

# CARERS WEEKEND away

**Mittagong Mineral Springs Resort**  
19th — 21st November 2010  
Friday 3:00 pm to Sunday 4:00 pm



Do you care for a family member, a relative or a friend with a disability, dementia, mental health issues or problems of frail age?

If you do, you may be eligible for the Carers Weekend Away.

This experience may be an opportunity for you to take a break from your caring role and give you a chance to unwind and relax in an atmosphere of support and friendship.

**Places will be allocated according to strict selection criteria.  
Preference will be given to Carers who have not taken a break before  
and who live in the St George area.**

**Cost \$50.00, lunches and drinks at own expense.**

**RSVP by Friday 5th November**

*For more information or to register, contact  
Carers Support Team on 9580 0688*

**Assistance with Respite can be provided.**

**Pole Depot Community Centre Incorporated**

23 St Georges Road, (PO Box 152), Peshurst 2222

Phone: (02) 9580 0688 Fax: (02) 9580 4487

Email: [amal.madani@poledepot.org](mailto:amal.madani@poledepot.org)

Web: [www.poledepot.org](http://www.poledepot.org)