

NEWSLETTER FOR OUR COMMUNITY

August, September & October 2018

A letter from our CEO

I hope you are finding ways to stay warm and toasty through this cold southern winter. For me its wood fires, hot soup and Ugg boots. Just need to find a way to have all this at work.

I have referred to our Statement of Philosophies, Principles and Objectives in a previous newsletter, highlighting that they are our organisation's guiding values and a standard to which we set ourselves.

When I reflect on these, as I often do when talking about our organisation, in my mind there are two statements that stand out above the others. And when I reflect back to my first knowledge of Carers and Disability Link, as I prepared for my interview for a job here myself, these were the two that really encouraged me to apply for the position and I shared both at my interview

These two are:

We believe in Carers and clients right to participate fully in the decision-making in their own lives and that of Carers and Disability Link; and

We believe in the recognition of carers and clients as unique individuals capable of shaping their own destiny.

As I shared these recently with a community group, I again reflected on how unique, progressive and clear these statements were, and how wonderful it was to have them guiding us right back at the beginning of our organisation. That was almost two and a half decades ago.

Today when you look at our Governments shift to more individualised service delivery, you can see the shift toward these very philosophies. Within Aged Care Services the Government now looks toward Consumer Directed Care (participation in decision making) and within the National Disability Insurance Scheme the catch cry is "Choice and Control" (unique individuals capable of shaping their own destiny).

As highlighted in our last newsletter, we are up for one more change from Government. This is the new National 'Integrated Carer Support Service' which will start from July next year. There has been a lot of consultation in designing this new Carer Support Service which should mean it will meet the needs of Carers, but as they say "the proof is in the pudding".

Let's continue to call the Government to account, to ensure that these two philosophies apply, not only to these other services mentioned above, but to Carers very own support services as well.

As so clearly articulated two and a half decades ago, lets ensure Carers continue to be able to participate in decision making in their own lives, and that they are shown respect and treated as the experts in their own lives, who are very capable of knowing what they want, when they want it, and what future they are looking toward.

Take care,

Vicki Williamson
CEO CADL



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**



Our Barossa Team



VICKI
Chief Executive
Officer (CEO)



DAVID
Chief Finance
Officer (CFO)



MARG
Manager Direct Care
Services



DEBBIE C
Carer Support



DEBBIE P
Carer Support



LOUISE
Carer Support



CORALIE
Carer Support



BRENT
Carer Support



PAM
Young Carer
Support



GABY
Carer Support



ROSEMARY
Direct Care Services



CHRISTA
Direct Care Services



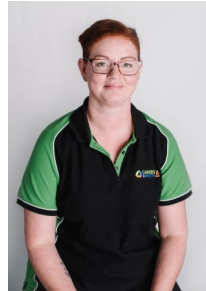
MARION
Direct Care Services



ANNETTE
Direct Care Services



KATHRYN
NDIS Senior Support
Coordinator



ELSPETH
CHSP Coordinator



INGRID
Finance



LISA
Finance



DEANNE
Administrator



RITA
Administration



KERRY
Administration



CARERS &
disABILITY LINK



LIVING WELL DISABILITY FORUM

Getting Over The Holiday
Hurdles

AUGUST 9TH | 10 AM - 2 PM
ST PETRI CHURCH, 21 SECOND
STREET, NURIOOTPA

A light lunch will be provided

RSVP: 6th August 2018 8562 4000 / barossa@cadl.support

Companion Card

Accessible Holiday Accommodation

Experiences from a consumer prospective

Ideas from Holiday Explorers



BAROSSA VALLEY

CARERS & DISABILITY LINK

Supporting your choices

Adult Carers & Clients

Winter Wonderland Dinner

Come along and join us for a 2 course dinner and entertainment. Join other Carers and Clients for an evening meal with some fun and games. Bring your scarves and join in on our competition for the best, worst, funniest and longest.



Prizes for our
**Scarf
Competition**

Best, Worst,
Funniest & Longest

When: Friday 31st August 2018

Where: Vine Inn, Nuriootpa

Time: 5.30pm

Cost: \$22.50 per person

RSVP: CADL - 85624000 by 22nd August



**Come along to the Award Winning
Community Event of the Year**



*Carers, family
and friends welcome*

*Information for
Children & Adults*

Proudly hosted by



Sunday 23rd September 2018

REX Centre, Magnolia Rd, Tanunda

11am—2.30pm

- NDIS approved providers
- Therapists - Speech, Physio, OT, Counselling & more
- Community Support Groups
- Activity options for Participants & Carers
- Information & Advocacy Services
- Sensory Corner, Arts activities

Enquiries 8562 4000 ~ www.cadl.support



BAROSSA VALLEY

CARERS &
disABILITY LINK

Family BBQ

*A day For Carers and the
person they care for*

*Games & Activities
Fun & Fellowship*

**Tuesday 2nd October 2018
Redeemer Lutheran School
11am - 2pm**

Gold coin donation

RSVP by Monday 24th Sept

8562 4000 or barossa@cadl.support





BAROSSA VALLEY

CARERS &
dis ABILITY LINK



LIVING WELL AGED CARE FORUM

MONDAY 17TH SEPTEMBER 2018

9.30AM - 2PM

ST PETRI CHURCH HALL, 21 SECOND ST NURIOOTPA

RSVP: 8562 4000 OR BAROSSA@CADL.SUPPORT

A LIGHT LUNCH WILL BE PROVIDED

presentations from: SAPOL- Home Assist
(homes security, personal safety & scams),
E-Health (TBA) and Arthritis SA





BAROSSA VALLEY

CARERS & disABILITY LINK

Supporting your choices



ALL CARERS AND THEIR FAMILIES ARE INVITED TO ATTEND!

When: Friday 26th October 2018 @ 11.00am

Where: Vine Inn, Nuriootpa

Please RSVP by contacting

Carers & Disability Link on 8562 4000

Or email barossa@cadl.support by October 17th.

*We look forward
to seeing you
there!*

*Lunch Provided a cost
of \$15 (subsidised by
CADL)*

Transport and respite can be arranged. Please let us know if you require it, when you RSVP!

The book of Reports will be available at the AGM and afterwards @ CADL..



Are you, or do you know someone who is passionate about supporting family, older people or people with a disability?

Do you or they have the skills or experience to help take Carers & Disability Link into the future?

Then why not nominate to become a BOARD MEMBER?

Please contact CADL for more information or to receive a nomination form.

COUNTRY STITCHERS



Our local Country Stitchers group at their AGM on the 11th of July. Vicki, our CEO had the pleasure of attending. These talented ladies do a fantastic job in our community, raising money by selling their creative wares. We are very grateful here at CADL for their ongoing support. Their generous donations allow us to better supports our clients, carers & young carers. Thank you Ladies for your inspiring donation of over \$3000. . *Thank you!*





Country Stitchers

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

Volunteers meet at the Reusch Centre regularly to sew & knit together.

If sounds like something would enjoy, please call **Bev** on 0437711883 Or **Colleen** on 0459050025.





Volunteers wanted

Congratulations!



Community HELPERS

Congratulations Community Helpers for your successful grant application. We are excited and look forward to seeing the new furniture warehouse. We are especially grateful for all the donations that we receive from Community Helpers as they enable us to better support our carers and clients in the community.

Community Helpers has successfully been awarded a Building Better Regions Grant. This contribution goes a long way towards Community Helpers building at the new location without impacting too much on the donations that the continue to give to not only CADL but a range of other worthwhile projects they support. The new more accessible & user friendly building design will be a win-win for the customers, donors, volunteers and the community as a whole.



Please Call Now....

The Christmas Party for Special Children are thrilled to be celebrating and hosting their 25th event!!

The **2018 Christmas Party for Special Children** will be held once again at the Adelaide Zoo on

Sunday 25th November!

If you have any questions or wish to attend, please call CADL on

8562 4000

Expressions of interest do not guarantee tickets.

All decisions regarding attendance are beyond CADL's control.





PamM@CADL.support
0417 082 732
Facebook.com/pamcarerslink

AUGUST 2018

August Dates

- 2 Study Space Kapunda
- 8 Chill
- 14 Study Space Nuriootpa
- 16 Study Space Kapunda
- 22 The Thing
- 25 Mid Term Treat
- 28 Study Space Nuriootpa
- 30 Study Space Kapunda

Contact Pam to book

Study Space

Young Carer homework groups at Nuriootpa and Kapunda Libraries give Young Carers (Year 7 to 13) two hours of uninterrupted, stress-free study time. We have access to all the library's resources, including computers and WiFi. After school snacks and drinks are provided. You can book yourself a lift from school, and/or home after. Kind Hearted Kitchen meals are available on request.

Tuesdays/Thursdays 4:00 PM to 6:00 PM

Chill

A relaxed, informal social group for Young Carers of school age.

Chill provides fun activities, games and crafts.

We play, we make, we eat, we laugh, we chill.

Wednesday
3:30 PM to 6:30 PM

The Thing

This is a group where we can talk... about important stuff... stuff that's bothering you, and stuff you need help with, and stuff at home and stuff at school and all kinds of stuff!

So, here's The Thing! You can come along and share the thing that's bothering you, and help other Young Carers with the thing that's bothering them!

The Thing
Young Carers aged 9 years and over

Wednesday, 4:00 PM to 6:00 PM

Mid Term Treat

Saturday, 25 August (Time TBC)

For school-aged Young Carers

Bring your own spending money.

CADL will cover the cost of entry only.

We will NOT be spending our time at the sideshows, so please do not expect to a day of rides, showbags and junk food.



SEPTEMBER 2018

September Dates

- 4 Study Space Nuriootpa
- 6 Study Space Kapunda
- 12 Chill
- 28 MA15+

Contact Pam to
book



MA15+

As the name suggests, this is a group for
Young Carers aged 15+
The MA bit stands for "Metro Adventures!"

The idea is to take a small group into Adelaide on a Friday evening and find interesting, cheap (or free!) things to do.

Friday 5:00 PM to Late

OCTOBER 2018

October Dates

- 4-5 Camp Out
- 10 Art and Craft Drop in
- 23 Study Space Nuriootpa
- 25 Study Space Kapunda

Contact Pam to book

Young Carer Camp Out

!!!TO BE CONFIRMED!!!



**For Young Carers from
Reception to Year 7**

*Thursday 4 October to
Friday 5 October*

November Dates

(Details to be confirmed)

- 6 Study Space Nuriootpa
- 8 Study Space Kapunda
- 10 Mid Term Treat
- 14 Chill
- 20 Study Space Nuriootpa
- 22 Study Space Kapunda
- 28 The Thing

Arts Drop In

**Wednesday, 10 October
Drop In, Make Art.**

2:00 PM to 5:00 PM
You know the drill.



December Dates

(Details to be confirmed)

- 4 Study Space Nuriootpa
- 6 Study Space Kapunda
- 12 Chill
- 14/12 - 16/1 Pam on Leave

2019!

It's not as far away as it seems. Planning for the 2019 Young Carer Program has already begun, and so if you have any ideas, suggestions or comments to offer, please send them to Pam. Write, phone or drop by for a chat.

0417 082 732 or pamm@CADL.support

Hours

A standard work week for
Young Carer Support

**Monday to Thursday
2:00 PM to 7:00 PM**

Work hours vary from time to time to
accommodate other commitments.

Book an Appointment Online

You can book either a 20 chat,
or a one hour support appointment.
At the moment, this is limited to
appointments at the office.

<https://10to8.com/book/ntsyqf-free/>

Or book the old fashioned way
by calling or texting



Been there... **DONE THAT!**



Young Carers

Men's Day Retreat

On 25th May the Brent and carers had a 1 day Mens retreat which included a guided tour through Coopers Brewery .

The day started early with a scenic drive to Port Adelaide taking in all the containers ready for shipping then onto Semaphore fore shore for a beautiful cooked breakfast sitting in glorious sunshine near the beach and just taking in the sea air.

From here we all then headed off to Cooper Brewery in Regency Park and after a few wrong turns eventually arrived for the tour with time to spare.

The tour took in the whole facility and i am sure some valuable information was gained for any aspiring brewery operators and the tour concluded in their tasting room where everyone (except Brent) sat back and sampled the many beers on offer from Coopers. Armed with gifts of a tasting glass, cap and bag we all had worked up a large carer's appetite and headed off to Elizabeth Shopping Centre to the Schnit House where we all enjoyed a beautiful meal and with eyes bulging we all headed back to the Barossa and concluded about 7pm that night.

I would like to sincerely thank all the wonderful carers that came along that day which made it such a memorable event and it was a privilege to be associated with such a wonderful group of carers.



Dolphin Cruise Day - July 5th - Dementia Carers Retreat #1



WOMEN'S RETREAT #1 15th - 18th October

~ West Beach Resort ~

Calling for expressions of interest, primarily from women who 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 provide time away to relax and recharge the batteries. A contribution of \$80 will be payable to help cover costs.



Expressions of Interest Please... Limited places



WOMEN'S RETREAT #2 20th - 23rd October

~ West Beach Resort ~

Calling for expressions of interest, primarily for women who care for children 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 the opportunity to get away and have a relaxing time, enjoy some day activities while you take a break from your caring role. We ask for a contribution of \$80 to help cover costs.

Please express your interest by Friday the 28th of September 2018 by calling Carers & Disability Link on 8562 4000 or email to barossa@cadl.support



Retreats provide a very welcome opportunity for Carers to take a break from their day to day caring role. They're a great time to relax and get to know other Carers.. 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 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 (e.g. Dementia, Mental Health). Carers and Disability Link staff make the final decision on Retreat attendances.



Happy Wanderers



Carer Support



Disability, Ageing and Lifestyle Expo **My Life, My Choice**

Adelaide Showground

Goyder Pavilion | 9am - 4pm*

Thursday 27th September

Opening: 9am / Doors open to public at 10am

Catalyst Foundation is the leading provider of community information in South Australia focussing on areas such as home support, aged care services, disability, housing, independent living, digital literacy, retirement living and connecting people to services.



It's Time to Spread The Word

The KYD-X 2018 Expo will be once again held at Priceline Stadium on Saturday, October 13th from 10:00am-4:00pm. Priceline Stadium allows for great access to the venue with plenty of free parking and excellent accessibility to all Exhibitors. While providing an opportunity for organisations to showcase the services and products they provide to the disability sector, it also allows the individual, families and carers to make informed choices about the equipment, therapies and treatments available to them to maximise the impact of their NDIS funding.



NEWS & EVENTS

Dementia
Friendly
Communities



The Dementia Friendly Communities Committee:

The Barossa Bushgardens held a volunteering day on the grounds on Thursday the 7th June that supported the DFC garden in terms of planting, weeding, mulching (and all other interesting garden activities).

Carers and Disability Link staff members, the Dementia Friendly Communities Committee and Corporate Organisations volunteered their time in the area that the Dementia Friendly Garden is being developed. The day also coincided with National Volunteers day.

It was very exciting to see the area starting to evolve. A big thank you to all who continue to support this project in so many ways.

You are champions.





OFFICIAL OPENING Dementia Friendly Community Garden

SUNDAY 21ST OCTOBER 2018

11.30AM TO 3.30PM



AT BAROSSA BUSHGARDENS, RESEARCH ROAD, NURIOOTPA

A Family fun day for everyone...

- Food stalls
- Children's activities
- Music by local artists
- Garden tours
and more

*Come and hear the 'Dementia
Friendly Communities' childrens
book - 'Grandpa's Lost The Plot'
authored by Barb Storey &
illustrated by Greg Haar*



BAROSSA VALLEY

**CARERS &
disABILITY LINK**

For information contact
(08) 8562 4000

Proudly supported by:-



Barossa Bushgardens
Live local... plant local

Massage

Bowen

Reflexology

RELAX

Some Practitioner's have generously offered their services, one day per month to Carers & Disability Link Carers at discounted rates. If you would like to know more or book in, please contact us at Carers & Disability Link.

Breathe

\$\$\$\$\$

Sonia is offering
Carers, Clients
and their
Family Members
a **20% discount**
on visits

\$\$\$\$\$



Sonya Thorn
Naturopath

17 Second Street, Nuriootpa
(Next to CADL)

Call 0407 611 557 or book online @

www.sonyathornnaturopath.com



Fancy a cuppa & a chat?



Are you interested in a casual catch up around the kitchen table?

The Kettle's On...



Everyone is welcome for a Cuppa and a Bikkie.

When: Friday Mornings

Time: 9.45 am

Where: Carers & Disability Link

(Kitchen or court yard depending on the weather)



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

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

Centre Link enquiries

Retirement Planning

Superannuation

Investments

Personal Insurance

Estate Planning

Budgeting



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

Please call Anthony on 85 612 400

**Mention Carers & Disability Link
when booking**

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

@ Snail Or E-mail? @

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

We would greatly appreciate if you could
please email us at

barossa@cadl.support

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



Adults Assisted Reading Program


Want to Read?
Need to Read?

YOU CAN READ!

Letters - Words - Lets Learn

Call Rannane on 85622688 or 0458822715

Free Service



Dont miss our
free 2 day workshop
for parents & carers of
school-aged students
on the autism spectrum

**Barossa Valley
4 & 5 September**

Register your place:

positivepartnerships.com.au



Australia's new Digital Health Strategy

Australians will be able to access new digital health services following the official launch of Australia's National Digital Health Strategy. The strategy will help deliver improved health services including coordinated real time care for patients with chronic illnesses. The Agency's top priority is the creation of a [My Health Record](#) for every Australian by the end of 2018, unless they choose to **opt out by October 15**. Doctors, pharmacists and authorised healthcare providers will be able to access patients' My Health Records to assist in their treatment, access to prescriptions and advance care planning.

For further information on My Health Record go to www.myhealthrecord.gov.au



Community Helpers Inc.

We are always looking for Volunteers to help in the Nuriootpa Warehouse and Tanunda Clothing Shop. Please ask for Helen at the Warehouse on 8562 2786 or Norma at the Tanunda Clothing Shop on 85631105 for more information.

Check out the extended shop at Tanunda

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

CARERS AND DISABILITY LINK

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

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

I would like to say:

.....

.....

.....

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

Carer Support Groups 2018

Hi Carers,

We have made it easier for you to see the dates for the groups you attend. Just simply go to the frame that best describes what type of carer you are and you will see the events that are relevant to you in the same numbered frame on the next page.

Please speak to your Carer Support Worker if you are unsure and please let us know what you think of the new format.

We are interested to hear what you think and how we can improve .

1

MHC&F's

Carers of people living with a mental illness, and the person they care for.

MH Carers

Carers caring for a person living with a mental illness.

Reflections

Carers of people living with a mental illness, who would like to share their experiences and issues as Carers with other Carers in similar situations, and in return, offer support and insight into what has been helpful to them.

2

Mixed Blessings

Parents and Carers of children who have a wide variety of disabilities and illnesses

Caring for Carers

A course for Parents/Carers of children with a disability. Contact with Coralie is required if interested

3

Let's Lunch

Carers and the person they care for who is living with Dementia or Memory Loss.

Lets Lunch R&R

Carers who have been attending Let's Lunch whose caring role has changed.

4

In for the Long Haul

Parents and Carers of older children or adults with a disability.

5

Chicken & Chips

(Employed Carers): Carers who are employed or studying, and voluntarily care for family members or friends who may have a wide variety of disabilities and illnesses.

6

Williamstown Carers

Carers caring for people who have a wide variety of disabilities & illnesses who live in the Williamstown region.

Top Blokes

Male Carers.

BV Carers

Carers caring for people who may have a wide variety of disabilities and illnesses who live in the Barossa Valley and surrounds and who enjoy a social outing.

Happy Wanderers

Older Carers (over 65 years) caring for people who may have a wide variety of disabilities and illnesses, and the person they care for.

Eudunda /Robertstown

Carers caring for people who may have a wide variety of disabilities and illnesses who live in these areas, and the person they care for.

7

Dementia Carers

Carers caring for a person with Dementia or Memory Loss.

Creative Carers

Carers caring for a person with Dementia or Memory Loss.

Freeling Carers

Carers caring for a person who is frail aged and have a focus on dementia or memory loss, who live in Freeling and surrounds.

September, October & November 2018

1

MHC&F's

September 10th	Monday 12pm	Sue's Place
October 2nd	Tuesday 11am-2pm	Redeemer Lutheran School
November 12th	Monday 12pm	The Vine Inn

MH Carers

September 13th	Thursday 7pm	CADL
October 11th	Thursday 6pm	The Angus Park
November 8th	Thursday 7pm	CADL

Reflections

September 18th	Tuesday 4pm	CADL
October 16th	Tuesday 4pm	CADL
November 20th	Tuesday 4pm	CADL

2

Mixed Blessings

September 3rd	Monday 9.30am	BGC
October 15th	Monday 9.30am	BGC
November 5th	Monday 9.30am	BGC

Caring for Carers ~ Coralie will be in touch ☺

3

Let's Lunch

September 25th	Thursday 12pm	Big Day Out
October	Tuesday 12pm	TBA
November 13th	Thursday 12pm	Tanunda Clubhouse

Lets Lunch R&R

September 25th	Thursday 12pm	Big Day Out
October	Thursday 12pm	TBA
November 1st	Thursday 12pm	Tanunda Clubhouse

4

In for the Long Haul

September 10th	Monday 11.30am-2.30pm	Tanunda Hotel
October 8th	Monday 11.30am-2.30pm	Lord Lyndoch
November 12th	Monday 11.30am-2.30pm	Sir John Franklin

5

Chicken & Chips

September 10th	Monday 6pm	Brahaus Hotel
October 8th	Monday 6pm	Vine Inn Hotel
November 12th	Monday 6pm	Angas Park Hotel

6

Williamstown Carers

September 14th	Friday 12pm	Lord Lyndoch
October 12th	Friday 12pm	Old Bakehouse Tavern
November 9th	Friday 12pm	Monkey Nut Cafe

Top Blokes

September 27th	Thursday 12pm	Sir John Franklin
October 25th	Thursday 12pm	Lyndoch Hotel
November 22nd	Thursday 12pm	The Vine Inn

BV Carers

September 20th	Thursday 9.30am	Mount Barker
October 25th	Thursday 9.30am	Lyndoch
November 15th	Thursday 9.30am	Tea Tree Plaza

Happy Wanderers

September 24th	Monday 9.30am	Mount Barker
October 29th	Monday 9.30am	Cleland National Park
November 26th	Monday 9.30am	Freeling

Eudunda /Robertstown

September 11th	Tuesday 6pm	Top Pub
October 9th	Tuesday 6pm	Point Pass
November 13th	Tuesday 12pm	Top Pub

7

Dementia Carers

September 26th	Monday 10am	Family Carer Workshop
October	Monday 10am	TBC
November	Monday 10am	TBA

Creative Carers

September	Monday 10am	Reusch Centre
October	Monday 10am	Reusch Centre
November	Monday 10am	Reusch Centre

Freeling Carers

September	Wednesday 1.30pm	St.Marks Lutheran Hall
October	Wednesday 1.30pm	St.Marks Lutheran Hall
November	Wednesday 1.30pm	St.Marks Lutheran Hall



YC's

Pgs 9,10,11