

# Carers Week 2008

## 19 October to 25 October

### Calendar of Events

<b>Northern Network</b>	
<b>Monday 20 October</b>	
The Junction Neighbourhood Centre Contact: 9349 8200	Spanish Carnivale Carers Day for Spanish speaking carers of people with mental health issues – Centennial Park
Little Bay Coast Centre for Seniors Contact: 9311 4886	Celebratory Morning Tea for Older Carers 11.00am to 1.00pm
<b>Tuesday 21 October</b>	
St Vincent's Hospital Social Work Department Contact: 8382 2423	Carers morning tea – guest speakers 10.30am
Holdsworth Community Centre and Services Contact: 9302 3600	Carer Book Launch for carers accessing the centre 'Opening the Doors – The Hidden Life of Carers' 10.00am to 12.00pm
<b>Wednesday 22 October</b>	
Prince of Wales Hospital Social Work Department Contact: 9382 5162	Carers lunch for carers of spinal patients
Headeast – Eastern Sydney Acquired Brain Injury Community Access Service Inc. Contact: 8347 2333	Carers Celebration Morning Tea for carers of a person with acquired brain injury Randwick Community Centre 11.00am to 2.00pm
<b>Friday 24 October</b>	
SESIH Family and Carer Mental Health Program Contact South Eastern Sydney Respite & Carelink Centre 1800 059 059	Carers Week function – pampering, relaxation, entertainment, lunch Magnolia Healing Centre 12.00pm to 4.00pm
<b>Wednesday 29 October</b>	
SESIH Health Promotion service – Falls Injury Prevention Contact: Gurdive Webster 9947 9834	The Older Carer Expo Randwick Community Centre 11.00am to 2.00pm
<b>November and December</b>	
Sunnyfield Maroubra Contact: 9315 5730	Family Care Workshops for Ageing Carers of a person with disability 'What about me - A Guide to Caring' Randwick Community Centre 9.30am to 2.30pm 5/11, 12/11, 19/11, 26/11, 3/12, 10/12

<b>Central Network</b>	
<b>Wednesday 8 October</b>	
St George Multicultural Resource Centre CALD Carers Project Contact: 9597 5455	Carers Week celebration for carers living in St George & Sutherland Shire Bexley Community Centre 10.00am to 2.00pm
<b>Monday 20 October</b>	
SESIH Sutherland Heart and Lung Team Contact: 9540 7049	Carers forum for carers of people with chronic heart and lung disease Sutherland Hospital 10.00am to 2.00pm
Sutherland Shire Carer Support Service Contact: 9542 6292	Carers Lunch
<b>Tuesday 21 October</b>	
Counselling and Retraining for Employment (CARE) Contact: 9745 1529	Mindfulness Meditation for carers of people with a mental illness – in English St John's Anglican Church Rockdale 2.00pm to 4.00pm
<b>Wednesday 22 October</b>	
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SESIH Sutherland Heart and Lung Team Contact: 9540 7049	Carers forum for carers of people with chronic heart and lung disease Sutherland Hospital 10.00am to 2.00pm
SESIH Carer staff - St George Hospital Contact: Grahame Colditz 9947 9854	Barbecue and multicultural treats for carers 12.00pm to 2.00pm
<b>Thursday 23 October</b>	
SESIH Family and Carer Mental Health Program Contact South Eastern Sydney Respite & Carelink Centre 1800 059 059	Carers week function – Presentation from Dr Annemaree Bickerton Recognising Emotions – “Turning Feeling Frazzled into Fantastic”, entertainment, lunch St George Leagues Club 10.00am to 3.30pm
SESIH Sutherland Heart and Lung Team Contact: 9540 7049	Carers forum for carers of people with chronic heart and lung disease Sutherland Hospital 7.00pm to 9.00pm
Pole Depot Community Centre Contact: Amal Madani 9580 0688	Carers Laughter and Lunch day – St George Carers
Sutherland Shire Carer Support Service Contact: 9542 6292	Carer Picnic Hazelhurst Community Gallery 12.00pm to 2.00pm

<b>Central Network</b>	
<b>Friday 24 October</b>	
Calvary Health Care Sydney  Contact: 9553 3498	Carers Pamper Day for carers of inpatients & outpatients
<b>Tuesday 28 October</b>	
Sutherland Shire Carer Support Service Contact: 9542 6292	Carers Dinner – targeting working carers 7.00pm to 9.00pm
<b>Wednesday 29 October</b>	
Learning Links  Contact: 8525 8227	Celebrating the Work of Special Carers in our Community for carers of children (0-18) who have learning and development disabilities in St George & Sutherland areas. Dinner at Menai Club

<b>Southern Network – Wollongong, Shellharbour, Kiama</b>	
<b>Monday 29 September</b>	
Illawarra Ethnic Communities Council	CALD Carers Dinner – Nutrition information
<b>Tuesday 14 October</b>	
Wollongong Hospital Renal Carers Support Group Contact: 4222 5443	Support group meeting and lunch Master Builders Club 10.00am to 1.30pm
<b>Sunday 19 October</b>	
Illawarra Respite and Carelink Centre Mental Health Respite Program  Contact: 1800 059 059 or 0411 230 881	Good Physical Health for Good Mental Health – Activities & Entertainment Hindmarsh Park Kiama 10.00am to 2.00pm
<b>Monday 20 October</b>	
SESIH Family and Carer Mental Health Program  Contact: 4220 7900	Carers week function – Presentation from Dr Annemaree Bickerton Recognising Emotions – “Turning Feeling Frazzled into Fantastic” entertainment, lunch Wollongong Golf Club 10.00am to 3.30pm

<b>Southern Network – Wollongong, Shellharbour, Kiama</b>	
Warrigal Care Community Services Contact: 42308109	Carers Pampering Day – morning tea, information on managing dementia with challenging behaviour, lunch, pampering activities Warrigal Day Respite Centre 10.30am to 3.30pm
Wollongong Hospital	Information display in foyer – all week
<b>Tuesday 21 October</b>	
Italian Social Welfare Organisation of Wollongong Contact: 4228 8222	'Its Your Turn to be Cared For' for Italian carers Lunch, pampering, information ItSoWel Community Hall
SESIH Carer Program, Illawarra Carelink and Respite Centre, Your Time Carer Counselling Service	Carers Day Out Illawarra Yacht Club 9.30am to 2.00pm (fully booked)
<b>Wednesday 22 October</b>	
Headway Illawarra Contact: 4226 4179	Carers Lunch for carers of Headway clients
Shellharbour City Council Contact: 4257 9036	Health & Wellbeing for Carers of Seniors – information, pampering, afternoon tea Oak Flats Community Centre 1.30pm to 3.30pm
Cringila Community Cooperative Contact: 42744033	Recognising Hidden Carers in CALD Communities – information, lunch, pampering 9.00am to 3.00pm Panorama House
Kiama Hospital	Information Kiosk for staff, carers and visitors, afternoon tea
<b>Thursday 23 October</b>	
SESIH Illawarra Brain Injury Service Contact: 4223 8484	Fun and Frivolity Day for carers of a person with brain injury IBIS – Port Kembla Hospital Fun activities, information, lunch 10.30am to 1.30pm
SESIH Illawarra Women's Health Centre Contact: 4255 6800	Food Labels: What Do They Mean 10.00am to 12.00pm 5.30pm to 7.30pm Womens Health Centre
United Care Ageing – South Eastern Region Contact: 4272 1766	Networking afternoon tea & entertainment for carers of United Care services and the community 1.30pm to 3.30pm
Illawarra Respite and Carer Support Forum	Carers Week Dinner Warilla Bowls & Recreation Club (fully booked)

<b>Southern Network – Wollongong, Shellharbour, Kiama</b>	
Relationships Australia Contact: 4221 2000	Partners in caring – Caring for the Carer Seminar 6.30pm to 8.30pm Relationships Australia
<b>Friday 24 October</b>	
Interchange Illawarra Contact: 42 271079	Parents/Carers Luncheon for carers of children with disability or chronic illness under 18 yrs Towradgi Beach Hotel
Shellharbour City Council Contact: 4257 9036	Launch of the United Koori Elders Social Club – Lunch & entertainment Warilla Senior Citizens Centre 11.30am to 1.30pm
<b>Tuesday 28 October</b>	
SESIH Carunya Day Therapy Centre Contact: 42971011	Carers Luncheon for carers in Shellharbour, Kiama, Shoalhaven areas Gerroa Fishermen's Club 12.00pm to 2.30pm
<b>Thursday 30 October</b>	
Essential Personnel Contact: 42831166	'With Love from Me to You' for carers of clients of day program Morning tea, pampering , lunch
<b>November</b>	
Relationships Australia Contact: 4221 2000	Partners in caring – caring for the Carer – group sessions 29/10, 5/11, 12/11, 19/11, 26/11 9.30am to 12.30pm Jamberoo Valley Lodge

<b>Southern Network – Shoalhaven</b>	
<b>Thursday 16 October</b>	
Shoalhaven Community College School of Beauty Therapy Bomaderry Contact: Kay 02 4423 0351	Pampering for Carers Massage/pedicure/facial 1hr appointments
<b>Wednesday 22 October</b>	
Shoalhaven Support Services Network and SESIH Contact: SDMH Rehab Reception 02 44239701 (numbers limited, booking essential)	Carers Day Out Leisure, lunch & Info sharing Shoalhaven Entertainment Centre Nowra 9.30am – 2.00 pm
Shoalhaven Palliative Care Services Inc	Launch of Information Packages for Carers and Volunteers

<b>Southern Network – Shoalhaven</b>	
<b>Thursday 23 October</b>	
Shoalhaven Community College School of Beauty Therapy  Contact: Kay 02 4423 0351	Pampering for Carers Massage/pedicure/facial 1 hr appointments
<b>Monday 27 October</b>	
David Berry Hospital Rehabilitation Service Contact: DBH reception Leanne McCloud 02 4464 1001	Rehab. Carers Mini Summit Info. sharing and afternoon tea  1.00 am - 3.00 pm
<b>Wednesday 29th October</b>	
Milton Ulladulla Hospital Contact: Madeline Makeham 02 44549141	Carers Pampering Day 10.00 am – 2.00 pm
<b>Thursday 30th October</b>	
Bay & Basin Community Resources Inc Contact: Michelle 02 4443 3434 or 02 4422 742202	Focus on Carers Lunch St. Georges Basin  10.00 – 2.30pm
<b>Friday 31st October</b>	
Shoalhaven Hospital Rehabilitation Service  Contact: DBH Reception Leanne McCloud 02 4464 1001	Rehab. Carers Mini Summit at the Showground Nowra Info. sharing and afternoon tea  1.00 pm - 3.00pm
<b>Tuesday 11<sup>th</sup> November</b>	
Shoalhaven Carers Group  Contact: Jane Ewins 02 4423 1018 “Your Time” Carer Counsellor	Guest speakers, info. sharing and morning tea Salvation Army Hall Cnr St Anne & Salisbury St. Nowra 10.00 – 12.00pm