

Activities during CARERS WEEK 2008

Sunday 19 – Saturday 25 October



Group/organisation	Open to	Activity	When	Where	Contact
Central Coast					
Central Coast ARAFMI	Carers of people with mental illness	Carers breakfast	Wed 22 October	Iguanas, Gosford (TBC)	4320 2941
Central Coast ARAFMI	Carers of people with mental illness	"Making carers visible". In recognition of carers	Sun 19–Sat 25 October	Gosford and Wyong Shires	4369 4233
Central Coast Respite and Carelink Centre	Carers of children with a disability	Disco and karaoke night for children with a disability – a break for carers	Fri 24 October	Amaze 'n' Play, Erina	4304 0727
Central Coast Respite and Carelink Centre	Young carers	Young carer celebration day with music, outdoor sports, karaoke, mobile ten-pin bowling alley, arts and BBQ	Sat 25 October	Lisarow	4304 0750
Green Point Carers Group	All carers	Bus trip to <i>Belmont 16 footers Sailing Club</i> for lunch	Tue 21 October	Newcastle	4367 7591
Central West					
Anson Cottage Carers Program	Carers of people with cancer	Pampering day – aromatherapy, massage and stress management	Tue 21 October	Anson Cottage, Orange	6393 3380
Bathurst Seymour Centre Carer Support Group	All carers	Trip to the cinema followed by lunch and guest speakers	Tue 21 October	Metro Cinema and Bathurst Seymour Centre	6332 1449
Condobolin Carer Support Group	All carers	Carers morning tea in celebration of carers	Thu 9 October	TBC	6863 4222
Cowra Carer Support Group	All carers	Carers morning tea in celebration of carers	Wed 8 October	TBC	6863 4222
Daffodil Cottage Carers Program	Carers of people with cancer	Pampering day – aromatherapy, massage and stress management	Thu 23 October	Daffodil Cottage, Bathurst	6393 3380
Dementia and Disability Support Group (OCRO)	Carers of people with dementia	Memory walk and lunch at Botanical Gardens	Thu 23 October	Orange Botanical Gardens	6391 2450
Disability Information Advocacy Service (DIAS) Inc	Carers of people with a disability	Annual Carers Week luncheon	Tue 14 October	TBA	6332 2100
Forbes Carer Support Group	All carers	Carers morning tea in celebration of carers	Fri 10 October	TBC	6863 4222
Grenfell Interagency Group	All carers	"Connecting Carers" morning tea	Tue 21 October	Grenfell Community Health Centre	6343 1811
GSAHS – Family and Carer Support	Carers of people with mental illness	Pampering day and lunch	Tue 21 October	The Salvation Army Hall	0418 624 726
Parkes Carer Support Group	All carers	Carers morning tea in celebration of carers	Mon 13 October	TBC	6863 4222

For more information about any of the events listed please phone the telephone numbers 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
Special Needs Assistance Group (SNAG)	Carers of children with special needs	BBQ, guest speakers and goodie bags for carers	Fri 24 October	Carrington Park, Young	6382 6328
Tottenham Carer Support Group	All carers	Carers afternoon tea in celebration of carers	Tue 14 October	TBC	6863 4222
Trundle Carer Support Group	All carers	Carers afternoon tea in celebration of carers	Mon 6 October	TBC	6863 4222
Tullamore Carer Support Group	All carers	Carers afternoon tea in celebration of carers	Mon 6 October	TBC	6863 4222
Wanderers Bathurst Carer Support Group	Carers of older people	Concert Luncheon Train trip	Sun 19 October Mon 20 October Wed 22 October	Senior Citizens Centre, Bathurst	6337 7217
Young Meals on Wheels Inc	All carers	Light lunch at JD's Jam Factory	Wed 22 October	Young	6382 2520
Far North Coast					
Ballina District Community Services Association	All carers	Carers acknowledgement day – lunch and pampering	Tue 21 October	Local park or service venue	6686 7776
Ballina Early Intervention	Carers of children with disabilities	Pampering day and lunch	Wed 22 October	East Ballina	6686 6889
Ballina Mental Health Family and Carer Support Group	Support group members	Pamper night – massage and relaxation	Mon 20 October	Alstonville	6628 6416
Carer Coffee Club Byron Shire	All carers	River and rainforest cruise with morning tea and lunch	Mon 20 October	Tweed River	6685 1619
Carer Coffee Club Lismore Shire	All carers	River and rainforest cruise with morning tea and lunch	Mon 20 October	Tweed River	6685 1619
Lismore Mental Health Family and Carer Support Group	Carers of people with mental illness	Mental health and carers information stall	Fri 10 October	Lismore Square	6624 4570
Nimbin Aged Care and Respite Services	Carers of older people	Carers pampering lunch	Wed 22 October	Media Centre, Nimbin	6689 1709
North Coast Brain Injury Rehabilitation Service	Carers of people with brain injury	A day to celebrate carers – lunch and speaker, Francesca Seychell	Wed 22 October	Eltham Valley Pantry, Eltham	6620 2111
On Track Community Programs	Carers of people with mental illness	A day trip for carers	TBA	TBA	07 5524 9732
Someone to turn to, ASPECT	Parents of children with an autism spectrum disorder	Respite day for volunteer parents	TBA	TBA	6628 3660
Hunter					
Dads Support Group	Caring Dads	BBQ and sharing of experiences from caring Dad's diary entries	Sat 25 October	Lake House	4926 4161
Hunter Commonwealth Respite and Carelink Centre	All carers	"Celebrating the difference carers make". Lunch and pampering	Wed 22 October	Maryland Multipurpose Centre	1800 052 222
Hunter New England Carer Assist Service	Mental health carers from Newcastle and Hunter Valley region	Carers celebration lunch	Fri 24 October	Metford Tafe	4925 2811
Little Darlings Support Group	Carers of children with disabilities	Carers picnic and fun day	Sun 19 October	Maitland Park	4931 9213

Group/organisation	Open to	Activity	When	Where	Contact
Multicultural Dementia Carer Support Group	Multicultural carers of people with dementia	Carers pampering day – lunch, massage, relaxation, aromatherapy	Wed 22 October	Hamilton	4969 3399
Southlakes Carers	Carers of the frail aged	BBQ lunch, trivia games and prizes	Thu 23 October	Multipurpose Centre, Morisset	4970 4245
Stroke and Disability Information	All carers	Special newsletter for carers	Sun 19–Sat 25 October		4943 9786
Tomaree Peninsular Parkinson's Support Group	Carers of people with Parkinson's	A picnic for carers	TBA	TBA	4981 4853
Illawarra					
Carers of younger people with a disability	Carers of younger people with a disability	Carers Week lunch	Tue 21 October	TBA	4257 9036
Illawarra Brain Injury Service and Brain Injury Carer Support Group	Carers of people with brain injury	"Fun and frivolity day" and catered lunch	Wed 22 October	Illawarra Brain Injury Service	4223 8470
Illawarra Ethnic Communities Council Inc	Carers of people from ethnic backgrounds	Carers Week dinner. A night of music, fine food, entertainment	Thu 23 October	Warilla Bowls and Recreation Club	4257 9036
Macedonian Carer Support Group	Macedonian carers	Carers day out for carers and the people they care for	Wed 22 October	Nowra Animal Park	4275 2266
Mid North Coast					
Coffs Harbour Mental Health Support Group	Carers of people with mental illness	Morning tea or picnic in the gardens	TBA	TBA	6652 8633
Great Lakes Neighbour Aid	All carers	"Photospeak". An exhibition of photos taken by carers	Tue 21–Fri 24 October	Great Lakes Library	6554 8698
Nambucca Valley Support Group for Carers	All carers	Peaceful and relaxing day for carers with morning tea and lunch	Mon 20 October	Macksville	6569 4337
Nepean					
Arabic Carer Support Group	Arabic carers	Day trip lunch cruise	Fri 17 October	Hawkesbury River	9628 8263
Arabic Carer Support Group	Arabic carers	Community awareness and celebration with food, dancing, children's games and activities	TBA	Mt Druitt	0410 624 416
Arch Angel Mikhael and St Bishoy Church – Carer Support Group	Carers of young people with a disability	BBQ lunch	Sun 19 October	Methvan Street, Mt Druitt	0405 180 533
Autism and Aspergers Support Group Inc	Carers of people with autism and aspergers	Carer dinner	Sun 19 October	Richmond Club	0425 380 575
Blue Mountains Autism Action and Support Group	Carers and families of children with autism	BBQ for parents and siblings	Sun 26 October	Hazelbrook	0413 038 233
Blue Mountains/Hawkesbury Parent Support Group	Parent carers	Carers Week celebration. Laughter workshop and lunch	Mon 20 October	Nepean Rowing Club, Penrith	4751 8213
CALD Carer Support Group	Culturally and linguistically diverse carers	Lunch cruise	TBA	Hawkesbury River	0410 624 416
Eloura Blue Mountains Disability Services	Carers of people with a disability	A special lunch provided and served by staff and clients	Fri 24 October	Yellow Rock Road Guides Hall	4784 5822

For more information about any of the events listed please phone the telephone numbers provided.



Group/organisation	Open to	Activity	When	Where	Contact
Nepean Wives of Vietnam Veterans Support Group	Wives of Vietnam veterans	Pamper day for carers	Mon 20 October	St Mary's Youth Club Hall	9675 3998
Oberon Community Technology Centre	All carers	Information and afternoon tea for carers. Access to computers and demonstrations of useful websites	Sat 25 October	Oberon	6336 0666
Penrith Dementia Carer Support Group	Carers of people with dementia	"Carers Get Together". A day of fun, relaxation, support and information	Tue 21 October	Christ Church, Springwood	4578 0824 0434 180 695
Western Sydney Aboriginal Carers/Disability Support Group	Aboriginal carers	"Caring for our carers". An opportunity for our carers to unwind, have fun and de-stress	Wed 29 October	Wild Life Park, Fetherdale Park	9832 1356
New England					
Barraba Home and Community Care Services	All carers	"Country for carers". Lunch and musical entertainment	Mon 20 October	Playhouse Hotel, Barraba	6782 1068
Bingara HACC	All carers	"We care about our carers" picnic and bus trip	Sat 25 October	TBA	6724 1948
Carers for All - Glen Innes Severn Council	All carers	A morning out playing carpet bowls followed by lunch	Thu 23 October	Glen Innes Bowling Club	6730 2430
Gunnedah District Cancer Support Group Inc	Carers of older people	NSW seniors peer education session about beyond maturity blues and choosing brand names on generic medicines	Sat 25 October	Education Centre, Gunnedah Health Service	6742 0516
Gunnedah HACC Multi Service Outlet	Carers of people with dementia	Carers information and awareness day	Thu 23 October	Civic Theatre, Gunnedah	6740 2207
Guyra Adult Learning Association	Carers of Guyra	Poetry reading by performers of a local art group followed by afternoon tea	Wed 22 October	Guyra	6779 2132
Guyra Cares	All carers including Aboriginal carers	"Guyra cares celebration day" Morning tea and entertainment	Wed 15 or Thu 16 October	Guyra Bowling Club	6779 1536
Gwydir HACC Services Respite House	All carers	Baked lunch and dessert for carers	Fri 24 October (TBC)	Moree	6752 2162
Kent House (Armidale Dumaresq Council)	All carers	"Armidale Carers Expo"	Tue 21 October	Armidale Town Hall	6770 3804, 6770 3826
Moree Dementia Support Group	Carers of people with dementia	"Stress Less Day" outing for carers and lunch	Fri 24 October	Omega Coffee Shop, Moree	6799 2031
Narrabri Carer Support Group	Carers of people with dementia	Outing to movies and morning tea	Wed 22 October	Crossing Theatre, Narrabri	6799 2031
Narrabri Early Childhood Intervention Service	Carers of children with disabilities	"Big day out for families". Fun activities and a sausage sizzle	Sun 26 October	Nurruby Hall, Narrabri	6792 3718
New England Community Care Services	Carers of older people	Luncheon at vineyard with guest speaker or entertainment	Tue 21 October	New England Estate Vineyard, Delungra	6721 5406
Quirindi Carer Support Group	All carers	Mystery bus tour and lunch. And a two day carer break	TBA	TBA	6746 2506
Werris Creek Carer Support	All carers	Carers BBQ to be held in local park	Mon 20 October	Local park, Werris Creek	6768 7505
Orana/ Far West					
ARAFMI Broken Hill Group	Carers of people with mental illness	Morning tea for carers	TBA	Caledonian B&B, Broken Hill	08 8087 4903

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Commonwealth Carer Respite	All carers	"Carers... Anybody, Anytime" Expo	Fri 17 October	Dubbo Civic Centre	6884 7200
Kids and Carer Support Group	All carers	ZigZag outing. Picnic lunch with bus travel and train ride	Sun 19 October	Lithgow	6379 4174
Parent/Giver Support Group	Carers of a child or adult with a disability	Family BBQ	Sun 19 October	Lawson Park, Mudgee	6378 2715
Riverina/ Murray					
Borders Carer Reference Group	All carers	Carers pampering day. Lunch, morning tea and 'time out' for carers	Thu 23 October	Commercial Club, Albury	6051 3983
Cooina Family Support Group Inc	Adult carers	Celebratory luncheon	Tue 21 October	Commercial Club, Albury	6056 4844
Cooina Family Support Group Inc (Siblings Support)	Young carers	Bus trip to Wagga Wagga Wave Pool	Sat 25 October	Wagga Wagga	6056 4844
Daughters in Demand	Daughters who care for their parent/s	BBQ and walk along river gardens area. Feel free to bring a friend	Sat 25 October	Sumison Gardens Wadonga	6042 1427
General Carers Group (Dementia Respite Options)	Carers of people with dementia	Bus trip to Yarrawonga for lake cruise and BBQ lunch	Tue 21 October	Lake Mulwala	6051 7800
Hay Home and Community Care	All carers	Self care workshop conducted by a counsellor/yoga instructor	Sun 19–Sat 25 October	Booroorban Hotel	6993 2297
Intereach NSW	Carers of children with disabilities	Paddle steamer lunch time cruise	Wed 22 October	Port of Echuca	03 5881 5287
Intereach NSW	All carers	Pampering day trip to Albury including two course lunch	Thu 23 October	Lavington Panthers Club	03 5881 1855
Intereach NSW	Low vision carers	Pampering day and two course lunch	TBA	Albury	03 5881 1855
Lockhart Mental Health Carer Support Group	All carers	BBQ in the park with games	Sun 19 October	Park near swimming pool, Lockhart	6920 5309
Open Minds Brighter Futures Support Group	Carers of people with mental illness	Carers Week dinner	TBA	TBA	6977 4256
Riverina Murray C'wealth Respite and Carelink Centre	All carers	"Gentle art of living – self care for carers". Yoga, massage, meditation	Mon 20 October	Tumut Shire Council Community Rooms	6925 8791
Riverina Murray C'wealth Respite and Carelink Centre	All carers	"Gentle art of living – self care for carers". Yoga, massage, meditation	TBA	Narrandera TAFE	6925 8791
Riverina Murray C'wealth Respite and Carelink Centre	All carers	"Gentle art of living – self care for carers". Yoga, massage, meditation	TBA	Temora Recreation Centre	6925 8791
Intereach NSW	All carers	Self care workshop conducted by a yoga instructor/ counsellor	TBA	Booroorban Hotel	03 5881 1855
Wagga Wagga Dementia Carer Support Group	Carers of people with dementia	Information stall in the market place	Thu 23 October	Wagga Wagga	6925 2249
Westside Community Centre	All carers	Luncheon and pampering day	Wed 22 October	West Albury	6041 2236
Young Carer Support Group	Young carers	Pizza at La Porchetta followed by a movie at Forum Cinema 6	Tue 21 October	Wagga Wagga	6925 9399

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Southern Highlands					
ARAFMI Queanbeyan	Carers of people with mental illness	A special carers support group meeting	Thu 23 October	Queanbeyan Baptist Church	0412 666 630
Bungendore Carer Group	All carers	Outing to theatre (matinee)	TBA	Crawford Street, Queanbeyan	0428 434 407
Eurocare (Community Wellbeing)	All carers	Barefoot bowls bowling day. Includes lunch, resources and fun	Wed 8 October	Batemans Bay Bowling Club	4474 7435
Queanbeyan Support Group for Carers	All carers	Carers Week lunch	Tue 21 October	TBA	6297 6139
Snowy River Shire Council	All carers	Morning tea. Speaker, Jackie Van Weel will give tips on Tai Chi for exercise and relaxation	Mon 13 October	Sublime Café and Bar, Jindabyne	6451 1052
Snowy River Shire Council	All carers	Morning tea. Speaker, Marcelle Cheetham, will give tips on relaxation and stress management	Fri 17 October	The Yoga Room, Cooma	6451 1052
Sydney Metropolitan and Outer Sydney					
ABI Aquired Brain Injury Carer Support Group	Carers of people with aquired brain injury	"Look after yourself" care session for carers and supper	Wed 8 October	Randwick	9302 3600
Aboriginal Carers Consortium	Aboriginal carers	Carers workshop to develop an emergency respite plan. Includes fun activities and pampering	Tue 28 October	Campbelltown Civic Centre	0437 043 673
AFFORD (Australian Foundation for Disability)	Carers of people with a disability	Carers Week disco for clients and respite for carers	Fri 24 October	Canley Vale	9727 9199
Aged Carer Support Group	Carers of older people	Carers bus trip to Corbett Gardens	TBA	Bowral	9817 0101
Alzheimer's Association - ADHOC	Carers and sufferers of Alzheimer's	Morning tea	Sat 25 October	Vincent Fairfax Family Resource Centre	9805 0100
Angels of Mercy Welfare Services Inc	Arabic carers	A bus trip to carers picnic. A fun day full of activities	Tue 21 October	Bicentennial Park, Homebush	9623 2798
Arab Link Support Group	Arabic parents of a child with a disability	Lunch	Mon 20 October	Auburn RSL Club	9708 0700
Arabic Carer Support Group	Arabic carers	Celebration	Fri 10 October	Mays Hill	9682 3133
Aspire Support Group	Parents of children with special needs	'De-stress' evening and indulgence supper for carers	Thu 30 October	Maroubra Uniting Church Hall	9302 3600
Auburn Carer Support Group	All carers	Picnic at Japanese gardens and a walk around the park	Wed 15 October	Japanese Gardens, Auburn	9749 0379
Australia-Korean Welfare Association	Korean carers	Luncheon with guest speaker	Thu 23 October	Campsie	9718 9589
Australian Nursing Home Foundation	Carers of Stanley Hunt Centre	"Carers pampering program". An outing to the park	Sat 25 October	Centennial Park	9211 9838
Autism Spectrum Australia	Carers of people with autism	"Care for carers day". Meet other carers and enjoy pampering and refreshments	Fri 31 October	North Sydney Leagues Club, Cammeray	8977 8335
Bankstown Handicapped Children Centre	Carers of children with a disability	Relaxation workshop, entertainment and lunch	Sat 11 October	Bankstown Town Hall	0418 455 430

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Group/organisation	Open to	Activity	When	Where	Contact
Bankstown Mental Health Carer Support Group	Support group members	Carers Lunch	Thu 23 October	Canterbury Bankstown Leagues Club	9750 9744
Brain Injury Support Group (St Josephs Hospital)	Carers of people with brain injury	Carers lunch and massage	Wed 8 October	Kiosk Meeting Room, St Joseph's Hospital	9749 0304
CALD Carer Support Group (Transcultural Mental Health Centre)	Spanish carers	"Latino–America morning". Each carer shares their talent and photo exposition	Thu 23 October	SLASA, Fairfield	9681 4956
CALD Parent Support Group (Westlink – Anglicare)	Arabic speaking parents of a child with a disability	Lunch	Mon 13 October	Auburn RSL Club	8805 0912
Can Revive Inc	All carers	"Because I care... a love message". Sending out messages written by patients to all registered carers	Wed 22 October	Can Revive Inc, Sydney	9212 7789
Canada Bay Council	All carers	"Thank you for caring". Author, Cheryl Koenig will speak to carers	Sat 25 October	Burwood RSL	9911 6523
Canley Heights Multicultural Carer Group	Multicultural carers	Carers BBQ and outing to olive farm	Fri 24 October	Ambrosia Olive Farm	9823 7542
Canterbury Multicultural Aged and Disability Support Service	Chinese speaking carers	"Falls prevention" information session with morning tea and light lunch	Wed 26 November	Ashbury Senior Citizens Centre	9718 6199
Cantonese Services Support Group	Cantonese speaking carers	"Chill Out Day for Carers". A trip to the beach and free lunch at a chinese restaurant	Wed 22 October	Meet at Eastwood	9858 3222
Carer Assist	Carers of people with disabilities and mental illness	Lunch	Sat 25 October	West, Ashfield	9750 9744
Carer Support Group of Young Adults with a Disability	Carers of young adults with a disability	Carers weekend away	Fri 24–Sun 26 October	Polding Centre, Camden	9817 0101
Carer Support Group, War Memorial Hospital	All carers	Carers afternoon tea, pampering and relaxation	Tue 21 October	Day Centre, War Memorial Hospital, Waverley	9369 0250
Carer Support Parramatta City Council	All carers	National Carers Week lunch	Mon 20, Thu 23 October	TBA	9806 5125
Carers of Children with a Disability (Coffee Club)	Carers of children with a disability	Carers brunch	Fri 24 October	Wolwich Pier Hotel, Woolwich	9817 0101
Carers Plus Support Group	Carers of children 0–5 years with disabilities	Teddy bear's picnic for carers and their children	Mon 3 November	Holdsworth Community Centre, Woollahra	9302 3600
Carer Writers Group	All carers	Writers group book launch of Holdsworth Carers Stories	Wed 22 October	Holdsworth Community Centre, Woollahra	9302 3600
Cecal Day Care (Canterbury Caring Assoc)	All carers	"Carers chill out day!" Morning tea, relaxation and lunch	Tue 7 October	Earlwood	9554 7124
Centacare Ageing Dementia and Disability Care	Carers of older people	Annual carers lunch with entertainment	Fri 24 October	Bankstown Trotting Club	8778 4222
Central West Motor Neurone Disease Support Group	Carers of people with motor neurone disease, past and present	Special support group meeting at winery	Sun 19 October	TBA	0419 225 594
Chinese Carer Support Group (Cantonese speaking)	Cantonese speaking carers	Half Day bus tour to Wollongong for beach walk and lunch	Tue 14 October	Illawarra Master Builders Club, Wollongong	9542 6292
Chinese Carer Support Group (Mandarin speaking)	Mandarin speaking carers	Half Day bus tour to Wollongong for beach walk and lunch	Tue 14 October	Illawarra Master Builders Club, Wollongong	9542 6292

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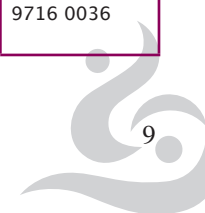


Group/organisation	Open to	Activity	When	Where	Contact
Chinese Carer Group	Chinese carers	Historical bus excursion. Morning tea and lunch provided	Tue 7 October	Canada Bay	9302 3600
Chinese Support Group (Royal Institute for Deaf and Blind Children)	Chinese parents of deaf and blind children	Chinese 'Yum cha' lunch and tai chi demonstration	Fri 24 October	RIDBC campus, North Rocks and North Parramatta	0417 067 099
City of Sydney Council	All carers	Morning tea and guest speakers	Mon 20 October	Redfern Community Centre	9246 7823
Counselling Support Group	All carers	Counselling support group WAM "What about me". A special introductory session	Wed 12 November	Holdsworth Community Centre, Woollahra	9302 3600
Creative Carer Support Group	Carers of children 5-20 years with an intellectual disability	"Creative carers pamper pilot" with massage, belly dancing and food	Tue 28 October	Magnolia Healing Centre, Rose Bay	9302 3600
East Enders Support Group	Carers of parents/partners with memory loss	"East Enders pamper pilot" with massage, belly dancing and food	Mon 3 November	Magnolia Healing Centre, Rose Bay	9302 3600
Families in Partnership Co-op	Carers and families of people with aspergers	"Our community cares" information stall on the role of carers	Fri 24 October	Narellan Town Centre	4648 1593
Family Development Services Inc	All carers	"Care for a cuppa" morning tea for carers	Thu 23 October	Blacktown Library	9620 4194
Family Resource and Network Support Inc	Older parent carers	Luncheon and information session	Mon 20 October	Marrickville	9797 5315
General Carer Social Support Group	All carers	Carers Week picnic lunch with sample bags, music and pampering	Thu 23 October	Hazelhurst Regional Gallery	9542 6292
GRASP Support group for parents of children with ASD	Parents of children with ASD	Dinner at Japanese restaurant	Sun 19 October	Oatley	9533 8115
Greek Carer Support Program	Greek carers	Trip to Kiama for morning tea, sightseeing and lunch	Thu 16 October	Princess Highway, Wollongong West	0417 656 047
Greek Carer Support Groups	Greek carers	Carers bus excursion to olive farm and BBQ lunch	Fri 24 October (TBC)	Ambrosia Olive Farm	9600 8096
Hawkesbury Dementia Carer Support Group	Carers of people with dementia	"Carers Get Together" – a day of relaxation, support and information	Tue 21 October	Christ Church, Springwood	4578 0824, 0434 180 695
Heart and Lung Transplant Support Group	Carers of heart and lung transplant patients	"Thanks giving service for carers" special morning tea	Tue 21 October	St Vincent's Hospital	8382 1111
Hills Autism Support Network	Carers of children with autism	Carers Week luncheon	Tue 21 October	Bull and Bush Hotel Bistro, Baulkam Hills	9659 4960
Hills Carer Support Group	All carers	Lunch	TBA	TBA	8805 0903
Hornsby Shire Council	Older carers	Carers Week lunch with guest speaker Cheryl Koenig	Fri 24 October	Epping Leisure and Learning Centre	9847 6547
Inner West Dementia Carer Support Group	Carers of people with dementia	"Caring for yourself". Naturopath will demonstrate stress management techniques, lunch included	Fri 24 October	Haberfield Library	9767 7888
Inner West Disability Network	Carers of people with disabilities	Lunch	Sat 25 October	West, Ashfield	9748 9912
Inner West Disability Network's Carers Working Party	Multicultural carers of people with a disability	Carers Week lunch – three course meal at modern venue	Sat 25 October	West Ashfield Leagues Club	9716 1842
Inner Western Circle Inc	Carers of young adults with intellectual disabilities	Carers lunch	Sun 19 October	TBA	9642 3320

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Inner Western Circle Inc	Aglo Indian/Indian carers	Carers lunch	Sun 19 October	TBA	9642 3320
Jewish Care	Jewish carers	Morning tea and inspirational talk by experienced carers	Fri 24 October	Aschl House, Woollahra	8305 8008
Khmer Mental Health Carer Support Group	Carers of people with mental illness	Carers BBQ and outing to olive farm	Fri 24 October	Ambrosia Olive Farm	9616 4161
Koorana Child and Family Centre	Carers of a child with a developmental delay or disability	Lunch	Thu 23 October (TBC)	Novotel Brighton-le-Sands (TBC)	9750 4100
Korean Cockatoos	Korean carers of children with a disability	Carers lunch and massage	Tue 21 October	Hawks on Second Avenue Bowling Club, Eastwood	9817 0101
Learning Links	Carers of children 0-18 who have learning difficulties or a disability	Lunch for carers to celebrate their work in the community	Wed 29 October	Menai	8525 8234
Life After Placement Carer Support Group	Carers of older people	Bus outing including morning tea and lunch. Display at Aged Care Building	Thu 2 October	TBA	9722 7300
Magnolia Open Carer Group	All carers	"Magnolia open carers group pamper pilot". Includes meditation, massage, facials and afternoon tea	Wed 8 October	Magnolia Healing Centre, Rose Bay	9302 3600
Mandarin Services Support Group	Mandarin speaking carers	"Chill Out Day for Carers". A trip to the beach and free lunch at a chinese restaurant	Tue 21 October	Meet at Eastwood	9858 3222
Men at Work Support Group	Male carers	"Men at Work" support links seminar	Thu 30 October	Holdsworth Community Centre, Woollahra	9302 3600
Monday Activity Day Care (Canterbury Caring Assoc)	All carers	"Carers chill out day!" Morning tea, relaxation and lunch	Tue 7 October	Earlwood	9554 7124
Mosman Municipal Council Carer Group	Carers who live in the Mosman area	Full day outing to the Norman Lindsay Gallery followed by lunch	Wed 29 October	Blue Mountains	9978 4089
Multicultural Carer Support Group	Multicultural carers from St George and Sutherland Shire areas	Carers week celebration. Gentle exercise, art therapy session and lunch	Wed 8 October	Bexley Community Centre	9597 5455
Multicultural Carer Support Project	Culturally and linguistically diverse Carers	Launch of website resource <i>Working with CALD Carers</i>	Fri 17 October	Newtown Neighbourhood Centre	9552 2014
Northern Beaches Community Services Carers Program	All carers	Brunch	Thu 23 October	Cromer Community Centre	9931 7750
Northern Beaches Community Services Multicultural Carers Program	Multicultural carers	Brunch	Thu 23 October	Cromer Community Centre	9931 7750
Palliative Care Carer Support Group	Palliative carers	Art as therapy for Carers. Morning tea and musical entertainment included	Thu 23 October	Calvary Hospital	9553 3111
Parents of Children with Autism	Parents of children with autism	Morning tea, coffee and cake	Thu 23 October	Scrummie, Oatley	9579 3105
PATH Inc	Carers of people with disabilities	Celebration meal for carers	Fri 17 October	"Top One" Restaurant, Penrith	4721 0866
Pathways Early Childhood Intervention Inc	Carers of children with special needs	Carers gourmet morning tea	Sat 18 October	Jarvie Park, Marrickville	9572 8840
Polish-Australian Welfare Association	Polish carers	Carers celebration dinner at Polish Restaurant	Sun 19 October	Glebe	9716 0036

For more information about any of the events listed please phone the telephone numbers provided.



Group/organisation	Open to	Activity	When	Where	Contact
Ryde Community Mental Health Service	Carers of people with mental illness	Carer and consumer BBQ	Fri 24 October	Cornucopia Café, Gladesville Hospital	9874 3707
So Wai Support Group	Chinese carers of people with dementia	"Cooking fun with healthy food". Cooking demonstration and talk	11 October 2008	So Wai Lifestyle Activity Centre, Burwood	8741 0229
South East Sydney School for Children with Autism	Carers of children with autism	Supper for our parents	Fri 24 October	Surry Hills	0412 783 093
South East Sydney School for Children with Autism P&F Association	Carers of children who attend the school	"Greek Night" fundraising dinner	Fri 24 October	Haldon St Function Centre, Lakemba	0410 877 163
Spanish Carer Support Group St George	Spanish carers	Dinner outing	TBA	Meet at St George Migrant Resource Centre	0404 014 027
Spanish Mental Health Carer Support Group	Spanish carers	Carers BBQ and outing to olive farm	Fri 24 October	Ambrosia Olive Farm	9823 7542
St Anthony's Family Care	Mothers of children with a disability	"Relax-a-morning". Make-up, morning tea and socialising	Sat 25 October	Croyden	9747 5782
St George Carer Support Service	All carers	Lunch and laughter therapy followed by a session to identify carer needs	Thu 23 October	Oatley RSL	9580 0688
St Vincent's Mental Health Services	Carers of people with mental illness	Caritas Mural Project information gathering session	Fri 17 October	Caritas Courtyard, Darlinghurst	8382 1887
Support Group for Carers of Children and Young People with a Disability	Carers of children and young people with a disability	Carers Week picnic lunch with sample bags, music and pampering	Thu 23 October	Hazelhurst Regional Gallery	8536 5700
Support Group for Carers of People with Dementia	Carers of people with dementia	Carers Week picnic lunch with sample bags, music and pampering	Thu 23 October	Hazelhurst Regional Gallery	9542 6292
Sylvanvale Parent Support Group	Carers of children with disabilities	Family picnic day for parents, carers and families	Sat 25 October	Kirrawee	9542 6292
The Burger Centre	Carers of older people	"Caring for the carer". Lunch, guest speaker and entertainment	Mon 27 October	The Burger Centre	8345 9223
The Carer Connection	Carers of older people	Nepean Belle paddle wheeler cruise and morning tea	Wed 22 October	Trench Reserve, Penrith	9832 5417
The Hills Community Health Centre	Chinese carers	"Health with fun". Morning tea, light lunch, gentle activities and games	Sat 25 October	Castle Hill	8853 4500
Vietnamese Carer Support Group	Vietnamese carers	Carers BBQ and outing to olive farm	Fri 24 October	Ambrosia Olive Farm	9823 7542
Western Sydney Autism Support Group	Carers of people with autism	"WSASG carers celebration". Inspirational speaker, lunch, prizes	Tue 21 October	Fairfield	9757 1990
Westlink Respite Services	All carers	"Wash the blues away day". An opportunity to have a facial, a chat, a laugh and relax	TBA	TBA	8805 0909
Willoughby City Council	All carers	Carers lunch with guest speaker and entertainment	Wed 22 October	Dougherty Community Centre, Chatswood	9777 7975
Write to Care	All carers	Authors talk on creative writing	TBA	Customs House, Circular Quay	0421 327 222

For more information about any of the events listed please phone the telephone numbers provided.

For more activities please visit the Carers Week 2008 website www.caresweek.com.au

Carers NSW would like to thank all organisations and groups who have organised an event for Carers Week 2008

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.



More Carers Week activities...

Group/organisation	Open to	Activity	When	Where	Contact
South Eastern Sydney Illawarra NSW Health, Pole Depot Community Centre and Kogarah Council	All carers	Carers lunch & laughter activity	Wed 22 October, 11am - 2pm, \$10 per person	Oatley RSL Club	9580 0688
The Young People in Nursing Homes National Alliance and Maurice Blackburn Pty Ltd, Lawyers	Carers and family of young people with disabilities	Pamper picnic - lunch, information, music, pampering and prizes	Wed 22 October, 12noon-2pm	Federal Park Reserve, Glebe	RSVP by 3 October on 9261 1488
Intellectual Disability Rights Service and Elizabeth Evatt Community Legal Centre	All carers	"Securing the Future" Seminar. Lunch provided	Thu 23 October, 12noon-4.30pm	Springwood Sports Club	RSVP to 4751 5266 ext. 255
South Eastern Sydney Illawarra NSW Health, Illawarra Respite and Carelink Centre, Your Time Carer Counselling and Support	All carers	Carers Day Out!	Tue 21 October, 9.30am-2pm	Illawarra Yacht Club, Warrawong	Bookings essential 1800 059 059 by Mon 6 October
Auburn Centrelink	All carers	Free sausage sizzle and information stall	Thu 23 October, 12noon-2pm	Auburn Centrelink, 5-9 Macquarie Rd, Auburn	
Coffs Harbour Carers NSW	Carers NSW	Lunch, art, music, poetry and stories	Mon 20 October, 10.30am-2pm	Norm Jordan Pavilion, Coffs Harbour	6650 0512