

Calling for the expressions of interest for women whom care for adults who are frail aged or with a disability. The retreat commences on Monday morning and finishes on Thursday. This retreat is intended to be a very relaxing time at the house and the river, with only short excursions to the local towns if the carers wish.

Please express your interest before the 1st of September 2016 by calling Carers Link on 8562 4000 or email to admin@carerslinkbv.org



WOMENS RETREAT #2 12th - 15th November ~ WEST BEACH RESORT ~



Calling for expression of interest for anyone who is caring for someone to attend a 2-4 day Retreat at West Beach Resort. This retreat is priority to carers of children with disabilities under 18 years of age and are looking for a relaxing time away knowing we are part of a small group.

This retreat will give you an opportunity to get away and have a relaxing time, enjoy some day activities while you take a break from your caring role.

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

Carers Link Barossa and Districts
Young Carers
want you to...



HAVE A
PHEASANT
PLUCKING
DAY

...and join us for the inaugural
Pheasant Pluckers' Lunch!

Enjoy a hearty 3 course winter lunch and generously donated wine for purchase, all while raising money for a worthy cause.

Where? The Farm - Barossa Function Centre

When? Noon, Sunday August 7, 2016

Catering by Sas and Eli Beer

Tickets \$40 per person

Carers' Link Barossa and Districts | 8562 4000



VOLUNTEERS LUNCH

THURSDAY 9TH JUNE

Volunteers are worth their weight in gold. They share their time and talents without compensation. At Carers Link we are so lucky to have some amazing, lovely and wonderful volunteers that dedicate their time and services. We wish to acknowledge their contributions and would like to let them know how much we value you.

We held a Thank you Lunch at Carers Link for our special Volunteers that were able to attend. We enjoyed a hearty roast lunch and wintery desserts prepared by The Company Kitchen. Gary and some of the other staff were grateful to have the opportunity to give back to the volunteers and thank them for being a special part of the Carers Link Family.





Transportation of children with disabilities:

Understanding the Australian experience

- Are you a parent/caregiver of a 0-17 year old with a diagnosed disability?
- Do you live in Australia?
- If YES, you are invited to participate in a cross-sectional survey

What is the survey about?

Our study is investigating how children with disabilities are being transported in vehicles in Australia, and the concerns their parents have related to these travels.

Why is this survey important?

This is the first study addressing the safe transportation of children with disabilities in Australia. The results from the survey have the potential to improve the safety of these children.

The survey will :

- Help us understand the factors that influence the safe transportation of children with disabilities.
- Inform future services, policies and regulations in your local community.
- Inform the production of a parent friendly handbook regarding the transportation of children with disabilities, to be distributed across Australia.

How can you access the survey?

The survey can be completed online, by telephone or paper and pencil.

Please use the following link to access the survey online OR scan here:

[:https://curtin.asia.qualtrics.com/SE/?SID=SV_e51X4NdVX98Fgs5](https://curtin.asia.qualtrics.com/SE/?SID=SV_e51X4NdVX98Fgs5). If you would like a pencil and paper version of the survey sent to you or you have any further questions please contact Miss Angela Downie on 0448 977 704 or angela.downie@student.curtin.edu.au

View our short Youtube video (https://www.youtube.com/watch?v=kyOTVtl_jU) and like our Facebook page "Safe Travels: Transport and Disability" to keep up to date with the study



How long does it take to complete the survey?

The survey takes approximately 20-30 minutes to be completed. You may complete the survey online in two or more sittings and re-enter it where you last left off.

Who is conducting the survey?

The survey is being conducted by the Transport Research team at Curtin University's School of Occupational Therapy and Social Work, by four primary investigators. If you have ANY questions about our study or require further clarification, please contact us on the details provided below.

Miss Angela Downie, Phone: 0448977704, Email: angela.downie@student.curtin.edu.au

Dr Sharmila Vaz, Phone: 08-9266-1849, Email: s.vaz@curtin.edu.au

Prof Torbjörn Falkmer, Phone: 08-9266-9051, Email: t.falkmer@curtin.edu.au

Miss Belinda Cuomo, Phone: 0406 590 248, Email: Belinda.Cuomo@curtin.edu.au

This study has ethics approval from the Curtin Human Research Ethics Committee, approval number RDMS-261-15

ALL CARERS AND THEIR FAMILIES ARE INVITED TO ATTEND!

When: Thursday 29th September 2016

Where: Vine Inn, Nuriootpa **At:** 11.30am

~ Lunch Provided at a cost of \$10 ~

Please reply: admin staff on 8562 4000

Or email admin@carerslinkbv.org by 12th September

Transport and respite can be arranged—please let us know if your require it!

The book of Reports will be available at the AGM And afterwards at our Carer Centre.

**Come & Say
Farewell to
Gary**

BOARD MEMBER NOMINATIONS

Do you have some one in mind to nominate as a Board Member? Or are you interested in being a Board Member yourself?

Meetings are held once a month - usually 2.5 hours in duration.

Nomination Forms are available from the Carers Link Office or by email.

Nominations close Friday 9th September 2016

DCSI Update

Wednesday 29 June 2016

Help grow the Disability Engagement Register

The South Australian government is committed to bringing the voices of citizens and stakeholders into decision making on issues that matter to them. An important tool in engaging with people with disability, their families and carers, is DCSI's Disability Engagement Register.

Developed and supported by Disability SA, the register is a confidential list of contacts who have indicated their willingness to be consulted on issues that are important to people with disability in South Australia. Most people on the Register are people living with disability, but family and carers are also included.

Disability SA is currently working to increase membership of the register. To make it easier for people to join, a new and simplified [online membership form](#) has been developed. Alternatively, people can [download a form](#) for completion and return by post or email. Existing members also need to complete a new form to update their details.

For more information please visit the [disability engagement and consultation web page](#).

Please share this message amongst your networks, particularly to people with disability, their families and carers.

David Caudrey
Executive Director, Disability SA



Government of South Australia

Department for Communities
and Social Inclusion

Have your say!

CARERS LINK BAROSSA AND DISTRICTS INC.

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 Link, 15 Second Street, Nuriootpa 5355, or drop it into the office. You may send us an email to admin@carerslinkbv.org or write it on a piece of paper if you do not wish to cut this out!

Carers' Link Barossa and Districts Inc

Broadband for Seniors Internet Kiosk

Free access to the internet & training for those over 55 years



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' 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 **includes a new 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!



Country Stitches



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

Check out the items on ebay... Ebay id: [country_stitches_2000](#)

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

AUGUST 2016 Events

DAY / DATE	GROUP	DETAILS / TIME
Monday 1st August	Bowen Therapy Men's Bushgardens Hello Monday Family Carers Program	Call Carers Link to make an appointment 10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa 10am - 1pm, Carers Link
Tuesday 2nd August	Mother Creative Group	10:30am - 2:30pm, Carers Link
Wednesday 3rd August	Broadband for Seniors Ladies Bushgardens Caring Coffee Club Dementia Carers	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa 1pm - 3pm, Carers Link
Thursday 4th August	Lets Lunch R&R	12pm, Angas Park, Nuriootpa
Friday 5th August	Food, Fun & Friendship	10am
Sunday 7th August	The Pheasant Pluckers Lunch	12pm, The Farm, Barossa Function Centre
Monday 8th August	Men's Bushgardens Hello Monday Creative carers MHC&F's Family Carers Program Chicken & Chips	10.15am - 12:30pm 12pm - 3pm, Reusch Centre 10am - 12pm, Reusch Centre Picnic, Lunch and Drive 10am - 1pm, Carers Link 6pm, Angas Park, Nuriootpa
Tuesday 9th August	Lets Lunch Tuesday	12pm, Lyndoch Hotel
Wednesday 10th August	Broadband for Seniors Ladies Bushgardens Caring Coffee Club Kapunda Carers	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa 12pm, Sir John Franklin Hotel
Thursday 11th August	Lets Lunch Thursday MH Carers Country Stitchers	12pm, Lyndoch Hotel 7pm, Carers Link 9.30am - 4pm, Reusch Centre, Nuriootpa
Friday 12th August	Food, Fun & Friendship Williamstown Carers Special General Meeting	10am 12pm, Old Bakehouse Tavern 11am, Carers Link
Monday 15th August	Men's Bushgardens Hello Monday	10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa
Tuesday 16th August	Eudunda/Roberstown Group Reflections	6pm, Eudunda Hotel 5pm - 6.30pm, Carers Link
Wednesday 17th August	Broadband for Seniors Ladies Bushgardens Caring Coffee Club	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa
Thursday 18th August	BV Carers Country Stickers	9.30am - 4pm, SALA Activities & Lunch @ Lyndoch Hotel 9.30am - 4pm, Reusch Centre, Nuriootpa
Friday 19th August	Food, Fun & Friendship Retired Carers	10am 12pm, Lord Lyndoch
Monday 22nd August	Men's Bushgardens Hello Monday Mixed Blessings	10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa 10am - 1pm, Carers Link
Wednesday 24th August	Broadband for Seniors Ladies Bushgardens Caring Coffee Club In for the Long Haul Dementia Friendly Communities	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa 12pm, Angas Park Hotel 10am - 3pm, Co-Op Mall
Thursday 25th August	Top Blokes	12pm, Angas Park Hotel
Friday 26th August	Food, Fun & Friendship	10am
Monday 29th August	Reflexology Men's Bushgardens Hello Monday Happy Wanderers	Please Call Carers Link to make an appointment 10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa 10am, Swan reach Museum & Lunch

DATE / DAY	GROUP	DETAILS / TIME
Wednesday 31st August	Broadband for Seniors Freeling Carers Ladies Bushgardens Caring Coffee Club	Call Carers Link to make an appointment 1.30pm, St Marks Lutheran Church Hall, Freeling 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa

SEPTEMBER 2016 Events

Friday 2nd September	Food, Fun & Friendship	10am, Lunch at Lyndoch Hotel
Monday 5th September	Bowen Therapy Mens Bushgardens Hello Monday Creative Carers	Please Call Carers Link to make an appointment 10.15am - 12:30pm 12pm - 3pm, Reusch Centre, Nuriootpa 10am, Reusch Centre, Nuriootpa
Wednesday 7th September	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Dementia Carers	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers Link to make an appointment 1pm - 3pm, Carers Link
Thursday 8th September	Let's Lunch Combined MH Carers Country Stiches	Big day Out, Collingrove & Hahndorf Mill 7pm, Carers Link 9.30am - 4pm, Reusch Centre, Nuriootpa
Friday 9th September	Food, Fun & Friendship Williamstown Carers	10am, Southern Hotel Gawler 12pm, Monkey Nut Café, Lyndoch
Monday 12th September	Hello Monday Men's Bushgardens MHC&F's Chicken & Chips	12pm - 3pm, Reusch Centre, Nuriootpa 10.15am - 12:30pm 12pm, Vine Inn & Barossa Nursery 6pm, Tanunda Club
Tuesday 13th September	Piece or the Puzzle	11.30am - 2.30pm, Carers Link
Wednesday 14th September	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Kapunda Carers Dementia Awareness Stall	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers Link to make an appointment 12pm, North Kapunda Hotel Til the 15th, 10am - 3pm, Co-Op Mall
Thursday 15th September	Country Stiches	9.30am - 4pm, Reusch Centre, Nuriootpa
Friday 16th September	Food, Fun & Friendship	10am, Lunch at Williamstown Hotel
Monday 19th September	Men's Bushgardens Hello Monday Happy Wanderers Mixed Blessings Dementia Friendly Communities Dinner	10.15am - 12.30pm 12pm - 3pm, Reusch Centre, Nuriootpa 9.15am, The Virginia Nursery 10am - 1pm, Carers Link 6pm, Vine Inn
Tuesday 20th September	Eudunda/Robertstown Group Reflections	12pm 5pm - 6.30pm, Carers Link
Wednesday 21st September	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Country Stiches Stall	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers Link to make an appointment Til the 24th, Co-Op Mall
Thursday 22nd September	Top Blokes	12pm, Vine Inn
Friday 23rd September	Food, Fun & Friendship In for the long haul & Chicken & Chips	10am, Willaston Hotel 6pm, Greenock Creek Tavern
Monday 26th September	Women's Retreat #1 Men's Bushgardens Hello Monday Reflexology	til the 29th September, Pompoota Homestead 10.15am - 12.30pm 12pm - 3pm, Reusch Community Centre, Nuriootpa Please call Carers Link to make an appointment
Wednesday 28th September	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Freeling Carers Board meeting	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers Link to make an appointment 1.30pm, 1.30pm, St Marks Lutheran Church Hall, Freeling 1pm - 4pm, Carers link
Thursday 29th September	BOM A.G.M - Gary's Farewell	10am, Vine Inn 11.30am, Vine Inn
Friday 30th September	Food, Fun & Friendship	10am, Mt Pleasant Hotel