

NEWSLETTER FOR OUR COMMUNITY

August, September, October 2019

A Letter from our CEO

How wonderful it is to see people working together for the benefit of others and their community. The value of community support should never be underestimated. In a world of fast and constant change, support from those around us helps us get through, helps us know we are valued, helps us then give back to others.

There is **great value** in community connections and relationships, and we are blessed to see examples of this everywhere.

Everywhere that there are volunteers – I just need to look out the window to see those helping in our garden or those walking across the street to our neighbouring Community Centre or Church.

Everywhere that families come together, especially where families come together through similar life challenges and can say “we are accepted by others despite, or because of, our differences”.

In the quiet of a support group where relationship are kindled and people learn they are “not the only one”, or in the rowdiness of a social skills group where children are learning new skills, connecting with others and building relationships.

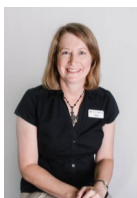
The value of community support and connections should never be underestimated by those designing new service delivery models or those looking at cost cutting across our State or our Nation. The true value is immeasurable and we need to see those with power and influence looking down to the community level and finding ways to ensure this priceless commodity remains and grows not only because in the end ‘it does save money’, but because it also strengthens our population, it develops generosity of spirit, and it leads to greater acceptance for all.

You cannot build community from afar through new service models, it happens right where we are and it happens through listening, caring and valuing those around us.

Thank you to those in our community who clearly see the benefit of working together, of supporting each other, and do so with the desire to make a difference for all members of our community and society.

Take Care

Vicki Williamson
CEO, CADL



www.CADL.support

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

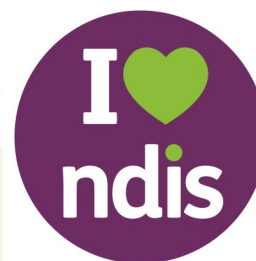
Woodside@cadl.support

Fleurieu (Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255

Phone: 08 8549 1299

Strath@cadl.support



Registered NDIS Provider



Australian Government
Department of Health and Ageing



Government
of South Australia

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



OUR BAROSSA TEAM



VICKI
Chief Executive
Officer (CEO)



DAVID
Chief Finance
Officer (CFO)



MARG
Manager Direct Care
Services



DEBBIE C
Carer Support
Coordinator



GABY
Carer Support



LOUISE
Carer Support



CORALIE
Carer Support



Jeannine
Young Carer
Support



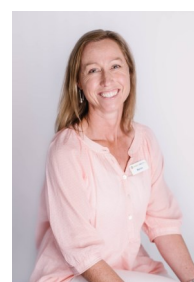
CARL
Direct Care Services



ROSEMARY
Direct Care Services



CHRISTA
Direct Care Services



MARION
Direct Care Services



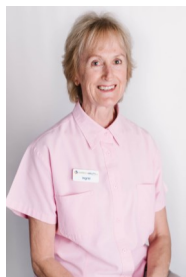
ANNETTE
Direct Care Services



KATHRYN
Senior Support
Coordinator



SARAH
Support
Coordinator



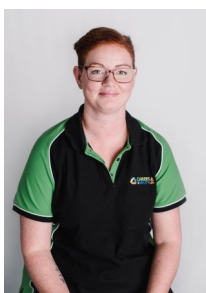
INGRID
Finance



LISA
Finance



Emma
Plan
Management



ELSPETH
CHSP Coordinator



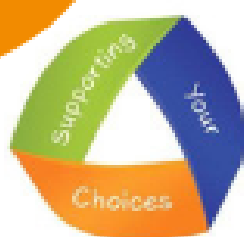
DEANNE
Office Administrator/
Events & Marketing Coordinator



RITA
Administration



KERRY
Administration



**CARERS &
disABILITY LINK**

Would like to invite you

to attend their

Special Meeting & Annual General Meeting

On: Thursday 24th October 2019

At: 11am - Special Meeting & AGM

12.30pm Lunch @ cost of \$15pp

Where: Vine Inn Hotel

Murray Street Nuriootpa SA 5355

RSVP: by 10th October 2019

Phone: 8562 4000 or barossa@cadl.support

Barossa Adelaide Hills & Fleurieu Yorke Peninsula

Together, we **link** people with **disabilities**, **carers** and **the aged**,
with care and support services through flexible and inclusive
choices within our local community



What's new in the Disability section of CADL?

We have Groups!

If you or someone you might know would be interested in joining one of the following groups please contact us on

8562 4000 or barossa@cadl.suport

Expressions of interest will be passed onto our Group Coordinators and they will assist you with further information. Groups are subject to numbers.

Pricing does not include transport costs

Timetable July/Aug/Sep 2019

LEGO Group Nuriootpa

When: Tuesday Afternoons
Time: 3:30 pm – 4:30pm (2 x Four week blocks per term)
Where: CADL meeting room

LEGO Group Gawler

When: Wednesday Afternoons
Time: 4 pm – 5 pm (2 x Four week blocks per term)
Where: Salvation Army Church Hall

Price: \$92.56 per person per a 4 week block of sessions (NDIS funded)
Who for: participants who find social situations and interacting with peers challenging, but come together with a common interest in LEGO School Aged.

Please note that participants are responsible to pay \$20 out of pocket per person per block for group

OUT & ABOUT ON SATURDAYS

When: First and third Saturday of the month
Time: May vary but approx. 10am till 3pm (plus transport)
Where: Various locations (to be advised)
Price: \$601.00 per person for a block of 4 Saturdays (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging.

Please note that participants are responsible to pay for the entrance and meal costs.

TABLE TOP

- When:** Second Friday of the month
Time: 4pm – 6pm (3.30pm bus from Barossa)
Where: Table Top Warfare – Gawler, Main Street
Price: \$191.52 per person for a block of 4 sessions (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging.

Please note that participants are responsible to pay for the entrance costs.

MATES & MEALS – GAWLER – Adults and older High School Age

- When:** Second Friday of the month
Time: 6pm – 9pm (9.30pm bus return to Barossa)
Where: Various venues within Gawler
Price: \$314.40 per person for a block of 4 nights (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging.

Please note that participants are responsible to pay for the meal costs.

MATES & MEALS – BAROSSA (18yrs & over)

- When:** Fourth Friday of the month
Time: 6pm – 9pm
Where: Various venues within Barossa
Price: \$314.40 per person for a block of 4 nights (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging.

Please note that participants are responsible to pay for the meal costs.

ACTIVE HANDS & ACTIVE MINDS

- When:** Fortnightly on Wednesdays
Time: 2pm – 4pm
Where: Reusch Centre, Main Street, Nuriootpa
Price: \$253.60 per person for blocks of 4 sessions (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging and enjoy craft.

Please note that participants are responsible to pay \$5 per session out of pocket per person for group

MAKE & CREATE

- When:** Thursdays
Time: 2pm – 5pm (8 week block)
Children can attend after school from 3.30pm till 5pm, paying for just the 90 minutes.
Where: The Tanunda Hub – Main Street, Tanunda
Price: \$574.56 per person for a blocks of 8 sessions (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging and enjoy craft.

Please note that participants are responsible to pay \$40 (\$5 per session) out of pocket per person

CHAMPIONS MENS GROUP

- When:** Third Thursday of the month
Time: 6pm till 9pm
Where: Various local venues in the Barossa
Price: \$314.40 per person for a block of 4 nights (NDIS funded)
Who for: Participants who find social situations and interacting with peers challenging.

Please note that participants are responsible to pay for the meal costs.



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.



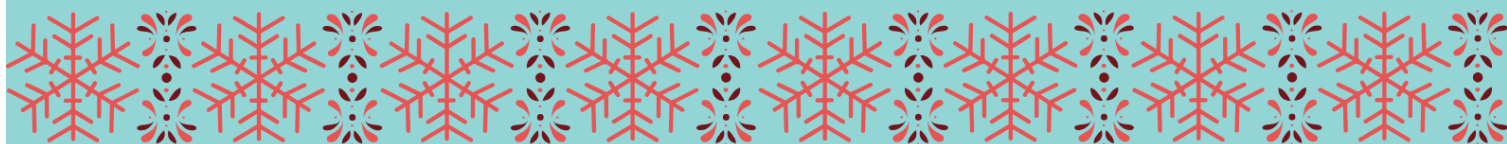
When: Friday 2nd August 2019

Where: Vine Inn, Nuriootpa

Time: 5.30pm

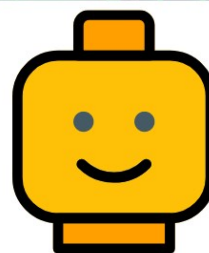
Cost: \$22.50 per person

RSVP: CADL - 85624000 by 31st July 2019





lego group



FOR DISABILITY CLIENTS
NDIS PARTICIPANTS



Nuriootpa
Tuesdays 3:30pm - 4:30pm
Gawler



Wednesdays 4pm - 5pm



4 WEEK CLASS BLOCKS
WITH 2 BLOCKS EACH TERM

Register your interest on 8562 4000

DISABILITY GROUPS
COMING SOON

Social Groups &
Art & Craft Groups

For NDIS Participants
Call 8562 4000 to register



Charter of Aged Care Rights

All people receiving Australian Government funded residential care, home care or other aged care services in the community have rights.

I have the right to:

1. safe and high-quality care and services;
2. be treated with dignity and respect;
3. have my identity, culture and diversity valued and supported;
4. live without abuse and neglect;
5. be informed about my care and services in a way I understand;
6. access all information about myself, including information about my rights, care and services;
7. have control over and make choices about my care, and personal and social life, including where the choices involve personal risk;
8. have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions;
9. my independence;
10. be listened to and understood;
11. have a person of my choice, including an aged care advocate, support me or speak on my behalf;
12. complain free from reprisal, and to have my complaints dealt with fairly and promptly;
13. personal privacy and to have my personal information protected;
14. exercise my rights without it adversely affecting the way I am treated.

If you have concerns about the aged care you are receiving, you can:

- talk to your aged care provider, in the first instance,
- speak with an aged care advocate on **1800 700 600** or visit **opan.com.au**, for support to raise your concerns, or
- contact the **Aged Care Quality and Safety Commission** on **1800 951 822** or visit its website, **agedcarequality.gov.au**. The Commission can help you resolve a complaint about your aged care provider.

CHSP—OVER 65 PROGRAMS



WAKE UP CALL FOR CARERS

My name is Gayl and I am a carer for my husband Ian. Nearly three years ago my 'caring role' changed and Ian moved into residential care.

Throughout this time I visited Ian every day and fed him. I also volunteered at the facility weekly. As a 'carer' you put others first and I have observed 'other carers' including myself become physically and emotionally exhausted.

Three months ago I had a near death experience. I stopped breathing twice and was on life support for 12 days. I was fortunate that Ian was in residential care. My absence from visiting, if anything, meant Ian connected more with the professional staff.

I am now blessed with a second chance at life and I will continue to do the best I can for Ian.

What my experience has taught me is that the need to be kind and caring towards oneself is an act of responsibility rather than selfishness.

Something extreme had to happen to me to gain this awareness. From now on every day counts and every hour is a blessing.

This is my message to fellow carers: if you need help ask for it. Before Ian went into residential care Carers and Disability Link were able to provide a commonwealth funded program to support us. Ian really enjoyed his time with a worker each week, which gave me a break from my caring role.

Dear Fellow Carer, where possible avoid putting unwarranted pressure on yourself. I can now sit and relax and watch the birds in my garden and 'not worry' for the first time in years. Take care of yourselves, life is so precious.

This article was in our local Barossa Newspaper in November 2018. By Carer, Gayl Sanderson.

If you are a carer for someone over 65 years of age you may be eligible for Flexible Respite services. Please call your local CADL office on 85624000 and ask to speak to your CHSP Coordinator.

CHARTER OF AGED CARE RIGHTS

Over the next 6 months you may be approached by one of your friendly CADL staff to ask if you can read, discuss and sign the Commonwealths new 'Charter of Aged Care Rights'.

It is our responsibility as a service provider to help you understand your rights as an aged care consumer. This is also a legal requirement for us to help you to understand your rights under the new Charter. A copy of the Charter must be given to you before or when you start receiving aged care services. Your provider is required to sign the Charter and to also give you the option of signing it. By signing the Charter, you acknowledge you have received it, been assisted to understand it and understand your rights. You don't have to sign the Charter: you can begin or continue to receive care and services even if you do not sign it. Your provider is required to give you either an original or a copy of the Charter that has been signed. It is a good idea to share this information with your family, friends or others involved in your care.



Do you care for someone over 65?

Caring for someone can be overwhelming and sometimes we need a break. Is this you?

Contact us today to find out about how we can help you take a well earned break

8562 4000

barossa@cadl.support

www.cadl.support



We are a community-run not for profit organisation.
Servicing Adelaide Hills & Fleurieu, Yorke Peninsula and
Barossa areas



YOUNG CARERS

Young Carers Fundraiser
Trivia Night
 Friday 9th August 2019 | Barossa Valley Golf Club
 191 Golf Course Road | Nuriootpa SA 5355
 RSVP: Carers and Disability Link PH: 8562 4000
 Come along to this family friendly event and support Young Carers' in our community. \$10 per person



Tickets from CADL prior to the event or online @ www.humanitix.com.au
 Starts @ 6pm
 B.Y.O. Snacks, Drinks & hot food available over bar

CARERS & DISABILITY LINK **BAROSSA VALLEY GOLF CLUB INC.** **young carers**

SLEEP. STUDY. STRESS

A series of one hour workshops for Young Carers to improve their self-management of sleep, study and stress.

CHILL

A 2 hour after school session for young carers to relax and spend time with other young carers. All ages.

MID-TERM MOVIE NIGHT

Chill out with friends, pop-corn and a great kids movie here at CADL.

YNK DINNER

A dinner for our older 'Young Not Kids' Young Carers. 18+

JUNIOR YC RETREAT

A 2 night-3day camp for young carers aged 8 - 15 y.o. Combined retreat with YP and ADH Young Carers.

NATIONAL CARERS WEEK

Give Young Carers a 'Shout Out' this week to show that we care! Watch out for more details on Carers' Week events.

TERM 3 CALENDAR Young Carers

TERM 3	22 nd Jul	Start Term 3
	31 st Jul	CHILL - Christmas in July Baking Fun
	9 th Aug	YOUNG CARER TRIVIA NIGHT FUNDRAISER
	10/8 - 26/8	Jeannine on Leave
	28 th Aug	CHILL
	5 th Sep	Sleep. Study. Stress - Workshop #1
	13 th Sep	Mid-Term Movie Night
	19 th Sep	YNK Dinner
	25 th Sep	CHILL
	26 th Sep	Sleep. Study. Stress - Workshop #2
School Holidays	27 th Sep	End Term 3
	28 th & 29 th Sep	Junior Young Carer Retreat
TERM 4	10 th Oct	YC Self-Care activities - Mental Health Week
	14 th - 20 th Oct	NATIONAL CARERS WEEK - Young Carer Shout Out events
	24 th Oct	Sleep. Study. Stress - Workshop #3



Event details will be shared closer to the dates
www.facebook.com/jeannine.cadl.9

YOUNG CARERS



YOUNG CARER UPDATE:

Where does the time go?

I can't believe I've been at Carers & Disability Link for 6 months now. My list of things to do doesn't seem to be getting smaller! Quite the opposite! There is always something to be inspired to do for Young Carers.

As always, I'm grateful for the support from my colleagues, the young carers and their families. I am constantly learning and challenging myself to do better. Thanks for everyone's patience!



The Young Carer Team now includes Belinda Mitchell in the Adelaide Hills and Aaron Hyder on the Yorke Peninsula. We're working collaboratively to standardise the Young Carer policies, procedures and programs. We're also excited to be planning a combined Junior Young Carer Retreat in the Term 3 School Holidays. This is possible because of the '3-Legged Challenge' fundraising event. Thank you to all who participated and/or donated. We're super excited!!

1

2



3



4



TERM 2 HIGHLIGHTS

- 1 **History Week** – Barossa Museum Escape Room. We did it!!
 - 2 **Mid-Term Treat**- Flipout, Munno Para
 - 3 **CHILL** – Lego Mindstorms Challenge
 - 4 **Mid-Term Treat** – Newtown Adventure Park, Munno Para
- **Young Carer Bursary Applications open** on 25th July. Up to \$3,000 p.a. for young carers aged 12-25 enrolled in secondary or tertiary study. Contact CADL for more info.
 - Congratulations to Ruby Schoneveld for receiving a **Youth Barossa Grant**. Ruby has commenced studies at Flinders University and will use her grant to purchase a laptop.

Know a Young Carer? Refer them to CADL ph: 85624000

Monarto Zoo Day Retreat - 30th April



CARER SUPPORT

This year over 50 of our Dementia Carers and the person they care for went on a day retreat to Monarto Zoo. This long anticipated event was a huge success! Our Carers feedback told us that the day was "wonderful and relaxing" and that "animals have a way of taking stress from people" and most of all that "the break away from daily worries was enjoyable in the company of others".

CADL FAMILY RETREAT 2019



Our second Family Retreat to the Berri Holiday Park was held from the 15th to the 17th of July 2019. What an incredible success it was! 15 families attend – 55 people in total. A highlight for me personally was the community that is derived from taking families out of their normal, often isolated, environments and bring them together in a community full of love and support.

These families were just amazing, and I feel privileged to be part of their lives. At one moment I am certain that ALL of the children were enjoying the bouncy pillow - in harmony and joy. It was a sight that brought tears of Joy to many of us. Hugs, Coralie



CARER SUPPORT



WOMEN'S RETREAT

19th - 22nd October 2019

~ West Beach Resort ~



Calling for expressions of interest, primarily for women who care for children under 18 years of age (as we have held the other woman's retreat earlier in the year at Berri). This retreat will give the opportunity to get away and have a relaxing time while you take a break from your caring role. An opportunity to get to know other carers and focus on your personal development and growth skills, knowing we are part of a small supportive group.

We ask for a contribution of \$80 to help cover costs.

Expressions of Interest Please... Limited places

Please express your interest by Friday the 20th of September 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. 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.

**A FORUM
FOR OLDER AUSTRALIANS**



MOVING RIGHT ALONG & MAXIMISING YOUR INDEPENDENCE

TUESDAY 20TH AUGUST

- OLDER DRIVERS, SAFER VEHICLES
- TRAVEL OPTIONS AND RETIRING FROM DRIVING
- MOTORISED MOBILITY SCOOTERS
- MAXIMISING MY INDEPENDENCE THROUGH THE COMMONWEALTH HOME SUPPORT PROGRAMME



Presented by



Morning
tea &
lunch
provided

ST PETRI HALL
21 SECOND STREET NURIOOTPA
9:30AM - 2PM

RSVP 8562 4000 BY 13TH AUGUST



CARERS & sip ABILITY LINK

Supporting your choices



Christmas Party for Special Children

Sunday 1st December, 2019

At the Adelaide Zoo

Expressions of interest by 25th September 2019

Call on 8562 4000



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 8563 1105 for more information.

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



Country Stitchers

Volunteers wanted

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 you would enjoy,

please call **Colleen** on 0459050025.





NDIS

Audit and Consent



Dear NDIS Participant / Participant Representatives and /or Guardian

As you may be aware, Carers and Disability Link (CADL), and all NDIS providers are required to undertake an audit of their processes, systems, policies and the manner in which they deliver services to participants.

As an experienced provider delivering disability services, since 2004 CADL are looking forward to the opportunity the audit brings, to benchmark our services against the NDIS practice standards. It also further strengthens our commitment to continuous improvement and client-centred support.

As a Participant of CADL, you are invited to participate in the audit process and you may be contacted by a member of our independent assessment team. This will involve a random selection process and only a handful of our more than 500 NDIS clients will be contacted on the day.

If you prefer not to be contacted, you are able to opt-out of the interview process by notifying your local office, in writing by return email, fax or post. (please see details below) no later than COB Friday the 9th of August 2019.

Please be assured that your identity and any information you provide on the day will be kept strictly confidential.

Thank you for your ongoing support, we look forward to the continuation and improvement in delivering services to you.

Sincerely,

NDIS Team at Carers and Disability Link

Email: barossa@cadl.support Fax: 8562 4020 Post: 15 Second Street, Nuriootpa SA 5355



COMMUNITY LOCAL NOT FOR PROFIT
Registered NDIS provider

DISABILITY SERVICES

Including:

- Personal care
- Life skills
- Household tasks
- Managing life stages, transition and supports
- Food preparation
- Transport
- Garden maintenance

PLAN MANAGEMENT

Providing assistance to NDIS participants to manage the financial aspects of their plan.

SUPPORT COORDINATION

Providing assistance to NDIS participants to put in place the supports provided in their plan

8562 4000

CHOICE CONTROL CONSISTENCY



Disability Services



BAROSSA VALLEY

**CARERS &
dis ABILITY LINK**

Family BBQ

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

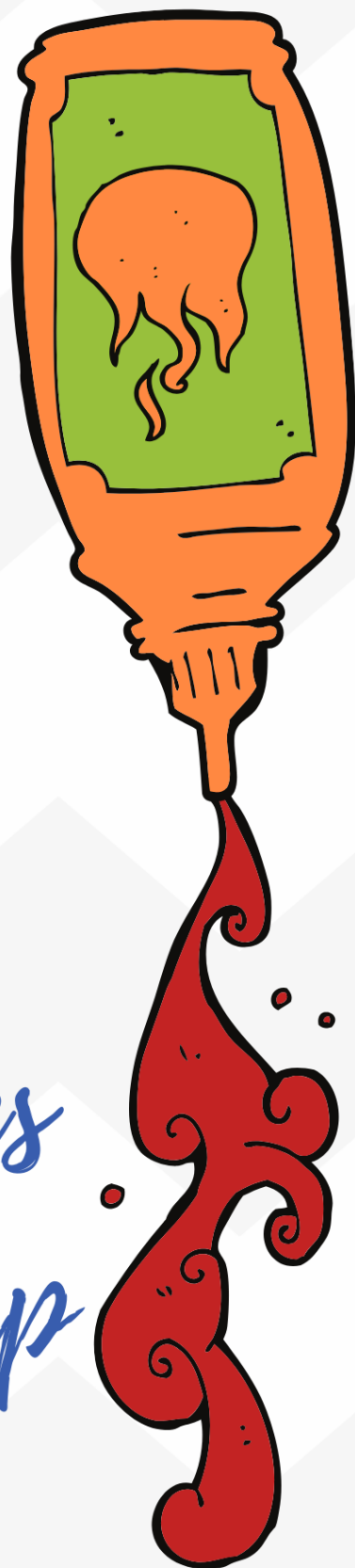
*Games & Activities
Fun & Fellowship*

**Tuesday 1st October 2019
Redeemer Lutheran School
11am - 2pm**

Gold coin donation

RSVP by Monday 23rd Sept

8562 4000 or barossa@cadl.support



Carers Week & DFC Garden Celebration



SAUSAGE SIZZLE
FUN AND FELLOWSHIP



BAROSSA VALLEY

CARERS &
disABILITY **LINK**

Join us for our 2019
Carers Week
Celebrations as well
as the Dementia
Friendly Gardens 1st
Birthday!



OCTOBER 14, 2019
4PM-7PM

BAROSSA BUSHGARDENS
653 RESEARCH ROAD,
LIGHT PASS SA 5351

RSVP BY 7TH OCT
8562 4000



Carer Support Groups 2019

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 .

2

Mixed Blessings

Parents and Carers of children who have a wide variety of disabilities and illnesses of school age or under 5 years of age

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.

4

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.

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.

5

Dementia Carers

Carers caring for a person with Dementia or Memory Loss.

Creative Carers

Carers caring for a person with Dementia or Memory Loss.



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!

September, October & November 2019

1

MHC&F's

Monday 9th September morning tea & lunch @ Sue's

Monday 14th October—attend Carers Week event

Monday 21st November Christmas lunch @ Vine Inn
with other groups 12pm

MH Carers

Thursday 12th September @ CADL - film night

Monday 14th October—Carers Week event

Thursday 21st Nov 12pm Christmas Lunch @ Vine Inn

Reflections

Tuesday 4pm 17th Sep CADL

Monday 14th October—Carers Week event

Thursday 21st Nov 12pm Christmas lunch @ Vine Inn

2

Mixed Blessings

Monday 2nd Sep 9.30am Barossa Gourmet Café

Monday 14th Oct 9.30am Barossa Gourmet Cafe

Monday 4 Nov 9.30am Barossa Gourmet Café

3

Let's Lunch

Thursday 19th September High Tea at Lyndoch &
Chocolate Factory visit

Thursday 17th October 12pm Valley Hotel

Thursday 21st Nov 12pm Christmas lunch @ Vine Inn

Lets Lunch R&R

Thursday 19th September High Tea at Lyndoch &
Chocolate Factory visit

Thursday 3rd October 12pm Lyndoch Hotel

Thursday 21st November 12pm Vine Inn Christmas lunch

4

BV Carers

Thursday 12 Sep Bushgardens & Angas Park Hotel

Thursday 24 Oct AGM & lunch at Vine Inn

Thursday 21 Nov Christmas Lunch Vine Inn with other groups

Happy Wanderers

Monday 30th Sept Picnic & lunch at Tarlee

Thursday 24th Oct AGM & lunch at Vine Inn

Thursday 21st Nov Christmas Lunch Vine Inn with
other groups

Eudunda /Robertstown

Tuesday 6pm 10th Sep Top Pub Eudunda

Tuesday 6pm 8th Oct Robertstown Hotel

Tuesday 6pm 12th Nov Light Hotel Eudunda

5

Dementia Carers

Monday 9th Sep 10am Reusch Centre

Monday 14th Oct 10am Reusch Centre

Monday 11th Nov 10am Reusch Centre

Creative Carers

Monday 2nd Sep 10am Reusch Centre

Monday 14th Oct 10am TBC

Monday 4th Nov 10am Reusch Centre

Please RSVP to your Groups,
at least two days prior by calling
Admin on 8562 4000 or emailing us
at barossa@cadl.support