



CARERS & disABILITY LINK

15 Second Street, Nuriootpa SA 5355 Email admin@carerslinkbv.org
Phone 08 85 624 000 Webpage www.carerslinkbv.org

NEWSLETTER ~ October/November 2016



Thank you to those brave souls that were able to attend our AGM, right in the middle of our storms and flooding. We had a lovely meal thanks to the Vine Inn and afterwards we celebrated with Gary our retired CEO as those attending had an opportunity to share their thoughts, express their gratitude, and say their farewells.

Our AGM marked the beginning of a new era with our change of name to Carers and Disability Link Inc. and our welcoming of a new regional Board of Management. Our Board of Management will now be better able to respond to the needs of carers and clients in the Barossa, Yorke Peninsula, Adelaide Hills and Fleurieu. Although we have not achieved it as yet, we are striving for equal representation from all regions, and we thank those community minded individuals who have put up their hand to support Carers and Disability Link in this way.

We will also retain our local advisory committees to connect with, and reflect the feelings of their local community and to assist staff in the various offices. We are looking to grow these committees at this time, so if you are interested in volunteering to support Carers and Disability Link in your region at this level, then please contact your local office and let them know of your interest.

Well, it has been a long, wet dreary winter and spring for us all and as this weather drags on we need to find ways to keep our spirits up. So here are some tips from those in the know to get us through:

- Resolve to spend some time outside each day, even if it is just 5 minutes;
- Stay active and watch out for those comfort foods that creep in when we are looking to improve our moods;
- Plan ahead and stick to your plans so you do get out and enjoy the company of others;
- Spend time with those you love and those people that are fun to have around.

And of course, come and see us at Carers and Disability Link and spend time with our friendly staff and volunteers, and fellow carers.

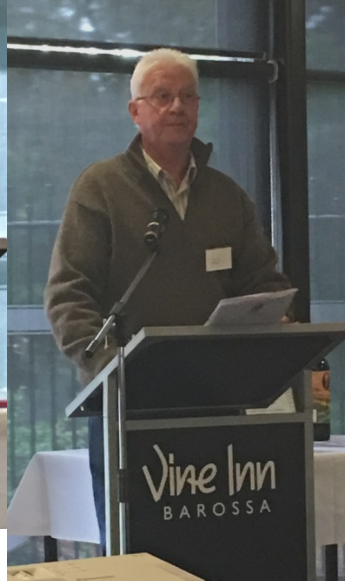


**Take care,
Vicki Williamson, CEO**



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

Our Annual General Meeting and Gary's farewell 29th September 2016 at The Vine Inn



Vicki, CEO and Board Members reading reports and profiles



Jeff Hoffmann, Chairperson of the Board watching Gary cut his farewell cake!

Below is Maria, CEO of Northern Carers bidding Gary a fond farewell.



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



LOUISE
Carer Support



CORALIE
Carer Support



BRENT
Carer Support



PAM
Young Carer
Coordinator



GABY
Carer Support



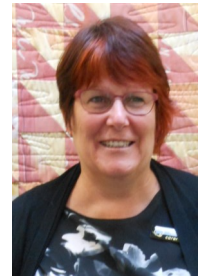
ROSEMARY
Direct Care Services
Coordinator



CHRISTA
Direct Care Services
Worker



MARION
Direct Care Services
Coordinator



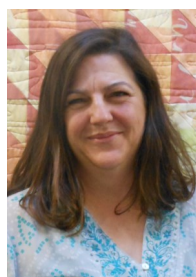
ANNETTE
Direct Care Services
Coordinator



KATHRYN
NDIS Support
Coordinator



ELSPETH
Social Support
Coordinator



MERINDAH
Social Support &
DCS Worker



INGRID
Finance



LISA
Finance



DEANNE
Administration



RITA
Administration



KERRY
Administration

Join us in our Celebration!

Carers' Link has grown and to reflect that growth our name has changed!

Join us for **FUN FILLED AFTERNOON PARTY** to launch our **NEW NAME**

THURSDAY 24TH NOVEMBER 2PM-5PM

VILLAGE GREEN RESERVE, NURIOOTPA MAIN STREET

(In front of the Reusch Community Centre and next to Bank SA)



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 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 & Disability Link and other charities.



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.

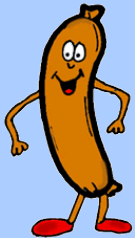
A Carer is someone who is caring for a family member or friend who has a disability, illness or is frail aged, although rewarding, can also be hard work.

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.



Activities

Sausage Sizzle

Fun



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

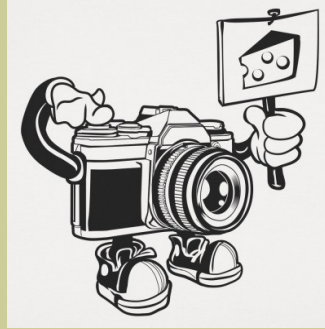
If you would like to attend,

**Please give admin a call to book in on
8562 4000**

Sometimes we need someone to simply be there. Not to fix anything, or to do anything in particular - but just to let us feel that we are cared for and supported.



lessonslearnedinlife.com



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.

**Check out the items on ebay... Ebay id:
country_stitchers_2000**

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



Social Support Group News

It's a WRAP! Here is what we have been up to in our social support groups over the last two months.....



There have been a lot of laughs at Hello Monday in the last few months! We have made beer bread, enjoyed listening to Keith Ward talk about the science of wine, held our own Olympic Games (thanks Aaron!), Reta talked about all things Italian, John Herring held another wonderful tribal elders discussion and of course all with beautifully cooked lunches thanks to Migle our kitchen volunteer.



Coming up next!

BBQ, lawn bowls, gardening, Melbourne Cup lunch, Remembrance day and more!



At the Bushgardens the ladies have been recording their creativity, memories and family events in a shared scrapbook with the support of Barbara and Karen.



CARING COFFEE CLUB

The circus came to town again this year with juggling, tightrope walking, clowns and more! We had an informative talk from COTA, made Mandalas and Talking Sticks, set up a herb garden, enjoyed a BBQ put on by the Lions Club, had a sing-a-long with John Herring and started our Christmas decorations!

Coming up!

- Mystery Bus Trip
- **26th October: "Shared Generations Storytelling Mural"**
Please join us for this special collaborative intergenerational project by members of the Caring Coffee Club, Keyneton Primary School and Art Therapist Tara Kate Taube.
- Pamper Day
- Art & Crafts
- Christmas Decorations & Carols



Social Support Group News

A Friendly Reminder:

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 and Disability 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 Elspeth on 8562 4000 and we can discuss arrangements or email elspeth@carerslinkbv.org



Carers and Disability Link Social Support Programs ('Caring Coffee Club', 'Bushgardens', 'Hello Monday' and 'Food, Fun & Friendship Outing') for 'over 65's' are funded by the Commonwealth Home Support Program.

To join one of our groups individuals need to register by calling the 'My Aged Care' contact centre on 1800 200 422 or by visiting the www.myagedcare.gov.au.

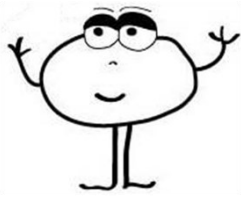
At Carers and Disability Link we are committed to guiding and assisting people through the My Aged Care registration process. If you need assistance with this please call Elspeth Morgan on (8562 4000) for a chat or to arrange an appointment time.

BAROSSA CHRISTMAS PARADE

Tanunda - Friday December 2

Keep the date free if you would like to join us for our 'Santa's Workshop' float!





YOUNG CARERS NEWS



YCSC Mobile: 0417 082 732
*Young Carers aged 13+ can find me on Facebook.
Search for Pam Carerslink*

Study Space—Homework group for Teens

Following a successful trial run during term three, we will continue with Study Space in Term 4!

WHO: Young Carers in high school
WHERE: Nuriootpa Library
WHEN: Tuesdays of Weeks 2, 4, 6 & 8 from 4:00 PM to 6:00 PM
OTHER STUFF:

- ⇒ Computers are available for use in the library but must be booked ahead of time.
- ⇒ Library members are able to access free WiFi (Library membership is free!)
- ⇒ After school snacks, water and juice are provided.
- ⇒ Transport is available from Kapunda High School and Nuriootpa High School, but must be booked in advance. Transport from home may be available by arrangement.
- ⇒ Family meals (frozen) are available from Kind Hearted Kitchen for you to take home. Again, these must be arranged in advance, including how many meals and any dietary requirements that need consideration.
- ⇒ Reminders are sent via text, email or Facebook event invitation the week prior.
- ⇒ **Bookings, including computer, transport and meals, are required by 5:00 PM the day before Study Space.**

COST: Donation to contribute to costs



Chill—social group for Young Carers of all ages

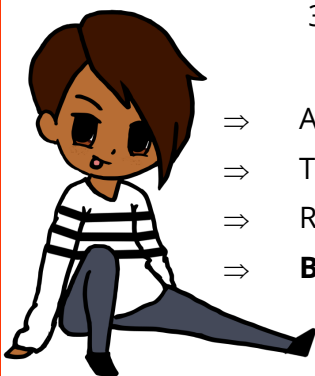
There have been a few false starts to Spring, but we're hoping that sooner, rather than later, we can enjoy some outdoor activities again without chilling too much!

WHO: Young Carers in primary or high school
WHERE: Carer Support Centre
WHEN: 2nd Wednesday of each month (except school holiday months)
3:30 PM to 6:30 PM

OTHER STUFF:

- ⇒ After school snacks, water and juice are provided.
- ⇒ Transport, including school pickups, may be available by arrangement.
- ⇒ Reminders are sent via text, email or Facebook event invitation the week prior.
- ⇒ **Bookings are required by 5:00 PM on the Monday before Chill**

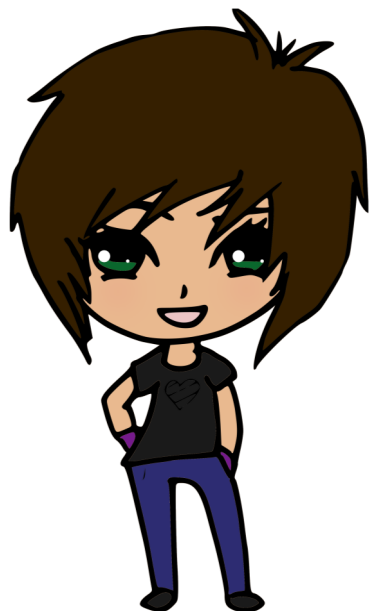
COST: Donation to contribute to costs



Young Carer Program Features

There are some things happening in the background of the Young Carer Program that many of you would not know about. I thought it time to tell you!

Step Up Volunteering Program



As you would be aware, our Young Carer Program relies on the support of volunteers. There are no better volunteers than those who have “been there and done that!” In the case of our program, that is our Young Adult Carers. The Step up Program is designed to create a bridge for Young Adult Carers leaving school. For many Young Carers, the period following high school can be hard. Jobs, further education and training can be difficult to access, while the supports available while at school suddenly fade.

Young Carers aged 16-25 who are registered with Carers Link can apply to be part of the program. There is a selection and induction process which follows, at which point the Young Carers personal interests and goals are identified. Every effort is then made to find the Young Carer a suitable role.

Side by Side Mentoring Program

Where a little more one to one support is needed, volunteer mentors are individually matched to Young Carers. This is a community-based program, where mentors and Young Carers usually negotiate their activities away from the Carer Support Centre. Matches are made based on the needs and interests of the Young Carer and mentor.



Dates for Term Four

October

25 Study Space

November

8 Study Space

9 Chill

22 Study Space

23 Carers YNK

December

2 Barossa Christmas Parade

6 Study Space

14 Chill

16 Schools Out Teen Sleepover



BAROSSA

Ageing in Style

EXPO

- ◆ Stalls & Prizes
- ◆ Information
- ◆ Presentations
- ◆ Yellow Brick Road
- ◆ Free Devonshire Tea

Free Event

Thursday October 27, 2016

10.00am–1.00pm

Nuri Sports & Function Centre
Penrice Road, Nuriootpa

For further information,
contact Debra Anderson

Phone: 8563 8444



Seniors Collaborative
Action Project
Barossa.Gawler.Light.Mallala



Women's Retreat to Pompoota

September 26th – 29th



Do you remember where you were when the lights went out across the state?

A group of seven carers will think back on the experience with some fondness after enjoying a night by the fire, sharing food, laughs and stories with new friends. While the drive home may have been a little hairy, the carers report feeling comfortable and relaxed, returning home refreshed after a few days on the waters edge. Long walks for some offset the effects of generous meals while taking the opportunity to enjoy the scenery.

Pompoota was definitely a popular location for the ladies to relax and recharge the batteries (even in the dark...)



The Dementia Friendly Communities group of carers launched an awareness initiative this year which is aimed to encourage business owners, community service groups, the community sector, the medical/specialist services and others in the community, to enable access and inclusion for those living with dementia and their families, in order for them to continue to participate freely and with dignity within their communities.

As a part of this initiative a very successful community event (**Changing Minds**) was held on September the 19th, promoting awareness of Dementia and the impact of individuals and their families.

The event was attended by approximately 175 people.

Four guest speakers presented information, stories and personal journeys, which were informative and engaging.

The guest speakers were;

Maggie Beer: Cook; Food Specialist; Author; Business Owner;

Maggie spoke about the importance of healthy eating for older Australians and in particular those living with Dementia.

Brett Partington: Carer; Advocate; Founder of Dementia Downunder; Public Speaker;

Brett is a committed Dementia advocate and carer, and is passionate about raising awareness through sharing his personal story which he did with us on the night.

Rajive Chand:

Representing Alzheimer's Australia and presenting stories, statistical information and service support.

Dr Faizal Ibrahim: Geriatrician; Public Speaker; Researcher; Advocate;

Dr Faizal Ibrahim is a Consultant Geriatrician at the Queen Elizabeth Hospital who is a strong advocate for improving the care and quality of life of older people living with dementia through his research projects.



The group's aim is to involve the broader community to support the Dementia Friendly Communities concept, to avail easier access and to include those living with Dementia and their families to more easily access options within their communities.

A much deserved thank you to all who supported this function in any way with a special thanks to all of the DFC Committee for your hard work in making this event an outstanding success.

If you are interested to know more about the DFC initiative or are interested to be involved please contact us here at Carers and Disability Link and we will be happy to speak to you.



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

admin@carerslinkbv.org

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

Many thanks.... 😊



~ ARAS Display ~

Thank you to our Volunteer Penny for putting together the ARAS display in the reception area for which we received this Certificate of recognition.

The display was to highlight the issue of Elder Abuse and create awareness as part of Elder Abuse Awareness week.



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**

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 admin@carerslinkbv.org or write it on a piece of paper if you do not wish to cut this out!

CARERS AND DISABILITY LINK

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 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 **includes 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!

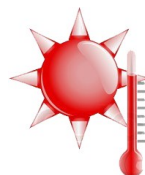


Extreme Heat Advice for Older People

When it is very hot, you may be at increased risk of heat related illness especially if you have medical conditions or take certain medicines. The following advice will help you to put together a plan for coping during extreme heat:

- Ask a friend to check on you, especially if you live alone.
- Register for Telecross REDi Service on 1800 188 071 so a trained Red Cross volunteer will call you up to 3 times a day.
- Symptoms of heat stress include headache, dizziness, faintness, weakness, profuse sweating, urinating less often, muscle spasms or cramps, nausea.
- If you start to feel ill with symptoms of heat stress, contact your GP , OR call Health Direct on 1800 022 222, OR go to your nearest hospital.
- **Keep cool** by keeping physical activities to a minimum, and resting. Use air conditioning. Put ice cubes in front of the fan you are using. Suck ice cubes. Wet a cloth with cool water for your face, neck or arms. Put your feet in a bowl of cool water. Sleep with just a sheet over you.
- **Drink** plenty of water or fruit juice even if you don't feel thirsty. Avoid tea, coffee, alcohol.
- **Eat** smaller meals more often in hot weather. Limited use of stoves or ovens will keep your home cooler. Salad and fruit will help keep you hydrated. Ensure food that needs refrigerating isn't left out.
- **Clothing** needs to be light coloured and loose fitting, preferably made from natural fibres like cotton rather than synthetic fabrics. Wear sunglasses and a wide brimmed hat. Apply sunscreen. If you use a wheelchair , walker or other metal equipment, don't leave it in the sun as it may become hot enough to burn you.
- **Medicines.** Continue to take prescribed medicines during times of extreme heat. Some medicines can make you more prone to sunburn and heat stress, so take extra care to watch for signs that you may become affected by the heat. If you need more advice about particular medicines speak to you GP or a pharmacist.

Information from SA Health.



OCTOBER 2016 Events

DAY / DATE	GROUP	DETAILS / TIME
Tuesday 4th October	Young Carers - Craft Drop in	Carers Link, 1pm - 4pm
Wednesday 5th October	Broadband for Seniors Ladies Bushgardens Caring Coffee Club Dementia Carers	Call Carers & Disability Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa Carers Link, 12.30pm - 3.30pm
Thursday 6th October	Young Carers Lets Lunch R&R	Planetarium & Picnic, 10am - 3.30pm The Valley Hotel, Tanunda
Friday 7th October	Food, Fun & Friendship Group	10am
Monday 10th October	Men's Bushgardens Hello Monday MHC&F'S Chicken & Chips	10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa Morning Tea @ Sue's 6pm, The Vine Inn, Nuriootpa
Tuesday 11th October	Lets Lunch Tuesday	11am, Carers & Disability Link - The Virginia Nursery
Wednesday 12th October	Broadband for Seniors Ladies Bushgardens Caring Coffee Club Kapunda Carers Young Carers	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa 12pm, Sir John Franklin 1pm, Drama @ Mallala
Thursday 13th October	Country Stitchers Lets Lunch Thursday MH Carers	9.30am - 4pm, Reusch Centre, Nuriootpa 12pm, The Greenock Tavern, Greenock 6pm, Angas Park, Nuriootpa
Friday 14th October	Food, Fun & Friendship Group Williamstown Carers	10am 12pm, Old Bakehouse Tavern, Williamstown
Monday 17th October	CARERS WEEK Bowen Therapy Men's Bushgardens Hello Monday Mixed Blessings	Call Carers & Disability Link to make an appointment 10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa 10am - 1pm, Angus Park
Tuesday 18th October	Reflections Eudunda/ Roberstown Group Dementia Carers Retreat	5pm - 6.30pm, Carers & Disability Link 12pm, Sir John Franklin, Kapunda 18th - 21st October
Wednesday 19th October	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 20th October	Country Stitchers BV Carers Carers Count - Carers Week Event	9.30am - 4pm, Reusch Centre, Nuriootpa 9.30am - 4pm, Dolphin Cruise 11am - 1pm, Lawned area in front of Reusch Centre
Friday 21st October	Food, Fun & Friendship Group Retired Carers Lunch	10am 12pm, Soul w Zest , Angaston
Monday 24th October	Men's Bushgardens Hello Monday Reflexology In for the Long haul	10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa Call Carers & Disability Link to make an appointment 11.30am, The Barossa Brauhaus Hotel, Angaston
Wednesday 26th October	Broadband for Seniors Ladies Bushgardens Caring Coffee Club Freeling Carers	Call Carers Link to make an appointment 9.30am - 11am 9.30am - 1.00pm, Reusch Community Centre, Nuriootpa 1.30pm, St Marks Lutheran Church Hall, Freeling
Thursday 27th October	Ageing in Style Expo Top Blokes	10am -1pm, Nuriootpa Sports and Function Centre 10.30am Carers & Disability link, Terminus Hotel, Morgan
Friday 28th October	Food, Fun & Friendship Group	10am
Monday 31st October	Men's Bushgardens Hello Monday Happy Wanderers	10.15am - 12:30pm 12 - 3pm, Reusch Centre, Nuriootpa 9.30am , Carers & Disability Link, Woodside

NOVEMBER 2016 Events

DAY / DATE	GROUP	DETAILS / TIME
Tuesday 1st November	Piece of the Puzzle	11.30am, North Kapunda Hotel
Wednesday 2nd November	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Dementia Carers	9.30am - 11am 9.30am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment 1pm - 3.30pm, Carers & Disability Link
Thursday 3rd November	Lets Lunch R&R	12pm
Friday 4th November	Food, Fun & Friendship Group	10am
Monday 7th November	Bowen Therapy Men's Bushgardens Hello Monday Mixed Blessings - Sexuality & Disability Creative Carers	Please Call Carers & Disability Link to make an appointment 10.15am - 12.30pm 12pm - 3pm, Reusch Centre, Nuriootpa 10am - 1pm, Carers & Disability Link 10am, Reusch Centre, Nuriootpa
Tuesday 8th November	Lets Lunch Tuesday	12pm, Clare Castle, Kapunda
Wednesday 9th November	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Kapunda Carers	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment 12pm, Sir John Franklin, Kapunda
Thursday 10th November	Country Stitchers Lets Lunch Thursday MH Carers	9.30am - 4pm, Reusch Community Centre, Nuriootpa 12pm, Clare Castle, Kapunda 6pm, Carers & Disability Link
Friday 11th November	Food, Fun & Friendship Group Williamstown Carers	10am 12pm, Mt Pleasant Hotel
Saturday 12th November	Women's Retreat	12th - 15th November, West Beach
Sunday 13th November	Special Children's Christmas Party	Adelaide Zoo
Monday 14th November	Men's Bushgardens Hello Monday MHC&F's Chicken & Chips	10.15am - 12.30pm 12pm - 3pm, Reusch Centre, Nuriootpa Clare Hotel 6pm, Brauhaus Hotel, Angaston
Tuesday 15th November	Eudunda/Robertstown Group Reflections	6pm, Pt Pass Hotel 5pm - 6.30pm, Carers & Disability Link
Wednesday 16th November	Ladies Bushgardens Caring Coffee Club Broadband for Seniors	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment
Thursday 17th November	Country Stitchers BV Carers	9.30am - 4pm, Reusch Community Centre, Nuriootpa 9.30am - 4pm, TTP Shopping Trip
Friday 18th November	Food, Fun & Friendship Group Retired Carers Lunch	10am 12pm, Monkey Nut Café, Lyndoch
Monday 21st November	Men's Bushgardens Hello Monday	10.15am - 12.30pm 12pm - 3pm, Reusch Centre, Nuriootpa
Tuesday 22nd November	In for the long Haul	11.30am, Soul w Zest, Angaston
Wednesday 23rd November	Ladies Bushgardens Caring Coffee Club Broadband for Seniors	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment
Thursday 24th November	Top Blokes	11.30am, Brauhaus Hotel, Angaston
Friday 25th November	Food, Fun & Friendship Group	10am
Monday 28th November	Men's Bushgardens Hello Monday Reflexology Happy Wanderers	10.15am - 12.30pm 12pm - 3pm, Reusch Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment 11am , BBQ @ Lynn & Dwights
Wednesday 30th November	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Freeling Carers	9.30am - 11am 9.30 am - 1pm, Reusch Community Centre, Nuriootpa Please Call Carers & Disability Link to make an appointment 1.30pm, St Marks Lutheran Church Hall, Freeling