

Activities during CARERS WEEK 2009

Sunday 18 – Saturday 24 October



Group/ organisation	Open to	Activity	When	Where	Contact
CENTRAL COAST NSW					
Candles Cancer Support Groups Inc	Carers of people with cancer	Carers morning tea, pampering and information	Wednesday 21 October	Wyong Hospital Cancer Care Unit, Wyong	Lyn 02 4393 5017 or wyongcandles@bigpond.com
Green Point Community Centre Carers Group	All carers	Carers pamper day with manicures and massages	Tuesday 20 October	96 Koolang Road, Green Point	Jill 02 4367 7591
Kincumber and District Neighbourhood Centre Carer Support Group	All carers	Carers pamper morning followed by morning tea and lunch	Monday 19 October	Kincumber and District Neighbourhood Centre, Kincumber	June 02 4363 1044
Muru Aboriginal Carer Support Group	Aboriginal carers	Gathering of Aboriginal carers and families	Monday 19 October	Camp Breakaway, San Remo	Katrina 02 4355 1511
Nareen Gardens Carer Support Group	Carers of aged and/ or people with dementia	Carer awards, afternoon tea and entertainment	Wednesday 21 October	Nareen Gardens Aged Care Facility, Bateau Bay	Carolyn 02 4384 8117
Tarragal House Residential Aged Care Carers Support Group	Carers of people living in a residential facility	Gallery review and morning tea	Thursday 15 October	TBA, Erina	Caroline 02 4365 5066
The Cancer Council NSW Community Network	Carers of people with cancer	Carers morning tea open to all carers	Friday 23 October	Cancer Council Community Hub, The Hive, Erina Fair	Sandra 02 4336 4500 or sandrash@nswcc.org
Wyong Neighbourhood Centre	All carers	Sing along with Lambeth Bennett. Karaoke, comedy skit and buffet lunch	Wednesday 21 October	Watanobbi Community Centre, Watanobbi	Debbie 02 4351 2860
Youth Mental Health Service Model – CC Pilot	Carers of young people with mental health issues	Recognising carers forum	Saturday 24 October	237 Mann Street, Gosford	Kashka 02 4304 7878
CENTRAL WEST NSW					
Bathurst Carers Support Group	All carers	Carers concert	Monday 19 October	178 Russell Street, Bathurst	Beryl 02 6337 7217
Bathurst Seymour Centre Carer Support Group	All carers	Caring for carers day. A lunch outing followed by a pampering session	Tuesday 20 October	Panthers Club and HACC meeting room, Bathurst	Terisa 02 6332 1449
Currajong Disability Services Flexible Respite	Carers of people with a disability	Lunch and laughter	Wednesday 21 October	Jansen Lane, Parkes	Janine 02 6863 4713 or cds.respite@bigpond.com
Kids and Carers Support Group	All carers	Luncheon for carers including entertainment	Saturday 24 October	Kandos Returned Services Community Club, Kandos	Maureen 02 6379 4174
Mission Australia	All carers	A carers day out to promote Carers Week, available services and activities for carers to participate in	Friday 23 October	Orange City Library, Orange	Naomi 02 6360 4018 or speirsn@missionaustralia.com.au
The Wellness Foundation	All carers	Carers information and support evening	Thursday 22 October	Energize café, Wellness House, Orange	Claudia 0410 437 473

For more information about any of the events listed please use the telephone numbers or email addresses provided.



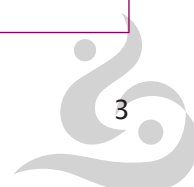
The Carers Week Grants Program is funded by NSW Department of Ageing, Disability and Home Care (DADHC) to celebrate Carers Week by providing grants to carer support groups and organisations across NSW to organise an event or activity.



Group/ organisation	Open to	Activity	When	Where	Contact
FAR NORTH NSW					
Ballina Early Intervention	Parents of children who attend the BEI Centre	Pampering day	Wednesday 21 October	4 John Sharpe Street, East Ballina	Marilyn 02 6686 6889
Ballina Family and Carer Mental Health Support Group	Carers and family of people with mental health issues	Wellbeing luncheon for carers	Monday 19 October	Cherry Street Bowling Club, Ballina	Bob 0438 818 869
Carer Support Group Tweed Heads South (On Track Community Programs)	All carers	Luncheon outing for members of support group	Thursday 22 October	Fisherman's Cove Restaurant, Coolangatta	Karen 02 5524 6927
Clarence Valley Kindred Children's Carers Support Group	Carers of children	Tenpin bowling and luncheon "Free Spirit"	Monday 19 October	Grafton Ten Pin Bowling Centre and Tree Top Restaurant, Grafton	Margaret 02 6649 7057 or cvkccsg@gmail.com
Crowley Carers Support Group	All carers	Carers celebration/ Recognition day	TBA	Crowley, Ballina	Kelli 02 6686 5090 or kpotts@crowley.org.au
Mental Health Support Group	Carers of people with mental health issues	Movies and lunch for carers	Tuesday 20 October	Yamba Cinema, Yamba	Julia 02 6646 4263
Nambucca Valley Support Group for Carers	All carers	Spa pedicure for carers	Monday 19 October	Toormina	Bev 02 6569 4337
Nimbin Aged Care and Respite Service	All carers	Carers day at the beach	Wednesday 21 October	Shelley Beach	Rose 02 6689 1709
Pottsville Carer Support Group	All carers	Lunch and movies	TBA	Cinemax Cinema, Kingscliff	Ruth 02 6676 0411
Southern Cross Community Care	All carers	Carers day out to local seaside for good food, games, foot and neck massage	Tuesday 20 October	Evans Head Beach Park, Evans Head	Rosie 02 6662 5844
HUNTER					
Defence Special Needs Support Group	Australian Defence Force families and carers of someone with special needs	Carers Week celebration dinner	Saturday 24 October	Hogs Breath Café, East Maitland	Cheryl 02 4982 8882
Hunter River Community School Parents and Carer Support	Parents and carers	Parents pamper day	Friday 23 October	TBA, East Maitland	Dave 0423 878 883
Macarthur District Temporary Family Care	All carers	A day out for our volunteer host family	TBA	TBA, Minto	02 9603 7011
Maitland Neighbourhood Centre Carers Support Group	All carers	Day trip and tour around Hunter Valley Gardens	Thursday 22 October	Hunter Valley Gardens	Naomi 02 4932 0950
Newcastle Temporary Care Ltd -Sharing the Care Support Group	Mothers of children with autism	"Finding the artist hidden inside you"	Wednesday 21 October	Newcastle City Art Gallery, Newcastle	Toni 02 4957 5008
Northern Settlement Services Multicultural Dementia Carers Support Group	Multicultural carers	Carers time out. Movies or lunch	Tuesday 20 October	TBA, Hamilton	Tima 02 4969 3399
Southlakes Carers Inc	Carers of frail aged and people with a disability	Carers Week party. Barbeque lunch with entertainment	Tuesday 20 October	143 Dora Street, Morisset	Margaret 02 4970 4245

Group/ organisation	Open to	Activity	When	Where	Contact
Stroke and Disability Information (Hunter) Inc	All carers	Special carers newsletter	Thursday 1 October	NA	Judy 02 4943 9786
ILLAWARRA					
Albion Park HACC Centre Carer Support Group	All carers	Carers Week luncheon to acknowledge the wonderful contributions of our carers	Tuesday 27 October	TBA, Albion Park	Prudence 02 4257 9036
Illawarra In-home Support Carer Support Group	All carers	Carers lunch	Thursday 22 October	Jamberoo Golf Club, Jamberoo	Myriam 02 4232 0475 or mmarchant@iihs.com.au
Illawarra Respite Services – Schizophrenia Fellowship of NSW Inc	Carers of people with schizophrenia	“Boys are back in town” camping and fishing trip	Saturday 17 – Wednesday 21 October	Wagga Wagga Beach Caravan Park, Wagga Wagga	Michael 0409 777 448
Macedonian Carer Support Group (Cringila)	Macedonian carers	Macedonian carers luncheon and morning tea	Thursday 22 October	Northcliff Drive, Warrawong	Lisa 02 4275 2266 or respite@mwainc.org
Macedonian Carer Support Group (Port Kembla)	Macedonian carers	Macedonian carers luncheon and morning tea	Thursday 22 October	Northcliff Drive, Warrawong	Lisa 02 4275 2266 or respite@mwainc.org
Multicultural Communities Council of Illawarra Inc	Multicultural carers	Annual carers dinner and dance	Thursday 22 October	Warilla Bowls and Recreation Club, Barrack Heights	Liz at liza@iexx.org.au
South Coast Portuguese Carers Group	Portuguese carers	Pamper day for carers and talking about their caring role	Tuesday 20 October	127–129 Flagstaff Road, Warrawong	Maria 02 4274 3664 or scpa1975@yahoo.com.au
MID NORTH COAST NSW					
Coffs Harbour Mental Health Support Group	Carers of people with mental health issues	Fun day of pampering, morning tea and lunch	TBA	Cavanbah Hall, Coffs Harbour	Yvonne at vmyquad@yahoo.com.au
Great Lakes Leisure and Respite Options	All carers	Lunch cruise on the lake	Saturday 24 October	Little Street, Forster	Sandra 02 6555 6243
Lower Clarence Carer Support Group	All carers	Carers luncheon	Tuesday 20 October	The Block, Yamba	Josephine 02 6645 1968
Mid North Coast Community Care Options	Multicultural carers	Carers lunch and entertainment	Wednesday 21 October	TBA, Coffs Harbour	Deb 02 6650 2000
Partners of Veterans Assoc (Taree Branch)	Partners of veterans	Shopping trip to Steggles and Sara Lee. Possibly dinner	TBA	Maitland	Fay 02 6553 4480
NEW ENGLAND					
Armidale Dumaresq Council General Support Group	All carers	Massage and relaxation of carers with light lunch and guest speaker	Tuesday 20 October	Kent House, Armidale	Christine 02 6770 3804
Barraba Home and Community Care Services	Multicultural	Come out and play. Lunch with electric keyboard entertainment	Monday 19 October	The Playhouse Hotel, Barraba	Adrienne 02 6782 1068
Carer Assist Warialda	Carers of people with mental health issues	Area-specific Mental Health Carer Packs for Warialda Mental Health Forum Carers Week and Warialda Honey Festival	Saturday 3 October	Mental Health Forum, Warialda High School. Stall in Hope Street, Warialda	Janelle 02 6729 1392
Garden Court Carers Afternoon Tea Support group	All carers	Entertainment day at Garden Courts	Wednesday 21 October	Garden Court Centre, Glen Innes	02 6730 2430
Namoi Valley Dementia Support Group	Carers of people with dementia	Carers Day Out. Coffee and a movie	TBA	Crossing Theatre, Narrabri	Dot 02 6799 2031

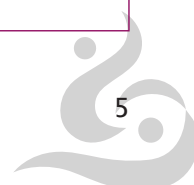
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Narrabri Early Childhood Intervention Service	All carers	Big day out for families	Sunday 25 October	Nurruby Hall, Narrabri	Jo 02 6792 3718
National Association for Loss and Grief (NSW) – Gunnedah Chapter	Open to family carers	Acknowledging baby loss, promoting resilience	Monday 26 October	Jacaranda Day Care Room, Gunnedah Health Service, Gunnedah	Richard 02 6742 7438
Tamworth Carers Support Group	All carers	Carers pampering day and official launch of carers information trailer	Wednesday 21 October	Tamworth Community Centre, Tamworth	Kerry 02 6766 4480
New England Community Care Services Carer Support Group	All carers	Barbeque	TBA	Lake Inverell Drive, Inverell	Elaine 02 6721 5406
Quirindi and Werris Creek HACC Services	All carers	Carers Week mystery bus tour	Tuesday 20 October	Tangarratta Winery, Tamworth	Contact 02 6768 7505 or whacc@people.net.au
ORANA/ FAR WEST NSW					
ARAFMI NSW Broken Hill Branch	All carers	Carers “pamper” morning tea	Wednesday 21 October	Caledonian, Broken Hill	Janet 08 8087 4903
Mudgee and District Host Family Respite Centre Parent/ Carer Support Group	Parents and carers of children with a disability	Carers Week luncheon	Thursday 22 October	Sajos Restaurant, Mudgee	Judy 02 6378 2715
Wellington Carers Support Group	All carers	Pamper day for carers	Thursday 22 October	Aged Activity Centre, Community Health, Wellington	Cheryl 02 6840 7210
RIVERINA/ MURRAY					
Amaranth Foundation – Carers of Cancer Patients Support Group	Carers of people with cancer	Mindfulness and relaxation sessions – over six weeks for people caring for a person diagnosed with cancer	Monday 19 October – Monday 16 November	88A Sanger Street, Corowa	Julianne 0408 388 533
Border Carers Reference Group	All carers	Singing group workshop for carers with Glen Naylor	Friday 23 October	Dean Street, Albury	Jozette 02 6051 7800
Border Carers Reference Group	All carers	Carers pampering and information day.	Friday 23 October	Commercial Club, Albury	Helen 02 6051 3983
Carer Assist – Griffith Office	All carers	Carer day in the park. Barbeque lunch, town band, face painting	Saturday 24 October	Centre Council Park, Griffith	Toni at toni@carerassist.org.au
Commonwealth Respite and Carelink Centre Buronga	All carers	Pictures, pizza and picnic for young carers	Sunday 18 October	Depart from Wentworth Shire	Betty 03 5021 0678
COOINDA Family Support Group Inc	All carers	Carers Week luncheon	Tuesday 20 October	Commercial Club, Albury	Sue 02 6056 4844
COOINDA Family Support Group Inc	All carers	Siblings/ Young Carers Melbourne Trip	Saturday 17 – Sunday 18 October	Travel by coach	Sue 02 6056 4844
Griffith Aged Support Service	All carers	Fun day in the park, BBQ, massage, entertainment	Saturday 24 October	Memorial Park, Griffith	Toni 02 6962 3099
Inner and Outer Beauty Carers Group	All carers	Pampering day. Manicures and lunch	Monday 19 October	RSL Club, Wagga Wagga	Kath 02 6923 5700
Inner and Outer Beauty Carers Group	All carers	High tea for carers	Friday 23 October	Senior Citizens Rooms, Wagga Wagga	Kath 02 6923 5700
Intereach NSW Respite Care	All carers	River boat cruise, lunch and guest speaker	Wednesday 21 October	Intereach, Cnr Trickett and Napier Streets, Deniliquin	Cath 03 5881 1855

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Leeton HACC/ Meals on Wheels	All carers	Carers Week luncheon	TBA	TBA, Leeton	Lyn 02 6953 0955
Mental Health Support Group, Temora	Carers of people with mental health issues	Carers luncheon	Tuesday 20 October	TBA, Temora	Shelley 0428 774 484
Northcott Disability Services	Carers of people with a disability	Mystery bus tour	Thursday 1 October	TBA, Liverpool	Deborah 02 6921 1996
Riverina Murray Respite: Carelink	All carers	Light exercise and wellness session	Wednesday 21 October	Health Temple, Wagga Wagga	Deborah at deborahr@intereach.com.au
SNAG – Special Needs Assistance Group	All carers	Carers Week celebration lunch with entertainment and gift bags	Wednesday 21 October	Carrington Park, Young	Elly 02 6382 6328
Young Meals on Wheels Inc – Young Carers Support Group	All carers	Lunch	Wednesday 21 October	Empire Hotel, Young	Nancy 02 6382 2520
SOUTHERN HIGHLANDS					
“Caring Matters” Dementia Specific Carers Support Group	Carers of people with dementia	Barbeque lunch for carers and fun activities including over water golf drive	Tuesday 20 October	Mandeni Farm, Fun Park and Golf Centre, Merimbula	Contact 02 6492 6158
Bungendore Carers Group	All carers	Visit to local theatre	TBA	Q Theatre, Queanbeyan	Claire 0428 434 407
Eurobodalla Carers Support Group	All carers	Carers Inspire Day. Lunch, guest speakers and therapies	Wednesday 21 October	Wellbeing Centre, Moruya	Sally 02 4474 1031
Gundagai Carer Support Group	All carers	Carers Day Out. Bus trip and lunch	Tuesday 20 October	“Mirrabooke”, Gundagai	Peggy 02 6944 0290 or peggye@westnet.com.au
Illawarra Brain Injury Service	Carers of people with brain injury	A range of activities for carers including lunch	TBA	TBA, Illawarra	Rebekah 02 4223 8470
Queanbeyan Support Group for Carers	All carers	Carers lunch	Tuesday 20 October	TBA, Queanbeyan	Robynne 02 6297 6139
SYDNEY AND SURROUNDING AREAS					
CARERS DAY OUT presented by Babana Aboriginal Men’s Group Inc, Carers NSW and City of Sydney	Stalls with information and free goodies from a range of service providers as well as a variety of on-stage performances and speeches. This event is free, does not require registration and is open to all carers and the general public.		Tuesday 20 October, 10am–2pm	Sydney Square, Town Hall, George Street, Sydney	Contact Nina or Wendy Carers NSW 02 9280 4744
“Corazón Latino” Spanish Support Group	Spanish carers	Multicultural day and photo exposition	Tuesday 20 October	Hall of the Church of Jesus Christ Latter-day Saints, Villawood	Blanca 02 9681 4956 or arely_161@hotmail.com
“Corazón y Trabajo” Spanish Support Group	Spanish carers	Multicultural day and photo exposition	Tuesday 20 October	Hall of the Church of Jesus Christ Latter-day Saints, Villawood	Blanca 02 9681 4956 or arely_161@hotmail.com
Aboriginal Carer Support Group	Aboriginal carers	Carers information and yarnning gathering/ celebration	Thursday 29 October	Cnr Henry and Station Streets, Penrith	Contact 02 4722 9980
Acquired Brain Injury Carer and Support Action Group	Carers of people with acquired brain injury	Rejuvenate. Massage, guided relaxation and meal	Wednesday 21 October	6 Percy Street, Bankstown	Linda 02 9790 0046
AFFORD Carer Support Program	Carers of people with a disability	Evening respite for carers with a range of creative revitalisation activities including a disco for people with a disability	Friday 23 October	239 Sackville Street, Canley Vale	Patricia 02 9727 9199 or 0437 043 673

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AIDS Dementia and HIV Psychiatry Team	Carers of people living with HIV	Information, lunch and time out for carers of people living with HIV	Tuesday 20 October	Tree of Hope, Surry Hills	Grahame at grahame.coltitz@sesiahs.health.nsw.gov.au
Alzheimer's Support Group	Carers of people with alzheimer's	Education and support for carers on how to care for sufferers of alzheimer's	Monday 19 October	Richard Greeves Centre, Turramurra	Norma 02 9449 3576 or norma_s@bigpond.com
Arabic Carer Support Group	Arabic carers	A trip to the Aquarium	Wednesday 21 October	Sydney Harbour	Arige 02 9632 2008
Arabic Carer Support Group	Arabic carers of people with mental health issues	Ferry ride and visit to beach followed by lunch	Friday 23 October	Manly	Lilian 02 9628 8263
Arabic Parents Support Group (Arablink Program)	Arabic parent carers	Lunch at Darling Harbour	Monday 26 October	Darling Harbour	Neamat 02 9708 0277
Arabic Parents Support Group (Royal Institute for Deaf and Blind Children)	Arabic parent carers	Lunch for parents	Friday 30 October	Little Rock Café, Westfield North Rocks	Lila 02 9872 0312
ASPIRE	Carers of children with autism	Pamper evening for carers. Supper included	Thursday 22 October	Maroubra Uniting Church, Maroubra	Contact 02 9302 3600 or carer@holdsworth.org.au
Auburn Carers Group	All carers	10th Anniversary celebration for support group	Friday 16 October	Bondi	Narelle 02 9749 0388
Bankstown Mental Health Carer Support Group	Carers of people with mental health issues	Carers morning tea	Wednesday 21 October	Carer Assist, Belmore Office	Nicole 02 9750 9744
Blue Mountains and Hawkesbury Carer Support Group	All carers	Carers Week celebration lunch, guest speaker, workshop and pamper session	TBA	TBA, Blue Mountains	Barbara 02 8805 0914
Brain Injury Support Group	Carers of people with brain injury	Tenpin bowling and lunch	Wednesday 14 October	Tenpin City, Lidcombe	Angela 02 9749 0304
Brain Injury Unit, Westmead Hospital	Carers of people with brain injury	Re-ignite your spark in Parramatta Park. Gentle yoga and relaxation followed by afternoon tea	Tuesday 20 October	Parramatta Park, Parramatta	Kate 02 9845 7941
Burwood Council	Young carers	A harbour cruise focussing on young carers	Saturday 24 October	Sydney Harbour	Myra 02 9911 9858
CALD Parent Support Group	Parent carers from culturally and linguistically diverse backgrounds	Darling Harbour visit including lunch and gifts for parent carers	Monday 26 October	Darling Harbour	Nahid 02 8805 0912
Can Revive Inc – Chinese Speaking Cancer Patients Carer Support Group	Chinese carers of people with cancer	Carers outing, lunch and gifts	Wednesday 21 October	741 George Street, Sydney	Contact 02 9212 7789 or carers@canrevive.com
Cantonese Carer Support Group (Sutherland Shire)	Cantonese speaking carers	Chinese carers party with Chinese karaoke, food and musical entertainment	TBA	3a Stapleton Avenue, Sutherland	Nora 02 9542 6292
Carer Assist Croatian Carer Support Group	Croatian carers	Carers dinner	Thursday 22 October	438 Burwood Road, Belmore	Anita 02 9750 9744
Carer Assist Persian Carer Support Group	Persian carers	Morning tea and massage for carers	Thursday 22 October	438 Burwood Road, Belmore	Mansoure 02 9750 9744 or mansoure@carerassist.org.au
Carer Social Support Group (Sutherland Shire)	All carers	Pamper day picnic and barbeque	Thursday 22 October	Gunnamatta Pavilion, Gunnamatta Park, Cronulla	Tracy 02 9542 6292
Carer Support Group NSCCH	All carers	Lunch for carers in region	Throughout October	Visit: www.nscchealth.nsw.gov.au/carersupport	Barbara 02 8877 5349

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Carer Support Parramatta City Council	All carers	Day outing to Wivenhoe Historic House Cobbitty	Wednesday 21 October	29 Macquarie Grove Road, Camden	Anne-Elizabeth 02 9806 5125
Chinese Brain Injury Support Group for Carers (Liverpool Brain Injury Unit)	Chinese carers of people with brain injury	12th year anniversary celebration. Yum cha lunch	Sunday 18 October	Min Yue Seafood Restaurant – Yum Cha, Auburn	Contact 02 9649 1668
Chinese Carers (Holdsworth Community Centre and Services)	Chinese carers	Chinese carers historical day out including morning tea, lunch and tour	Thursday 22 October	Start at Ultimo Community Centre, Ultimo	Contact 02 9302 3600 or carer@holdsworth.org.au
Chinese Carers Group (Christian Community Aid)	Chinese carers	Chill out day for carers. Bus outing to the beach and lunch	Wednesday 21 October	Meet at Eastwood	Carmen 02 9858 3222
Chinese Parents Support Group (Royal Institute for Deaf and Blind Children)	Chinese parent carers	Presentation about practice of mindfulness meditation and buffet lunch	Friday 23 October	Golden Stream Chinese Restaurant, Burwood	Contact 0417 067 099
City of Canada Bay Young Carers	Young carers	Young carers harbour cruise	Saturday 24 October	Depart from Birkenhead Point, Drummoyne	Cynthia 02 9911 6523
Creative Carers (Holdsworth Community Centre and Services)	Carers of intellectually disabled children aged 5-18	Pamper day at Magnolia Healing Centre	Wednesday 21 October	Cnr Dover and Old South Head Roads, Rose Bay	Contact 02 9302 3600 or carer@holdsworth.org.au
Eastenders (Holdsworth Community Centre and Services)	Carers of people with memory loss	Pamper day at Magnolia Healing Centre	Monday 19 October	Cnr Dover and Old South Head Roads, Rose Bay	Contact 02 9302 3600 or carer@holdsworth.org.au
EMMAUS (Disabled Persons Catholic Services)	Carers of people with a disability	A beauty package for carers	TBA	Day Support, St Patricks Church, Blacktown	Jeanette 0418 114 138
EMMAUS (Disabled Persons Catholic Services) Springfield Cottage	Carers of people with a disability	Just to say "Thank you" luncheon and cruise	Wednesday 21 October	Nepean Belle, Boarding Jetty, Penrith	Jeanette 02 9676 5048
Farsi Carer Support Group	Carers of people with mental health issues	Carers lunch, dessert and guest speaker	Tuesday 20 October	Darband Persian Restaurant, Auburn	Behnaz 0417 175 155
Greek Carers Support Group	Greek carers	Greek carers boat cruise	Thursday 22 October	Liverpool Cruises, Moorebank	Antonia 02 9600 8096 or 0414 865 637
Greenacre Area Neighbourhood Centre	All carers	Lunch cruise on the Nepean River	Wednesday 21 October	Nepean River, Penrith	Gisele 02 9750 7982
Hawkesbury and Penrith Dementia Carers Support Group	Carers of people with dementia	Carers get-together. A day of appreciation, fun, support and information	Wednesday 21 October	St Peters Anglican Church Hall, Richmond	Christine 02 4578 0824
Hunters Hill Ryde Carers Korean Support Group	Korean carers	Lunch at Eden Gardens	Tuesday 20 October	Eden Gardens, Lane Cove	Maria at hhrcarers@bigpond.com
Hunters Hill Ryde Carers Support Group	Carers of young adults	Weekend away	Wednesday 21 October	Polding Centre, Sydney	Maria at hhrcarers@bigpond.com
Hunters Hill Ryde Carers Support Group (Coffee Club)	Carers of children	Brunch	Friday 23 October	NS Café, Hunters Hill	Maria at hhrcarers@bigpond.com
Hunters Hill Ryde Community Carer Support Services	All carers	Trip to "Bygone Beauties Antique Centre" for tour, talk and morning tea, followed by sightseeing and lunch	Thursday 8 October	Blue Mountains	Chris 02 9817 0101 or hhrcarersaged@bigpond.com
Inner West Circle Inc Carer Support	Multicultural carers of young adults with intellectual disability	Carers luncheon	Saturday 24 October	Canterbury RSL, Hurlestone Park	Dolores 02 9642 3320
Inner West Circle Inc Indian/ Anglo Indian Senior Carers	Indian/ Anglo Indian Senior Carers	Carers luncheon	Saturday 24 October	Canterbury RSL, Hurlestone Park	Dolores 02 9642 3320

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Inner West Disability Network	All carers	Carers Week cruise	Saturday 24 October	Sydney Harbour	Elizabeth 02 9748 9912
Italian Carers Support, Inner West Carers, Newtown Carers Support	All carers	Bus trip to Watsons Bay and lunch	Thursday 22 October	TBA, Burwood	Kyeran 02 9744 3955 or Rita 02 8745 3009
Karelle Life Enrichment Service	All carers	Carers Week lunch for members of the support group	Wednesday 21 October	RSL Club, Rooty Hill	Nasim 02 9832 1057
Katoomba Volunteer Home Visitors	All carers	"Tapping into Ideas". Morning tea and launch of male carers workshops	Friday 23 October	Carrington Hotel, Katoomba	Marlene 02 4782 1117
Khmer Dementia Group	Cambodian Australian carers	Dare to care, dare to change. Education on carers issues during social outing	Friday 23 October	The Entrance	Sophea 0433 539 650 or sopheaseng.cawc@gmail.com
Khmer Mental Health Carers Support Group	Carers of people with mental health issues	Recognising the balance of caring. Self care and caring for loved one	Friday 23 October	Picnic Point Reserve, The Entrance	Sotha 02 9616 4161 or sotha.suos@sswahs.nsw.gov.au
Koorana Child and Family Centre	Parents, family and carers of children with additional needs and or a disability	Carers lunch	Wednesday 21 October	TBA, Belmore	Jay 02 9750 4100
Learning Links	All carers	A special dinner to celebrate the work of carers in our community	Tuesday 27 October	TBA, Penshurst	Sandra 02 8568 8227
Leichhardt Council	Young carers	Carers Harbour cruise	Saturday 24 October	Sydney Harbour	Deborah 02 9367 9043
Macarthur Disability Services Inc	All carers	Carers luncheon with entertainment	Thursday 22 October	20-22 Camden Road, Campbelltown	Patrick 02 4321 8400
Macarthur Diversity Services Inc	All carers	Pampering day	Wednesday 21 October	"The Manse", Campbelltown	Karin 02 4627 1188
Magnolia Centre Carers Support Group	All carers	Pamper health and wellbeing day	Tuesday 20 October	Magnolia Healing Centre, Rose Bay	Contact 02 9302 3600 or carer@holdsworth.org.au
ME Chronic Fatigue Syndrome Society of NSW	Carers of people with ME chronic fatigue syndrome	Spring Fair and distribution of "Carers Pack" info	End of September	Chatswood Mall, Chatswood	Mary 02 9904 8433
Men @ work	Male carers	A day of lawn bowls, lunch, bonding and relaxation for the group	Sunday 18 October	Paddington Bowls Club, Paddington	Contact 02 9302 3600 or carer@holdsworth.org.au
Merrylands Arabic Carers Support Group	Arabic carers	Celebration for the carers	Friday 2 October	Darling Harbour	Nadia 0414 937 925
Mosman Carers Group	All carers	Carers Week bus trip and lunch	Wednesday 21 October	TBA, Mosman	Liz Nagel 0419 754 089
Multicultural Disability Advocacy Association of NSW	Carers of non-English speaking background	A laughter and relaxation session for carers	Wednesday 21 October	40 Albion Street, Harris Park	Adama 02 9891 6400
Multicultural Mental Health Carers Support Group	Carers of people with mental health issues	Day trip to Wollongong with barbeque lunch and scenic tour	Friday 23 October	Stuart Park, North Wollongong	Estela 02 9823 7542
Nepean Wives of Vietnam Vets Women's Support Groups Inc	Wives of Vietnam veterans	Carers day out to the Imax Theatre and the Power House Museum	Thursday 22 October	Sydney	Maureen 0418 253 199
Northcott Disability Services	Carers of people with disabilities	Carers Week lunch for carers with entertainment	Wednesday 21 October	Bowling Club, St Johns Park	Silvana 02 9600 3923 or silvana.baute@northcott.com.au
Northside Community Connect Carers Program	All carers	Musical event/ sing-a-long and morning tea	Wednesday 21 October	St Kevins Church Hall, Dee Why	Marina 02 9931 7750

Group/ organisation	Open to	Activity	When	Where	Contact
Northside Community Connect Multicultural Carers Program	Multicultural carers	Musical event/ sing-a-long and morning tea	Wednesday 21 October	St Kevins Church Hall, Dee Why	Marina 02 9931 7750
Older Parents Carer Support Group (Parent to Parent Association)	Older parent carers	Pamper day picnic and barbeque	Thursday 22 October	Gunnamatta Pavilion, Gunnamatta Park, Cronulla	Helen 02 9522 8016
Path Inc	People with disabilities, their carers, families and friends	Carers luncheon	Wednesday 7 October	"Top One" Restaurant, Penrith	Marie 02 4721 0866
Pathways Early Childhood Intervention Inc	All carers	Gourmet morning tea for carers	Saturday 24 October	Yabsley Avenue, Marrickville	Elif 02 9572 8840
Peckys Limited Disability Services	Carers of people with disabilities	Pedicures, manicures, massages and morning tea for mothers/carers of people with disabilities	Tuesday 20 October	Peckys Limited, Prospect	Heidi 02 9688 3268 or hday@peckys.org.au
Penrith Social Support Group (Anglicare)	Carers of children with a disability	Carers Big Day Out. Lunch and activities for carers	TBA	TBA, Penrith	Tracey 02 8805 0915 or tedgar@anglicare.org.au
Pole Depot Carers Support Service	All carers residing in the St George Area	Carers Week picnic at Pole Depot Park	Wednesday 14 October	Pole Depot Park, Penshurst	Amal 02 9580 0688
Recreation Sports and Aquatics Club Parents and Carers Support Group	Carers of people with a disability	Carers luncheon	Wednesday 21 or Thursday 22 October	Bankstown Sports Club, Bankstown	Jenny 02 9790 5001
Riverwood Community Centre Neighbour Aid Programme	Carers of people with dementia	Open day for carers of people with dementia	Friday 16 October	151 Belmore Road North, Riverwood	Robyn 02 9533 0128
San Renal Dialysis Carers Support Forum	Carers of people on dialysis at Sydney Adventist Hospital	Lunch and guest speaker	Monday 19 and Thursday 22 October	Sydney Adventist Hospital, Wahroonga	Bronwyn 02 9487 9660
Some one to turn to (Autism Spectrum Australia)	Carers of people with autism	Caring for the carer pampering day	Tuesday 27 October	Northern Sydney area	Pauline 02 8977 8335 or Angela 02 8977 8348
South West Sydney Carer Support Project (Catholiccare)	All carers	Annual carers lunch	Friday 23 October	Bankstown Trotting Club, Bankstown	Lyn 02 8778 4222 or lyn.duffucy@catholiccare.org
Spanish Mental Health Carers Support Group	Spanish carers of people with mental health issues	Day trip to Wollongong with barbeque lunch and scenic tour	Friday 23 October	Stuart Park, North Wollongong	Estela 02 9823 7542
Spanish Speaking Carers Group Maroubra	Spanish speaking carers	Dinner	Saturday 24 October	"Alhambra", 1/54 West Esplanade Manly	Sonia 0421 955 542
Special Children Services Centre Inc	Carers of children with special needs	Carers rainbow day – Fun relaxation and recognition	Saturday 17 October	Auburn Soccer Club, Auburn	Contact 0403 055 818
St Anthonys Family Care Family Support Service	Parents, siblings, grandparents of people with a disability	"Thanks for caring" afternoon tea for carers hosted by their children with disabilities	Saturday 24 October	22 Wychbury Avenue, Croydon	Vanessa 02 9747 5782 or 0418 476 339
St George Migrant Resource Centre Community Care Program	Carers from culturally and linguistically diverse backgrounds	Bus outing to Botanical Gardens and lunch	Wednesday 7 October	Royal Botanical Gardens, Sydney	Dragana 02 9597 5955
St Vincents Hospital Heart and Lung Support Group	All carers	Thanksgiving service for carers and supporters	Tuesday 20 October	St Vincents Hospital, Darlinghurst	Melveta 02 8382 1111
Support Group for South Asian Families with Persons with Disability	South Asian carers of people with disabilities	Information and awareness sessions and picnic	Monday 19 October	Parramatta Town Hall, Parramatta	Rajai 0432 298 938
Sutherland Shire Mandarin Carer Support Group	Mandarin speaking carers	Chinese carers party with chinese karaoke, food and musical entertainment	TBA	3a Stapleton Avenue, Sutherland	Nora 02 9542 6292

Group/ organisation	Open to	Activity	When	Where	Contact
Sutherland Shire Parents of Young People with a Disability Support Group	Parents of young people with disabilities	Pamper day picnic and barbeque	Thursday 22 October	Gunnamatta Pavilion, Gunnamatta Park, Cronulla	Tracy 02 9542 6292
Sutherland Shire Support Group for Carers	Greek carers and their friends or other carers they know	Carer celebration party lunch	TBA	3a Stapleton Avenue, Sutherland	Mary 02 9542 6292
Sutherland Shire Support Group for Carers of People with Dementia	Carers of people with dementia	Two course dinner with guest speaker and entertainment	Tuesday 20 October	Gatewood Training Restaurant (TAFE), Loftus	Tracy 02 9542 6292
Sydney Multicultural Community Services Carers Support Group	Carers from culturally and linguistically diverse backgrounds	Day outing for carers and lunch	Friday 23 October	Depart from 1 General Bridges Crescent, Daceyville	Anna 02 9663 3922 or ot@sydneymcs.org.au
Sydney Multicultural Services Inc	Multicultural carers	Carers pamper day	Wednesday 21 October	125 Main Street, Blacktown	Mereline 02 8825 3777 or mereline@sydneywestmsi.org.au
Sylvanvale Style and Bubbles	All carers	Fun morning of hair styling and a glass of bubbles	Tuesday 20 October	Cbine Hair Dressers, Kirrawee	Susan 0400 450 010 or sgreen@sylvanvale.com.au
The Children's Hospital at Westmead – Carer Support Program	Carers of children with a disability	Navigating the maze run by star organisation. Information and support	Wednesday 28 October	The Children's Hospital at Westmead, Parent and Carer Resource Centre	Kelly or Katherine 02 9845 3590
Uniting Care Mental Health Family and Carer Program	Carers of people with mental health issues	Carers Day with presentations on relevant information for caring role	Tuesday 20 October	Penrith RSL Club, Penrith	Monica 02 8842 8289 or monicaa@parramattamission.org.au
Vietlink (Bankstown Handicapped Children's Centre Association)	Vietnamese carers of children with disabilities	Outing to park, sightseeing and barbeque	Monday 19 October	Bulli Lookout, Bulli	Mylinh 0418 455 430
Vietnamese Community Support Group (The Heights Community Services)	Vietnamese carers	Day trip to Wollongong with barbeque lunch and scenic tour	Friday 23 October	Stuart Park, North Wollongong	Julie 02 9728 4973
War Memorial Hospital Carers Group	All carers	Carers afternoon tea and information on respite from ACAT, carer respite and day care	Tuesday 13 October	Day care centre, War Memorial Hospital, Waverly	Contact 02 9369 0250 (please leave message)
Western Sydney Aboriginal Carers Disability Support Group	Aboriginal carers of people with disabilities	Carers visit to Featherdale Wildlife Park	Wednesday 7 October	2/7 – 229 Kildare Road, Doonside	Leanne 02 9832 1356 or leanne@amsws.org.au
Western Sydney Autism Support Group	Carers of people with autism	Lunch for carers. Includes speaker and raffles	Tuesday 20 October	TBA, Wakeley	Irene 02 9757 1990 or ituazon@idx.com.au
Write to Care	All carers	Taking creative writing related to caring role into high schools	Thursday 1 October	Local high schools, Berala	Patricia 02 9646 2669

For more information about any of the events listed please use the telephone numbers or email addresses provided.

For a listing of more Carers Week events happening in NSW and around Australia go to www.carersweek.com.au

Carers NSW would like to thank all organisations and groups who have organised an event for Carers Week 2009

The Carers Week Grants Program is funded by NSW Department of Ageing, Disability and Home Care (DADHC) to celebrate Carers Week by providing grants to carer support groups and organisations across NSW to organise an event or activity.

