

NEWSLETTER FOR OUR COMMUNITY

February, March & April 2018

A letter from our CEO

Happy New Year from the Board and Staff of Carers and Disability Link.

I wish you all well and hope 2018 brings you what you want and need - whether it be more excitement and activity (or please, please less excitement and activity), whether it be a sense of purpose, a connection with others or a dream come true, may 2018 be special for you.

This year will be special for Carers and Disability Link. Every few years we review what we have achieved and make plans for the future. In 2018 we will once again review our achievements and embark on a future planning process, bringing to life a new Strategic Plan that will guide Carers and Disability Link into the next 3 years, and beyond. And we need your help to do this.

Your thoughts and feedback are so important to this process as we determine what our communities need and how we can respond to these needs. We also need to know what we are doing right, what you would like us to continue doing, what you feel is not necessary or misses the mark, or what we should do more of. It is great to be part of communities that are prepared to share their knowledge with us and give of their time to make sure we offer the right support to all members of our communities. Thank you in advance for your contribution.

Other exciting events happening in 2018 include our Carers Days, Mystery Trips, Family Gatherings, Carer Support Groups, Social outings and catch-ups for Carers and for family members, Pampering Days, Retreats, Information and Education opportunities, Young Carer events, Disability Expo's, National Disability Insurance Scheme Information sessions, Shopping trips, and much more.

Continued on page 2

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

Barossa & Districts

15 Second St, Nuriootpa SA 5355
Phone: 08 8562 4000
Barossa@cadl.support

Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554
Phone: 08 8821 2444
Yorke@cadl.support

Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244
Phone: 08 8389 7383
Woodside@cadl.support

Fleurieu

(Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255
Phone: 08 8549 1299
Strath@cadl.support

WE'RE READY & ACCREDITED FOR THE NDIS



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February, March & April 2018

A letter from our CEO

Cont'd

Please stay tuned to what is happening through our newsletters and follow us on Facebook to see what we are up to each week.

"What can be said in New Year rhymes,
That's not been said a thousand times?
The new years come, the old years go,
We know we dream, we dream we know.
We rise up laughing with the light,
We lie down weeping with the night.
We hug the world until it stings,
We curse it then and sigh for wings.
We live, we love, we woo, we wed,
We wreath our prides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of a year."
– Ella Wheeler Wilcox

Take Care, and may 2018 have a special place in your heart.

Vicki Williamson



Vicki Williamson
CEO Carers and Disability Link

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WE'RE READY & ACCREDITED FOR THE NDIS



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NEWSLETTER FOR THE YORKE PENINSULA

Welcome to 2018

This month has flown! By the time you read this it will be February. Just where January went I am not sure. I really hope the beginning of the year has been kind to you.

Firstly a BIG thank you for your patience and perseverance by still finding ways to connect with us despite all of the roadworks and redevelopment which is happening around our office in Kadina. We have really appreciated your genuine concern for the well being of our team. Your commitment to meet at other places and keep support groups going has just been wonderful.

In this issue you will find your feedback and visions coming to life. The team have put together programs for the first part of the year based on your responses of all the things you would like to learn, experience and participate in. Coming together at these times is a great opportunity to keep the conversations of what it is you want and need going.

In February our Advisory committee will again meet. We would love to see some new faces on the Committee to support the wonderful Committee we have. Do you have an interest in community development? Are you able to provide information about needs and gaps of services or support in the community? Can you share your life stories that will help us shape what we do and how best we can do it? If you can spare an hour or two a month, enjoy sharing ideas with others and want to contribute to our wonderful organisation this just might be the thing for you? For further information please call me to discuss on 1300 783 785 or 8821 2444 I would love to chat with you and explore what you could contribute.

Wishing you many good things!

Heidi Jamieson

Manager



Heidi Jamieson
Manager

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Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

**WE'RE READY & ACCREDITED
FOR THE NDIS**



Heidi
Manager Yorke Peninsula



Amanda
Direct Care Services
Coordinator



Kerri
Carer Support Coordinator



Mazz
Carer Support Worker



Sue
Carer Support Worker



Cheree
Carer Support Worker



Nathan
Care Worker



Joylene
Carer Support and Care
Worker



Bec
Care Worker



Kylie
Office Administrator



OUR TEAM

ndis NEWS



The NDIS are continually listening and learning. Carers and Disability Link are constantly updating our information to bring this new information to you, our recipients.

“The NDIA is constantly listening and learning so that we can deliver the NDIS in a way that best meets the needs of people with disability, their families and their carers, and that is sustainable into the future.

One of the ways we are doing this is by considering how best we can harness the skills and experience that already exist in the community and in the marketplace. We recognise that there are areas where it may be beneficial for us to partner with organisations to ensure we are delivering a scheme that gives people with disability choice and control.”

The above quote is from the NDIS portal follow the links from Home/Communities.





Commonwealth Home Support Programme

The new way of delivering support services whilst you are still at home.

Did you know that Carers and Disability Link delivers three Commonwealth Home Support Programs? We also have vacancies that you might be interested to know more about.

So what does this actually mean?

The Commonwealth Home Support Programme is an entry level home help programme funded by the Australian Government. If you are an older people who can mostly – but not completely – live and cope on your own, and don't yet need higher levels of support at home, you may be eligible for this support. To get support at home, you need a home support assessment (conducted by the Regional Assessment Service (RAS)). My Aged Care can work out what's best for you.

Carers and Disability Link offers the following programmes:

In-home respite: This type of respite usually involves a person working as a carer who comes to your home so that your carer can go out for a few hours. Or, they may take you for an outing for a few hours while your carer has a break.

Centre-based day respite: This type of respite care usually takes place at a day centre or club. It offers personalised structured activities, group activities or small group outings that give you a chance to talk to other people. Day respite often runs from 10am to 3pm and may include transporting you to and from the centre-based day respite centre.

What are the fees:

Commonwealth Home Support Program delivery cost will be from:

\$30 per person for a full day

\$15 per person ½ day

Each person will be sent a monthly invoice stating the amount to be paid with a due date for payment.

If you have more complex needs, a Home Care Package may be right for you. You can access similar services to the Commonwealth Home Support Programme, the services are coordinated and tailored to meet your specific needs.

If you would like to know more please call

Carers and Disability Link 1300 783 785 or My Aged Care 1800 200 422



OUT & ABOUT WITH MAZZ

SYP CARERS GROUP

Welcome back to all our wonderful Carers.

Our first group for the year is going to be at the Ventnor Hotel in Port Vincent on the 23rd of February. We will be looking forward to seeing you there at 12pm and can't wait to hear what you have been up to over the holidays. We have lots in store for 2018!

Yarns & Craft

The Yarns & Craft group have been working on some lovely crafts at Rose House in Kadina. Our first project this year will be making dreamcatchers. For a small cost to cover materials, we are able to provide a kit for those interested.

All are welcome to attend. Please bring along your own project or join us in what ever is being made at the time. New idea's make for exciting times. Come along and join us for a cuppa and chat.

Even if you are not craft minded, we can assist you with a wealth of knowledge from experienced ladies that has wonderful ideas.

We have discovered a fab craft shop where we can purchase things we are not always able to source locally.



Copper Coast Bounce Back. A group for Carers caring for people with Disabilities.

Our first group for 2018 will be held at Café Mia on Friday 16th Feb. We hope to see you there. We will be there from 12pm. Come along and meet new people and enjoy lunch or just a chat. This group is usually held on the third Friday of each month. Please check the Calendar in our Newsletter for venues and dates.

Silver Scissors SYP Craft Group.

This group commences at 10am. And we are relocating to the TeleCentre in Yorketown this year (33 Stansbury Road). We are excited to be meeting there now. Please bring along something you are working on to share ideas with the group, or join the activity provided at a small cost for materials.

For further group information, or to let us know you are coming, please call the office on 1300 783 785 to RSVP See you soon

Mazz

3C's Op Show News



50% off all

Bedding in February!!



50% Summer Clothing
in March!!

The wonderful Volunteers at the 3C's Op Shop in Maitland are going to hold some more massive sales in the next couple of months!

A massive Thank you from everyone at the 3C's Op Shop to everyone who continues to donate and support them.

Their support is wonderful and much appreciated.

THANK YOU

volunteer
do good, feel good

Emergency Numbers

Lifeline	13 11 14
Beyond Blue	1300 224 636
Suicide Call Back Line	1300 659 467
Mensline	1300 789 978
Mental Health Triage	13 14 65
Police Assist (SAPOL)	000 or 13 14 44
Homeless Gateway Service	1800 003 308
Kids Helpline	1800 551 800
After Hours Crisis Care	13 16 11
Domestic Violence Crisis Service	1300 782 200
1800 RESPECT	1800 737 732
Gambling Helpline	1800 858 858
Alcohol and Drug Service	1300 131 340
Family Relationship Advice Line	1800 050 321
Child Abuse Report Line	13 14 78
Legal Helpline	1300 366 424

We are constantly looking for ways to improve our newsletter and communication with you. We would love to hear from you with any feedback or suggestions. Call us on 1300 783 785 or email us on yorke@cadl.support



Kickin back with Kerri

Kickin back with Kerri

Hey everyone, I'll keep this short and sweet. I am really excited to be starting up 2 new groups, one will start in March and the other will start in May. These groups will focus on Carers and their mental health and wellbeing and the other group will be for mental health Carers and the person they care for. Both groups will be based in Kadina, please let me know if you think there is a need to for one in another town.

Mental Health Group – For any carer who has any concerns about their mental health, cares for someone with a mental illness, or wants to learn about taking care of their mental health. Come along for a coffee, a bite to eat and a chat. I'd love to tease out a new name for this group and find out what we can do to help support you as a person and in your caring role.

Mental Health Carers & Friends – Any carers who care for someone with a mental illness and/or mental health concerns to come along with the person they care for. This group is an afternoon catch up in a safe social environment. The first group we can come up with a different name and brainstorm how you would like the group to run. This group will commence in May.

I will greatly appreciate any feedback or ideas either prior to the groups commencing as well as if you attend. Hope to see you there!

Cheers!

Kerri



Upcoming Dates

19 th February	Young carers, 12 and under
13 th March	Young carers, 13 and over
14 th March	Mental Health group
11 th April	Mental Health group
17 th April	Young Carer school holiday activity TBA
24 th April	Young Carer school holiday activity TBA

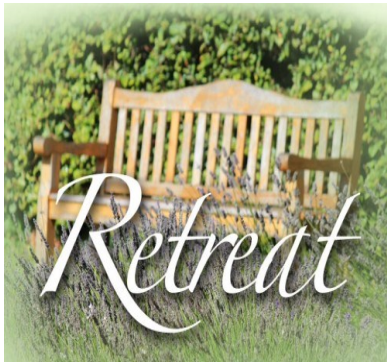




Expressions of interest for a Mystery trip on 22nd March 2018.

Do you dare to take the plunge into the unknown? For an all low cost of \$20 per person.

Then register your name now by calling the team on 1300 783 785.



Expressions of interest now being taken for a carer Retreat in Clare from 18th - 20th April 2018.

Please contact the office on 1300 783 785 for more information.

Selection Criteria for Retreats

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.

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 want 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 expressions of interest are 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 (e.g. Dementia, Mental Health). Carers and Disability Link staff make the final decision on Retreat attendances.

Yarns with Sue

Hello Everyone!!

Here we are again at the beginning of another new year!! I do hope 2018 is a good year for everyone.

We have been planning events and groups for the year ahead, and have had to make a few changes which hopefully will not inconvenience anyone. We would love to catch up with more carers this year and are always open to suggestions from you of what **YOU** would like to do.

Parkinson's Support groups

The **SYP** group have a new venue, beginning with our first meeting for the year on 7th February at the Telecentre, 33 Stansbury Road, Yorketown, at 1pm. We will meet there on the **FIRST** Wednesday of each month.

The **NYP** group meet at Rose House in Kadina on the **THIRD** Thursday of the month from 11am - 1pm. We all generally bring a plate of food to share for lunch. Check out page 12 for information about an upcoming information session.

Dementia Support Groups

NYP - We meet at Rose House in Kadina at 10am on the **SECOND** Thursday of each month.

SYP - We meet for lunch with other carers at various venues in the south on the **FOURTH** Friday of each month.

Port Broughton/Bute Carer Support Group meet for lunch at 12pm at various locations in Port Broughton on Tuesdays. We would love to have you join us if you live in Port Broughton or Bute or anywhere in between!!

Needles and Pins Sewing and Craft Group meets on the **THIRD** Friday of each month from 6pm - 9pm at Rose House in Kadina. Some of the crafts we are doing are tapestry, quilting, card making, colouring in and embroidery. We have a lovely time, helped along by a takeaway meal to start with!!

AND....!!!

Look for the information in this newsletter about the Carers Retreat that we are planning for Clare in April !!

I am so looking forward to spending time with you, either on the phone or face to face. I am more than happy to chase up information for you or just lend an ear if you need to talk to someone about your situation.

We would really appreciate it if you could RSVP to any of the groups that you would like to attend, to help us make the event as meaningful as possible. Please call the office on 8821 2444 or 1300 783 785.

Looking forward to joining you soon!

Sue

Parkinson's Information Session

On Thursday, April 19th Anne Heard from Parkinsons SA will be hosting a seminar in Kadina about "Bowel and Bladder Continence". Not the nicest subject, but unfortunately , it is something that can affect most of us at some time in our life, and often with an illness that involves physical or cognitive impairment,. A continence nurse will deliver the talk and Anne will be available to answer questions . A light lunch will follow.

The seminar will be held at the Kadina Bowling Club on 19th April 2018 from 10.30am to 1.30pm. Please phone the office on 8821 2444 or 1300 783 785to confirm your attendance for catering purposes as the seminar will be open to all carers and other members of the public.

This session is funded by a Community Health Promotion Grant from the Continence Foundation of Australia for Parkinson's SA.



Aged Rights Advocacy Services Information Session

Free Community Information session from the ARAS Abuse Prevention Program (APP) which assists older people who may be in a situation where they feel they are being mistreated or are experiencing abuse by family, friends and/or others. The abuse may be financial, physical, psychological, sexual, social, neglect or a combination of types of abuse. The Aged Rights Advocacy Service Inc. (ARAS) is a state-wide service that assists older people, their carers and representatives with information about their rights when they are receiving or are eligible to receive aged care services. The ARAS service is free, confidential and independent. Come along and bring a friend.

When: 14th February 2018

Time: 2pm

Where: SYP Telecentre, 33 Stansbury Rd, Yorketown

Please RSVP if you would like to attend



Already we have had some really trying weather conditions. Please remember if there is a severe weather warning, check in with us to ensure details of planned events haven't changed.

We ask that you ring us on 1300 783 785 to check if there has been a change of venue or time.



YORKE PENINSULA

**CARERS &
DISABILITY LINK**

FEBRUARY ACTIVITIES 2018

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

Please see reverse side for further information relating to the below dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 st Yarns & Craft	2 nd Wise Owls Kadina	3 rd	4 th
5 th Forget Me Nots	6 th CYP Carers Point Pearce Women's Group	7 th Silver Scissors SYP Parkinson's Support Group	8 th NYP Dementia Support Group Ardrossan Wise Owls	9 th	10 th	11 th
12 th Edithburgh Country Classics Copper Coast Carers Forget Me Nots	13 th Pt Broughton & Bute Carers CYP Carers	14 th Information Session with ARAS (2pm SYP Tele Centre, Yorketown)	15 th NYP Parkinsons Support Group	16 th Wise Owls Kadina Bounce Back Needles & Pins	17 th	18 th
19 th Forget Me Nots Young Carers	20 th CYP Carers	21 st	22 nd Ardrossan Wise Owls	23 rd SYP Carers SYP Dementia Support Group	24 th <i>Rotary Markets</i>	25 th
26 th Forget Me Nots Edithburgh Country Classics	27 th CYP Carers	28 th				



YORKE PENINSULA

CARERS &
disABILITY LINK

FEBRUARY ACTIVITIES 2018

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Wise Owls Kadina Respite Group	Every First Friday	Rose House, Goyder Street, Kadina, 9am to 2pm , cost to attend Activities: Craft, Morning Tea, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Port Broughton & Bute Carers	Tuesday 13 th	Port Broughton Bakery 12pm	To RSVP call 1300 783 785
Copper Coast Carers	Monday 12 th	Gelati Barn, Moonta 10am	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 6 th	Yorke Valley Hotel, Maitland, 12pm (combined with CYP Carers)	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 6 th Tuesday 13 th Tuesday 20 th Tuesday 27 th	Yorke Valley Hotel, Maitland, 12pm (combined with CYP Carers) Ardrossan Coffee House, 12pm Maitland Café, 10am Port Clinton School House 10.30am	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 7 th Thursday 15 th	SYP – Telecentre, 33 Stansbury Road, Yorketown, at 1pm NYP – Rose House, Kadina 11am (shared lunch)	To RSVP call 1300 783 785
Dementia Support Group	Thursday 8 th Friday 23 rd	NYP – Rose House, Kadina 10am SYP – Ventnor Hotel, Port Vincent 12pm	To RSVP call 1300 783 785
Bounce Back Support Groups	Friday 16 th	Café Mia, Wallaroo 12pm	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 23 rd	Ventnor Hotel, Port Vincent 12pm	To RSVP call 1300 783 785
Social Butterflies			To RSVP call 1300 783 785
Yarns & Crafts	Thursday 1 st	Rose House Kadina, 10am – 12.30pm (Making Dream Catchers)	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 16 th	Rose House Kadina, 6pm – 9pm	To RSVP call 1300 783 785
Young Carers Kool Kidz	Monday 19 th	Rose House Kadina 3pm (For Young Carers 12 years & under)	To RSVP call 1300 783 785
Silver Scissors	Wednesday 7 th	Telecentre, 33 Stansbury Road, Yorketown, at 10am	To RSVP call 1300 783 785

All entry fees, meals & refreshments are at Carers & Clients expense unless otherwise stated; there may also be a fee for transport.

Please note that our Calendar dates are planned in advance and may need to be changed only under extreme circumstances i.e. staff absences or extreme weather conditions are predicted.

Coming along to a group? Need respite so you can attend? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

CATASTROPHIC FIRE DANGER DAYS

To ensure the safety of all Carers, Staff & Volunteers all activities including support groups, outings and home

Visits will be cancelled. All involved will be advised by phone, email or text message.

HOT WEATHER POLICY

Activities and outings may be modified due to hot or inclement weather.



YORKE PENINSULA

CARERS & ABILITY LINK

MARCH ACTIVITIES 2018

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

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12 th PUBLIC HOLIDAY	13 th Pt Broughton & Bute Carers Young Carers CYP Carers	14 th Mental Health Group	15 th NYP Parkinsons Support Group	16 th Wise Owls Kadina Bounce Back Needles & Pins	17 th <i>Rotary Markets</i>	18 th
19 th Forget Me Nots	20 th CYP Carers Point Pearce Women's Group	21 st	22 nd Ardrossan Wise Owls Carer Mystery Trip (see advert in Newsletter)	23 rd SYP Carers SYP Dementia Support Group	24 th	25 th
26 th Forget Me Nots Edithburgh Country Classics	27 th CYP Carers	28 th	29 th	30 th GOOD FRIDAY PUBLIC HOLIDAY	31 st EASTER SATURDAY	



YORKE PENINSULA

CARERS & DISABILITY LINK

MARCH ACTIVITIES 2018

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Wise Owls Kadina Respite Group	Every First Friday	Rose House, Goyder Street, Kadina, 9am to 2pm , cost to attend Activities: Craft, Morning Tea, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Port Broughton & Bute Carers	Tuesday 13 th	Glorias Café, Barunga Village Port Broughton 12pm	To RSVP call 1300 783 785
Copper Coast Carers		No Group due to Public Holiday	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 20 th	Chat Centre, Maitland 11am – 2pm	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 13 th Tuesday 20 th Tuesday 27 th	Ardrossan Coffee House, 12pm Maitland Hotel 12pm Port Clinton School House 10.30am	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 7 th Thursday 15 th	SYP – Telecentre, 33 Stansbury Rd, Yorketown 1pm NYP – Rose House, Kadina 11am	To RSVP call 1300 783 785
Dementia Support Group	Thursday 8 th Friday 23 rd	NYP – Rose House, Kadina 10am SYP – Tavern on Turton 12pm	To RSVP call 1300 783 785
Bounce Back Support Groups	Friday 16 th	Chappy's Place Kadina 12pm	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 23 rd	Tavern On Turton, 12pm	To RSVP call 1300 783 785
Mental Health Group	Wednesday 14 th	Rose House, Kadina 1.30pm	To RSVP call 1300 783 785
Yarns & Crafts	Thursday 1 st	Rose House, Kadina 10am – 12.30pm	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 16 th	Rose House, Kadina 6pm – 9pm	To RSVP call 1300 783 785
Young carers Kit Katz	Tuesday 13 th	Rose House, Kadina 3pm (For Young Carers 13 Years & Over)	To RSVP call 1300 783 785
Silver Scissors	Wednesday 7 th	Telecentre, 33 Stansbury Road, Yorketown 10am	To RSVP call 1300 783 785

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Coming along to a group? Need respite so you can attend? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

CATASTROPHIC FIRE DANGER DAYS

To ensure the safety of all Carers, Staff & Volunteers all activities including support groups, outings and home

Visits will be cancelled. All involved will be advised by phone, email or text message.

HOT WEATHER POLICY

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YORKE PENINSULA

CARERS & ABILITY LINK

April ACTIVITIES 2018

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

Please see reverse side for further information relating to the below dates

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						1 st
2 nd EASTER MONDAY PUBLIC HOLIDAY	3 rd CYP Carers Point Pearce Women's Group	4 th Silver Scissors SYP Parkinson's Support Group	5 th NYP Dementia Support Group Ardrossan Wise Owls Yarns & Crafts	6 th	7 th	8 th
9 th Edithburgh Country Classics Copper Coast Carers Forget Me Nots	10 th Pt Broughton & Bute Carers CYP Carers	11 th Mental Health Group	12 th	13 th Wise Owls Kadina Needles & Pins	14 th	15 th
16 th Forget Me Nots	17 th CYP Carers Young Carers	18 th	19 th Ardrossan Wise Owls Parkinson's Support Group - see Newsletter	20 th	21 st	22 nd
Carer Retreat - see advert in Newsletter						
23 rd Forget Me Nots Edithburgh Country Classics	24 th CYP Carers Young Carers	25 th ANZAC DAY PUBLIC HOLIDAY	26 th	27 th SYP Carers SYP Dementia Support Group Wise Owls Kadina	28 th	29 th
30 th Forget Me Nots						



YORKE PENINSULA

CARERS & DISABILITY LINK

APRIL ACTIVITIES 2018

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Wise Owls Kadina Respite Group	Every First Friday	Rose House, Goyder Street, Kadina, 9am to 2pm , cost to attend Activities: Craft, Morning Tea, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Heidi Jamieson for further information	1300 783 785
Port Broughton & Bute Carers	Tuesday 10 th	BBQ on Beach, 12pm?	To RSVP call 1300 783 785
Copper Coast Carers	Monday 9 th	Café Mia, Wallaroo 12pm	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 3 rd	Chat Centre, Maitland	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 3 rd Tuesday 10 th Tuesday 17 th Tuesday 24 th	Yorke Valley Hotel, Maitland 12pm Ardrossan Coffee House 12pm Maitland Café 12pm Pt Clinton School House 10.30am	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 4 th Thursday 19 th	SYP – Telecentre, Telecentre, 33 Stansbury Road, Yorketown, at 1pm NYP – Kadina Bowling Club 10.30am	To RSVP call 1300 783 785
Dementia Support Group	Thursday 5 th Friday 27 th	NYP – Rose House, Kadina 10am SYP – Warooka Hotel 12pm	To RSVP call 1300 783 785
Bounce Back Support Groups		No Group in School Holidays	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 27 th	Warooka Hotel 12pm	To RSVP call 1300 783 785
Mental Group	Wednesday 11 th	Rose House, Goyder Street, Kadina 1.30pm	To RSVP call 1300 783 785
Yarns & Crafts	Thursday 5 th	Rose House Kadina, 10am – 12.30pm	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 13 th	Rose House Kadina, 6pm – 9pm	To RSVP call 1300 783 785
Young carers	Tuesday 17 th Tuesday 24 th	Young Carer School Holiday Activity Young Carer School Holiday Activity	To RSVP call 1300 783 785
Silver Scissors	Wednesday 4 th	Telecentre, 33 Stansbury Road, Yorketown, 10am	To RSVP call 1300 783 785

All entry fees, meals & refreshments are at Carers & Clients expense unless otherwise stated; there may also be a fee for transport.

Please note that our Calendar dates are planned in advance and may need to be changed only under extreme circumstances i.e. staff absences or extreme weather conditions are predicted.

Coming along to a group? Need respite so you can attend? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

CATASTROPHIC FIRE DANGER DAYS

To ensure the safety of all Carers, Staff & Volunteers all activities including support groups, outings and home

Visits will be cancelled. All involved will be advised by phone, email or text message.

HOT WEATHER POLICY

Activities and outings may be modified due to hot or inclement weather.