



Carers NSW  
Australia

NATIONAL

CARERS  
WEEK

13-19 OCTOBER

2019

EVENTS CALENDAR

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
<b>Central Coast</b>					
All in Gaming	Children (under 18 years of age) with a disability	Carers Day	Saturday, 19 October 2019	The Hive at Erina Fair Terrigal Drive Erina	Brennan 0412 134 374
Autism Central Coast	All	Caring for Our Carers Morning Tea	Saturday, 19 October 2019	Autism Central Coast Inc 3 Pioneer Ave Tuggerah	Kylie 0410 918 100
Central Coast Arafmi	People living with mental illness	Morning Tea at the Movies	Thursday, 17 October 2019	Avoca Beach Movie Theatre 69 Avoca Drive Avoca Beach	By invitation only
Central Coast Local Health District	People living with a chronic illness	Morning Tea and Expo	Friday, 18 October 2019	Meeting Space 3 Erina Centre Erina Fair Terrigal Drive Erina	Tia 0423 153 196
Central Coast Prostate Cancer Support Group	People living with a serious or terminal illness	Carer Morning tea	Friday, 25 October 2019	Aroma's On Sea 40 Terrigal Esplanade Terrigal	Jacqui 02 4367 9600
Erina Community Men's Shed	Ageing people	First Aid Workshop	Thursday, 17 October 2019	Erina Community Men's Shed 6 Carlton Road Erina	Greg 0400 604 231
Family and Carer Mental Health Program	People living with mental illness	Celebrating Carers 2019	Monday, 14 October 2019	The Wyong Milk Factory Café 141 Alison Road Wyong	David 0468 970 920
Jigsaw Autism Services	Children (under 18 years of age) with a disability	The Planet Jassi Show	Saturday, 19 October 2019	Jigsaw Autism Services Unit 13/19 Reliance Drive Tuggerah	Joanne 0431 661 484
Me Well	People living with mental illness	Mental Health and Wellbeing High Tea	Thursday, 17 October 2019	Me Well Central Coast Unit 2/5 Colony Close Tuggerah	Nicole 02 8416 1180
Meals on Wheels Central Coast	Ageing people	Pamper Your Carer	Thursday, 17 October 2019	Meals On Wheels Central Coast 6/10 Pioneer Avenue Tuggerah	Leesa 02 4357 8444
Men Care Too	People living with a chronic illness	Community BBQ with The Entrance Men's Shed	Wednesday, 16 October 2019	The Entrance Men's Shed 15 Battley Ave The Entrance	Greg 02 4006 4231
MND Carer Support Central Coast	People living with a serious or terminal illness	Carer Support Lunch	Thursday, 17 October 2019	Gosford Narrara Neighbourhood Centre 2 Pandala Road Narara	Kate 02 8877 0902
MyTime	Children (under 18 years of age) with a disability	MyTime: Caring for You	Monday, 14 October 2019	Erina Fair Library Meeting Space 2 Unit AZO2, 620-658 Terrigal Drive Erina	By invitation only

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Neami National	People living with mental illness	Neami Celebrates Mental Health Carers	Wednesday, 16 October 2019	Swadling Park 203 Bay Rd Toowoomb Bay	Nicole 02 8416 1180
Northern Settlement Services	Ageing people	Carers Morning Out at Ken Duncan Gallery	Thursday, 17 October 2019	Ken Duncan Gallery & Sanctuary Cafe 414 Central Coast Highway Erina Heights	Kellie 02 4340 1111
PlayConnect	Children (under 18 years of age) with a disability	A Morning of Mindfulness	Friday, 18 October 2019	Coastwide Child And Family Services 1/21 Justfrute Drive West Gosford	Kellie 02 4340 1111
Professional Care Supports	Adults (over 18 years of age but under 65 years of age) with a disability	Connections	Saturday, 19 October 2019	TBC	Catherine 044 700 386
<b>Far West</b>					
Coonamble Meals on Wheels	Ageing people	Carers Morning Tea	Thursday, 17 October 2019	The Hub 2 Namoi Street Coonamble	Julia 0419 607 312
Lifeline Broken Hill Country to Coast	All	Take Time to Smell the Flowers	Tuesday, 15 October 2019	Lifeline Connect Centre 194 Argent Street Broken Hill	Meg 08 8087 3409
Walgett Shire Council	Children (under 18 years of age) with a disability	Walgett Shire Council Carers Event	Saturday, 19 October 2019	Lions Park Gwydir Highway Collarenebri	Stephen 02 6828 6107
<b>Hunter/New England</b>					
Adults Needing Supported Accommodation (ANSA)	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Day Out	Tuesday, 15 October 2019	Deck 56, 54 Brooks Parade Belmont	By invitation only
Ailsa Craig Cottage	People living with dementia	High Tea	Thursday, 17 October 2019	Ailsa Craig Cottage 145 Lindsay Street Hamilton	Amanda 02 4963 6356
Armidale District MS Branch	People living with a chronic illness	Thank You to Our Carers	Wednesday, 9 October 2019	Bendemeer Hotel Bristro 112-130 Caroline Street Bendemeer	By invitation only
Armidale Support Group for Mental Health Carers	People living with mental illness	High Tea in the Garden and Music	Sunday, 20 October 2019	Blue Wren Creekside Cafe 113 Milne Road Armidale	Isabelle 0400 463 171
Aspect Hunter School Parents	Children (under 18 years of age) with a disability	Thank You Day	Wednesday, 16 October 2019	Aspect Hunter School 3 Koorablyn St Thornton	By invitation only

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Autism Friendly Puzzle House	Children (under 18 years of age) with a disability	Puzzle House Annual Dinner	Friday, 18 October 2019	Wests New Lambton 88 Hobart Road New Lambton	Jennifer 0432 861 867
Bullimbal School P&C	Children (under 18 years of age) with a disability	Family Morning Tea and Assembly	Friday, 18 October 2019	Bullimbal School 18-36 Degance Street Tamworth	Robyn 0413 957 101
Carers Group Warialda MPS	All	Carers BBQ Lunch	Friday, 11 October 2019	Warialda MPS 146 Long St Warialda	Teresa 02 6728 9000
Cessnock Hospital Volunteers	All	Here for the Carers 2019	Monday, 14 October 2019	Cessnock District Hospital 24 View Street Cessnock	Kim 0414 674 044
Commonwealth Home Support Program	Ageing people	Luncheon	Thursday, 17 October 2019	Reedy Creek Cafe 50 Hope, Warialda	By invitation only
Creatives Collective ARI	All	High Art Tea	Wednesday, 16 October 2019	Space Gallery and Creative Place 41 Dalgarno Coonabarabran	Allison 0412 729 756
Dungog & District Neighbourcare	All	Carer Lunch... It's Your Time	Wednesday, 16 October 2019	Stanley Park House 77 Fullerton Cove Road Fullerton Cove	Cherylin 02 4992 3348
Everymind	People living with mental illness	Mental Health Care Fair: For people who care for someone with mental ill-health	Thursday, 17 October 2019	The Station Cnr Scott and Watt St Newcastle	Zoi 02 4924 6907
Families Supporting Families	Children (under 18 years of age) with a disability	Carers Dinner	Friday, 25 October 2019	Noah's On The Beach 29 Zaara Street Newcastle	Eilis 0437 310 288
Fresh Hope Care Maitland Carer Support Group	Ageing people	Celebrating Maitland's Carers	Wednesday, 16 October 2019	East Maitland Bowling Club and Billabongs Restaurant 1 Banks Street East Maitland	Robyn 0438 534 905
Gunnedah Carers Support Group	All	Dinner Outing	Thursday, 17 October 2019	Gunnedah Services Club 313 Conadilly St Gunnedah	Lisa 0428 424 032
Gunnedah Meals on Wheels Association	Ageing people	Caring for Our Carers	Sunday, 13 October 2019	Parkview Hotel 141 Conadilly Street Gunnedah	Colleen 02 6742 4858
Hunter Connect Families	Children (under 18 years of age) with a disability	Carer Cuppa	Wednesday, 16 October 2019	Red Frog For Families Cardiff Clinic 13 Kelton Street Cardiff	Rachael 0431 221 512
Hunter River Community School	Children (under 18 years of age) with a disability	Carers Appreciation Morning tea	Friday, 25 October 2019	Hunter River Community School 17 Melaleuca Drive Metford	By invitation only

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iAbility Arts	Adults (over 18 years of age but under 65 years of age) with a disability	Thank You Lunch	Friday, 18 October 2019	Relaxing Cafe 6/75 Heber St Moree	Byron 0414 995 458
Kurri Kurri Hospital	All	Here for the Carers 2019	Monday, 14 October 2019	Kurri Kurri Hospital 434 Lang Street Kurri Kurri	Kim 0414 674 044
Lake Macquarie Mental Health Services Care & Share Group	People living with mental illness	Carer Luncheon	Thursday, 17 October 2019	Belmont 165 The Parage Belmont	Catherine 0431 211 568
Liverpool Plains Shire Council	Ageing people	National Carers Week Luncheon	Wednesday, 16 October 2019	Rose Lee Park Loder Street Quirindi	Clare 02 6768 7505
Mai-Wel	Adults (over 18 years of age but under 65 years of age) with a disability	National Carers Week Thank You Morning Tea	Tuesday, 15 October 2019	Mai-Wel Labourforce Solutions (Office) Unit 6, 555 High Street Maitland	Bronwyn 02 4057 2900
MND Support Group Newcastle and Hunter Valley	People living with a serious or terminal illness	Carers Morning Tea	Wednesday, 23 October 2019	Hunter Dementia And Memory Resource Centre 2 Percy Street Hamilton	Karen 0426 246 489
Moree Care	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Lunch	Friday, 18 October 2019	Moree	By invitation only
MyTime Raymond Terrace	Children (under 18 years of age) with a disability	Get Time for Yourself	Thursday, 17 October 2019	Thou Walla Family Centre 21 Geer Street Raymond Terrace	Mytime 0499 278 635
Naroo Frail Aged Care Hostel	Ageing people	Carers BBQ Celebration	Wednesday, 16 October 2019	Naroo Frail Aged Care Hostel 152 Long Street Warialda	Sharon 02 6729 1314
Newcastle Parkinson Support Group	People living with a chronic illness	Lunch at Poppies	Wednesday, 16 October 2019	Poppies Cafe 83 Oakdale Rd, Gateshead	By invitation only
NovaCare	Ageing people	Lake Macquarie Cruise	Tuesday, 15 October 2019	Novacare Unit 1, 33 Newton Street Broadmeadow	Amanda 02 4963 6356
NovaCare Milpara	Ageing people	Strength, Balance, Relax	Wednesday, 16 October 2019	Novacare Milpara 26-30 Caldwell Street Merewether	Amanda 02 4963 6356
NovaCare Swansea	Ageing people	High Tea	Tuesday, 15 October 2019	Novacare Swansea 30 Josephson Street Swansea	Amanda 02 4963 6356
Playgroup NSW	Children (under 18 years of age) with a disability	Workshop and Pamper Day	Sunday, 20 October 2019	Medowie Community Center 44 Ferodale Road Medowie	Tracy 0410 476 128

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Playgroup NSW MyTime Peer Support Woodberry	Children (under 18 years of age) with a disability	Carers Pamper Day	Tuesday, 15 October 2019	Woodberry Public School Lawson Avenue Woodberry	Tracy 0410 476 128
Riding for the Disabled	Children (under 18 years of age) with a disability	Carers Morning Tea	Monday, 14 October 2019	RDA Raymond Terrace & Lower Hunter 3219 Pacific Highway Raymond Terrace	Alison 0419 546 435
Special Olympics North West New England	Adults (over 18 years of age but under 65 years of age) with a disability	Dinner for Carers	Monday, 14 October 2019	Armidale City Bowling Club 92 - 96 Dumaresq St Armidale	Kirsty 0410 923 797
Spunks Group	Children (under 18 years of age) with a disability	Mamma Mia at the Civic Theatre	Friday, 25 October 2019	Civic Theatre Hunter Street Newcastle	By invitation only
Tamworth Mental Health Carers Support Group	People living with mental illness	Luncheon at Carmens Restaurant	Monday, 21 October 2019	Carmens Restaurant 2-24 Spains Lane Kingswood	Diane 0418 652 976
The Jaspa Jimmieson Appeal	Children (under 18 years of age) with a disability	Ladies High Tea	Saturday, 2 November 2019	Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen	Paula 02 4943 1160
The Jaspa Jimmieson Appeal	Children (under 18 years of age) with a disability	Mens BBQ	Saturday, 2 November 2019	Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen	Paula 02 4943 1160
The Maitland Hospital Volunteers	All	Here for the Carers 2019	Monday, 14 October 2019	The Maitland Hospital 550-560 High Street Maitland	Kim 0414 674 044
Tomaree Neighbourhood Centre - Autism Support Group	Children (under 18 years of age) with a disability	Mindfulness for Carers	Tuesday, 15 October 2019	Tomaree Neighbourhood Centre - Lilly Pilly Room 7 Community Close Salamander Bay	Clare 0449 600 357
Tomaree Parkinsons Support Group	People living with a chronic illness	Pampering Luncheon	Friday, 18 October 2019	The Deck Restaurant 1/2 Sunset Blvd Soldiers Point	Laurelle 0412 889 071
Total Access Support	Adults (over 18 years of age but under 65 years of age) with a disability	Social Get Together	Friday, 25 October 2019	Lemon Tree Bowling Club Gould Dr Lemon Tree Passage	Pamela 02 4984 9994
Upper Hunter Mental Health Carers Support Group	People living with mental illness	Carers Movie Day Out	Tuesday, 15 October 2019	Muswellbrook Cinema 15 Sydney Street Muswellbrook	Cheryl 0403 480 842
Upper Hunter Special Needs Community	Children (under 18 years of age) with a disability	Mens Carer Respite Retreat	Saturday, 2 November 2019	Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen	Paula 02 4943 1160

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Upper Hunter Special Needs Community	Children (under 18 years of age) with a disability	Ladies Carer Respite Retreat	Saturday, 2 November 2019	Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen	Paula 02 4943 1160
Upper Hunter Special Needs Community	Children (under 18 years of age) with a disability	Young Carer Movie Day	Saturday, 2 November 2019	Muswellbrook Cinema 12-15 Sydney Street Muswellbrook	Paula 02 4943 1160
<b>Illawarra/Shoalhaven</b>					
MyTime Bay and Basin	Children (under 18 years of age) with a disability	Carers Week Dolphin Cruise and Picnic	Thursday, 17 October 2019	Huskisson Wharf 1 Currumbene Street Huskisson	By invitation only
BBCRI Carer Support Group	People living with dementia	Carers Day BBQ	Thursday, 24 October 2019	South Coast Community Centre 130 Mcleans Point Rd Sanctuary Point	Jenny 02 4443 3434
Blue Haven Care	Ageing people	Carer Support Group Lunch	Friday, 11 October 2019	Joyce Wheatley Community Centre Cnr Terralong & Collins Street Kiama	By invitation only
Carers Connect Support Group	People living with a serious or terminal illness	Carers Week Luncheon	Monday, 14 October 2019	The Lagoon Restaurant Stuart Park, George Hanley Dr Wollongong	By invitation only
CatholicCare Wollongong DEADLY SIBS	Children (under 18 years of age) with a disability	Carer Retreat Day	Saturday, 19 October 2019	CatholicCare Wollongong 25-27 Auburn Street Wollongong	Rodney 0459 163 327
CatholicCare Wollongong Saturday SIBS Club	Children (under 18 years of age) with a disability	Carer Retreat Day	Saturday, 19 October 2019	CatholicCare Wollongong 25-27 Auburn St Wollongong	By invitation only
CatholicCare Wollongong TeenSIBS	Children (under 18 years of age) with a disability	TeenSIBS Carer Activity	Saturday, 19 October 2019	CatholicCare Wollongong 25-27 Auburn St Wollongong	By invitation only
Dementia Australia	People living with dementia	Carers Luncheon	Wednesday, 2 October 2019	Tomakin Sports And Recreation Club 71 Sunpatch Pde Tomakin	By invitation only
Dementia Australia, Dementia Advisory Service, Goulburn/Upper Lachlan	People living with dementia	Carers Week Morning Tea	Wednesday, 9 October 2019	Goulburn Soldiers Club Market St Goulburn	Jane 02 4869 5651
Dementia Australia, Dementia Advisory Service, Wingecarribee	People living with dementia	Carers High Tea	Tuesday, 15 October 2019	Tea Salon, Your Vintage Occasion 15 Banyette Street Bowral	Katie 02 4869 5651
Eurobadalla Parkinson's Support Group	People living with a chronic illness	Carers Shared Meal	Monday, 14 October 2019	Narooma NSW 4 Farncombe Avenue Narooma	Joy 0403 223 370

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Illawarra Brain Injury Service	Adults (over 18 years of age but under 65 years of age) with a disability	Family and Carers Wellness Event	Wednesday, 16 October 2019	Illawarra Brain Injury Service - Port Kembla Hospital Fairfax Road Warrawong	By invitation only
ISLHD Carer Program	All	Dapto Carer Workshop	Tuesday, 22 October 2019	93-109 Princes Highway Dapto	Carla 0422 004 119
ISLHD Carer Program	All	Carer Education Program	Tuesday, 29 October 2019	Dapto Ribbonwood Centre Princes Highway Dapto	Evelyn 0421 099 005
IWHC Carer Support Group	All	Carers Luncheon	Tuesday, 15 October 2019	The Oak Hotel 249 Princes Highway Albion Park Rail	Grace 0419 209 175
Kiama Carers Group	People living with mental illness	A Day at the Theatre	Sunday, 13 October 2019	The Roo Theatre Corner Of Addison & Wentworth Street Shellharbour	Sarah 0402 338 632
Macedonian Carer Support Group	Ageing people	Rhododendron Gardens Picnic on the Lawn	Tuesday, 15 October 2019	Rhododendron Gardens Mt Keira Rd Mount Pleasant	Rada 02 4275 2266
MCCI Arabic Speaking Carers	Ageing people	Carers Have Talent Luncheon	Wednesday, 16 October 2019	Portuguese Association 127-129 Flagstaff Rd Warrawong	Anica 02 4229 7566
MCCI Multicultural Dementia Carers Support Group	Ageing people	Carers Have Talent Luncheon	Wednesday, 16 October 2019	Portuguese Association 127-129 Flagstaff Rd Warrawong	Anica 02 4229 7566
MCCI Portuguese Carers	Ageing people	Carers Have Talent Luncheon	Wednesday, 16 October 2019	Portuguese Association 127-129 Flagstaff Rd Warrawong	Anica 02 4229 7566
Mental Health Carers ARAFMI Illawarra	People living with mental illness	Carer Relaxation and Recharge Day	Saturday, 19 October 2019	17a Princes Hwy Fairy Meadow	Toni 0417 961 431
MND Support Group Illawarra	People living with a serious or terminal illness	Carers Morning Tea	Monday, 14 October 2019	TBC	Karen 0426 246 489
Moss Vale Wellbeing Support Group	All	Caring for the Carer	Friday, 18 October 2019	Moss Vale Arcade 348-354 Argyle St Moss Vale	By invitation only
Nowra Carers Support Group	People living with mental illness	A Day at the Theatre	Sunday, 13 October 2019	The Roo Theatre Corner Of Addison & Wentworth Street Shellharbour	Sarah 0402 338 632
Nowra Stroke and Carers Group	Adults (over 18 years of age but under 65 years of age) with a disability	Luncheon for carers	Wednesday, 16 October 2019	Eastern Tiger Restrauant 149 Junction St Nowra	Teresa 02 4422 1353



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Off Our Rockers	All	South Coast Ramble	Tuesday, 15 October 2019	11-13 Burelli Street Wollongong	By invitation only
Para Meadows P&C	Children (under 18 years of age) with a disability	Carers Luncheon	Wednesday, 16 October 2019	Rashays Casual Dinning 2/4 Stafford Street North Wollongong	By invitation only
Port Kembla Hospital Carer Support Group	All	Port Kembla Hospital Carer Support Group Wellness Day	Monday, 21 October 2019	Wollongong Golf Club Corrimal St Wollongong	Evelyn 0421 099 005
Portuguese Carer Support Group	Ageing people	A Day For Us	Tuesday, 15 October 2019	Sth Coast Portuguese Association 127 Flagstaff Road Warrawong	Angela 02 4274 3664
Serbian Carer Support Group	Ageing people	Rhododendron Park Picnic on the lawn	Tuesday, 15 October 2019	Rhododendron Park Parrish Avenue Mount Pleasant	Verica 02 4275 2266
Shellharbour City Council	All	Carers Wellbeing Seminar and Pampering Session	Tuesday, 15 October 2019	Shellharbour Civic Centre 76 Cygnet Avenue Shellharbour City Centre	Narelle narelle.williams@shellharbour.nsw.gov.au
Shoalhaven Brain Injury Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Bush Walk and BBQ Lunch	Thursday, 17 October 2019	Bens Walk 5 Junction St Nowra	Jennifer 0458 233 777
Shoalhaven Parkinson's Support Group	People living with a chronic illness	Bundanon Day Visit	Wednesday, 16 October 2019	Bundanon Trust Bundanon Property 533 Bundanon Road Illaroo	By invitation only
Shoalhaven Shakers Nowra	People living with a serious or terminal illness	Carers Luncheon	Wednesday, 16 October 2019	The Dish And The Spoon Cafe 1A Senic Drive Nowra	By invitation only
Thirroul Carers Support Group	People living with mental illness	Carers Lunch Get Together	Monday, 14 October 2019	Thirroul District Library 352-358 Lawrence Hargeaves Drive Thirroul	Sarah 0402 338 632
Ulladulla Carer Support Group	People living with mental illness	Carers Week Luncheon	Friday, 18 October 2019	Mollymook Golf Club 72 Golf Ave Mollymook	Sarah 0402 338 632
Warilla Carers Support Group	People living with mental illness	Arts Therapy for Carers	Tuesday, 15 October 2019	Aftercare Family & Carer Program Level 1, 110 Gipps Street Wollongong	Sarah 0402 338 632
Wollongong Evening Carers Support Group	People living with mental illness	Carers Self Care Evening	Thursday, 17 October 2019	Aftercare Family & Carer Program Level 1, 110 Gipps Street Wollongong	Sarah 0402 338 632

## Mid North Coast

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Autism Community Network	All	Northern Beaches Support Group Carers Lunch	Tuesday, 15 October 2019	TBC	Steve 0431 724 229
Bellingen Mental Health Carer Support Group	People living with mental illness	BBQ Boat Cruise	Wednesday, 16 October 2019	Nambucca Heads 86 Pacific Hwy Nambucca Heads	Shelley 02 6658 7831
Cafe Connect	People living with dementia	Morning Tea	Wednesday, 16 October 2019	Shearwater Cafe 321 Harbour Drive Coffs Harbour	Margaret-Anne 02 6584 7444
Coffs Coast Carer Support Group	All	Carers Day Out	Wednesday, 16 October 2019	The Studio 422 Gleniffer Road Bonville	Pamella 02 6653 4139
Coffs Harbour Grandparents Raising Grandchildren Support Group	People with drug and/or alcohol dependency	Fun Day & Picnic by the Sea	Wednesday, 9 October 2019	Urunga Board Walk 2 Morgo St Urunga	Joy 0448 526 280
Coffs Harbour Mental Health Carers Support Group	People living with mental illness	Carers Lunch	Tuesday, 5 November 2019	Coffs Harbour	Yvonne 02 6652 8633
Coffs Harbour Stroke Recovery Club	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Lunch	Friday, 18 October 2019	Raleigh Winery 36 Queen Street Raleigh	James 0412 797 250
Coffs Mental Health Social Group	People living with mental illness	Luncheon on the Water	Monday, 14 October 2019	TBC	Helen 0429 489 426
Dementia Australia	People living with dementia	Carers High Tea	Monday, 14 October 2019	Bent on Food 95 Isabella Street Wingham	Robert 0427 260 155
Dementia Australia Coffs Harbour Carer Support Group	People living with dementia	Morning Tea	Tuesday, 15 October 2019	Park Beach Surf Club 23 Surf Club Road Coffs Harbour	Margaret-Anne 02 6584 7444
Dementia Australia Forster Carer Support Group	People living with dementia	Carers Luncheon	Tuesday, 15 October 2019	Club Forster 19 Strand Street Forster	Robert 0427 260 155
Dementia Australia Friends and Leisure Group Hastings District	People living with dementia	Garden Party Luncheon	Tuesday, 8 October 2019	Dementia Australia Memory Garden 121 Bridge Street Port Macquarie	Margaret-Anne 02 6584 7444
Dementia Australia South West Rocks Carer Support Group	People living with dementia	Carer Support Group Lunch	Wednesday, 2 October 2019	Riverside Tavern 92 New Entrance Road South West Rocks	By invitation only
Early Connections Coffs Coast	Children (under 18 years of age) with a disability	Butterfly House	Friday, 18 October 2019	Bonville 5 Strouds Rd, Bonville	By invitation only
Family & Carer Mental Health Program Hastings/Macleay	People living with mental illness	Carers Writing Workshop	Wednesday, 16 October 2019	Sea Acres Rainforest Centre Pacific Drive Port Macquarie	Claudia 02 6589 5018

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Great Lakes Mental Health Carer Support Group	People living with mental illness	Out and About Day	Tuesday, 15 October 2019	Great Lakes Area	Margaret 0456 966 173
Hastings Carers Support Group	All	Luceon	Thursday, 17 October 2019	Westport Club 25 Buller St Port Macquarie	Dympna 02 6589 5017
Laurieton Carer Support Group	People living with dementia	Lunch	Wednesday, 23 October 2019	Kew Country Club 185 Kendall Road Kew	Margaret-Anne 02 6584 7444
Macleay Carers Support Group	All	Carers Mental Health Week Carers Luceon	Wednesday, 16 October 2019	Heritage Hotel 21 Kinchela St Gladstone	Dympna 02 6589 5017
Manning Taree Carer Support Group	All	Carers Luncheon	Thursday, 10 October 2019	Club Taree 1321 Wingham Road Taree	Sandy 02 6592 9315
Meet and Share Kempsey	All	Carers Day	Thursday, 17 October 2019	Kempsey	Debra 0422 961 292
Meet and Share South West Rocks	All	Carers Day	Tuesday, 15 October 2019	South West Rocks	Debra 0422 961 292
Mission Australia Family & Carer Mental Health Program	People living with mental illness	Carer Wellness Day Retreat	Tuesday, 5 November 2019	Sea Acres Rainforest Centre Pacific Drive Port Macquarie	Claudia 02 6589 5018
MyTime Coffs Harbour	Children (under 18 years of age) with a disability	Movie Night	Thursday, 17 October 2019	Event Cinema Corner Bray St/ Pacific Hwy Coffs Harbour	Catherine 0438 302 187
Nambucca Heads Carer Support Group	People living with dementia	Lunch	Monday, 14 October 2019	Riverside Cafe Riverside Drive Nambucca Heads	Margaret-Anne 02 6584 7444
Nambucca Heads Mental Health Carer Support Group	People living with mental illness	BBQ Boat Cruise	Wednesday, 16 October 2019	Nambucca Heads 86 Pacific Hwy Nambucca Heads	Shelley 02 6658 7831
Port Macquarie Carer Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Day Out	Thursday, 10 October 2019	The Glasshouse Followed By Thai Touch Tide 153 Gordon St Port Macquarie	Erica 0437 318 574
Port Macquarie Dementia Australia Carer Support Group	People living with dementia	Carers Group Morning Tea	Tuesday, 15 October 2019	Dementia Australia Group Meeting Room 121 Bridge Street Port Macquarie	Mike 02 6584 7444
Port Macquarie Parkinson's Carer Support Group	People living with a chronic illness	We're in this Together - Celebrating Carers	Tuesday, 15 October 2019	Long Point Vineyard And Art Gallery 6 Cooina Place Lake Cathie	By invitation only

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Synapse Carers Mid North Coast	Adults (over 18 years of age but under 65 years of age) with a disability	Synapse Carers Week Meet and Eat	Thursday, 17 October 2019	Mid North Coast Country Womens Association 11 Horton St Port Macquarie	Megan 0499 244 933
Taree My Time Play Connect Playgroup	Children (under 18 years of age) with a disability	Caring for Carers	Friday, 18 October 2019	Manning Gardens Public School Early Intervention Unit Mudford Street Taree	Arona 0408 656 624
Wauchope Carer Support Group	People living with dementia	Lunch	Wednesday, 30 October 2019	Wauchope Country Club 24 King Street Wauchope	Margaret-Anne 02 6584 7444
Woolgoolga Mental Health Support	People living with mental illness	BBQ Boat Cruise	Wednesday, 16 October 2019	Nambucca Heads 86 Pacific Hwy Nambucca Heads	Helen 02 6658 7831
<b>Murrumbidgee</b>					
ADHD and/or ODD and Related Conditions Support Group	Children (under 18 years of age) with a disability	Celebratory Lunch	Tuesday, 15 October 2019	Commercial Club Golf Club 530 North Street Albury	Sue 02 6058 4000
Albury Wodonga Down Syndrome Family Network Group	People of all ages living with a disability	Carers Week Celebratory Dinner	Saturday, 19 October 2019	The River Deck Cafe 48 Noreuil Parade South Albury	Sue 02 6058 4000
Albury Wodonga Home Schooling Family Network Group	Children (under 18 years of age) with a disability	Carers Week Pampering Session	Friday, 18 October 2019	Basq Beauty Spa And Wellness 323 Wodonga Place Albury	Sue 02 6058 4000
Aspire Family Network Group	People of all ages living with a disability	Celebratory Lunch	Tuesday, 15 October 2019	Commercial Club Golf Club 530 North Street Albury	Sue 02 6058 4000
Border Carers Reference Group	All	2019 Annual Carers Week Luncheon	Thursday, 17 October 2019	Commercial Club Albury 618 Dean Street Albury	Sue 02 6058 4000
Caring Grandparents Network	Children and young adults (under the age of 25) living with a disability	Carers Week Pampering Session	Friday, 18 October 2019	Endota Spa Albury 550 Kiewa Street Albury	Sue 02 6058 4000
Coffee Connection	Adults (over 18 years of age but under 65 years of age) with a disability	Coffee Connection Brunch	Wednesday, 16 October 2019	Mr Benedict Cafe 664 Dean St Albury	Helen 0448 278 907
Dads Group	People of all ages living with a disability	Carers Week Weekend Away	Friday, 11 October 2019	Yarrowonga Victoria	Sue 02 6058 4000
Griffith Carers Dementia Support Group	People living with dementia	Griffith Dementia Forum	Monday, 14 October 2019	Griffith Ex-Servicemen's Sports Club Spires Street Griffith	Monica 02 6962 4515

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Griffith City Council	All	Movie Night	Tuesday, 17 September 2019	Griffith City Cinema Watkins Ave & Kidman Way Griffith	Peta 02 6962 8100
Gundagai Neighbourhood Centre Carers Support Group	All	Pampering Day for Carers	Wednesday, 16 October 2019	Pampering Day 245 Sheridan St Gundagai	Dianne 02 6944 0290
Healthy Mothers Healthy Families Support Group Albury Wodonga	People of all ages living with a disability	Carers Week Pampering Session	Tuesday, 15 October 2019	Zen Day Spa 452 Swift Street Albury	Sue 02 6058 4000
Kalinda School P&C Association	Children (under 18 years of age) with a disability	Afternoon Tea	Wednesday, 16 October 2019	Kalinda School Merigal Street Griffith	By invitation only
OASIS Carer Support Group	People living with mental illness	Movie and Lunch Day	Tuesday, 15 October 2019	Regent Cineman 460- 470 Dean Street Albury	By invitation only
Pinnacle Community Services	All	Carers Week Luncheon	Friday, 18 October 2019	Ariah Park Hotel 73 Coolamon Ariah Park	Melinda 02 6977 1326
Solo Parent All-Ability Support Group	People of all ages living with a disability	Carers Week Weekend Away	Friday, 18 October 2019	Upper Murray	Sue 02 6058 4000
Wagga Autism Support Group	Children (under 18 years of age) with a disability	Carers Wine & Cheese in the Shakespearian Garden	Saturday, 19 October 2019	Shakespearian Garden, Botanic Gardens Wagga Wagga	Deb 0427 007 261

### Nepean/Blue Mountains

Belong Blue Mountains Mid Mountains Neighbourhood Centre	All	Pampering Event	Wednesday, 23 October 2019	Mid Mountains Neighbourhood Centre New Street Lawson	Belong Blue Mountains 02 4759 2592
Belong Blue Mountains Katoomba Neighbourhood Centre	All	Katoomba Film Society Screening	Wednesday, 9 October 2019	Palais Royale 230 Katoomba St Katoomba	Belong Blue Mountains 02 4782 1117
Belong Blue Mountains Mid Mountains Neighbourhood Centre	All	Conversations by Art	Tuesday, 15 October 2019	Mid Mountains Neighbourhood Centre New Street Lawson	Belong Blue Mountains 02 4759 2592
Lithgow Hospital	All	Carers Morning Tea	Tuesday, 15 October 2019	Lithgow Hospital Col Drewe Drive Lithgow	Loretta 02 4734 3718
Nepean Blue Mountains Local Health District Carer Program	All	Carers Morning Tea	Tuesday, 15 October 2019	Nepean Hospital Derby St Kingswood	Loretta 02 4734 3718
Timeout Tuesday	All	Hight Tea with the Silver Fox Quartet	Tuesday, 15 October 2019	St Finbarr's Parish Centre 52 Levy Glenbrook	Kathleen 02 4739 2651

### Northern NSW

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Ballina Mental Health Carer Support Group	All	Luncheon	Saturday, 30 November 2019	Coffee And Kitchen Cafe 38 Links Ave East Ballina	Shelley 0424 229 244
Ballina Shire Meals on Wheels	All	Morning Tea	Tuesday, 15 October 2019	St Marys Anglican Church Function Room Norton Street Ballina	Meleta 02 6686 2636
BaptistCare	Ageing people	High Tea at the Village	Wednesday, 16 October 2019	Social Centre, Baptistcare 15 The Avenue Alstonville	Julie 02 6698 5741
Byron Shire Respite Service	People living with dementia	Morning Tea Cruise	Friday, 18 October 2019	Tweed River	By invitation only
Casino Carer Support Group	People living with mental illness	Luncheon	Thursday, 17 October 2019	Casino Rsm 162 Canterbury St Casino	Chris 0409 818 643
DAISI Services	All	Grand Carers Morning Tea	Thursday, 17 October 2019	DAISI Services Limited Shop 3 River Street Ballina	Glenn 1800 800 340
Grafton Carer Support Group	People living with mental illness	Luncheon	Friday, 18 October 2019	Village Green Hotel 230 Pound St Grafton	Chris 0409 818 643
Kyogle Carer Support Group	People living with mental illness	Luncheon	Tuesday, 15 October 2019	Exchange Hotel 63-65 Summerland Way Kyogle	Chris 0409 818 643
Lifebridge Australia	People living with dementia	Lunch by the Sea	Thursday, 17 October 2019	Tweed Heads Surf Club Marine Parade Tweeds Heads	By invitation only
Lismore Carer Support Group	People living with mental illness	Luncheon	Wednesday, 16 October 2019	Summerland House Farm 253 Wardell Rd Alstonville	Chris 0409 818 643
Lower Clarence Carers Support Group	All	Luncheon & Fun	Tuesday, 15 October 2019	Maclean Lower Clarence Services Club 38 River Street Maclean	Jennifer 0429 805 493
MND Carers Support Group Northern Rivers	People living with a serious or terminal illness	Carers Morning Tea	Thursday, 17 October 2019	TBC	Karen 0426 246 489
Mullumbimby Mental Health Carers Support Group	People living with mental illness	Luncheon and Carer Pamper Day	Thursday, 17 October 2019	TBC	Susi 02 6623 7413
Mungindi Care	Ageing people	Mungindi Carers Lunch	Tuesday, 15 October 2019	Moree	Michelle 1300 593 113
Murwillumbah Mental Health Carer Support Group	People living with mental illness	Carer Pamper Day and Luncheon	Wednesday, 16 October 2019	TBC	Susi 02 6623 7413

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
MyTime Playgroup Ballina	Children (under 18 years of age) with a disability	Carer Drinks and Nibbles by the River	Thursday, 17 October 2019	The Point Ballina 2 Martin Street Ballina	By invitation only
MyTime Playgroup East Lismore	Children (under 18 years of age) with a disability	Carer Pamper Day	Wednesday, 16 October 2019	Aruma Early Childhood Intervention and Therapy Services 61 Rifle Range Road East Lismore	Helen 0448 278 907
Northern NSW ADHD/ASD Support Group	All	Annual Pamper Day	Friday, 18 October 2019	Murwillumbah Services Club 10 Wollumbin St Murwillumbah	Natalie 0427 778 667
Pottsville Beach Neighbourhood Centre	Children (under 18 years of age) with a disability	Side by Side Pamper Day	Saturday, 19 October 2019	Pottsville Beach Neighbourhood Centre 10B-12A Elizabeth Street Pottsville Beach	By invitation only
Tweed Heads Mental Health Carers Support Group	People living with mental illness	Carer Luncheon and Pamper Session	Tuesday, 15 October 2019	Tweed Bowls Club Cnr Wharf & Florence Street Tweed Heads	Susi 02 6623 7413
Tweed Heads Parkinsons Support Group	People living with a chronic illness	Comedy Show to Bring Laughter to Carers	Monday, 14 October 2019	Twin Towns Rsl Anzac Room 2 Wharf Street Tweed Heads	By invitation only
Yamba Carer Support Group	People living with mental illness	Luncheon	Monday, 14 October 2019	Cafe Clarence 2 Coldstream St Ulmarra	Chris 0409 818 643
<b>Northern Sydney</b>					
Sydney Community Services - Acquired Brain Injury, Spinal, Stroke	People living with a chronic illness	Luncheon	Monday, 21 October 2019	Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde	By invitation only
ADHD Support Australia	People living with mental illness	ADHD Parents Self-Care Event	Sunday, 13 October 2019	Pittwater RSL 82 Mona Vale Road Mona Vale	Vivian 02 4039 9227
Autism Community Network Hornsby Day Support Group	All	Hornsby Day Support Group Carers Lunch	Thursday, 17 October 2019	Hornsby RSL 4 High Street Hornsby	Steve 0431 724 229
Autism Community Network Ryde	All	Ryde Support Group Carers Dinner	Thursday, 17 October 2019	TBC	Steve 0431 724 229
Berowra Genera Carers Support Group	All	Mindfulness Morning	Saturday, 19 October 2019	Berowra Community Health Centre 123 Berowra Waters Rd Berowra Heights	Mary 0434 323 411

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Berowra Male Carers Support Group	All	Mindfulness Morning of Games and Gardening & Carer Connections	Thursday, 17 October 2019	Berowra Community Health Centre 123 Berowra Waters Rd Berowra Heights	Mary 0434 323 411
Better Time	Children (under 18 years of age) with a disability	Day Trip	Monday, 14 October 2019	Karonga School 1 Karonga Close Epping	By invitation only
Better Together Carers	Children (under 18 years of age) with a disability	Luncheon	Monday, 21 October 2019	Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde	By invitation only
Carer Escapes	Children (under 18 years of age) with a disability	The Carers Cafe	Friday, 18 October 2019	The Children's Hospital at Westmead Cnr Hawkesbury Rd & Hainsworth St Westmead	Lisa 0404 682 738
Carers for Aged	People living with dementia	Luncheon	Monday, 21 October 2019	Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde	By invitation only
Carers of Autism, and Diverse Disabilities (CADD)	Adults (over 18 years of age but under 65 years of age) with a disability	Luncheon	Monday, 21 October 2019	Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde	By invitation only
Chinese Mandarin Group Dee Why	All	Carers Day Out Redfern	Tuesday, 15 October 2019	Redfern Community Centre 29-53 Hugo Street Redfern	Robyn 02 9931 7777
Chinese Peer Cafe	Adults (over 18 years of age but under 65 years of age) with a disability	Me Day	Thursday, 17 October 2019	Doyles On The Wharf Take Away/Bistro Fishermans Wharf Military Road Watsons Bay	By invitation only
Christian Community Aid	Ageing people	Celebrate Carers Week	Wednesday, 9 October 2019	Eastwood Baptist Church 3 First Avenue Eastwood	Carmen 02 9858 3222
Circle of Carers	People living with disability of all ages	Leisure Activity	Tuesday, 16 October 2018	Macquarie Centre Cnr Herring Rd & Waterloo Rd North Ryde	Sui 0405 512 431
CJR Support Services	All	Carers Pamper Day	Sunday, 13 October 2019	10 Alanas Oatlands	Elaine 0417 794 720
CNB Services - Grief and Loss Carers Group	All	Grief and Loss Carers Group	Monday, 7 October 2019	Dee Why RSL Club 932 Pittwater Rd Dee Why	Evamarie 0422 840 675
Croatian Group Warriewood	All	Carers Day Out Redfern	Tuesday, 15 October 2019	Redfern Community Centre 29-53 Hugo Street Redfern	Robyn 02 9931 7777



Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Dementia Carers Group Dee Why	People living with dementia	Carers Day Out at the Movies	Friday, 18 October 2019	Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale	Robyn 02 9931 7777
Dementia Carers Group Mona Vale	People living with dementia	Carers Day Out at the Movies	Friday, 18 October 2019	Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale	Robyn 02 9931 7777
Disability Carers Support Group Northern Beaches	Adults (over 18 years of age but under 65 years of age) with a disability	Evening Dinner Function	Tuesday, 15 October 2019	Ramons Restaurant 61 Sorlie Road Frenchs Forest	Denise 02 9722 8283
Farsi Carers Support Group	People living with a chronic illness	Farsi Luncheon and Info Session	Monday, 21 October 2019	Hornsby Council Leisure And Learning Centre 25 Edgeworth David Ave Hornsby	Behnaz 0417 175 155
Feeling Good Social Group for Seniors	People living with a chronic illness	Mind Body & Spirit Awareness Get Together	Monday, 14 October 2019	St John's Anglican Church Corner Of Avon Rd And Oaks Av Dee Why	Dragana 0404 232 391
Female Serbian Group Dee Why	All	Carers Day Out Redfern	Tuesday, 15 October 2019	Redfern Community Centre 29-53 Hugo Street Redfern	Robyn 02 9931 7777
Flintwood Disability Services	Adults (over 18 years of age but under 65 years of age) with a disability	Morning Tea	Wednesday, 16 October 2019	12 Schofield Parade Pennant Hills	Jashika 0409 687 706
Fragile X Association	Children (under 18 years of age) with a disability	Picnic in the Park	Sunday, 20 October 2019	Northbridge Oval Montague Drive Penrith	Liz 1300 394 636
General Carers Group Dee Why	All	Carers Day Out at the Movies	Friday, 18 October 2019	Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale	Robyn 02 9931 7777
General Carers Group Warriewood	All	Carers Day Out at the Movies	Friday, 18 October 2019	Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale	Robyn 02 9931 7777
HammondCare Carer Cafe	People living with dementia	Carers Lunch	Wednesday, 30 October 2019	Roseville Golf Club 4 Links Avenue Roseville	Julie 0434 182 121
Indian Seniors Group Hornsby	Ageing people	Concert for Carers	Sunday, 20 October 2019	Epping Leisure And Learning Centre Off Pembroke Street Epping	Dave 0413 760 300

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Italian Group Dee Why	All	Carers Day Out Redfern	Tuesday, 15 October 2019	Redfern Community Centre 29-53 Hugo Street Redfern	Robyn 02 9931 7777
Japanese Carer's Group	Children (under 18 years of age) with a disability	Carers Lunch	Wednesday, 16 October 2019	Makoto Bento 438 Victoria Ave Chatswood	By invitation only
Korean Cockatoos Disability & Carers Association	People living with mental illness	Korean Cockatoos Carers Luncheon	Thursday, 10 October 2019	TBC	Jeongmin 0452 644 302
Manly/Mosman Parkinson Support Group	People living with a chronic illness	Luncheon	Tuesday, 22 October 2019	Club Totem 195 Condamine St Balgowlah	Robyn 0407 955 568
Mental Health Carers Group Dee Why	People living with mental illness	Carers Day Out at the Movies	Friday, 18 October 2019	Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale	Robyn 02 9931 7777
MND Carer Support Group Northern Beaches	People living with a serious or terminal illness	Carers Morning Tea	Sunday, 13 October 2019	Cora Adcock Centre For Palliative Care Coronation Street Mona Vale	Karen 0426 246 489
MND Support Group Northern Sydney	People living with a serious or terminal illness	Carers Morning Tea	Thursday, 17 October 2019	Pennant Hills Community Centre Cnr Ramsay And Yarrara Roads Pennant Hills	Karen 0426 246 489
Mosman Carers Group, Mosman Council	All	Morning Tea	Wednesday, 23 October 2019	Bridgepoint Shopping Centre Brady Street Mosman	Liz 0419 784 089
NBI	Adults (over 18 years of age but under 65 years of age) with a disability	NBI Carers Cafe	Friday, 18 October 2019	Warriewood Surf Club Narrabeen Park Parade Warriewood	Nicole 02 8976 2850
Northern Beaches Multicultural Communities	People living with a serious or terminal illness	Self Care for Carers	Thursday, 17 October 2019	Howard Av Park Howard Av Dee Why	Dragana 0404 232 391
Northern Beaches Multicultural Communities	People living with mental illness	Out and About	Saturday, 19 October 2019	Royal Botanic Gardens Mrs Macquaries Rd Sydney	Dragana 0404 232 391
Northside CALD Carers Network	All	Group Lunch	Monday, 14 October 2019	Ryde Community Mental Health Centre 39-41 Fourth Avenue Eastwood	Julie (Hua Juan) 0411 083 178
Pennant Hills General Carers Group	All	Mindfulness Morning	Monday, 14 October 2019	Pennant Hills Community Health Centre 7 Fisher Ave Pennant Hills	Mary 0434 323 411

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Pittwater/Warringah Parkinsons Support Group	People living with a chronic illness	Pittwater Lunch Cruise	Thursday, 17 October 2019	Club Palm Beach 1087 Barrenjoey Road Palm Beach	By invitation only
Royal Far West	Children (under 18 years of age) with a disability	High Tea	Monday, 14 October 2019	Royal Far West 19-21 Wentworth Ave Sydney	By invitation only
Royal North Shore Carer Support Group	All	Mindfulness Morning, Positive Carer Affirmations for Wellbeing	Friday, 18 October 2019	Royal North Shore Hospital Reserve Road St Leonards	Mary 0434 323 411
Samarpan	Adults (over 18 years of age but under 65 years of age) with a disability	Carer Pamper Day with Lunch	Sunday, 6 October 2019	Sydney Metro	Rajni 02 9869 7166
Spanish Group Dee Why	All	Carers Day Out Redfern	Tuesday, 15 October 2019	Redfern Community Centre 29-53 Hugo Street Redfern	Robyn 02 9931 7777
St Lucy's School	Children (under 18 years of age) with a disability	Mindfulness Workshop	Thursday, 17 October 2019	St Lucy's School 21 Cleveland Street Wahroonga	Caroline 02 9487 1277
Studio ARTES	Adults (over 18 years of age but under 65 years of age) with a disability	Caring for Carers	Friday, 18 October 2019	Studio Artes Hornsby 33 Jersey Street Hornsby	Deborah 02 9482 5266
Temple Society Australia	Ageing people	Relaxing High Tea	Saturday, 19 October 2019	Meadowbank Temple Society Church 7 Macpherson St West Ryde	Jan 0412 731 101
Truscott St Support Unit Parents	Children (under 18 years of age) with a disability	Fun Day	Sunday, 22 September 2019	West Pymble Bowling Club 2 Prince of Wales Drive West Pymble	By invitation only
<b>South East Sydney</b>					
3Bridges Aboriginal Carers Group	People living with mental illness	Caring in Community	Tuesday, 15 October 2019	3 Bridges 1/72 Carwar Ave Carss Park	Sharlene 0447 678 334
3Bridges Community	All	Carers Week Celebration	Thursday, 17 October 2019	34-40 Allison Crescent Menai	Vicki 1300327434
Autism Community Network Sutherland Shire	All	Sutherland Support Group Carers Dinner	Wednesday, 16 October 2019	TBC	Steve 0431 724 229
CanCare Centre Sydney South Exercise Group	People living with a serious or terminal illness	Dancing with the Carers	Friday, 25 October 2019	St George Hurstville Anglican Church 2 The Avenue Hurstville	Christine 0405 152 579

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
CanCare Centre Sydney South Visitation	People living with a serious or terminal illness	Coffee and Pampering	Sunday, 13 October 2019	Various Across Southern Sydney 2 The Avenue Hurstville, Rockdale And Across Southern Sydney	Christine 0405 152 579
CanCare Centre Sydney South Walking Group	People living with a serious or terminal illness	Walk With You... Always!	Friday, 18 October 2019	Sir Joseph Bank Park Tupia Street Botany	Christine 0405 152 579
CanCare South Chatroom	People living with a serious or terminal illness	Celebration and Recognition Event	Friday, 25 October 2019	St George Hurstville Anglican Church 2 The Avenue Hurstville	Jennifer 0421 898 501
Canrevive	People living with a chronic illness	Traditional Chinese Medicine and Cancer Workshop	Wednesday, 16 October 2019	Canrevive City Office Level 4, 741 George St Sydney	Agnes 02 9580 7789
Cantonese Speaking Carers Support Group	All	Floral Arranging and Fellowship Lunch	Friday, 11 October 2019	Stapleton Ave Community Centre 3A Stapleton Ave Sutherland	Tracy 02 9542 6292
Carer Social Support Group	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Carers of a Person with Dementia	People living with dementia	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Carers of a Person with Younger Onset Dementia	People living with dementia	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Chinese Carers Support Group	People living with mental illness	Celebration of National Carers Week	Friday, 4 October 2019	Bankstown Rsl Club 1 Meredith Street Bankstown	Irene 0404 790 433
Chinese Peer Support Group	Children (under 18 years of age) with a disability	National Carers Week Picnic	Thursday, 17 October 2019	Cards Park 3 Bunyala St Kogarah	By invitation only
Coffee Club Dementia Carers Support Group	People living with dementia	Carers Luncheon	Thursday, 10 October 2019	Coach & Horses Hotel 147 Avoca Street Randwick	By invitation only
Dementia Advisory Services St George Carer and Wellbeing Group	People living with dementia	Appreciation and Acknowledgment Luncheon	Wednesday, 16 October 2019	Ramsgate RSL Ramsgate Rd and Chuter Ave Sans Souci	Teresa 0438 704 970
Dementia Australia Advisory Services Sutherland Shire Carers	People living with dementia	Appreciation and Acknowledgment Luncheon	Monday, 14 October 2019	Cronulla RSL 38 Gerrale Street Cronulla	Teresa 0438 704 970
Dynamos	Adults (over 18 years of age but under 65 years of age) with a disability	Dinner Cruise on Sydney Harbour	Sunday, 13 October 2019	Sydney Harbour Cruise 4 King St Wharf Sydney	Arahni 0407 938 964
Eastern Sydney Multicultural Carers Support Group	Ageing people	Older Carers Celebration	Monday, 14 October 2019	Snr. Citizen's Hall 6 Alma Road Maroubra	Ellen 02 9569 1288

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
FACES Randwick Support Group	People living with mental illness	Shinrin Yoku Forest Bathing Walk	Friday, 18 October 2019	Centennial Parklands WILDPLAY Discovery Centre Dickens Drive Centennial Park	By invitation only
FACES St George Carers Support Group	People living with mental illness	Laughter Yoga	Monday, 14 October 2019	Shopfront Co-Op 88 Carlton Parade Carlton	Danielle 0430 163 617
Greek Speaking Carers	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Gymea Seniors Group	People living with dementia	Carers Luncheon	Friday, 18 October 2019	Harem Skarem Belly Dancing	By invitation only
Hurstville Support Group	People living with a serious or terminal illness	Hurstville Support Group Carers Week Celebration	Saturday, 12 October 2019	Hurstville Anglican Church 2 The Avenue Hurstville	Jeremy 0402 003 525
Indonesian Carer Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Indonesian Carers Unite	Thursday, 17 October 2019	New Imperial Peking Junior Kingsford 558A Anzac Parade Kingsford	Lulu 0403 204 499
Kogarah Community Services	All	Carers Week Celebration	Wednesday, 16 October 2019	Kogarah Community Services 49 English Street Kogarah	Samantha 0425 820 625
Mandarin Speaking Carers Support Group	All	Foral Arranging and Fellowship Lunch	Friday, 11 October 2019	Stapleton Ave Community Centre 10 Stapleton Ave Sutherland	Tracy 02 9542 6292
Mary Potter House Support Group	People living with dementia	High Tea	Thursday, 17 October 2019	Street Cafe High Tea 91-111 Rocky Point Rd Kogarah	By invitation only
Menai Autism Support	Children (under 18 years of age) with a disability	Spoil the Mums	Wednesday, 16 October 2019	Funtime 4Kidz Unit 4, 778-786 Old Illawarra Rd Menai	By invitation only
Music Therapy for Indonesian Carers	Children (under 18 years of age) with a disability	Groovy Carer	Thursday, 17 October 2019	New Imperial Peking Junior Kingsford 558A Anzac Parade Kingsford	Meitty 0431 403 559
Prince of Wales Hospital Spinal Injuries Unit	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Week Appreciation Day	Wednesday, 16 October 2019	Prince Of Wales Hospital - Spinal Injuries Unit Clinical Sciences Building Level 1 High St Randwick	By invitation only
Resilient Carer Program St George Group	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Resilient Carer Program Sutherland Group	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Sailors with disABILITIES	Children (under 18 years of age) with a disability	Winds of Care	Saturday, 19 October 2019	Sydney Harbour D'albora Marinas New Beach Road Darling Point	Amy 0421 725 170
See Through My Eyes	Adults (over 18 years of age but under 65 years of age) with a disability	Carers & Friends Morning Tea	Saturday, 14 September 2019	Vital Health & Wellbeing Centre Level 2 Suite 202, 22 Belgrave St Kogarah	Penny 1300 648 099
Spanish Speaking Carers	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
St George Hospital	All	Information Day for Carers	Tuesday, 15 October 2019	St George Hospital Gray Street Kogarah	Vivianne 02 9113 2419
St George Wellness Group	People living with dementia	Carers Luncheon	Friday, 18 October 2019	Karem Skarem Belly Dancing	By invitation only
Sutherland Carer Support Group	People living with mental illness	Carers Devonshire Tea Cruise	Tuesday, 15 October 2019	Bass And Flinders Cruises Rocky Point Rd Sans Souci	Sarah 0402 338 632
Sutherland Shire Carer Support Service	All	Carers Week Dinner Celebration	Thursday, 17 October 2019	La Cucina 14 Gymea Bay Rd Gymea	Tracy 02 9542 6292
Sydney Children's Hospital Randwick	All	Carers Week Lunch	Monday, 14 October 2019	Lecture Theatre Landing At The Hospital High Street Randwick	Bianca 02 9845 3422
Sylvanvale Foundation	Adults (over 18 years of age but under 65 years of age) with a disability	Morning Tea at Sutherland Community Hub	Friday, 18 October 2019	Sutherland Community Hub 874-876 Rawson Place Sutherland	Marti 0408 027 875
Transitional Aged Care Sutherland Hospital	Ageing people	STACS Carers High Tea	Wednesday, 16 October 2019	Cronulla Sharks Rugby League Club 461 Captain Cook Drive Kurnell	Robyn 02 9540 7675
<b>South Western Sydney</b>					
The Vietnamese Parents with Disabled Children Support Group in NSW	Adults (over 18 years of age but under 65 years of age) with a disability	Luncheon Celebration	Sunday, 13 October 2019	Bonnyrigg Community Hall 100 Bonnyrigg Ave Bonnyrigg Bonnyrigg	By invitation only
AASS Arabic Carer Support Group	Children (under 18 years of age) with a disability	Carers Pamper Day	Tuesday, 15 October 2019	Moorebank Sports Club 230 Heathcote Rd Hammondville	Lina 02 9601 2844
Afford's Accommodation Carers	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Afford's Accommodation Carers	Monday, 14 October 2019	Glen Alpine Group Home 12 Braeside Crescent Glen Alpine	By invitation only

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Afford's Bexley Community Day Program Carers	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Bexley Community Carers	Monday, 14 October 2019	Afford Bexley Community Day Program 405 Forest Road Bexley	By invitation only
Afford's Canley Vale Carers	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Canley Vale Carers	Wednesday, 16 October 2019	Afford Canley Vale Community Hub 239 Sackville Rd Canley Vale	By invitation only
Afford's South West Carers Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Afford's South West Carers	Wednesday, 16 October 2019	Afford Green Valley Community Day Program 9 San Cristobal Drive Green Valley	By invitation only
Afford's Southern Carer Group	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Afford's Southern Carer Groups	Wednesday, 16 October 2019	Afford Campbelltown Lifestyle Centre 69 Allman St Campbelltown	By invitation only
Autism Carer Support Group	Children (under 18 years of age) with a disability	Carer Masquerade Ball	Tuesday, 15 October 2019	Cabramatta Bowling Club Cabramatta Rd & Fairview Rd Cabramatta	Thi Hanh 0424 724 899
Autism Community Network Bankstown Carers Support Group	All	Bankstown Support Group Carers Lunch	Tuesday, 15 October 2019	Bankstown Sports Club 8 Greenfield Parade Bankstown	Steve 0431 724 229
Autism Community Network St George Carers Support Group	All	St George Support Group Carers Dinner	Tuesday, 15 October 2019	Club Rivers 18 Littleton Street Riverwood	Steve 0431 724 229
Bankstown-Lidcombe Hospital	People living with a serious or terminal illness	Carers Morning Tea	Tuesday, 15 October 2019	Bankstown- Lidcombe Hospital 70 Eldridge Road Bankstown	Swapna 02 9722 8000
Betty Sussman Dementia Carers Group	Ageing people	Sharing is Caring	Wednesday, 16 October 2019	Flower Power-Frankies Food Factory 479 Henry Lawson Drive Milperra	Tracey 0421 553 576
breakthru Campbelltown	All	Carers High Tea breakthru	Thursday, 17 October 2019	breakthru Campbelltown 263 Queen Street Campbelltown	Liv 0437 999 836
breakthru Penrith	All	Carers High Tea	Wednesday, 16 October 2019	breakthru Penrith 30 Woodriff Street Penrith	Tatijana 0438 263 220
Calvary Health Care Kogarah	People living with dementia	Memory Connections Dementia Luncheon	Wednesday, 16 October 2019	Rockdale Tennis Club 71 Chapel Street Rockdale	Leonie 02 9553 3584
Camden and Campbelltown Hospital	People living with a chronic illness	Morning Tea & Information Display	Thursday, 17 October 2019	Camden Hospital, Lower Ground Level 61 Menangle Road Camden	Kathy 02 4634 3877

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Care Free Singers	All	Care Free Singers Open Day	Friday, 25 October 2019	Tahmoor Community Centre 6 Harper Close Tahmoor	Tegan 02 4683 2776
Creative Carer Support Group	All	Carer Masquerade Ball	Tuesday, 15 October 2019	Cabramatta Bowling Club Cabramatta Rd & Fairview Rd Cabramatta	Thi Hanh 0424 724 899
Carers of Stroke and Neuro	People living with a chronic illness	Self Care Education Day	Wednesday, 16 October 2019	Liverpool Hospital 75 Elizabeth Street Liverpool	Siobhan 02 8738 6718
Carers Social Support Group	All	Take Care of Yourself, Mind, Body and Spirit	Tuesday, 15 October 2019	Macarthur Diversity Services Initiative Aged Care The Manse 32 Lithgow Street Campbelltown	Marcela 02 4627 1188
Caroline Chisholm School P&C	Children (under 18 years of age) with a disability	Carers Week Morning Tea	Friday, 18 October 2019	Caroline Chisholm Ssp - School Library Napoli Street Padstow	Joanne 0401 258 089
Chiacupuncture Massage Centre	Ageing people	Ageing People Health Care Day	Sunday, 13 October 2019	10/3 West Terrace Bankstown	Terry 0417 418 595
Chinese Carers Support group	People living with mental illness	Celebration of National Carers Week	Monday, 14 October 2019	Bankstown Rsl Club 1 Meredith Street Bankstown	Irene 0404 790 433
Chinese Parents Association - Children With Disabilities	Adults (over 18 years of age but under 65 years of age) with a disability	National Carers Week Celebration Party for CPA Youth Group	Saturday, 19 October 2019	Belmore Senior Citizen Centre 38 Redman Parade Belmore	Jane 0406 233 222
Chinese Parents Association - Children With Disabilities	Children (under 18 years of age) with a disability	National Carers Week Celebration Party for CPA Junior Group	Saturday, 19 October 2019	Belmore Senior Citizen Centre 38 Redman Parade Belmore	Jane 0406 233 222
Corazon Latino Spanish Carer Support Group	People living with mental illness	A Smile Always Helps Luncheon	Monday, 21 October 2019	Fairfield Community Centre 25 Barbara Street Fairfield	Blanca 02 9681 4956
Dads Autism Support Group	Children (under 18 years of age) with a disability	Dads Gather Together	Friday, 18 October 2019	TBC	By invitation only
Disability Services Australia	Adults (over 18 years of age but under 65 years of age) with a disability	Thank You High Tea	Tuesday, 15 October 2019	Mcfarland House 103 Menangie Street Picton	Heather 1300372121
Garrawarra Centre	People living with dementia	Carers Workshop Luncheon	Thursday, 17 October 2019	Garrawarra Centre Princes Hwy Waterfall	By invitation only
George Bass P&C	Children (under 18 years of age) with a disability	George Bass P&C Luncheon	Thursday, 17 October 2019	Bankstown Sports Club 8 Greenfield Parade Bankstown	By invitation only



Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Greek Orthodox Community of NSW	All	Dinner Breather	Saturday, 19 October 2019	Greek Community Centre 206-210 Lakemba St Lakemba	Eliza 02 9740 8310
Journeyman Carers Support Group	Ageing people	Journeyman Lunch	Wednesday, 16 October 2019	Catholiccare 203-209 Northumberland Street Liverpool	Xiomara 02 8778 4222
Little Scribblers Early Learning Centre	Children (under 18 years of age) with a disability	Supporting Carers	Monday, 14 October 2019	Little Scribblers Early Learning Centre 5/9 Benaroon Rd Belmore	By invitation only
Liverpool Brain Injury Rehabilitation Unit	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Gratitude Lunch	Wednesday, 16 October 2019	Liverpool Hospital, Brain Injury Unit Elizabeth Street Liverpool	Tina 02 8738 9538
Liverpool Hospital	People living with dementia	Carers Morning Tea	Wednesday, 16 October 2019	Level 5 Carers Corner Elizabeth Street Liverpool	Vicki 0459 836 266
Liverpool Hospital	All	Carers Week Information Event	Wednesday, 16 October 2019	Main Concourse, Liverpool Hospital Corner Elizabeth & Goulburn Street Liverpool	Janet 0434 366 424
Liverpool Hospital	All	Carer Cart	Tuesday, 15 October 2019	Liverpool Hospital Elizabeth Street Liverpool	Ailie 02 8738 7570
Liverpool Playconnect - Playgroup NSW	Children (under 18 years of age) with a disability	Day Journey	Saturday, 19 October 2019	Sydney	By invitation only
Lurnea Dementia Carers Support Group	People living with dementia	Carers Week Celebration Lunch	Friday, 11 October 2019	Liverpool Catholiccare 203-209 Northumberland Street Liverpool	Xiomara 02 8778 4222
Macarthur Autism Spectrum Family Support Group	Children (under 18 years of age) with a disability	Carers Lunch	Tuesday, 15 October 2019	Bar Centrale On Queen 2/186 Queen St Campbelltown	By invitation only
Macedonian Australian Welfare Association	All	How to Care for Carers	Wednesday, 16 October 2019	Kiama	Lihnida 02 9597 5455
Mandaeen Women's Union	All	Mandaeen Women's Union Carers Event	Thursday, 17 October 2019	Hilda M Davis Citizens Centre 185 Bigge St Liverpool	By invitation only
Mens Shed Narellan	All	Carers Brunch and Shed Tour	Tuesday, 15 October 2019	Mens Shed Narellan 1 Mt Annan Drive Mt Annan	Ian 02 8091 1511
MND Support Group Campbelltown	People living with a serious or terminal illness	Carers Morning Tea	Tuesday, 15 October 2019	Eagle Vale Central Emerald Drive And Feldspar Road Eagle Vale	Karen 0426 246 489

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Multicultural Care	Ageing people	Sharing and Caring Carer Lunch	Friday, 18 October 2019	Multicultural Care Conference Room 30/532 Canterbury Road Campsie	Jessur 0449 537 265
Multicultural Carer Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Celebration of National Carers Week Morning Tea	Wednesday, 16 October 2019	Anglicare Cabramatta Office - Meeting Room 40 Cumberland Street Cabramatta	By invitation only
Myrtle Cottage Group	People living with dementia	Wellbeing and Pamper Day	Saturday, 19 October 2019	Myrtle Cottage Group Inc 6 Bosci Road Ingleburn	Christine 02 9426 3100
MyTime	Children (under 18 years of age) with a disability	Family Day Picnic	Saturday, 26 October 2019	Yarrabee Picnic Area, Central Gardens Corner of Cumberland Highway & Merrylands Rd Merrylands	Pauline 0438 878 355
MyTime	Children (under 18 years of age) with a disability	Carers Pamper Day	Monday, 21 October 2019	1 Oakes St Westmead	By invitation only
South Western Sydney Local Health District Palliative Care	People living with a serious or terminal illness	Morning Tea and Activity	Tuesday, 15 October 2019	Elizabeth Street Liverpool	Arlene 02 8738 9755
South Western Sydney Local Health District Palliative Care	People living with a serious or terminal illness	Morning Tea and Activity	Thursday, 17 October 2019	Camden Palliative Care Inpatient Unit 61 Menangle Road Camden	Arlene 02 8738 9755
Parents Support Group - Children with Autism	Children (under 18 years of age) with a disability	Celebration of National Carers Week	Friday, 18 October 2019	Bankstown Rsl Club 1 Meredith Street Bankstown	Irene 0404 790 433
Parkinson Carer Support Group	All	Luncheon for Carer of Parkinsons	Monday, 9 December 2019	Liverpool Catholic Club 424/458 Hoxton Park Rd Prestons	Liz 0418 227 491
Primary and Community Health, South Western Sydney Local Health District	All	Self-care for Carers	Friday, 18 October 2019	Fairfield 53-65 Mitchell St Carramar	June 0457 504 516
Recreation Sports and Aquatics Club	Adults (over 18 years of age but under 65 years of age) with a disability	Appreciation High Tea	Wednesday, 23 October 2019	Rsc Clubrooms 11 Greenfield Pde Bankstown	Jenny 02 9790 5001
Riverwood Community Centre	All	Carers Morning Tea	Friday, 18 October 2019	Riverwood Community Centre 151 Belmore Rd Riverwood	Donna 02 9533 0100
Support Coordination Carers Group	All	Luncheon	TBC	Hope Point Church 42a Beale Street Georges Hall	Gania 02 9773 8894

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Support Unit Parent Network	Children (under 18 years of age) with a disability	Parent Get Together	Wednesday, 23 October 2019	Canterbury Public School Church St Sydney	By invitation only
Sutherland Shire Autism Support Group	Children (under 18 years of age) with a disability	Evening at the Cinema	Friday, 18 October 2019	Event Cinema Miranda 600 Kingsway Miranda	By invitation only
SWS Carer Support Group	All	Carer Masquerade Ball	Tuesday, 15 October 2019	Cabramatta Bowling Club Cabramatta Rd & Fairview Rd Cabramatta	Thi Hanh 0424 724 899
Uighur Women Carers Support Group	All	Dinner	Sunday, 13 October 2019	Apandim Restaurant 189 Burwood Rd Burwood	By invitation only
VIETLINK	Children (under 18 years of age) with a disability	Meeting and Luncheon	Wednesday, 16 October 2019	Bankstown 98 Marion St Bankstown	Mylinh 0418 455 430
Vietnamese Carer Group Campsie/Marrickville	Children (under 18 years of age) with a disability	Celebrating Vietnamese Carers Group Campsie & Marrickville	Monday, 16 September 2019	Campsie 193 Beamish St Campsie	Thu Linh 0402 506 991
VWA1 Carer Support Group	All	Carer Happy Day	Saturday, 19 October 2019	Cabramatta Bowling Club Cabramatta Rd & Fairview Rd Cabramatta	Thi Hanh 0424 724 899
VWA2 Carer Support Group	All	Carer Happy Day	Saturday, 19 October 2019	Cabramatta Bowling Club Cabramatta Rd & Fairview Rd Cabramatta	Thi Hanh 0424 724 899
Wellness Carers Group	All	Information and Pamper Day	Monday, 28 October 2019	Liverpool Catholiccare 424/458 Hoxton Park Road Prestons	Xiomara 02 8778 4222
Working Carers Network	All	Working Carers Wellbeing	Wednesday, 16 October 2019	Bankstown-Lidcombe Hospital	Denise 02 9722 8283
<b>Southern NSW</b>					
Carers Catchup Pambula	People living with dementia	Carers Month Morning Tea	Tuesday, 22 October 2019	Oaklands Cafe 3546 Princes Hwy Pambula	By invitation only
HammondCare at Home	Ageing people	Caring For You	Wednesday, 16 October 2019	Bega Valley Learning Centre, Greencape Room 14 Cabarita Place Merimbula	By invitation only
Kalaru Carers	Children (under 18 years of age) with a disability	Lunch	Tuesday, 15 October 2019	52 Ike Game Rd Kalaru	Roanna 0411 057 511
MND Carer Support Group Southern NSW	People living with a serious or terminal illness	Carers Morning Tea	Thursday, 17 October 2019	Ms Act 117 Denison Street Deakin	Karen 02 8877 0904

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Monaro Early Intervention Service	Children (under 18 years of age) with a disability	Clothes and Toy Swap Afternoon	Friday, 18 October 2019	Monaro Early Intervention Service 6 Hill St Cooma	Alanna 0402 326 176
Monaro Parents and Carers of ASD Children	Children (under 18 years of age) with a disability	Sensory Day for Carers	Friday, 18 October 2019	Monaro Family Support Service 154 Sharp St Cooma	Kath 0458 584 889
Scallywags	Children (under 18 years of age) with a disability	Carers Week Dinner	Friday, 18 October 2019	Bombala Rsl Club 156 Maybe St Bombala	Kath 0458 584 889
Snowy Monaro Dementia Carer Support Group	People living with dementia	Snowy Monaro Carers Week event	Thursday, 17 October 2019	Snowy Monaro Regional Library 61 Vale Street Cooma	Libby 02 6241 0881
Snowy Monaro Regional Council	All	Chilling in the Mountains	Thursday, 17 October 2019	Bombala Community Centre 163 Maybe Street Bombala	Tabitha 0438 772 612
Special Needs Assistance Group	Children (under 18 years of age) with a disability	Movie Day & Lunch	Thursday, 17 October 2019	Southern Cross Cinema 96 Main St Young	Cathy 02 6382 6328
Yass Valley Cafe Connect Group	People living with dementia	Celebrating Carers Week in Yass Valley	Wednesday, 16 October 2019	Tootsie Cafe And Gallery 289 Comur Street Yass	Libby 02 6241 0881
Young Meals on Wheels	Ageing people	Carers Luncheon	Wednesday, 16 October 2019	Young Bowling Club 1 Lauchlan Street Young	Jenny 02 6382 5008
<b>Sydney</b>					
Ability Links	Children (under 18 years of age) with a disability	Yarn Up Lunch	Friday, 18 October 2019	631 Elizabeth Street Waterloo	Taliya-Via 02 9051 1690
Ageing Carers for People with Intellectual Disabilities	Adults (over 18 years of age but under 65 years of age) with a disability	Bake for Wellbeing	Thursday, 17 October 2019	Participate Australia 113 Edwin St North Croydon	Peter 02 9799 4333
Asbestos Diseases Research Institute	People living with a serious or terminal illness	Annual Thank You Day for Carers	Tuesday, 22 October 2019	Revesby Workers Club 2a Brett Street Revesby Sydney	Jocelyn 0412 768 496
Australian Foundation for Disability	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Afford's Innerwest Carers	Wednesday, 16 October 2019	Affords Ashfield Community Day Program 14 Bruce Ashfield	Toni 0430 528 858
Australian Nursing Home Foundation	People living with dementia	Enjoy a Day Out	Saturday, 26 October 2019	Berrima Village	By invitation only

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
CanCare Centre	People living with a serious or terminal illness	Appreciation & Morning Tea for Carers	Wednesday, 23 October 2019	Cancare Centre Office Ground Floor Unit 31 167-173 Parramatta Road, North Strathfield	Judy 0415 585 368
Canrevive	People living with a chronic illness	Traditional Chinese Medicine and Cancer Treatment	Wednesday, 16 October 2019	Canrevive City Office Level 4, 741 George St Sydney	Agnes 02 9212 7789
Carers of Children with Special Needs from Chinese Background	Children (under 18 years of age) with a disability	Morning Tea by the Bay	Wednesday, 16 October 2019	The Watershed Kitchen 1 Henley Marine Dr Drummoyne	Chris 02 9799 4802
Participate Australia - Carers of People with Intellectual Disabilities from CALD Background	Adults (over 18 years of age but under 65 years of age) with a disability	Get Fit with Zumba	Tuesday, 15 October 2019	Participate Australia 113 Edwin St North Croydon	Peter 02 9799 4333
Carers of Young Adults with Disabilities (YADs)	Adults (over 18 years of age but under 65 years of age) with a disability	Luncheon	Monday, 21 October 2019	Ryde Catering Collegue Ambassador Restaurant 250 Blaxland Rd Ryde	By invitation only
CASS Care	All	Caregiving with Love	Friday, 18 October 2019	Flower Power Garden Centre Enfield 27 Mitchell St Enfield	Wendy 0409 788 600
Differently Abled People Association	Adults (over 18 years of age but under 65 years of age) with a disability	DAPA Cultural Day	Wednesday, 16 October 2019	Dapa Office Unit 1 378 Parramatta Road Homebush	Vincent 0417 418 180
Ethnic Community Services Cooperative	Ageing people	Caring for CALD Carers	Tuesday, 22 October 2019	Ecsc Office Building Building 3, 142 Addison Road Marrickville	Bharat 02 9569 1288
Ethnic Community Services Cooperative, Multicultural Carers Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Day Out	Wednesday, 16 October 2019	Building 3, 142 Addison Road Marrickville	Khanh 02 9569 1288
Eucalyptus Club	All	BBQ	Saturday, 12 October 2019	Beach Shoalhaven	By invitation only
Inner West Carers Connect	Adults (over 18 years of age but under 65 years of age) with a disability	Dinner for Carers Group	Saturday, 19 October 2019	The Retreat Garden Bistro 114 Church Street Croydon	Gillian 0487 831 403
loop+	People living with disability of all ages	loop+ Carers Morning Tea	Wednesday, 16 October 2019	Symbol Cafe 65 Berry St North Sydney	Clare 0411 579 739
Mental Health Carers NSW	People living with mental illness	Lunch & Learn	Thursday, 17 October 2019	Collective Purpose 80, Suite 501 Level 5 William Street Woolloomooloo	Laura 02 9332 0777
MND Carers Support Southern Sydney	People living with a serious or terminal illness	Carers Morning Tea	Thursday, 17 October 2019	TBC	Karen 02 8877 0904

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
MyTime Marrickville	Children (under 18 years of age) with a disability	MyTime Carers Week Morning Tea	Wednesday, 16 October 2019	Plumtree 19 Yabsley Avenue Marrickville	Kate 0423 328 982
PAWA Community Care	Ageing people	Carers Celebration Lunch	Monday, 14 October 2019	The Polish House 182 Liverpool Road Ashfield	Irmina 02 9716 0036
Sakura Club	All	CALD Community Event	Friday, 18 October 2019	Customs House 31 Alfred Street Sydney	By invitation only
Shine Group (Cecal Caring Association)	All	Wellness Day	Thursday, 17 October 2019	Earlwood Senior Citizens Centre Corner Joy Lane & Homer Street Earlwood	Zabette 0413 161 875
South Eastern Community Connect	Children (under 18 years of age) with a disability	We Care for Carers	Monday, 14 October 2019	South Eastern Community Connect Hub 1007 Botany Rd Mascot	By invitation only
Spanish Speaking Parents Network	Adults (over 18 years of age but under 65 years of age) with a disability	Spanish Carers Event	Wednesday, 16 October 2019	Pinocchio's Restaurant	By invitation only
Special Children Services Centre	All	Garden Visit and Brunch at The Grounds of Alexandria	Tuesday, 15 October 2019	The Grounds Of Alexandria Building 7A, 2 Huntley St Alexandria	Winnie 02 9799 4802
St. Vincent's Hospital Sydney	People living with a serious or terminal illness	Carers Information and Support Group	Tuesday, 22 October 2019	St. Vincent's Hospital 390 Victoria Street Darlinghurst	Christiane 02 9355 5622
Studio Artes Inner West	Adults (over 18 years of age but under 65 years of age) with a disability	Afternoon Tea	Tuesday, 15 October 2019	TBC	Jessica 0490 332 073
Sydney Vietnamese Carers Group	People living with mental illness	Carers Day Out	Monday, 14 October 2019	Hurstville Aquatic Centre Hurstville	Lianne 0478 404 662
The Ella Centre	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Morning Tea	Wednesday, 16 October 2019	Ella Community Centre 58a Dalhousie Haberfield	Suzette 02 9798 5140
Ultimo Chinese Parents Network	Adults (over 18 years of age but under 65 years of age) with a disability	Fresh Air Carers Week	Friday, 18 October 2019	Central Club Hurstville 2 Crofts Ave Hurstville	Xiaolin 0478 016 150
Waterloo Chinese Carers Group 670	Adults (over 18 years of age but under 65 years of age) with a disability	Sit and Relaxation	Sunday, 20 October 2019	Waterloo Green, Turrunga Building Waterloo	Zhaoliang 0423 365 745
Wyanga Aboriginal Aged Care	Ageing people	Share & Care	Friday, 18 October 2019	TBC	Roslyn 0410 223 327

Western NSW

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Amaranth Foundation	All	Carers Come Together	Friday, 18 October 2019	Amaranth 57-65 Redlands Road Corowa	Julianne 02 6033 3507
Anson Street School	Children (under 18 years of age) with a disability	National Carers Week Luncheon	Tuesday, 15 October 2019	A Celebration Luncheon For Our Carers 94 Anson Street Orange	By invitation only
Bathurst Seymour Centre Carers Support Group	People living with dementia	Carers Deserve a Special Day!	Tuesday, 15 October 2019	O'Connell Hotel 2408 O'Connell Road O'Connell	Terisa 02 6332 1449
Bathurst Seymour Centre Carers Support Group	Ageing people	Bathurst Seymour Centre Cares for Carers	Monday, 21 October 2019	TBC	Terisa 02 6332 1449
Cerebral Palsy Alliance	Children (under 18 years of age) with a disability	High Tea	Thursday, 17 October 2019	Taronga Western Plains Zoo Obley Road Dubbo	Melissa 02 688 1077
Crookwell Carer Group	All	Carers Thank You Lunch	Wednesday, 9 October 2019	Crookwell Rsl 160 Goulburn Street Crookwell	Joanne 0411 220 486
Currajong Disability Services	Adults (over 18 years of age but under 65 years of age) with a disability	Supporting Carers at Currajong	Thursday, 17 October 2019	Currajong Disability Services Day Centre 30 Welcome Street Parkes	Roslyn 02 6863 4713
Dubbo Brain Injury Rehabilitation Program	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Get Together	Wednesday, 16 October 2019	Lourdes Hospital 4 Tony Mcgrane Place Dubbo	Narelle 02 6841 8559
Family Support Group - Catholic Healthcare	All	Flora Art	Saturday, 19 October 2019	Catholic Healthcare 6 Bodington Drive Wentworth Falls	Nadja 02 4757 8106
Kids & Carers Support Group Kandos/Rylstone	All	Ten Pin Bowling + Lunch	Saturday, 19 October 2019	Bathurst Ten Pin Bowling Centre 51 Durham Bathurst	Maureen 02 6379 4174
Lourdes Hospital	People living with a serious or terminal illness	Carers Expo	Thursday, 17 October 2019	Lourdes Hospital 4 Tony Mcgrane Dubbo	Katrina 02 6841 8547
Lourdes Hospital and Community Services	Adults (over 18 years of age but under 65 years of age) with a disability	Carer Get Together	Wednesday, 16 October 2019	Carer Get Together 4 Tony Mcgrane Place Dubbo	By invitation only
Mudgee Community Health Centre	Children (under 18 years of age) with a disability	Autism Support Group Carers Week Lunch	Tuesday, 15 October 2019	Galangha Thai Restuarant Market Street Mudgee	Catherine 02 6378 6236
Our Time Carer Support Group	Children (under 18 years of age) with a disability	Carers Week Lunch	Thursday, 17 October 2019	Bathurst	By invitation only
Temora Special Persons and Carers	Adults (over 18 years of age but under 65 years of age) with a disability	Social Luncheon	Wednesday, 16 October 2019	Temora Ex-Services Club 130 Baker Street Temora	Pat 02 6977 2278

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Tullamore Seniors Daycentre	Ageing people	Tullamore Dusty Day Out	Wednesday, 16 October 2019	Tullamore Bowling Club 1 Haylock St Tullamore	Kellylee 0401 583 761
Western NSW Local Health District	All	Young Carer Resource Launch	Tuesday, 15 October 2019	Dubbo Base Hospital Dubbo	Lyndall 0428 404 916
Western NSW Local Health District	All	Young Carer Resource Launch	Wednesday, 16 October 2019	Orange Health Service 1530 Forest Road Orange	Antonia 0428 866 205
<b>Western Sydney</b>					
Afghani Carer Support Group	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Awareness Week	Sunday, 13 October 2019	Nabi Akram Islamic Centre 37 Cowper St Granville	Nabila 0427 842 469
Albion Street	Adults (over 18 years of age but under 65 years of age) with a disability	Albion St Family	Wednesday, 16 October 2019	Albion Family 40 Albion Street Harris Park	By invitation only
Anglicare Dementia Carers Support Group	People living with dementia	Carers Morning tea	Tuesday, 15 October 2019	Nepean Rowing Club Bruce Neale Drive Penrith	Lynore 02 8624 8751
Arabic Carer Support Group	All	Celebrate National Carers Week	Thursday, 7 November 2019	Merrylands Bowling Club Newman Street Merrylands	By invitation only
Arabic Carer Support Group	All	Carer Outing	Wednesday, 23 October 2019	Pymont St Sydney	Lilian 0424 411 426
Auburn Carers Support Group at St Joseph's Hospital	Ageing people	Carers Luncheon	Wednesday, 16 October 2019	Dooleys Club On The Water Front 214 Silverwater Rd Silverwater	Narelle 02 9749 0388
Australian Foundation for Disability	Adults (over 18 years of age but under 65 years of age) with a disability	Celebrating Addord's Central West Carers	Wednesday, 16 October 2019	Afford Blacktown Lifestyle Centre 3 Hereward Highway Blacktown	Toni 0430 528 858
Autism Community Network	All	Richmond Support Group Carers Dinner	Wednesday, 16 October 2019	Richmond Club 6E Market Street Richmond	Steve 0431 724 229
Autism Community Network Castle Hill Support Group	All	Castle Hill Support Group Carers Lunch	Friday, 18 October 2019	Castle Hill RSL 77 Castle Street Castle Hill	Steve 0431 724 229
Autism Community Network Cumberland	All	Cumberland Support Group Carers Brunch	Sunday, 13 October 2019	TBC	Steve 0431 724 229



Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Autism Community Network Wentworthville Support Group	All	Wentworthville Support Group Carers Lunch	Thursday, 17 October 2019	Wentworthville Leagues Club 50 Smith Street Wentworthville	Steve 0431 724 229
Beautiful Minds Committee	People living with mental illness	Tai Chi, Chat & Tea	Saturday, 19 October 2019	Campbeltown Catholic Club 20/22 Camden Road Campbelltown	Desiree 0410 325 905
Blacktown Hospital	All	Carers Week 2019	Wednesday, 16 October 2019	Blacktown Hospital 18 Blacktown Road Blacktown	Amanda 0428 171 393
Boronia Multicultural Services	Children (under 18 years of age) with a disability	Caring for Carers Pamper Day	Wednesday, 16 October 2019	Toongabbie Community Centre 244 Targo Rd Toongabbie	Annie 02 9631 1777
breakthru FMHSS	People living with mental illness	Carers High Tea breakthru	Friday, 18 October 2019	breakthru Belmore 42 Redman Pde Belmore	Matthew 0420 961 713
breakthru Liverpool	All	Have a Break at breakthru	Tuesday, 15 October 2019	breakthru Liverpool 1-7 Moore Street Liverpool	Rachael 0408 174 372
Burwood Community Welfare Services	All	Movie Night for Carers and Their Supporters	Friday, 18 October 2019	Event Cinemas Burwood Road Burwood	Asma 0498 655 792
CALD Carer Support Group (Khmer)	All	Harbour Story Cruise	Tuesday, 15 October 2019	Sydney Harbour Harbour Sydney	Sonia 0423 432 117
CanCare Centre Auburn Support Group	People living with a serious or terminal illness	CanCare Fun Day	Saturday, 19 October 2019	Auburn Centre For Community 44a Macquarie Road Auburn	Venus 0405 139 104
Carers Empowerment Group	Adults (over 18 years of age but under 65 years of age) with a disability	High Tea	Monday, 14 October 2019	Geranium Cottage 828 Old Northern Rd Rural	Maria 0413 359 225
Carers for Sydney West Direct Client Support	People living with a serious or terminal illness	A Celebration for Carers	Saturday, 2 November 2019	Hebron Chinese Alliance Church 51 Hawkesbury Road Westmead	Lorna 0402 409 802
Chester Hill Neighbourhood Centre	All	Disability & Carers Bus Trip	Friday, 18 October 2019	Bondi	Dale 02 9645 3700
Chinese Carers Support Group	People living with mental illness	Carers Week 2019 Celebration	Monday, 14 October 2019	Merrylands Rsl Club 14 Military Rd. Merrylands	Miao 0410 468 726
Colyton Carer Support Group	All	Carer Pamper Day	Monday, 14 October 2019	Autumn Leaf Neighbourhood Centre Timesweep Drive St Clair	Jane 02 9834 2708
Crown St Harris Park Parents on behalf of Flintwood Disability Services	Adults (over 18 years of age but under 65 years of age) with a disability	Thank You to Parents & Carers	Friday, 18 October 2019	Crown St Cafe 14 Crown Street Harris Park	Patricia 0488 177 780

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Dementia Carers Support Group Springwood Neighbourhood Centre	People living with dementia	Peter Cousins Concert	Wednesday, 23 October 2019	Peter Cousins In Concert Penrith	Joanne 02 4751 3033
Fairfield Hospital	All	Carers Week Information Day	Tuesday, 15 October 2019	Fairfield Hospital Polding St & Prairie Vale Road Prarieewood	Katrina 02 9616 8830
Fairfield Hospital	All	Launch Event	Tuesday, 15 October 2019	Fairfield Hospital Rehabilitation / Geriatric Ward Crn Polding St And Prairievale Rd Wetherill Park Sydney	Louise 02 9616 8429
Family & Carer Mental Health Program Nepean Blue Mountains and Western Sydney	People living with a mental illness	Forensic Carer Support Network Event	Friday, 18 October 2019	Parramatta RSL 2 Macquarie Street Parramatta	By invitation only
Filipino Mums	Children (under 18 years of age) with a disability	Luncheon	Friday, 18 October 2019	Impression Cafe Campbell Street Blacktown	By invitation only
Flintwood Disability Services	All	Carers Lunch	Friday, 18 October 2019	31 Salisbury Road 9 Salisbury Rd Sydney	Joanne 0448 000 648
HammondCare	All	Carers BBQ Lunch	Friday, 18 October 2019	Hammondcare Braeside Hospital Courtyard 340 Prairievale Road Prarieewood	Rochelle 02 9756 8809
HammondCare Braeside Hospital	People living with a serious or terminal illness	Memorial for Carers Who Have Lost a Loved One	Thursday, 17 October 2019	Hammondcare Braeside Hospital 340 Prairievale Road Prarieewood	Rochelle 02 9756 8809
Harris Park Arabic Carer Support Group	All	Carer Outing	Monday, 14 October 2019	Pymont St Sydney	Lilian 0424 411 426
Holroyd School P&C	Children (under 18 years of age) with a disability	Holroyd School P&C Walk-A-Thon	Sunday, 20 October 2019	Holroyd School Willara Ave Merrylands	By invitation only
Immune Deficiencies Foundation Of Australia	People living with a chronic illness	IDFA Family Carers Meeting	Tuesday, 15 October 2019	Immune Deficiency Foundation Australia Office 5 Fulton Street Penrith	By invitation only
Karabi Carer Support Group Wentworthville	All	Wellbeing and Pamper Session	Thursday, 17 October 2019	Reg Byrne Hall Wentworthville 41 Crn Of Darcy Rd And Fyall Ave Wentworthville	Karishma 02 9631 6575
MND Carer Support Western Sydney	People living with a serious or terminal illness	Carers Morning Tea	Thursday, 17 October 2019	TBC	Karen 02 8877 0904

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
Mothers with Children with Special Needs	People living with mental illness	Brunch for Mothers with Children with Additional Needs	Saturday, 19 October 2019	Hills Organics Cafe Shop 12, 286-288 New Line Road Dural	Simone 0413 486 414
Mount Druitt Hospital	All	Carers Week 2019	Thursday, 17 October 2019	Mount Druitt Hospital 75 Railway Street Mount Druitt	Amanda 0428 171 393
Mums on the Go!	Children (under 18 years of age) with a disability	Carers Week	Wednesday, 16 October 2019	Social Hideout Shop 2A/20 Victoria Road Parramatta	By invitation only
NADO	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Week Support Brunch	Monday, 14 October 2019	Paddles by Maze Function Centre, Nepean Rowing Club Bruce Neale Dr Penrith	Deborah 0404 044 265
North West Disability Services	Adults (over 18 years of age but under 65 years of age) with a disability	Carers Morning Tea	Wednesday, 16 October 2019	Aberdoon 37 Clower Ave Rouse Hill	Ian 02 9686 4155
Rooty Hill Multicultural Carers Support Group	Children (under 18 years of age) with a disability	Carers Dinner	Friday, 18 October 2019	Rooty Hill Rsl Club 55 Sherbrooke Street Rooty Hill	Gladys 02 9625 9876
Rooty Hill Multicultural Carers Support Group-Fathers Group	Children (under 18 years of age) with a disability	Fathers Group Dinner	Friday, 25 October 2019	Rooty Hill Rsl Club 55 Sherbrooke Street Rooty Hill	By invitation only
Sewa Australia	Children (under 18 years of age) with a disability	Carers Pampering	Wednesday, 16 October 2019	Neonails 19 Aurelia St Toongabbie	Sripriya 0431 666 675
South Western Sydney Local Health District	All	Carers Workshop	Wednesday, 16 October 2019	Campbelltown Hospital Thierry Road Campbelltown	Mary 0476 801 022
St Bishoy Carer Support Group	All	Outing Trip & BBQ	Saturday, 19 October 2019	Blacktown Showground Family Park Richmond Rd Blacktown	Nahid 0401 077 502
St Joseph's Hospital	All	Morning Tea	Wednesday, 16 October 2019	St Joseph's Hospital 2A Normanby Road Auburn	By invitation only
St Michael Carer Support Group	All	Health and Well-being Lunch	Monday, 14 October 2019	Bungarribee Family Buffet 55 Campbell Street Blacktown	Nahid 0401 077 502
Synapse Carers	Adults (over 18 years of age but under 65 years of age) with a disability	Relax and Reconnect	Thursday, 17 October 2019	Synapse Office Level 6, 35 Smith Street Parramatta	Lauren 1800673074
The Australian Foundation for Disability	Adults (over 18 years of age but under 65 years of age) with a disability	Supporting our Carers in the Llandilo Area	Tuesday, 15 October 2019	Cherrywood Village Community Garden 844-877 The Northern Road Llandilo	Toni 0430 528 858

Name of organisation/group	Caring for...	Event	Event date	Event location	Contact
The Children's Hospital at Westmead	Children (under 18 years of age) with a disability	Carer Wellness Program	Friday, 18 October 2019	The Children's Hospital At Westmead Corner Of Hawkersbury Rd And Hainsworth St Westmead	Kelly 02 9845 3590
Tribe Parents	All	Carers Appreciation High Tea	Friday, 18 October 2019	The Ponds School 201 The Ponds Boulevard The Ponds	Alli 0425 291 470
Vietnamese Carers Support Group	All	Carefree Day for Carers	Monday, 14 October 2019	Villawood Senior Citizens Centre 29 Villawood Rd Villawood	Stella 02 9726 3616
Western Sydney Autism Support Group	All	Carers Lunch	Friday, 15 November 2019	St Johns Park Bowling Club Edensor Road Edensor Park	By invitation only
Western Sydney Local Health District	All	Carers Week Support	Monday, 14 October 2019	Westmead Hospital Cnr Hawkesbury and Darcy Roads, Westmead NSW 214 Sydney	George 0438 387 130
Westmead Support Group for Cancer Patients and Carers	People living with a serious or terminal illness	Support Group Celebratory Afternoon Tea	Saturday, 2 November 2019	Hebron Chinese Alliance Church 51 Hawkesbury Road Westmead	Aileen 0425 206 605
Wheelchair Supports Mums	All	Wheelchair Sports Mums High Tea	Saturday, 19 October 2019	Blacktown Workers Club 55 Campbell Street Blacktown	By invitation only
Winmalee Dementia Carers Support Group	People living with dementia	Carers Morning Tea	Tuesday, 15 October 2019	Nepean Rowing Club Bruce Neale Drive Penrith	Lynore 02 8624 8751
Young Carers Nepean	All	Young Carers Outdoor Activity and Lunch	Tuesday, 1 October 2019	TBC	Kellie 0498 002 572

\*Please note the regions denote location of organisation/group, not event. Some events may be held outside of the listed region.

\*All events current at the time of production.



NATIONAL  
CARERS  
WEEK  
2019  
13-19 OCTOBER

# CARERS 2019 DAY OUT

Tuesday 15 October 2019

10.00am - 2.00pm

Redfern Community Centre

A FREE EVENT FOR  
CARERS & THEIR FAMILY

Join Carers NSW for a free day of fun and relaxation at Redfern Community Centre, 29-53 Hugo Street, Redfern NSW 2016. Parking is limited so public transport is recommended. A free accessible shuttle bus will run between Central Station and Redfern Community Centre.

BBQ – INFORMATION STALLS  
LIVE ENTERTAINMENT

RELAXATION AND  
WELLNESS WORKSHOPS

Find out more at [www.carersnsw.org.au/national-carers-week](http://www.carersnsw.org.au/national-carers-week)  
or contact [commsteam@carersnsw.org.au](mailto:commsteam@carersnsw.org.au) or 02 9280 4744.

This event is brought to you by Carers NSW in partnership with  
City of Sydney and the Rapid Relief Team.