ACTIVITIES DURING
CARERS WEEK 2014

SUNDAY 12 – SATURDAY 18 OCTOBER 2014
<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Connections Peer Support Group</td>
<td>Youth carers</td>
<td>Jam On - morning tea in a beautiful bush setting. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 11am</td>
<td>Green Central, Gate 1, Kangoo Rd, Kariong</td>
<td>Andrea 02 4346 1111</td>
</tr>
<tr>
<td>Coast Community Connections Carer Support group</td>
<td>All carers</td>
<td>Carers Week 2014 High Tea. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 9:30am</td>
<td>93 McMasters Rd, Woy Woy</td>
<td>Janelle 02 4343 1888</td>
</tr>
<tr>
<td>CatholicCare Carers Flexible Respite Program</td>
<td>All carers</td>
<td>Carers Morning Tea. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Sherrie 02 4356 2600</td>
</tr>
<tr>
<td>Southlakes Carers Inc Southlakes Carers Support Group</td>
<td>All carers</td>
<td>Carers Week Celebration with entertainment line up and catered lunch. Enquiries welcome</td>
<td>TBC</td>
<td>143 Dora St, Morisset</td>
<td>Margaret 02 4973 3855</td>
</tr>
<tr>
<td>Huntington’s NSW Central Coast Carer Support Group</td>
<td>Carers of people with Huntington’s Disease</td>
<td>Special Morning Tea and Lunch. Enquiries welcome</td>
<td>TBC</td>
<td>Loo Loo's Kincumber Coffee Warehouse</td>
<td>Robyn 02 9874 9777</td>
</tr>
<tr>
<td>Central Coast Mental Health Service Specialist Mental Health Services for Older People - Gosford</td>
<td>Carers of older people living with a mental illness</td>
<td>Carers Morning Tea with guest speaker and information to help support carers of mental health. Enquiries welcome</td>
<td>TBC</td>
<td>Carers Retreat, 21 Beane St, Gosford</td>
<td>Patrick 02 9874 9777</td>
</tr>
<tr>
<td>Central Coast Mental Health Service Specialist Mental Health Services for Older People - Wyong</td>
<td>Carers of older people living with a mental illness</td>
<td>Carers Morning Tea with guest speaker and information to help support carers of older people living with a mental illness. Enquiries welcome</td>
<td>Wednesday, 15 October 10am</td>
<td>Group Room 1A, Wyong Mental Health Unit, Wyong Hospital, Pacific Highway, Kanwal</td>
<td>Patrick 02 4320 2952</td>
</tr>
<tr>
<td>Headspace Gosford Family and Friends Project</td>
<td>Family and friends of young people living with a mental illness</td>
<td>Understanding Teens. An evening forum for family and friends of young people with mental health issues. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Headspace, Level 2, Gateway Centre, 237 Mann St, Gosford</td>
<td>Natasha 02 4328 7323</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Hunter Region Support Group</td>
<td>Carers of people with Alzheimer’s</td>
<td>High Tea at The Lakehouse Café. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 9:30am</td>
<td>11 Shoreside Row, Murrays Beach</td>
<td>Belinda 02 4962 7000</td>
</tr>
<tr>
<td>Response Services Stand Together</td>
<td>All carers</td>
<td>High Tea at the Entrance Lakehouse. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>The Lake House, The Entrance</td>
<td>Amanda 0478 808 200</td>
</tr>
<tr>
<td>Coffs Harbour Mental Health Support Group</td>
<td>Carers of people living with a mental illness</td>
<td>Lunch and peer support. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>TBC</td>
<td>Yvonne 02 6652 8633</td>
</tr>
<tr>
<td>Cancer Council Community Office Erina Cancer Patient and Carer Support Groups</td>
<td>Carers of people with cancer</td>
<td>Recognition of Carers Celebration Afternoon Tea, at Relay for Life. Enquiries welcome</td>
<td>Saturday, 11 October 3:30pm</td>
<td>Mingara Athletec Track, Wyong Rd, Tumbi Bungi</td>
<td>Sandra 02 4336 4500</td>
</tr>
<tr>
<td>Kariong Neighbourhood Centre The Over Fifties Friendship and Carers Group</td>
<td>Carers over 50 years of age</td>
<td>A local history tour and picnic around Mount Penang. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>10 Langford Dr, Kariong</td>
<td>Fiona 02 4340 1724</td>
</tr>
<tr>
<td>Candles Cancer Support Group Inc</td>
<td>All carers</td>
<td>Thank You Carers Barbeque. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 11am</td>
<td>Lions Park, Bangy Rd, Norah Head</td>
<td>Greg 02 4393 5017</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Younger Onset Dementia Group - Central Coast</td>
<td>Carers of people with younger onset dementia</td>
<td>High Tea at The Lakehouse Café at Murrays Beach, with a guest speaker. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October</td>
<td>11 Shoreside Row, Murrays Beach</td>
<td>Justine 02 8875 4693</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Wyoming Community Centre Mental Health Carers Group</td>
<td>Carers of people living with a mental illness</td>
<td>Just for You - pamper morning and garden excursion. Enquiries welcome</td>
<td>TBC</td>
<td>147 Maidens Brush Rd, Wyoming</td>
<td>Kathy 02 4323 7483</td>
</tr>
<tr>
<td>Home Support and Community Services Carer Support Parramatta City Council</td>
<td>All carers</td>
<td>National Carers Day Out tour and lunch. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>East Gosford</td>
<td>Anne-Elizabeth 02 9806 5125</td>
</tr>
<tr>
<td>Central Coast Prostate Cancer Support Group - Gosford</td>
<td>Carers of men with prostate cancer</td>
<td>Carers Morning Tea. By invitation only, but enquiries to join the group are welcome</td>
<td>Friday, 31 October 10am</td>
<td>Bamboo Buddha, Holgate</td>
<td>Jacqui 0414 192 299</td>
</tr>
<tr>
<td><strong>CENTRAL WEST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bathurst Seymour Centre Carer Support Group</td>
<td>All carers</td>
<td>Carers Lunch. By invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Terisa 02 6332 1449</td>
</tr>
<tr>
<td>Mudgee Community Health Centre Mudgee and Region Education and Support Group for Parents/Carers of Children with an Autism Spectrum Disorder (ASD)</td>
<td>Carers and parents of children with an Autism Spectrum Disorder</td>
<td>Carers Lunch at a local restaurant. Invitation only</td>
<td>Wednesday, 8 October 12pm</td>
<td>Wineglass Bar and Grill, Cnr Market and Perry Sts, Mudgee</td>
<td>Catherine 02 6378 6236</td>
</tr>
<tr>
<td>Currajong Disability Services Parkes Currajong Disability Services Support Group</td>
<td>Carers who attend Currajong Disability Services</td>
<td>Currajong Disability Luncheon for members. Enquiries welcome</td>
<td>TBC</td>
<td>Coffee Shop of the Parkes Radio Telescope, Newell Highway, Parkes</td>
<td>Carers Group 02 6862 2038</td>
</tr>
<tr>
<td>Orange Parkinson’s Carer Support Group</td>
<td>Carers of people with neurological conditions</td>
<td>Support for Carers of People with Neurological Conditions - Seminar/workshop and lunch. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Bernard 0434 504 414</td>
</tr>
<tr>
<td>Currajong Disability Services Inc Carer Support Group</td>
<td>All carers especially fathers</td>
<td>Parkes Carer Support Group Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>Cedar Café Nursery</td>
<td>Kittie 02 6863 4713</td>
</tr>
<tr>
<td>Dubbo Neighbourhood Centre We’re Always Grandparents Support Group (WAGS)</td>
<td>Grandparents who are carers</td>
<td>Lunch and social gathering with food, craft, games and books. Enquiries welcome</td>
<td>TBC</td>
<td>1/80 Gipps St, Dubbo</td>
<td>Zillah 02 6882 2100</td>
</tr>
<tr>
<td>Bathurst Outreach Service and ACAT Bathurst Parkinson’s Support Group</td>
<td>Carers of people living with Parkinson’s disease</td>
<td>Pamper Party. Invitation only, but enquiries to join the group are welcome</td>
<td>Monday, 13 October 10am</td>
<td>St Vincent’s Hospital Function Room, Driveway entrance no 2, Gorman’s Hill Rd, Bathurst</td>
<td>Jennifer 02 6332 8972</td>
</tr>
<tr>
<td>Carewest - Orange Case Management Services - Older Parent Carer</td>
<td>All carers</td>
<td>Morning tea with a guest speaker. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Maxwell 02 6391 2480</td>
</tr>
<tr>
<td>CareWest - Condobolin Case Management Services</td>
<td>Older parent carers</td>
<td>Morning tea with a guest speaker. Enquiries welcome</td>
<td>TBC</td>
<td>34 William St, Condobolin</td>
<td>Maxwell 02 6391 2480</td>
</tr>
<tr>
<td>CareWest - Parkes Case Management Services</td>
<td>Older parent carers</td>
<td>Morning tea with a guest speaker. Enquiries welcome</td>
<td>TBC</td>
<td>Suite 3, 195-199 Clarinda St, Parkes</td>
<td>Maxwell 02 6391 2480</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------</td>
<td>---------------------</td>
<td>-----------------------------------------------------------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Orange Office Carers Support Group</td>
<td>All carers particularly people who care for someone with cerebral palsy</td>
<td>Carers Week celebration lunch. Enquiries welcome</td>
<td>Thursday, 16 October</td>
<td>Beekeepers Inn, Vittoria</td>
<td>Shiva 0433 549 618</td>
</tr>
<tr>
<td>Kids and Carers Support Group Kandos/ Rylstone</td>
<td>All carers</td>
<td>Morning tea, movie morning. Enquiries welcome, open event</td>
<td>Saturday, 18 October</td>
<td>Kandos Returned Services Community Club, 20 Danger St, Kandos</td>
<td>Maureen 02 6379 4174</td>
</tr>
<tr>
<td>Disability Information Advocacy Service Inc (Dias)</td>
<td>All carers</td>
<td>Bathurst Carers Lunch, door prizes and school bands providing music. Enquiries welcome</td>
<td>Monday, 13 October</td>
<td>Bathurst City Community Club</td>
<td>Susan 02 6332 2100</td>
</tr>
<tr>
<td>Central West Family Support Aboriginal Out of Home Care</td>
<td>All carers</td>
<td>Swinging Sixties - old time dance, music and drama. Invitation only, but enquiries to join the group are welcome</td>
<td>Friday, 17 October</td>
<td>Family Support Building (Old bowling club), 1 William St, Condobolin</td>
<td>Tehla 02 6895 2533</td>
</tr>
</tbody>
</table>

**CUMBERLAND/ PROSPECT**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hills Autism Support Network</td>
<td>Carers and mums of children with Autism Spectrum Disorder</td>
<td>Carers Week Lunch. Invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>The Winston Bistro</td>
<td>Elena 0417 447 992</td>
</tr>
<tr>
<td>Tweed Mental Health Awareness The Domino Effect (Youth Supporting Youth)</td>
<td>Young carers</td>
<td>Movies in the Park. Outdoor film screen, activities, barbecue. Enquiries welcome</td>
<td>Friday, 17 October</td>
<td>St Joseph’s Youth Service &amp; adjoining park, Cnr Francis St &amp; Enid St</td>
<td>Maria 0435 377 258</td>
</tr>
<tr>
<td>St. Joseph’s Hospital/ACAT Auburn Carers Support Group</td>
<td>All carers</td>
<td>Carers Week barbeque and laughter therapy. Enquiries welcome</td>
<td>Wednesday, 22 October</td>
<td>Auburn Centre for Community, 44A Macquarie Rd, Auburn</td>
<td>Narelle 02 9749 0388</td>
</tr>
<tr>
<td>Blacktown and Mount Druitt Hospital Continuing Care Service</td>
<td>All carers</td>
<td>Carers Week activities and pamper day. By invitation only</td>
<td>TBC</td>
<td>TBC</td>
<td>Sandra 0407 905 209</td>
</tr>
<tr>
<td>Holroyd City Council</td>
<td>All carers</td>
<td>Morning Tea to celebrate carers in Holroyd - writing therapy ‘tell your story of caring’. Enquiries welcome</td>
<td>Friday, 17 October</td>
<td>Holroyd Centre, 17 Miller St, Merrylands</td>
<td>Heidi 02 9840 9916</td>
</tr>
<tr>
<td>Western Sydney Local Health District Cumberland Carer Support Group</td>
<td>All carers</td>
<td>Have a break on us - art therapy, pampering, Tai Chi, entertainment, and afternoon tea. Enquiries welcome</td>
<td>Monday, 13 October</td>
<td>PARC Cumberland Hospital, Westmead</td>
<td>Sunithira 0419 21 5484</td>
</tr>
<tr>
<td>Blacktown City Council Blacktown Grandparents Support Group</td>
<td>Members of the Blacktown Grandparents Support Group; caring for children living with a mental illness and/or disability</td>
<td>Carers Week Luncheon. Invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Caffe Rosa, 25 Rowood Rd, Prospect</td>
<td>Amy 0417 588 334</td>
</tr>
<tr>
<td>North West Disability Services Carers Support Group</td>
<td>Carers of people with a disability</td>
<td>Carers High Tea at Aberdeen House. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Aberdeen House, Cnr Aberdour and Clower Aves, Rouse Hill</td>
<td>Angela 02 9686 4155</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Royal Institute for Deaf and Blind Children Chinese Parent Support Group</td>
<td>Chinese parents of deaf and/or blind children</td>
<td>Line dancing and yum cha. Enquiries welcome</td>
<td>TBC</td>
<td>Line dance activity - RIDBC North Rocks Lunch - Tingha Palace, North Parramatta</td>
<td>Celine 02 9872 0852</td>
</tr>
<tr>
<td>Positive Rhythm Intereach Carer Group</td>
<td>All carers</td>
<td>Wellness day - drumming workshop. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>59 Murray St, Cootamundra</td>
<td>Kate 0418 201 486</td>
</tr>
<tr>
<td>Boronia Multicultural Services Anmol - (Precious) BMS Multicultural Carer Support Group</td>
<td>All carers</td>
<td>Carers Week Celebration. Enquiries welcome</td>
<td>Tuesday, 14 October</td>
<td>33 Northumberland Rd, Auburn RSL Club, Auburn</td>
<td>Malaika 02 9631 1777</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre Chinese Carer Support Group (Parramatta)</td>
<td>All carers</td>
<td>Carers Week 2014 buffet lunch party. Enquiries welcome</td>
<td>Wednesday, 15 October 11.30am</td>
<td>33 Northumberland Rd, Auburn RSL Club, Auburn</td>
<td>Miao 0410 468 726</td>
</tr>
<tr>
<td>CanCare Centre Inc Western Sydney Cancer Patients and Carers Support Group</td>
<td>All carers</td>
<td>Afternoon tea &amp; a talk about kidney diseases. Enquiries welcome but spaces are limited</td>
<td>Saturday, 4 October 2pm</td>
<td>51 Hawkesbury Rd, Westmead</td>
<td>Lauvena 0416 087 815</td>
</tr>
</tbody>
</table>

**FAR NORTH COAST**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tweed Parkinson’s Support Group</td>
<td>Carers of people living with Parkinson’s disease</td>
<td>Lunch and wildlife sanctuary visit. Invitation only, but enquiries to join the group are welcome</td>
<td>Thursday, 16 October</td>
<td>28 Tornewin St, Currumbin QLD</td>
<td>Helen 02 6676 2549</td>
</tr>
<tr>
<td>Northern Rivers MS Carers Group</td>
<td>Carers of people with Multiple Sclerosis</td>
<td>It’s All About You - pamper day. Invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>3/1 Gumtree Dr, Goonellabah</td>
<td>Fiona 02 6624 1205</td>
</tr>
<tr>
<td>Centre of Gravity HFA and AS Support Group</td>
<td>Carers and parents of children aged 1 - 15 years with High Functioning Autism and Asperger’s Syndrome</td>
<td>Carer morning tea. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>TBC</td>
<td>Emily 0487 243 081</td>
</tr>
<tr>
<td>Lower Clarence Valley Mental Health Family and Carers Support Group</td>
<td>Carers of people living with a mental illness</td>
<td>High tea for carers. Enquiries welcome</td>
<td>Monday, 13 October 10am</td>
<td>Maclean River St, Maclean</td>
<td>Catherine 0448 066 474</td>
</tr>
<tr>
<td>Byron Shire Respite Service Inc Carers Coffee Club</td>
<td>All carers</td>
<td>Lunch and river cruise. Invitation only but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Catch a Crab River Cruise, Tweed River, Gold Coast</td>
<td>Barbara 02 6685 1619</td>
</tr>
<tr>
<td>Spinal Cord Injuries Australia Carers of People with a Physical Disability</td>
<td>Carers of people with a physical disability</td>
<td>Pamper day for carers with information session. Enquiries welcome</td>
<td>TBC</td>
<td>1 Gum Tree Dr, Goonellabah</td>
<td>Lee 02 6624 5499</td>
</tr>
<tr>
<td>Diabetes Support Group</td>
<td>Carers of diabetics</td>
<td>Dinner at a restaurant. Invitation only, but enquiries to join the group are welcome</td>
<td>Tuesday, 14 October</td>
<td>Pottsville Beach Neighbourhood Centre, 12a Elizabeth St, Pottsville</td>
<td>Ruth 02 6676 0411</td>
</tr>
<tr>
<td>Uniting Care Ageing NSW/ACT Casino Carers Group</td>
<td>Carers of older people</td>
<td>Carers luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Barbara 0422 987 522</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Pottsville Beach Neighbourhood Centre - Side by Side Asperger Support Group - GameON (Asperger Teen Gaming Group) - LEGO Time (Asperger Primary Age Lego Group) - Asperger Homeschooling Group</td>
<td>Carers and parents of young people with Asperger’s Syndrome</td>
<td>Asperger’s carers lunch. Enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Pottsville Beach Neighbourhood Centre, 12a Elizabeth St, Pottsville</td>
<td>Debra 02 6676 0483</td>
</tr>
<tr>
<td>Northern Rivers Arts Health and Wellbeing Grow North Coast Community Centre</td>
<td>All carers</td>
<td>‘Spring, Growth and Renewal’ themed creative workshops. Invitation only but enquiries to join the group are welcome</td>
<td>Monday, 13 October 9:30am</td>
<td>Grow North Coast Community Centre, 125 Ballina Rd, Lismore</td>
<td>Elizabeth 0421 974 703</td>
</tr>
<tr>
<td>Byron Shire Early Intervention Service Byron Early Intervention Support Group</td>
<td>All carers</td>
<td>Byron El Carers Week lunch. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October</td>
<td>Brunswick Beach Hotel</td>
<td>Ela 02 6685 3023</td>
</tr>
<tr>
<td>Narara Community Centre Gosford City Community and Information Service Ltd</td>
<td>Carers of people living with a mental illness</td>
<td>Carers Pamper Day. Invitation to members, enquiries welcome but spaces are limited</td>
<td>Tuesday, 14 October</td>
<td>Narara Community Centre, 2 Pandala Rd, Narara</td>
<td>Jill 02 4329 4477</td>
</tr>
<tr>
<td>Kyogle District Care Connections Kyogle Carers</td>
<td>All carers</td>
<td>Carers Lunch. Enquiries welcome</td>
<td>TBC</td>
<td>Kyogle Seniors Centre, 6 Bloore St, Kyogle</td>
<td>Narelle 02 6632 2194</td>
</tr>
<tr>
<td>Byron Shire Council</td>
<td>All carers</td>
<td>Carers Week at the Drill Hall - see the Playback Theatre and the Mullumbimby Potters in action. Enquiries welcome</td>
<td>Thursday, 16 October</td>
<td>Dalley St, Mullumbimby</td>
<td>Karen 02 6626 7224</td>
</tr>
<tr>
<td>Realising Every Dream Incorporated (R.E.D. Inc) RED RAVENS - Carers and parents from R.E.D. Inc</td>
<td>Carers and parents of people with a disability</td>
<td>Carers Take a Break - a cuppa and a laugh. Guest speaker and comedian. Enquiries welcome</td>
<td>Tuesday, 14 October 10am</td>
<td>Lismore City Bowling Club, Molesworth St, Lismore</td>
<td>Jenny 02 6622 3400</td>
</tr>
<tr>
<td>Southern Cross Community Care</td>
<td>All carers</td>
<td>Southern Cross Community Care Activity Day. Enquiries welcome</td>
<td>TBC</td>
<td>62 Centre St, Casino</td>
<td>Rosie 02 6662 5844</td>
</tr>
<tr>
<td>Nimbin Health and Welfare Association Inc Nimbin Aged Care and Respite Services</td>
<td>Carers of older people</td>
<td>Carers Day - relaxation and pampering. Enquiries welcome</td>
<td>TBC</td>
<td>81 Cullen St, Nimbin</td>
<td>Jenny 02 6689 1709</td>
</tr>
<tr>
<td>Kyogle District Care Connections Caring Circle</td>
<td>All carers</td>
<td>Playing for Carers - drama performance. Enquiries welcome</td>
<td>Wednesday, 15 October 11am</td>
<td>Kyogle Seniors Centre, 6 Bloore St, Kyogle</td>
<td>Kathryn 02 6632 2194</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Alstonville Office Carers Support Group</td>
<td>Carers of people with cerebral palsy</td>
<td>Art Activity for Carers - paint on canvas to music. Enquiries welcome</td>
<td>Saturday, 18 October 1pm</td>
<td>Cerebral Palsy Alliance, 96 Main St, Alstonville</td>
<td>Shiva 02 9975 8816</td>
</tr>
<tr>
<td>Mission Australia Family and Carer Mental Health Program Kyogle Carer Support Group</td>
<td>Carers of people living with a mental illness</td>
<td>Lunch and movie day. Enquiries welcome</td>
<td>Tuesday, 14 October</td>
<td>Lismore Event Cinema, Cnr Keen &amp; Zadoc St, Lismore</td>
<td>Jennifer 0462 374 401</td>
</tr>
<tr>
<td>Mission Australia Family and Carer Mental Health Program</td>
<td>Carers of people living with a mental illness</td>
<td>Mental Health Carer Wellbeing Day. Workshops, guest speakers, barbeque lunch. Enquiries welcome</td>
<td>Monday, 13 October 10am</td>
<td>Lismore City Hall, 1 Bounty St, Lismore</td>
<td>Sally 0419 783 531</td>
</tr>
<tr>
<td>Aspect Far North Coast Centre for Autism Family and Carers</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Family and Carers Day. Enquiries welcome</td>
<td>TBC</td>
<td>Summerland House Farm</td>
<td>Cath 02 6628 3660</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Aspect Far North Coast Centre for Autism Weekly Parent Support and Information Group</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Carers Week Celebration. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Cath 02 6628 3660</td>
</tr>
<tr>
<td>Aspect Far North Coast Centre for Autism Monthly Parent Information and Support Group</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Pampering our carers. Enquiries welcome to join the group</td>
<td>TBC</td>
<td>TBC</td>
<td>Cath 02 6628 3660</td>
</tr>
<tr>
<td>Pittwater/Waringah Parkinson’s Support Group</td>
<td>Carers of people living with Parkinson’s disease</td>
<td>Mystery bus tour. Invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>The Tramshed, 1395A Pittwater Rd, Narrabeen</td>
<td>Margaret 0406 033 587</td>
</tr>
<tr>
<td>Northern Rivers Parkinson’s Support Group</td>
<td>Carers of people living with Parkinson’s disease</td>
<td>Carers morning tea and speaker on caring for people with Parkinson’s Disease. Enquiries welcome</td>
<td>TBC</td>
<td>Crowley Village Education Centre, Cherry St, Ballina</td>
<td>Graham 0427 042 607</td>
</tr>
<tr>
<td>Lower Clarence Carer Support Group</td>
<td>All carers</td>
<td>Carers Week Luncheon - Enquiries welcome but spaces are limited</td>
<td>Wednesday, 14 May 11:30am</td>
<td>Maclean RSL, River St, Maclean</td>
<td>Josephine 02 6645 1968</td>
</tr>
<tr>
<td>Ballina Mental Health Carers Support Group</td>
<td>All carers</td>
<td>Carers Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Shelley 02 6628 3236</td>
</tr>
<tr>
<td>Lifebridge East Inc Support Group for Carers of People with Dementia</td>
<td>Carers of people with dementia</td>
<td>Luncheon event ‘Under the Marquee’ catered by Lifebridge. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 12pm</td>
<td>Lifebridge East, Cudgen Rd, Kingscliff</td>
<td>Sandra 07 5589 8900</td>
</tr>
<tr>
<td>NSW Stroke Recovery Association Grafton Stroke Recovery Group</td>
<td>Carers of people recovering from stroke</td>
<td>Carers Week picnic in the park. Enquiries welcome</td>
<td>Thursday, 16 October 9:30am</td>
<td>Memorial Park, Bridge St, Lawrence</td>
<td>Lyndi 02 6642 4963</td>
</tr>
</tbody>
</table>

**HUNTER**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rivergum Grandparents Group (GAPS)</td>
<td>Grandparent carers</td>
<td>Take a Break for Carers Pamper Day. Enquiries welcome</td>
<td>Friday, 17 October</td>
<td>St Johns Anglican Church Sturgeo St, Raymond Terrace</td>
<td>Claire 02 4983 1880</td>
</tr>
<tr>
<td>Stockton RSL Club Carers Support Group</td>
<td>All carers</td>
<td>Devonshire tea and pamper experience. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Stockton RSL Club, Corners of Clyde &amp; Douglas Sts, Stockton</td>
<td>Sarah 0423 760 362</td>
</tr>
<tr>
<td>MYMAP Music Therapy Caring for Carers</td>
<td>All carers</td>
<td>TLC Day for Carers - Barbeque and pamper day. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 12pm</td>
<td>Girl Guide Hall, Stockton, end of King St &amp; Hunter St</td>
<td>Raisha 0424 523 397</td>
</tr>
<tr>
<td>Hunter River Community School</td>
<td>All carers</td>
<td>Morning tea and guest speaker to talk about the NDIS. Enquiries welcome</td>
<td>TBC</td>
<td>17 Melaleuca Dr, Metford</td>
<td>John 02 4933 5844</td>
</tr>
<tr>
<td>Mums’ Cottage ASPired</td>
<td>Carers/mothers who care for children with Autism Spectrum Disorder</td>
<td>Mums Night Out Dinner Party. Enquiries welcome but spaces are limited</td>
<td>Saturday, 18 October 6:30pm</td>
<td>Minmi Hotel, 156 Woodford St, Minmi</td>
<td>Angela 02 4953 4105</td>
</tr>
<tr>
<td>Hunter Connect Families Inc - Maitland Support Group</td>
<td>Families who are in a caring role</td>
<td>Hunter Connect Families Inc Support Meeting. Enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Generation Church, Tutor St, Hamilton</td>
<td>Wayne 0419 490 104</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>---------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Hunter Connect Families Inc - Hamilton Support Group</td>
<td>Families who are in a caring role</td>
<td>Hunter Connect Support Group Meeting - Celebrating Carers. Enquiries welcome</td>
<td>Tuesday, 23 September 7pm</td>
<td>Metford Community Baptist Church, 29 Eucalyptus Cr, Metford</td>
<td>Jenny 0418 169 170</td>
</tr>
<tr>
<td>Hunter New England Local Health District Hunter New England Carer Education and Support Program</td>
<td>All carers</td>
<td>Carer Connections Movie Day. Invitation only but enquiries welcome to join the group</td>
<td>Wednesday, 15 October 10am</td>
<td>Event Cinemas, 1 Stockland Dr, Glendale</td>
<td>Kathy 02 4921 4895</td>
</tr>
<tr>
<td>Tomaree Youth Community Action</td>
<td>Young carers aged 12-25 years</td>
<td>Young Carers Mural Day. Enquiries to join the group are welcome</td>
<td>TBC</td>
<td>A location in the Tomaree area TBC</td>
<td>Brooke 0481 139 866</td>
</tr>
<tr>
<td>Upper Hunter Community Services Multicultural Carers Support Group</td>
<td>All carers</td>
<td>Multicultural Support Day 2014 - activities, guest speakers, information sessions. Enquiries welcome</td>
<td>Tuesday, 21 October 10am</td>
<td>Uniting Church Hall (near Holden), Bridge St, Muswellbrook</td>
<td>Sue 02 6542 3555</td>
</tr>
<tr>
<td>Northcott - Taree office Family Support Group (Individual and Early Start Diagnosis)</td>
<td>Carers of people with a disability</td>
<td>Carers Wellbeing Celebrations - luncheon with a mindful session. Invitation Only</td>
<td>TBC</td>
<td>Artisans on the Hill, 702 Tinonee Rd, Mondrook (Tinonee)</td>
<td>Bronwyn 0447 227 443</td>
</tr>
<tr>
<td>Families Supporting Families Inc</td>
<td>Families who are in a caring role</td>
<td>Carers Week Celebration Dinner. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October</td>
<td>Newcastle region TBC</td>
<td>Fiona 0432 116 419</td>
</tr>
<tr>
<td>Multicultural Health Service - Hunter New England Health Multicultural Carers</td>
<td>All carers</td>
<td>Multicultural Carers Day - Laughter worship, session on GNC services, morning tea. Enquiries welcome</td>
<td>Friday October 17 9:30am-12pm</td>
<td>Newcastle Health Centre. Venue: NCHC Room</td>
<td>Se Ok 0434 070 284</td>
</tr>
<tr>
<td>Northern Settlement Services Ltd Multicultural Dementia and Disability Carer Support Group</td>
<td>Carers of people with dementia or with a disability</td>
<td>Moonshadow Cruise for dolphin watching. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Moonshadow Cruises, 3/35 Stockton St, Nelson Bay</td>
<td>Tima 02 4969 3399</td>
</tr>
<tr>
<td>Dungog and District Neighbourcare Inc Neighbourcare Carers Support</td>
<td>All carers</td>
<td>Share the Care - morning tea. Enquiries welcome</td>
<td>Monday, 13 October 10:30am</td>
<td>Chillbillies Café, Dungog Cottage Café, Clarence Town Crossroads Café, Gresford CBC Café, Paterson</td>
<td>Kathleen 02 4992 3348</td>
</tr>
<tr>
<td>Scone Neighbourhood Resource Centre Carers Support Group</td>
<td>All carers</td>
<td>Access When Caring - computer training. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>130 Liverpool St, Scone</td>
<td>Lee 02 6545 2562</td>
</tr>
<tr>
<td><strong>ILLAWARRA</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bay and Basin Community Resources Inc Carers Group</td>
<td>All carers</td>
<td>Get Together Barbeque. Enquiries welcome</td>
<td>Thursday, 30 October 11am</td>
<td>130 McLeans Point Rd, Sanctuary Point</td>
<td>Maree 02 4443 3434</td>
</tr>
<tr>
<td>Italian Social Welfare Organisation of Wollongong ItSoWel Carers Group</td>
<td>Carers from an Italian background</td>
<td>Take a Break for ItSoWel Carers Group - bakery and restaurant visit. Enquiries are welcome but spaces are limited</td>
<td>Tuesday, 14 October 10am</td>
<td>1580 Remembrance Dr, Picton</td>
<td>Giovanna 02 4228 8222</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Illawarra Shoalhaven Local Health District Carer Program Faces Aftercare</td>
<td>All carers</td>
<td>Luncheon with information and entertainment. Enquiries welcome</td>
<td>Tuesday, 14 October</td>
<td>Local venue TBC</td>
<td>Kerrie 02 4424 6357</td>
</tr>
<tr>
<td>Macedonian Welfare Association of NSW Inc Macedonian Carers Group</td>
<td>Carers from a Macedonian background</td>
<td>Lunch at the Yacht Club - enquiries welcome but spaces are limited</td>
<td>Wednesday, 8 October</td>
<td>Northcliffe Dr, Warrawong</td>
<td>Rada 02 4275 2266</td>
</tr>
<tr>
<td>South Coast Portuguese Association Ltd Portuguese Carers Group</td>
<td>Carers from a Portuguese background</td>
<td>Our Time to Relax afternoon tea. Enquiries welcome but spaces are limited</td>
<td>Tuesday, 14 October</td>
<td>Wollongong area TBC</td>
<td>Angela 02 4274 3664</td>
</tr>
<tr>
<td>Illawarra Commonwealth Respite &amp; Carelink Centre Carer Connect</td>
<td>All carers</td>
<td>Take a Break for Carers - wellbeing workshop and lunch. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 10am</td>
<td>Meadows Cottage, 29 McGrath St, Fairy Meadow</td>
<td>Carla 02 4295 5532</td>
</tr>
<tr>
<td>Monaro Family Support Service Scallywags Activity Group</td>
<td>Families who are in a caring role</td>
<td>Scallywags Carers Dinner. Invitation to members only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Bombala Community Centre</td>
<td>Kath 02 6458 4888</td>
</tr>
<tr>
<td>Multicultural Communities Council Illawarra (MCCI) Multicultural Memory Loss Carer Support Group</td>
<td>Carers of people with memory loss and/or dementia</td>
<td>Event for people who care - stress reduction workshop and pamper session. Enquiries welcome but spaces are limited</td>
<td>Tuesday, 21 October</td>
<td>Oak Flats Bowling Club, Cnr Kingston St and David Ave, Oak Flats</td>
<td>Margaret 0421 424 822</td>
</tr>
<tr>
<td>Bay and Basin Community Resources Carers Group</td>
<td>All carers</td>
<td>Barbeque and information session. Enquiries welcome</td>
<td>Thursday, 30 October 11am</td>
<td>130 McLeans Point Rd, Sanctuary Point</td>
<td>Rhonda 02 4443 3434</td>
</tr>
<tr>
<td>Schizophrenia Fellowship Ulladulla Carers Support Group - Respite Service</td>
<td>Carers of people with schizophrenia</td>
<td>No Worries Lunch - lunch, entertainment. Enquiries welcome</td>
<td>Monday, 13 October 11am</td>
<td>Ulladulla Ex-Servos Club</td>
<td>Maria 02 4421 0231</td>
</tr>
<tr>
<td>Schizophrenia Fellowship Respite Carers Group - Respite Service</td>
<td>Carers of people with schizophrenia</td>
<td>National Day Out Luncheon. Enquiries welcome</td>
<td>Tuesday, 14 October 11am</td>
<td>Nowra Golf Club</td>
<td>Maira 02 4421 0213</td>
</tr>
<tr>
<td>Illawarra Respite Carers Support Group</td>
<td>All carers</td>
<td>Carers Reward - pampering and fun session. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>228 Princes Highway, Bulli</td>
<td>Lynne 02 4285 0019</td>
</tr>
<tr>
<td>Light and Hope Clubhouse Carers Support Group</td>
<td>All carers</td>
<td>Lunch and other activities for carers. Invitation to members only, but enquiries to join the group welcome</td>
<td>Tuesday, 14 October</td>
<td>Light and Hope Clubhouse, 15 Burelli St, Wollongong</td>
<td>Lynne 02 4285 0019</td>
</tr>
<tr>
<td>Illawarra Brain Injury Support Service Shoalhaven Brain Injury Support Group</td>
<td>Carers of people with a brain injury</td>
<td>Bush Walk and Lunch. Enquiries welcome</td>
<td>Thursday, 16 October 10:30am</td>
<td>Fitzroy Falls, Morton National Park, Fitzroy Falls</td>
<td>Emma 02 4223 8470</td>
</tr>
<tr>
<td>Noah's Shoalhaven The Parent Room</td>
<td>Parent carers</td>
<td>Pampering for Parents. Invitation to members only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Noah's Shoalhaven, 41 Worrinage St, Nowra</td>
<td>Debra 02 4423 5022</td>
</tr>
<tr>
<td>Illawarra In Home Support Carer Support Group</td>
<td>All carers</td>
<td>Barbeque for carers. Enquiries welcome</td>
<td>TBC</td>
<td>Illawarra area TBC</td>
<td>Myriam 02 4232 0475</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Nowra Office Carers Support Group</td>
<td>Carers of people with cerebral palsy</td>
<td>Pamper Activity. Enquiries welcome</td>
<td>TBC</td>
<td>Cerebral Palsy Alliance Nowra</td>
<td>Shiva 0433 549 618</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
</tbody>
</table>
| North Kiama Neighbourhood Centre  
- SESIAHS Carers Program Kiama  
- In-Home Support Group  
- North Kiama Rehab Carers and Social Group | All carers | Carers Get Together - lunch and gentle exercise and zumba class. Enquiries welcome | Wednesday, 22 October 11am | Carers Get Together - North Kiama Neighbourhood Centre, 28a Meehan Dr, Kiama Downs 2533 | Sharon 02 4237 8422 |
| Bundanon Trust  
East Nowra Neighbourhood Centre Carers | All carers | East Nowra Carers Art Workshop. Enquiries welcome | Monday, 20 October 10am | Riversdale, 170 Riversdale Rd, Illaroo | Mary 02 4422 2115 |
| Interchange Illawarra  
My Time Wollongong | Carers with a child under 5 years with a disability or chronic illness | Carers Week Special Morning Tea with information provided. Enquiries welcome | Thursday, 23 October 9:30am | TAFE North Wollongong Child Care Section, Lysaght St, Fairy Meadow | Kylie 02 4227 1079 |
| Illawarra Brain Injury Service  
Connect | Carers of people with a brain injury | Caring Well - information and resources, movie and lunch. Invitation only | TBC | 1. Illawarra Brain Injury Service  2. Community venue TBC | Rebekah 02 4223 8470 |
| Interchange Illawarra Inc  
Our Place | All carers | Our Place Carers Dinner. Enquiries welcome | TBC | TBC | Tanya 02 4227 1079 |
| Headway  
Headway Carers | All carers | Carers tea and lunch with a guest speaker. Enquiries welcome | TBC | 4 Mercury St, Wollongong 2500 | Robyn 02 4226 4792 |
| Parkinson’s NSW  
Shoalhaven Shakers | Carers of people living with Parkinson’s disease | Developing copies of the Parkinson’s Passport for carers to have for PwPs (Persons with Parkinson’s) | Saturday, 5 July 10am | Stocklands in Nowra | Margaret 0421 741 350 |
| Carer Project Transcultural Mental Health Centre  
Arabic Carer Support Group | Carers from an Arabic background | Day trip to Bondi Beach with lunch included. Enquiries welcome but spaces are limited | Wednesday, 15 October 11am | Bondi Beach | Lilian 0433 194 106 |
| Ulladulla Men’s Shed  
Carers of Students at Budawang School - Ulladulla | Male carers of children who are students at Budawang school | Car drive and picnic outing. Enquiries welcome | TBC | Picnic venue TBC. Departure point likely to be Budawang School | Bruce 02 4454 5755 |
| CatholicCare  
Morning Tea break for CALD Carers | All carers | Catered morning tea with information session. Enquiries welcome | Monday, 13 October 10:30am | In the CatholicCare group room at 25-27 Auburn St, Wollongong | Doreen 02 4254 9339 or 0408 226 131 |
| Aftercare  
Nowra and Ulladulla Carer Support Group | All carers | Lunch at a restaurant on the banks of Shoalhaven River. Enquiries welcome but spaces are limited | Tuesday, 14 October | Wharf Restaurant, Wharf Rd | Kerry 02 4422 1547 |
| CatholicCare Wollongong  
Family and Sibling Support Program (Saturday SibsClub) | Families caring for a child with disability | Saturday SibsClub Picnic Day. Enquiries welcome but spaces are limited | Saturday, 18 October 9am | Pioneer Museum Park, 2029 Moss Vale Rd, Kangaroo Valley | Kath 02 4227 1122 |
| Nowra Stroke and Carers Group | Carers of people recovering from a stroke | Lunch with trivia and games. Enquiries welcome | TBC | Nowra Bowling Club, 40 Junction St, Nowra | Teresa 02 4422 1353 |
| Anglicare  
Shoalhaven Carer Support Group | All carers | Carers Day Out luncheon. Enquiries welcome | Thursday, 27 November 11:30am | Washernwoman’s Beach, Manyana | Jennifer 02 4424 7100 |
<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INNER WEST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Playgroup NSW My Time - Ashbury</td>
<td>Parent carers of children with disabilities and chronic medical conditions</td>
<td>Carers Week - Parents Pamper Day. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October</td>
<td>Ashbury My Time Senior Citizens Centre, 66 Princess St, Ashbury</td>
<td>Lynda 0415 231 117</td>
</tr>
<tr>
<td>Rozelle Neighbourhood Centre</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Respite Dinner. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>TBC (will be an Italian restaurant in the Leichhardt Council area)</td>
<td>Marcelle 0417 499 242</td>
</tr>
<tr>
<td>Korean Carers Support Group</td>
<td>Carers from a Korean background</td>
<td>Caring for Korean Carers Day Out. Enquiries welcome</td>
<td>TBC</td>
<td>69 Haldon St, Lakemba</td>
<td>Keun-Sook 0407 856 522</td>
</tr>
<tr>
<td>St Joseph’s Hospital Patients Carers</td>
<td>Family carers of patients at St. Joseph’s Hospital</td>
<td>Taking Time Out - information stall, raffles, prizes. Open event</td>
<td>Tuesday, 14 October</td>
<td>St Joseph’s Hospital, Normanby Rd, Auburn</td>
<td>patricia 02 9749 0331</td>
</tr>
<tr>
<td>St Anthony’s Family Care Just For You</td>
<td>Families who are in a caring role</td>
<td>Just For You - carers morning tea and information session. Enquiries welcome</td>
<td>TBC</td>
<td>Mary’s Place, 8 King Edward St, Croydon</td>
<td>Ailsa 02 9747 5782</td>
</tr>
<tr>
<td>Pathways Early Childhood Intervention Inc Carers Support Group</td>
<td>All carers</td>
<td>Carers Week morning tea. Enquiries welcome</td>
<td>Saturday, 18 October</td>
<td>Yabsley Ave, Jarvie Park, Marrickville</td>
<td>Elif 02 9572 8840</td>
</tr>
<tr>
<td>FRANS FRANS Carers Group</td>
<td>All carers</td>
<td>High Tea. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>TBC</td>
<td>Debbie 02 9797 5314</td>
</tr>
<tr>
<td>Burwood Council Inner West Wide</td>
<td>All carers in Burwood Council Local Government Area</td>
<td>Inner West Carers Bus Trip. Enquiries welcome but spaces are limited</td>
<td>Saturday, 18 October</td>
<td>Meeting place is Burwood and the Japanese Gardens and Teahouse is in Campbelltown</td>
<td>Myra 02.9911 9858</td>
</tr>
<tr>
<td>Strathfield Council Carers Support Group</td>
<td>Carers in the Strathfield Council Local Government Area</td>
<td>Bus outing for carers. Enquiries welcome but spaces are limited</td>
<td>Monday, 13 October</td>
<td>Sydney Harbour</td>
<td>Gerard 02 9748 9646</td>
</tr>
<tr>
<td>Anglicare Inner West Older Parents Carer Support Group</td>
<td>Older parents who are also carers</td>
<td>Tea party at Vaucluse House. Enquiries welcome</td>
<td>Friday, 10 October</td>
<td>Vaucluse House</td>
<td>Narelle 02 9798 1422</td>
</tr>
<tr>
<td>Concord Hospital Carers Support Group for Carers of People Living with Cancer</td>
<td>Carers of people living with cancer</td>
<td>Launch of carers support group with morning tea. Enquiries welcome</td>
<td>TBC</td>
<td>Concord Hospital</td>
<td>Helen 9767 5000 (pager 60758)</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre CALD ‘Chinese’ Carers Support Group</td>
<td>Carers from a Chinese background</td>
<td>Outing to Burwood Park then lunch in a restaurant. Enquiries welcome</td>
<td>Monday, 13 October</td>
<td>Burwood Centennial Park, Burwood</td>
<td>Irene 0404 790 433</td>
</tr>
<tr>
<td>Afghani Carers Support Group</td>
<td>Carers from an Afghan background</td>
<td>Picnic with entertainment and information session. Enquiries welcome</td>
<td>Saturday, 10 May</td>
<td>Nabi Akrami Islamic Centre, 36 Cowper St, Granville</td>
<td>Nabila 0427 842 469</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>---------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>CatholicCare Tree of Hope Support Group</td>
<td>All carers</td>
<td>Grace and gratitude - spiritual reflection session. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 5pm</td>
<td>2C West St, Lewisham</td>
<td>Margaret 02 9509 1240</td>
</tr>
<tr>
<td>Ethnic Child Care - Family and Community Services Cooperative Multicultural Carers Support Group</td>
<td>All carers</td>
<td>Caring for Carers - gentle exercise, performances and lunch. Enquiries welcome</td>
<td>TBC</td>
<td>3/142 Addison Rd, Marrickville</td>
<td>Bharat 02 9569 1288</td>
</tr>
<tr>
<td>Multicultural Aged Care Inc Multicultural Day Care</td>
<td>Carers of older people</td>
<td>Japanese garden visit with morning tea then lunch. Enquiries welcome but spaces are limited</td>
<td>Saturday October 18 9:30am-3:30pm</td>
<td>Japanese Garden for tea and then lunch at Campbelltown/ Camden Club</td>
<td>Rosy 02 9718 6199</td>
</tr>
<tr>
<td>Social Work Department - Concord Hospital Caring for Carers at Concord Library</td>
<td>All carers</td>
<td>Caring for Carers information forum with a psychologist presenting his findings. Enquiries welcome</td>
<td>Tuesday, 14 October 10am</td>
<td>Concord Library, Cnr Flavelle and Wellbank St, Concord</td>
<td>Lisa 02 9767 6680</td>
</tr>
<tr>
<td>Chinese Parents Association - Children With Disabilities Inc CPA Youth Group</td>
<td>Parents who are carers from a Chinese background. Child aged 12 and up</td>
<td>Happy Carers Happy Day - singing, dancing and catering. Enquiries welcome</td>
<td>TBC</td>
<td>40 Redman Parade, Belmore</td>
<td>Mandy 0406 233 222</td>
</tr>
<tr>
<td>Chinese Parents Association - Children With Disabilities Inc CPA Junior Group</td>
<td>Parents who are carers from a Chinese background. Child under 12 years</td>
<td>Carers Go Happy - singing, dancing and catering. Enquiries welcome</td>
<td>TBC</td>
<td>38 Redman Parade, Belmore</td>
<td>Mandy 0406 233 222</td>
</tr>
</tbody>
</table>

**MID NORTH COAST**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>NewDAFE Inc Parent Carer Group</td>
<td>Parent carers</td>
<td>Thank You Luncheon. Invitation only but enquiries to join the group are welcome</td>
<td>Friday, 16 October</td>
<td>Thai Touch Tide Restaurant, Gordon St, Port Macquarie</td>
<td>Pauline 02 6583 5545</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Coffs Harbour Dementia Carer Support Group</td>
<td>Carers of people with dementia</td>
<td>Carers Morning Tea at the local nursery café. Enquiries welcome</td>
<td>Tuesday, 21 October 10am</td>
<td>JJ’s café, Hogbin Dr, Toormina</td>
<td>Judy 02 6651 6415</td>
</tr>
<tr>
<td>Gloucester Carer Support Group</td>
<td>All carers</td>
<td>Carer Support Luncheon. Enquiries welcome</td>
<td>Tuesday, 7 October 11am</td>
<td>TBC</td>
<td>Margaret 02 6515 1802</td>
</tr>
<tr>
<td>Hastings Headway Inc Carer Support Group</td>
<td>All carers</td>
<td>Carers Day Out Luncheon. Enquiries welcome</td>
<td>Wednesday, 15 October 12pm</td>
<td>Oasis Café, Ocean Dr, North Haven</td>
<td>Beverly 02 6581 0180</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Tea Gardens/Hawks Nest Carers Support Group</td>
<td>All carers</td>
<td>Cruise on Myall Lakes with lunch. Enquiries welcome but spaces are limited</td>
<td>Monday, 20 October 9am</td>
<td>Main Wharf, Main St, Tea Gardens</td>
<td>Marie Ellen 02 6554 5097</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Manning/Forster Younger Onset Dementia Carers Support Group</td>
<td>Carers of people with younger onset dementia</td>
<td>Wallis Lake Cruise and Brain Games. Enquiries welcome but spaces are limited</td>
<td>Monday, 27 October 9:30am</td>
<td>Boat Shed, Little St, Forster</td>
<td>Marie Ellen 02 6554 5097</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Taree Carers Support Group</td>
<td>All carers</td>
<td>Wallis Lake Cruise and Brain Games. Enquiries welcome but spaces are limited</td>
<td>Monday, 27 October 9:30am</td>
<td>Boat Shed, Little St, Forster</td>
<td>Marie Ellen 02 6554 5097</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Hastings Headway Inc Carers Support Group</td>
<td>All carers</td>
<td>Carers Day Out Luncheon. Enquiries welcome</td>
<td>Wednesday, 15 October 12pm</td>
<td>Oasis Café, Ocean Dr, North Haven</td>
<td>Beverly 02 6581 0180</td>
</tr>
<tr>
<td>Great Lakes Mental Health Family and Friends Support Group</td>
<td>Carers of people living with a mental illness</td>
<td>Social Function at Foster. Enquiries welcome</td>
<td>TBC</td>
<td>Foster</td>
<td>Margaret 0409 606 173</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Café Connect Coffs Harbour</td>
<td>Carers of people with dementia</td>
<td>Morning tea with brain health and risk reduction information session. Enquiries welcome</td>
<td>TBC</td>
<td>Shearwater Café, The Promenade, Coffs Harbour</td>
<td>Marg 02 6651 7101</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Nambucca Heads Carer Support Group</td>
<td>Carers of people with dementia</td>
<td>Morning tea with brain health and risk reduction information session. Enquiries welcome</td>
<td>TBC</td>
<td>Anchors Wharf, Urunga</td>
<td>Marg 02 6651 7101</td>
</tr>
<tr>
<td>ACES Incorporated Port Macquarie Carers Group</td>
<td>All carers</td>
<td>Bus trip with morning tea and lunch. Enquiries welcome, but spaces are limited</td>
<td>Thursday, 9 October 10am</td>
<td>Diamond Waters Nursery, Dunbogan Rd, Dunbogan</td>
<td>Dawn 02 6581 2348</td>
</tr>
<tr>
<td>Ngambga Bindarray Girrwaa Community Services Inc Caring Naturally - Parents, Partners, Children of the Disabled, and the Mentally III</td>
<td>Carers of people with a disability and people living with a mental illness</td>
<td>Between the Sea and the Sky, local river cruise. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 10am</td>
<td>Nambucca River Cruises</td>
<td>Rachael 02 6564 7559</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Wauchope Carer Support Group</td>
<td>All carers</td>
<td>Waterman’s Café/Walk. Enquiries welcome</td>
<td>Wednesday, 22 October 3pm</td>
<td>Wauchope Waterman’s Café/Park</td>
<td>Linda 02 6584 7444</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Laurieton Carer Support Group</td>
<td>All carers</td>
<td>Tour of Ricardo Strawberry Farm. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October</td>
<td>Blackman’s Point, Port Macquarie</td>
<td>Linda 02 6584 7444</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Younger Age with Dementia (YOD)</td>
<td>Carers of people with younger onset dementia</td>
<td>Cruise and oyster farm visit. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 22 October 2:30pm</td>
<td>Port Macquarie Wharf</td>
<td>Linda 02 6584 7444</td>
</tr>
<tr>
<td>Coffs Harbour Stroke Recovery Club</td>
<td>Carers of people recovering from stroke</td>
<td>Dolphin Marine Magic show. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Dolphin Marine Magic, Orlando St, Coffs Harbour</td>
<td>Karen 02 6658 9835</td>
</tr>
<tr>
<td>Mission Australia Carers Support Group</td>
<td>All carers</td>
<td>Carer Week Urunga - information stalls, guest speakers, music, refreshments. Enquiries welcome, open event</td>
<td>Thursday, 16 October 10am</td>
<td>Bonville St, Urunga</td>
<td>Helen 02 6658 7831</td>
</tr>
<tr>
<td>Grafton Mental Health Support Group</td>
<td>Carers of people living with a mental illness</td>
<td>Carers Week Boat Cruise. Invitation only but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Clarence River Ferries, Yamba</td>
<td>Nev 02 6649 3660</td>
</tr>
<tr>
<td>Coffs Harbour Early Childhood Intervention Program Special Needs Support Group Inc</td>
<td>Carers of children with a disability</td>
<td>Trip to the Butterfly House in Coffs Harbour. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 12:30pm</td>
<td>5 Strouds Rd, Bonville</td>
<td>Catherine 02 6651 9787</td>
</tr>
<tr>
<td>Coffs Harbour Early Childhood Intervention Program MyTime Coffs Harbour - Young Children with Disabilities</td>
<td>Carers of children with a disability</td>
<td>Trip to the Butterfly House in Coffs Harbour. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 12:30pm</td>
<td>5 Strouds Rd, Bonville</td>
<td>Catherine 02 6651 9787</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Hastings Headway</td>
<td>All carers</td>
<td>Carers Lunch. Enquiries welcome</td>
<td>Wednesday, 15 October</td>
<td>Blue Water Restaurant, Flyns Beach</td>
<td>Andrea 02 6581 0180</td>
</tr>
<tr>
<td>Ageing &amp; Disability Services Great Lakes Council Hawks Nest/ Tea Gardens Carers Group</td>
<td>Carers of older people and people with a disability</td>
<td>Lunch on local ferry. Enquiries welcome</td>
<td>Monday, 13 October 10am</td>
<td>Tea Gardens Wharf, Marine Dr</td>
<td>Lisa 02 4997 1143</td>
</tr>
<tr>
<td>Northcott Carer Support Group</td>
<td>All carers</td>
<td>Annual Carers Day Celebrations - Coffs Harbour Botanical Gardens. Enquiries welcome</td>
<td>Tuesday, 14 October 10am</td>
<td>Regional Botanical Gardens, North St, Coffs Harbour</td>
<td>Bronwyn 02 6651 2366 or 0447 227 443</td>
</tr>
<tr>
<td>YMCA Taree Carers Support Group</td>
<td>All carers</td>
<td>Care for the Carer Seminar - socialising, guest speaker, exercise. Enquiries welcome</td>
<td>TBC</td>
<td>Manning Aquatic Leisure Centre, 51 Manning River Dr, Taree</td>
<td>Melissa 02 6550 0500</td>
</tr>
<tr>
<td>Manning Taree Carers Support Group</td>
<td>All carers</td>
<td>Carers Group Lunch. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Denise 02 6515 1833</td>
</tr>
<tr>
<td>Hastings/Macleay Renal Services Renal Support Group</td>
<td>Carers of people with kidney problems</td>
<td>Morning tea, interactive exercises. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>Tea and Treasures, 76 William St, Port Macquarie</td>
<td>Susan 02 5524 2224</td>
</tr>
<tr>
<td>Manning Valley Neighbourhood Services Carer Support Group</td>
<td>All carers</td>
<td>Multicultural Carers Week activity - Tai Chi demo, guest speakers, morning tea, Scottish dancing. Enquiries welcome</td>
<td>Wednesday, 15 October 10am - 3pm</td>
<td>Christian Outreach Centre, 147 Cowper St, Taree</td>
<td>Jane 02 6553 5121</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW South West Rocks Carer Support Group</td>
<td>Carers of people with Alzheimer’s</td>
<td>Lawn bowls followed by lunch. Enquiries welcome</td>
<td>Wednesday, 1 October 10am</td>
<td>South West Rocks Country Club, 2 Sportmans Way, South West Rocks</td>
<td>Kaylene 02 6584 7444</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Port Macquarie Carer Support Group</td>
<td>Carers of people with Alzheimer’s</td>
<td>Morning tea event. Enquiries welcome</td>
<td>Tuesday, 21 October 10am</td>
<td>TBC</td>
<td>Kaylene 02 6584 7444</td>
</tr>
<tr>
<td>Mission Australia Carer Life Story Writing Group</td>
<td>All carers</td>
<td>Carer Life Story Writing Workshop with professional writing tutor. Enquiries welcome</td>
<td>Saturday, 18 October 9:30am</td>
<td>Telegraph Point School of Arts Community Hall, 7 Cooperabung Dr, Telegraph Point</td>
<td>Claudia 0408 265 039</td>
</tr>
<tr>
<td>Manning Valley Disability Housing Action Group Inc</td>
<td>Carers of people with a disability</td>
<td>Luncheon get-together overlooking the river. Enquiries welcome</td>
<td>TBC</td>
<td>Tinonee Memories Cafe and Craft, Manchester St, Tinonee</td>
<td>Lyn 02 6553 7354</td>
</tr>
<tr>
<td>Penrith Women’s Health Centre Caring Women</td>
<td>Female carers</td>
<td>Caring For Ourselves Day - massage, relaxation and barbeque. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>Penrith Women’s Health Centre</td>
<td>Anne 02 4721 8749</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>--------------------------------------------------------</td>
<td>-----------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------</td>
<td>-----------------------------------------------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Anglicare Winmalee Carers Support Group</td>
<td>All carers</td>
<td>Combined LGA Carers Group High Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Mulgoa Valley Receptions, Mulgoa Rd, Mulgoa</td>
<td>Narelle 02 4560 3700</td>
</tr>
<tr>
<td>Anglicare Hawkesbury Carers Support group</td>
<td>All carers</td>
<td>Combined LGA Carers Group High Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Mulgoa Valley Receptions, Mulgoa Rd, Mulgoa</td>
<td>Narelle 02 4560 3700</td>
</tr>
<tr>
<td>Anglicare - Penrith Carers Support Group</td>
<td>All carers</td>
<td>Combined LGA Carers Group High Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Mulgoa Valley Receptions, Mulgoa Rd, Mulgoa</td>
<td>Narelle 02 4560 3700</td>
</tr>
<tr>
<td>Anglicare Penrith Support Group</td>
<td>Carers and parents of children with a disability</td>
<td>A Day on the River - morning tea social by the river. Enquiries welcome</td>
<td>TBC</td>
<td>Tench Reserve (on the Nepean River) at Penrith</td>
<td>Tracey 02 8805 0915</td>
</tr>
<tr>
<td>Our Lady of Consolation The Carer Connection</td>
<td>All carers</td>
<td>Carer-tacious - games, lolly stand, clown and sausage sizzle. Enquiries welcome</td>
<td>Wednesday, 15 October 11am</td>
<td>Sydney International Regatta Centre, Gate A, Old Castlereagh Rd, Penrith</td>
<td>Lea 02 9832 5417</td>
</tr>
<tr>
<td>Anglicare - Westlink Respite Services Blue Mountains and Hawkesbury Carer Support Group</td>
<td>Carers and parents of children with a disability</td>
<td>A Day on the River - morning tea social by the river. Enquiries welcome</td>
<td>TBC</td>
<td>Tench Reserve (on the Nepean River) at Penrith</td>
<td>Val 02 8805 0913</td>
</tr>
<tr>
<td>Nepean Area Disabilities Organisation (NADO) St Marys Carer Support Group</td>
<td>All carers</td>
<td>Carers Week - Hummer tour and lunch. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 11am</td>
<td>Commencing at 28 Gidley St, St Marys</td>
<td>Denise 02 9623 9855</td>
</tr>
<tr>
<td>Nepean Area Disabilities Organisation (NADO) St Marys Carers Parents Support Group</td>
<td>Parent carers</td>
<td>Carers Week - Hummer tour and lunch. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 11am</td>
<td>Pick up and drop off at St Marys. Lunch venue will be at Windsor, venue is TBC.</td>
<td>Brigitte 02 9862 0421</td>
</tr>
<tr>
<td>Springwood Neighbourhood Centre Co-operative Ltd Springwood Dementia Carers Support Group</td>
<td>Carers of people with dementia</td>
<td>Morning tea followed by a movie at the Glenbrook Cinema. Enquiries welcome</td>
<td>TBC</td>
<td>Glenbrook Cinema, Cnr Ross St &amp; Great Western Highway, Glenbrook</td>
<td>Celia 0497 270 105</td>
</tr>
<tr>
<td>Mid Mountains Neighbourhood Centre Carer Peer Support at Lawson</td>
<td>All carers</td>
<td>Mindfulness Training for Carer Self Care provided by a clinical psychologist. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 2pm</td>
<td>The Alma King Room, Mid Mountains Neighbourhood Centre, New St, Lawson</td>
<td>Gillian 02 4759 2592</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance Kingswood Parent Support Group</td>
<td>For carers and parents of children who have cerebral palsy</td>
<td>Carers Week Morning Tea with guest speaker. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 10am</td>
<td>The Cerebral Palsy Alliance, Kingswood Centre, Building G, University of Western Sydney, Second Ave, Kingswood</td>
<td>Rosemary 02 4736 8722</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>St Finbar’s Catholic Church</td>
<td>All carers</td>
<td>Let’s Pamper Again, with light lunch and hearing tests. Enquiries welcome but spaces are limited</td>
<td>Tuesday, 14 October 10am</td>
<td>St Finbars Parish Centre, Levy St, Glenbrook</td>
<td>Kathleen 02 4739 2651</td>
</tr>
<tr>
<td><strong>NEW ENGLAND</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gunnedah Shire Council HACC Dementia Carers Support Group</td>
<td>Carers of people with dementia</td>
<td>Carers Week Country Bus Trip Luncheon. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October</td>
<td>Currabubula Hotel, Davis Rd, Currabubula</td>
<td>Jenni 02 6740 2252</td>
</tr>
<tr>
<td>Glen Innes Severn Council Life Choices Support Services Carer Support Group</td>
<td>All carers</td>
<td>Glen Carers Lunch with a mystery scenic drive. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>The Lodge Café, New England Highway, Glen Innes</td>
<td>Jane 02 6730 2500</td>
</tr>
<tr>
<td>Carer Assist</td>
<td>All carers</td>
<td>Yoga, You and Yum. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Glen Innes Community Hall and restaurant TBC</td>
<td>Isabelle 02 6772 3211</td>
</tr>
<tr>
<td>Carer Assist Tenterfield Mental Health Social Support Group</td>
<td>All carers</td>
<td>Recharge, Refresh and Relax - pampering, music, mocktails and nibbles. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>3 Wishes Day Spa, 141 High St, Tenterfield</td>
<td>Isabelle 02 6772 3211</td>
</tr>
<tr>
<td>Liverpool Plains Shire Council Quirindi HACC Carers Support Group</td>
<td>All carers in the Liverpool Plains Shire</td>
<td>High Tea at Haydon Hall. Enquiries welcome</td>
<td>Tuesday, 14 October 2pm</td>
<td>Haydon Hall, 66 Mayne St, Murrurundi</td>
<td>Belinda 02 6746 1755</td>
</tr>
<tr>
<td>Gwydir HACC Services Incorporated Moree Respite House</td>
<td>All carers</td>
<td>Carers Special Day Out - luncheon and pampering. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 12pm</td>
<td>300 Edward St, Moree</td>
<td>Stephanie 02 6752 1153</td>
</tr>
<tr>
<td>Barraba HACC Service Barraba Carer Group</td>
<td>All carers</td>
<td>Morning tea, lunch and bus trip. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 9:30am</td>
<td>Tamworth Community Centre, Darling St, Tamworth</td>
<td>Claire 02 6766 4480</td>
</tr>
<tr>
<td>Tamworth Regional Council New England Carer Support Service</td>
<td>All carers</td>
<td>Carer Pampering Day - entertainment, morning tea, pampering. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>Tamworth Community Centre, Darling St, Tamworth</td>
<td>Claire 02 6766 4480</td>
</tr>
<tr>
<td>Carer Support Group Taree</td>
<td>All carers</td>
<td>Respite for Carers. Invitation only but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Yaraandoo Point, Lookout Rd, off the Waterfall Way, Ebor</td>
<td>Maria 02 6557 7274</td>
</tr>
<tr>
<td>The Ascent Group Carers Support Group</td>
<td>All carers</td>
<td>Carer Narratives. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Pearl 02 6776 8977</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Armidale office Carers Support Group</td>
<td>Carers of people with cerebral palsy</td>
<td>Carers Week Celebration lunch. Enquiries welcome</td>
<td>TBC</td>
<td>Neram Harvest, New England Regional Art Museum, Armidale</td>
<td>Shiva 0433 549 618</td>
</tr>
<tr>
<td>McLean Care Ltd McLean Care Group</td>
<td>All carers</td>
<td>Taking Care of the Carer - lunch and guest speaker. Enquiries welcome</td>
<td>TBC</td>
<td>11-15 Dowe St, Tamworth</td>
<td>Kelli 02 6766 5006</td>
</tr>
<tr>
<td>McLean Care Wellness for Carers</td>
<td>All carers</td>
<td>Wellness for Carers - lunch and talk by a physiotherapist. Enquiries welcome</td>
<td>TBC</td>
<td>67 Killean St, Inverell</td>
<td>Gail 02 6721 5406</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>NORTHERN SYDNEY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Willoughby City Council</td>
<td>All carers</td>
<td>Carers Expo of support programs in the local area. Open event</td>
<td>Thursday, 16 October 10am</td>
<td>Dougherty Community Centre, 7 Victor St, Chatswood</td>
<td>Louise 02 9777 7975</td>
</tr>
<tr>
<td>Hornsby Shire Council</td>
<td>Carers and grandparent carers</td>
<td>Carers Week outing to the Carers Expo and morning tea. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>Dougherty Community Centre, 7 Victor St, Chatswood</td>
<td>Kim 02 9847 6531</td>
</tr>
<tr>
<td>Huntington’s Carer Support Group</td>
<td>Carers of people with Huntington’s disease</td>
<td>Special Morning Tea and Lunch. Enquiries welcome</td>
<td>Wednesday, 15 October 10:30am</td>
<td>21 Chatham Rd, West Ryde</td>
<td>Robyn 02 9874 9777</td>
</tr>
<tr>
<td>Richard Geeves Respite Services</td>
<td>Carers of older people</td>
<td>Carers Morning Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Richard Geeves Respite Services, 8 Murrua Rd, North Turramurra</td>
<td>Cathy 0419 661 697</td>
</tr>
<tr>
<td>Christian Community Aid</td>
<td>Christian carers from a Chinese background</td>
<td>Hawkesbury Paddlewheeler Lunch Cruise. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Cruise departs at Governor Phillip Park, bottom of George St, Windsor</td>
<td>Carmen 02 9858 3222</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre</td>
<td>All carers</td>
<td>Carers Week Luncheon. Enquiries welcome</td>
<td>Monday, 20 October 12:30pm</td>
<td>Persian Flame Restaurant, 325 Penshurst St, Willoughby</td>
<td>Behnaz 0417 175 155</td>
</tr>
<tr>
<td>Royal Rehab Carers Support Group</td>
<td>Carers of people with a disability requiring rehabilitation due to injury or illness</td>
<td>Carers Pampering Morning. Enquiries to join the group are welcome</td>
<td>Wednesday, 15 October 10:30am</td>
<td>Royal Rehab, 235 Morrison Rd, Ryde</td>
<td>Nadia 02 9808 9649</td>
</tr>
<tr>
<td><strong>ORANA/ FAR WEST</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broken Hill City Council - Far West Commonwealth Respite and Carelink Centre Carer Support Group</td>
<td>All carers</td>
<td>Carers Week High Tea and entertainment. Enquiries welcome</td>
<td>Friday, 17 October 10:30am</td>
<td>TBC</td>
<td>Tim 08 8080 3615</td>
</tr>
<tr>
<td>Coonamble Parent Support Host Family Respite Inc Coonamble Parent Support Volunteer Carers</td>
<td>Parent carers</td>
<td>Thank You Morning Tea. Invitation only, but enquiries to join the group are welcome</td>
<td>Tuesday, 14 October 10:30am</td>
<td>Coonamble Parent Support Office, 38A/B Castlereagh St, Coonamble</td>
<td>Sandra 02 6822 1438</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Dubbo Office Carers Support Group</td>
<td>Carers of people with cerebral palsy</td>
<td>Carers Week celebration lunch. Enquiries welcome</td>
<td>Wednesday, 15 October 12:30pm</td>
<td>Dubbo Cultural Centre</td>
<td>Shiva 0433 549 618</td>
</tr>
<tr>
<td>Life Without Barriers Orana Carer Support Group</td>
<td>All carers</td>
<td>Carer appreciation luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Shayne 0407 062 020</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Cooinda Coonabarabran Limited Carers Support Group</td>
<td>All carers</td>
<td>Carers Open Day - tour of new therapy centre. Lunch and entertainment provided. Enquiries welcome</td>
<td>TBC</td>
<td>Cooinda Coonabarabran Limited, 12-14 Neate St, Coonabarabran</td>
<td>Leanne 02 6842 0802</td>
</tr>
<tr>
<td>Special Persons and Carers</td>
<td>Carers of people with a disability</td>
<td>Carers Week Lunch. Enquiries welcome</td>
<td>Friday 17 October 11:30am-2pm</td>
<td>Temura</td>
<td>Pat 02 6977 2278</td>
</tr>
<tr>
<td>Yarrabin Outreach Inc - Nyngan</td>
<td>All carers</td>
<td>Carers Morning Tea. Enquiries welcome</td>
<td>TBC</td>
<td>70 Bogan St, Nyngan</td>
<td>Michelle 02 6832 2266</td>
</tr>
<tr>
<td>Yarrabin Outreach Inc - Bourke</td>
<td>All carers</td>
<td>Day out at Diggers. Enquiries welcome</td>
<td>TBC</td>
<td>Diggers on the Darling, Sturt St, Bourke</td>
<td>Michelle 0429 722 289</td>
</tr>
<tr>
<td>Griffith Aged Support Service Tuesdays Social Support Group</td>
<td>Carers of older people</td>
<td>Carers High Tea with entertainment and relaxation sessions. Enquiries welcome</td>
<td>Tuesday, 14 October 12:30pm</td>
<td>Yarran Wines, Myall Park Rd, Yenda</td>
<td>Monica 02 6962 4515</td>
</tr>
<tr>
<td>Wagga Autism Support Group</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Social Night Out - fun, trivia and snacks. Enquiries welcome</td>
<td>TBC</td>
<td>Wagga Golf Club</td>
<td>Deborah 02 6922 9744</td>
</tr>
<tr>
<td>Ageing Disability and Home Care Leeton Alzheimer’s and Dementia Carer Support Group</td>
<td>Carers of people with dementia and/or Alzheimer’s</td>
<td>Carers Morning Tea &amp; Matinee at Roxy Theatre acknowledging carers. Enquiries welcome</td>
<td>Friday, 17 October 10am</td>
<td>Pine Ave, Leeton</td>
<td>Merylise 02 6960 2835</td>
</tr>
<tr>
<td>Home Care Service NSW - ADHC Griffith Carer Support Group</td>
<td>All carers particularly people with dementia</td>
<td>High Tea at Yarran Wines, guest speaker, entertainment, refreshments. Enquiries welcome</td>
<td>TBC</td>
<td>Yarran Wines, Myall Park Rd, Yenda</td>
<td>Merylise 02 6960 2835</td>
</tr>
<tr>
<td>Aspire Support Services Autism/Aspergers Family Networking Support</td>
<td>Carers of people with Autism Spectrum Disorder, particularly mothers</td>
<td>Pamper day with guest speaker. Enquiries to join group welcome</td>
<td>TBC</td>
<td>Aspire Support Services, 220 Borella Rd, Albury</td>
<td>Lucy-Anne 02 6058 4000</td>
</tr>
<tr>
<td>Intereach Carers - Cootamundra Shire</td>
<td>All carers in the Cootamundra Shire</td>
<td>Carer Pamper Day - high tea, live music. Enquiries welcome</td>
<td>Thursday, 16 October 10am</td>
<td>36 - 44 Mackay St, Cootamundra</td>
<td>Louise 02 6942 8800</td>
</tr>
<tr>
<td>Parent Education and Support Network Special Needs Assistance Group (SNAG)</td>
<td>Carers and parents of people with a disability and young carers</td>
<td>Carers Art Therapy Session with lunch. Enquiries welcome</td>
<td>TBC</td>
<td>Young and District Community Hub, 2c Campbell St, Young</td>
<td>Cathy 02 6382 6328</td>
</tr>
<tr>
<td>Open Minds Brighter Future Carers Support Group</td>
<td>Carers of young people living with a mental illness</td>
<td>Lunch and a movie. Invitation only</td>
<td>TBC</td>
<td>Shamrock Hotel and Temora Town Hall Theatre</td>
<td>Heather 0434 348 856</td>
</tr>
<tr>
<td>Cypress View Lodge Carers Support Group</td>
<td>Carers of older people</td>
<td>Rewarding Carers - morning tea and activities. Open event</td>
<td>TBC</td>
<td>Cypress View Lodge, 16-24 Kookaburra Ave, Coleambally</td>
<td>Karen 02 6954 4202</td>
</tr>
<tr>
<td>Calvary Silver Circle Bluebell Cottage</td>
<td>All carers</td>
<td>Afternoon tea, pampering, guest speaker and information. Enquiries to join group welcome</td>
<td>TBC</td>
<td>50 Brookong Ave, Wagga Wagga</td>
<td>Robyn 02 6938 5700</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>-----------------</td>
<td>--------------------------------------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>Young Meals on Wheels</td>
<td>Carers of older people</td>
<td>Lunch then Information Session by NSW Dept. Fair Trading. Enquiries welcome</td>
<td>TBC</td>
<td>Young area TBC</td>
<td>Julie 02 6382 5008</td>
</tr>
<tr>
<td>Carers Social Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leeton Shire Home and Community Care Services</td>
<td>All carers</td>
<td>Morning Tea and Movie. Enquiries welcome</td>
<td>Friday, 17 October</td>
<td>Roxy Theatre, 114 Pine Ave, Leeton</td>
<td>Tanya 02 6953 6660</td>
</tr>
<tr>
<td>Carers Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Northcott Northcott Carer Group</td>
<td>All carers</td>
<td>Country Garden Lunch near Yerong Creek. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Ceremic, Yerong Creek</td>
<td>Karen 02 6921 1996</td>
</tr>
<tr>
<td>Border Carers Reference Group Carers Support Group</td>
<td>All carers</td>
<td>Carers Week Luncheon and entertainment. Enquiries welcome</td>
<td>TBC</td>
<td>Commercial Club, Dean St, Albury</td>
<td>Susan 0488 288 707</td>
</tr>
<tr>
<td>Junee Community Centre</td>
<td>All carers</td>
<td>2014 Carers Week Celebration Brunch. Enquiries welcome</td>
<td>Thursday, 16 October</td>
<td>16 Belmore St, Junee</td>
<td>Amy 02 6924 2666</td>
</tr>
<tr>
<td>Carers Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intereach</td>
<td>All carers</td>
<td>Cootamundra Carers Day; focus on aromatherapy. Enquiries welcome</td>
<td>Wednesday, 15 October</td>
<td>59 Murray St, Cootamundra</td>
<td>Susan 0405 355 985</td>
</tr>
<tr>
<td>Cootamundra Carers Day</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Riverina Murray Region Carers Support Group</td>
<td>Male carers of people with cerebral palsy</td>
<td>Golf day for male carers. Enquiries to join the group are welcome</td>
<td>Sunday, 12 October 11am</td>
<td>Wagga City Golf Club</td>
<td>Shiva 02 9975 8816</td>
</tr>
<tr>
<td>Young Neighbourhood Centre Inc aka Young and District Community Hub Coco Pops - Young Carers Group</td>
<td>Young carers 7 - 13 years caring for family members</td>
<td>Young Carers Cinema Experience. Enquiries to join the group are welcome, but spaces are limited</td>
<td>Thursday, 16 October 3:45pm</td>
<td>Southern Cross Cinema, 100 Main St, Young</td>
<td>Naomi 02 6382 6328</td>
</tr>
<tr>
<td>Intereach Ltd</td>
<td>All carers</td>
<td>Murray River Cruise and lunch. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 11am</td>
<td>Port of Echuca, Echuca Vic</td>
<td>Belinda 03 5890 6201</td>
</tr>
<tr>
<td>Carers Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ningana Enterprises Inc (NEI) Carers Support Group</td>
<td>All carers</td>
<td>NEI Carers morning tea. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 10am</td>
<td>Ningana Enterprises Inc, 1 Kooyoo St, Griffith</td>
<td>Christine 02 6962 3162</td>
</tr>
<tr>
<td>Valmar Support Services</td>
<td>All carers</td>
<td>Day Trip from Tumut to Junee Chocolate Factory. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>45 - 61 Lord St, Junee</td>
<td>Emma 02 6947 3900</td>
</tr>
<tr>
<td>Flexible Options Carers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Forrest Centre</td>
<td>All carers</td>
<td>Salt therapy session with morning tea. Invitation only but enquiries to join the group are welcome</td>
<td>Wednesday, 15 October 10am</td>
<td>Natural Health &amp; Healing Centre, 1 Karoom Dr, Glenfield Park</td>
<td>Diane 02 6932 3009</td>
</tr>
<tr>
<td>Forrest Community Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country Health Tai Chi &amp; Qigong Intereach</td>
<td>All carers</td>
<td>Wellness Day - Qigong exercise program. Enquiries welcome</td>
<td>Wednesday October 15 9:30am-4:30pm</td>
<td>59 Murray St, Cootamundra</td>
<td>June 0418 603 657</td>
</tr>
<tr>
<td>Intereach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allawah Lodge</td>
<td>Carers of older people</td>
<td>You are special too - Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>Allawah Lodge Community Centre</td>
<td>Robin 02 6927 3477</td>
</tr>
<tr>
<td>Carers Support Group</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coffee Connection &amp; COPAS (Coalition of Parents Albury Supporters) Coffee Connection Albury</td>
<td>Parents of young adults with disabilities in Albury</td>
<td>Annual Coffee Connection - coffee and breakfast. Enquiries welcome</td>
<td>TBC</td>
<td>Albury area TBC</td>
<td>Helen 02 6043 2070</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>St George Migrant Resource Centre Multicultural Carers Support Group</td>
<td>All carers</td>
<td>Carers Trip to Bowral Tulip Festival. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Bowral</td>
<td>Penny 02 9597 5455</td>
</tr>
<tr>
<td>CatholicCare SE Dementia Carers Support Group</td>
<td>Carers of people with dementia</td>
<td>High Tea. Enquiries welcome</td>
<td>Friday, 11 April</td>
<td>Camellia Gardens, Miranda</td>
<td>Dragana 02 8536 0855</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Healthy Steps Carer Well Being Group</td>
<td>All carers</td>
<td>Carers Pampering and Healthy Morning tea. Enquiries welcome</td>
<td>Monday, 13 October 10am</td>
<td>29 Sylvania Rd, Sylvania</td>
<td>Ljubinka 02 9531 1928</td>
</tr>
<tr>
<td>Calvary Community Health Sydney Mary Potter House Dementia Day Care Centre</td>
<td>Carers of people with dementia</td>
<td>Carers Week Afternoon Tea. Enquiries to join the group welcome</td>
<td>TBC</td>
<td>Mary Potter House Respite Centre, Calvary Hospital, Rocky Point Rd, Kogarah</td>
<td>Sonya 02 9553 3584</td>
</tr>
<tr>
<td>Calvary Hospital Mary Potter House Dementia Respite Centre</td>
<td>Carers of people with dementia</td>
<td>Carers Week Afternoon Tea with information stalls, and sessions. Enquiries to join group welcome</td>
<td>TBC</td>
<td>Mary Potter House Respite Centre, Calvary Hospital, Rocky Point Rd, Kogarah</td>
<td>Sonya 0424 571 173</td>
</tr>
<tr>
<td>Sutherland Shire Autism Network</td>
<td>Carers of people with Autism Spectrum Disorder</td>
<td>Morning Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Tradies Club Gymea, 57 Manchester Rd, Gymea</td>
<td>Alicia 0432 541 942</td>
</tr>
<tr>
<td>Calvary Community Palliative Care Team Carers Support Group</td>
<td>Carers of people requiring palliative care</td>
<td>Carers are Crucial, afternoon tea. Enquiries to join the group welcome spaces are limited</td>
<td>TBC</td>
<td>Calvary Health Care Conference Centre, 91-111 Rocky Point Rd, Kogarah</td>
<td>Kathleen 02 9553 3161</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre CALD Carers Support Group</td>
<td>All carers</td>
<td>Excursion to the park and lunch in nearby restaurant. Enquiries welcome</td>
<td>Friday, 3 October 10am</td>
<td>Excursion in Carss Park and lunch at Hurstville</td>
<td>Irene 0404 790 433</td>
</tr>
<tr>
<td>Coffee Club Dementia Support Group</td>
<td>Carers of people with dementia</td>
<td>Carers for Brunch. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Elizabeth 0406 857 181</td>
</tr>
<tr>
<td>Interreach - Cootamundra Carers Support Group</td>
<td>All carers</td>
<td>Wellness Day for Carers in Cootamundra, pampering, drumming, reflexology. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October</td>
<td>Rachel Moon Remedial Massage and Yoga House, 59 Murray St, Cootamundra</td>
<td>Rachel 0414 240 805</td>
</tr>
<tr>
<td>Indonesian Welfare Association Inc (IWA) Seniors Support Group</td>
<td>Older carers from an Indonesian background</td>
<td>Caring is Sharing - fun and informative day. Enquiries welcome</td>
<td>Tuesday, 14 October</td>
<td>Punchbowl Community Centre, 44 Rossmore Ave, Punchbowl</td>
<td>Juliani 0412 262 819</td>
</tr>
<tr>
<td>Parent to Parent Association aka Rec Ability Carers Morning Coffee Group</td>
<td>Parent carers</td>
<td>Discovery at The Armoury. Enquiries welcome</td>
<td>TBC</td>
<td>Blaxland Riverside Park, Jamieson St, Newington</td>
<td>Helen 02 9522 8016</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Holdsworth Community EastEnders</td>
<td>Carers of people with dementia or an intellectual disability</td>
<td>EastEnders Taking a Break - going to Carers NSW event at Circular Quay. Open event</td>
<td>Tuesday, 14 October</td>
<td>Carers NSW - Carers Day Out at First Fleet Park Circular Quay</td>
<td>Linda 02 9302 3600</td>
</tr>
<tr>
<td>Holdsworth Community Holdsworth Families</td>
<td>Families who have taken on a caring role</td>
<td>Carers taking a break at Gaden - afternoon tea with live music and entertainment. Enquiries welcome</td>
<td>Monday, 27 October</td>
<td>Gaden, 334 Edgecliff Rd, Woollahra</td>
<td>Linda 02 9302 3600</td>
</tr>
<tr>
<td>Sylvanvale Day Programs PCP Learning Community</td>
<td>All carers</td>
<td>Morning tea with drumming, choirs, hair design, Boccia competition. Enquiries welcome</td>
<td>TBC</td>
<td>874-876 Rawson Ave, Sutherland</td>
<td>Marti 0408 027 875</td>
</tr>
<tr>
<td>CanCare Centre Incorporated Sydney South Cancer Patients and Carers Support Group - Rockdale</td>
<td>Carers of people diagnosed with cancer</td>
<td>Guest speaker talking about Anaemia, with afternoon tea. Enquiries welcome</td>
<td>Saturday, 11 October 2pm</td>
<td>40 George St, Rockdale</td>
<td>Lauvena 0416 087 815</td>
</tr>
<tr>
<td>CanCare Centre Incorporated Sydney South Direct Client Support Group</td>
<td>All carers</td>
<td>Carers Week Celebration. Invitation only, but enquiries to join the group are welcome</td>
<td>TBC</td>
<td>Hurstville, Peakhurst, Riverwood, Homebush and Lidcombe</td>
<td>Lauvena 0416 087 815</td>
</tr>
<tr>
<td>CanCare Centre Incorporated Sydney South Chatroom - Hurstville</td>
<td>Carers of people diagnosed with cancer</td>
<td>Carers Week Celebratory Lunch for Carers. Enquiries welcome</td>
<td>Wednesday, 15 October 12pm</td>
<td>184 Forest Rd, Hurstville</td>
<td>Lauvena 0416 087 815</td>
</tr>
<tr>
<td>Schizophrenia Fellowship of NSW Greek Carers Support Group</td>
<td>Carers of people with schizophrenia from a Greek background</td>
<td>Time out for self - lunch and walk along the beach. Enquiries welcome</td>
<td>Monday, 20 October 11am</td>
<td>Peter Depena Reserve, Dolls Point &amp; George’s River Sailing Club, Dolls Point</td>
<td>Sophie 02 9715 7215</td>
</tr>
<tr>
<td>SOUTH WEST SYDNEY</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interchange Australia Carers Support Group</td>
<td>All carers</td>
<td>Carers Morning Tea. Open event, enquiries welcome</td>
<td>Friday, 15 August 10am</td>
<td>3 Forest Lane, Bowral</td>
<td>Penelope 02 4868 6688</td>
</tr>
<tr>
<td>Karinya Day Centre Carers Support Group</td>
<td>All carers</td>
<td>Morning tea, educational talk by Dementia Advisory Services, tour of facilities. Enquiries welcome</td>
<td>Monday, 13 October 10:30am-11:30am</td>
<td>61 Tudor St, Belmore</td>
<td>Alexandra 02 9787 0136</td>
</tr>
<tr>
<td>Headway ADP Acquired Brain Injury Carers Support Group</td>
<td>Carers of people with a brain injury</td>
<td>Pamper day with lunch. Enquiries welcome</td>
<td>Tuesday, 14 October 12pm</td>
<td>6 Percy St, Bankstown</td>
<td>Fiona 02 9790 0046</td>
</tr>
<tr>
<td>Liverpool Hospital Aged Care Unit Dementia Carers</td>
<td>Carers of people with dementia</td>
<td>Gala Day Event - café with coffee and cake. Enquiries welcome</td>
<td>Wednesday, 15 October 9am</td>
<td>Liverpool Hospital, Elizabeth St, Liverpool</td>
<td>Vicki 02 8738 7500</td>
</tr>
<tr>
<td>Inner Western Circle</td>
<td>Older carers from an Indian/Anglo background</td>
<td>Traditional Lunch with Linda Burney. Invitation only</td>
<td>Thursday, 16 October 12pm</td>
<td>TBC</td>
<td>Wright 02 9642 3320</td>
</tr>
<tr>
<td>Inner Western Circle Inc Indian/ Anglo Indian Seniors/Aged Carers</td>
<td>Older carers from an Indian/Anglo background</td>
<td>Traditional Lunch with Linda Burney. Invitation only</td>
<td>Thursday, 16 October 12pm</td>
<td>TBC</td>
<td>Wright 0410 056 685</td>
</tr>
<tr>
<td>Braeside Hospital - Hammondcare Carers Support Group</td>
<td>Carers from rehabilitation, palliative and aged care psychiatry</td>
<td>Carers Week talk and morning tea. Enquiries welcome</td>
<td>TBC</td>
<td>Braeside Hospital, 340 Prairievale Rd, Prairiewood</td>
<td>Jennifer 02 9616 8660</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>Allevia Vietlink</td>
<td>Carers of children with disabilities from a Vietnamese background</td>
<td>Outing to Darling Harbour by Ferry. Enquiries welcome but places are limited</td>
<td>Wednesday, 15 October</td>
<td>Darling Harbour</td>
<td>Mylinh 02 9773 8894 or 0418 455 430</td>
</tr>
<tr>
<td>Corazon Latino (Latin Hearth) Spanish Carers Support Group</td>
<td>Carers from a Latin/ Spanish background</td>
<td>Stress Less Outing - a day at Manly Beach and lunch. Enquiries welcome</td>
<td>Monday, 20 October</td>
<td>TBC</td>
<td>Blanca Arely 02 9681 4956</td>
</tr>
<tr>
<td>Marcarthur Diversity Services Initiative Carers Social Support Group</td>
<td>All carers</td>
<td>Healthy exercise program, lunch and pampering. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October</td>
<td>32 Lithgow St, Campbelltown</td>
<td>Marcela 02 46271188</td>
</tr>
<tr>
<td>Camden Community Connections Polymyalgia Rheumatica Support Group (PMR)</td>
<td>Carers of people with polymyalgia rheumatica</td>
<td>Morning tea and meditation lessons. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 11am-1:30pm</td>
<td>Narellan Child Family and Community Centre</td>
<td>Mark 02 4647 1283</td>
</tr>
<tr>
<td>CatholicCare Carers Club</td>
<td>All carers</td>
<td>Light food, guest speaker, activities. Enquiries welcome but spaces are limited</td>
<td>October 9:30am-2:30pm</td>
<td>TBC</td>
<td>Kristina 02 8778 4202</td>
</tr>
<tr>
<td>Liverpool Hospital Carers Support Group</td>
<td>All carers</td>
<td>Celebrate Carers Week at the Hospital. Open event</td>
<td>Wednesday, 15 October 10am</td>
<td>Liverpool Hospital, Liverpool</td>
<td>Sandra 02 8738 5541</td>
</tr>
<tr>
<td>CatholicCare CatholicCare Ageing, Dementia and Disability Care</td>
<td>Carers of older people, people with dementia, and/or a disability</td>
<td>Chinese Garden Outing. Enquiries welcome but spaces are limited</td>
<td>Thursday, 23 October</td>
<td>Chinese Gardens</td>
<td>Nhu Can 02 8778 4217 or 0428 048 111</td>
</tr>
<tr>
<td>3 Bridges Community Inc Carers of People with Dementia DAY (Pole Depot)</td>
<td>Carers of people with dementia</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc Carers of People with Dementia NIGHT (Pole Depot)</td>
<td>Carers of people with dementia</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc Anxiety Management Group (Pole Depot)</td>
<td>Carers of people with anxiety issues</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc Anxiety Management Group (Pole Depot)</td>
<td>Carers of people with anxiety issues</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc Carers of People with Special Needs (Pole Depot)</td>
<td>Carers of people with a disability</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc Carers of People with Mental Health Issues (Pole Depot)</td>
<td>Carers of people living with a mental illness</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>3 Bridges Community Inc</td>
<td>Carers of people with depression</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc</td>
<td>Former carers</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>3 Bridges Community Inc</td>
<td>Carers from a Chinese background</td>
<td>Carers Weekend Away. Invitation only, but enquiries to join the group are welcome</td>
<td>Saturday, 22 November</td>
<td>Collaroy Centre, Homestead Ave, Collaroy Beach</td>
<td>Amal 02 9580 0688</td>
</tr>
<tr>
<td>Allevia</td>
<td>Carers of children with a disability</td>
<td>Bankslink Carers Week Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>618 Tower Rd, Bankstown Aerodrome</td>
<td>Gania 02 9773 8894</td>
</tr>
<tr>
<td>Allevia</td>
<td>Carers of children with a disability</td>
<td>Kids Life Carers Week Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>618 Tower Rd, Bankstown Aerodrome</td>
<td>Gania 02 9773 8894</td>
</tr>
<tr>
<td>Wollondilly Shire Council</td>
<td>Young carers</td>
<td>Young Carers Cinema Night. Invitation only</td>
<td>Friday, 17 October 6:30pm</td>
<td>Dumaresq St Cinemas, 2-4 Dumaresq St, Campbelltown</td>
<td>Rob 02 4677 8211</td>
</tr>
<tr>
<td>Northcott</td>
<td>Carers of people with Cystic Fibrosis</td>
<td>Carer Wellbeing - meditation and nutritious meals. Enquiries welcome but spaces are limited</td>
<td>Monday, 13 October 6:30pm</td>
<td>3 Chamberlain St, Campbelltown</td>
<td>Lisa 02 4625 1061</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre</td>
<td>Carers from a Vietnamese background residing in the Fairfield area</td>
<td>Self Care, Better Care - yoga, zumba, information, and lunch. Enquiries welcome</td>
<td>Thursday, 30 October 9:30am</td>
<td>Fairfield Community Health Centre</td>
<td>Thi Minh tam 0466 827 818</td>
</tr>
<tr>
<td>CatholicCare Mounties Carer Social Group</td>
<td>All carers</td>
<td>Morning Tea for carers of Mounties Social Group. Enquiries welcome</td>
<td>TBC</td>
<td>Coffee Club, Mounties, 101 Meadows Rd, Mt Pritchard</td>
<td>Kavita 02 8778 4222</td>
</tr>
<tr>
<td>CatholicCare</td>
<td>All carers</td>
<td>Lunch Get Together after group meeting. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Kavita 02 8778 4252</td>
</tr>
<tr>
<td>Cancer Council Carers Support Group</td>
<td>Carers of people diagnosed with cancer</td>
<td>Barbeque for families of cancer patients. Enquiries welcome</td>
<td>Sunday, 26 October 9:30am</td>
<td>Western Sydney Parklands, 2 Border Rd, Horsley Park</td>
<td>Ashlee 0430 631 720</td>
</tr>
<tr>
<td>Bankstown Dementia Carers Group Inc</td>
<td>Carers of people with dementia</td>
<td>Day at Scenic World Blue Mountains. Invitation only but enquiries to join the group are welcome</td>
<td>Wednesday, 15 October 10am</td>
<td>Scenic World, Blue Mountains</td>
<td>Dianne 02 9707 3886</td>
</tr>
<tr>
<td>Mens Shed Narellan Carers Support Group</td>
<td>Male carers</td>
<td>Carers Week Men’s Shed Barbeque Lunch. Enquiries welcome</td>
<td>Tuesday, 14 October 12pm</td>
<td>Narellan Men’s Shed, 1 Mount Annan Dr, Mount Annan</td>
<td>Brian 0411 547 396</td>
</tr>
<tr>
<td>SWSLHD Palliative Care Volunteer Service - Liverpool Carers Support Group</td>
<td>Carers of people requiring palliative care in the Liverpool area</td>
<td>All About You/Be Care Aware relaxation session. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 11am</td>
<td>Ward 4C, Liverpool Hospital</td>
<td>Arlene 0457 526 847</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td>SWSLHD Palliative Care Volunteer Service - Camden Carers Support Group</td>
<td>Carers of people requiring palliative care in the Camden area</td>
<td>All About You/Be Care Aware sausage sizzle. Enquiries welcome but spaces are limited</td>
<td>Thursday, 16 October 11am</td>
<td>Camden Palliative Care Inpatient Unit, Camden Hospital</td>
<td>Arlene 0457 526 847</td>
</tr>
<tr>
<td>Bankstown City Aged Care Limited The Betty Sussman Centre Dementia Carers Support Group</td>
<td>Carers of people with dementia</td>
<td>Safety &amp; Carer Wellbeing at Home - Fire Brigade will give a talk. Enquiries welcome</td>
<td>Wednesday, 15 October 11am</td>
<td>Board Room at Bankstown City Aged Care Administration Building, 145 Rex Rd, Georges Hall</td>
<td>Marisa 02 8717 0184</td>
</tr>
<tr>
<td>Polish-Australian Welfare Association Polish Carers Support Group</td>
<td>Carers from a Polish background</td>
<td>Afternoon High Tea. Enquiries welcome</td>
<td>TBC</td>
<td>Polish Club Bankstown</td>
<td>Irmina 02 9716 0036</td>
</tr>
<tr>
<td>Macarthur Disability Services Camden Carers Picnic</td>
<td>Carers of people with a disability</td>
<td>Carers Picnic at the Town Farm - flower arranging, tarot card reading, herb potting. Enquiries welcome</td>
<td>Thursday, 16 October 10:30am</td>
<td>John St, Camden</td>
<td>Silvia 02 4621 8400</td>
</tr>
<tr>
<td>TMHC - Vietnamese Carers Support Group</td>
<td>Carers from a Vietnamese background residing in the Fairfield area</td>
<td>Carers Week event. Enquiries welcome</td>
<td>Thursday, 30 October</td>
<td>Auburn RSL Club, 33 Northumberland Rd, Auburn</td>
<td>Hanh 0424 724 899</td>
</tr>
<tr>
<td>Western Sydney Autism Support Group</td>
<td>Carers of people with Autism Spectrum Disorder in the Western Sydney area</td>
<td>Carers Luncheon. Enquiries welcome</td>
<td>Tuesday, 14 October 12pm</td>
<td>TBC</td>
<td>Irene 0413 073 381</td>
</tr>
<tr>
<td>CanCare Centre Incorporated Cancer Patients and Carers Support Group - Auburn</td>
<td>Carers of people diagnosed with cancer</td>
<td>High Tea with talk about ‘Building Resilience’. Enquiries welcome</td>
<td>Saturday, 18 October 2pm</td>
<td>3A Provincial St, Auburn</td>
<td>Lauvena 0416 087 815</td>
</tr>
</tbody>
</table>

**SOUTHERN HIGHLANDS**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Type of carers</th>
<th>Event</th>
<th>When</th>
<th>Where</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bombala Council Community Services Bombala and District Carers Group</td>
<td>All carers</td>
<td>Pampering Day. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October</td>
<td>140 Maybe St, Bombala</td>
<td>Geraldine 02 6458 4620</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Pambula Carers Catchup</td>
<td>Carers of people with dementia</td>
<td>Spice Up Your Life Lunch. Enquiries welcome but spaces are limited</td>
<td>Tuesday, 28 October 12pm</td>
<td>Bega Thai, Church St, Bega</td>
<td>Nola 02 6492 6158</td>
</tr>
<tr>
<td>Alzheimer’s Australia NSW Cooma Monaro Coffee and Chat</td>
<td>All carers</td>
<td>Take a Break Carers Lunch and ‘Purposeful Thinking’ workshop. Enquiries welcome</td>
<td>Tuesday, 28 October 10am</td>
<td>Werri-Nina Centre, 227 Sharp St, Cooma</td>
<td>Verity 02 6452 3961</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance - Moruya Office Carers Support Group</td>
<td>Carers of people with cerebral palsy</td>
<td>Carers Week Luncheon. Enquiries welcome</td>
<td>TBC</td>
<td>Moruya</td>
<td>Shiva 0433 549 618</td>
</tr>
<tr>
<td>Eurobodalla Shire Council Carer Support Group</td>
<td>All carers</td>
<td>Pamper the Carer. Enquiries welcome but spaces are limited</td>
<td>Wednesday, 15 October 12pm</td>
<td>Community Room TBC</td>
<td>Rose 02 4474 1086</td>
</tr>
<tr>
<td>Valmar Support Services Valmar Carers group</td>
<td>Carers of older people and people with a disability</td>
<td>Luncheon in Yass. Enquiries welcome but spaces are limited</td>
<td>Friday, 17 October 11am</td>
<td>Bowning Rolling Inn Café, 144 Bowning Rd, Bowning</td>
<td>Pam 0439 997 130</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>---------------------------</td>
<td>----------------</td>
<td>-------</td>
<td>------</td>
<td>-------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>SYDNEY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eastern Respite and Recreation Infant Carers Support Group</td>
<td>Carers of infants</td>
<td>Social Support and Networking dinner. Enquiries to join the group are welcome</td>
<td>Tuesday, 14 October 7pm</td>
<td>TBC</td>
<td>Greg 02 8347 7000</td>
</tr>
<tr>
<td>Early Education (EarlyEd) Inc EarlyEd Carer Support Group</td>
<td>Carers of a younger child under 5 years with a disability</td>
<td>Celebration morning and afternoon teas. Enquiries welcome</td>
<td>TBC</td>
<td>At EarlyEd Centres and Playgroups in North Sydney, Lane Cove, Rosehill, Auburn, Lidcombe, Westmead, and Regents Park</td>
<td>Lesley 02 9897 1511</td>
</tr>
<tr>
<td>Samaran Inc Aadhar (Samarpan)</td>
<td>Carers of people with a disability (including intellectual and physical) from an Indian or South Asian background</td>
<td>Cruise on the harbour/river. Enquiries welcome but spaces are limited</td>
<td>TBC</td>
<td>Hawkesbury</td>
<td>Rajni 02 9869 7166 or 0432 798 938</td>
</tr>
<tr>
<td>St Joseph's Hospital Brain Injury Support Group</td>
<td>Carers of people with a brain injury</td>
<td>Carers Week buffet lunch and get together. Enquiries welcome</td>
<td>Friday, 3 October 11:30am</td>
<td>Signatures Buffet Restaurant, Merrylands RSL Club, Military Rd, Merrylands</td>
<td>Angela 02 9749 0304</td>
</tr>
<tr>
<td>NSW Health Family and Carers in Mental Health Programme</td>
<td>Carers of people living with a mental illness</td>
<td>Carer event including entertainment. Enquiries welcome</td>
<td>Tuesday, 9 December 9:30am</td>
<td>Gymea Trade Union Club</td>
<td>Vicki 02 9540 7800</td>
</tr>
<tr>
<td>Indocare Carers Support Group</td>
<td>Carers from an Indonesian background</td>
<td>Indonesian dance performance. Enquiries welcome</td>
<td>TBC</td>
<td>826 George St, Sydney</td>
<td>Gustinia 0431 179 500</td>
</tr>
<tr>
<td>Carer Support Northern Sydney Local Health District Male Carers Cooking Program</td>
<td>Male carers</td>
<td>Cooked lunch to reach and celebrate carers. Enquiries welcome</td>
<td>Friday, 17 October</td>
<td>Hillview Community Centre, Pacific Highway, Turramurra</td>
<td>Mary 02 9998 0811</td>
</tr>
<tr>
<td>Sisters of Charity Outreach Time Out for Carers</td>
<td>Carers of patients staying in hospital accommodation</td>
<td>Celebration of carers morning tea. Invitation only, but enquiries to join the group are welcome</td>
<td>Tuesday, 14 October 10am</td>
<td>75 Boundary St, Darlinghurst</td>
<td>Gina 02 8382 6440</td>
</tr>
<tr>
<td>Caroline Chisholm P&amp;C Committee Carers Support Group</td>
<td>Parents of children with a disability attending Caroline Chisholm Special School</td>
<td>Carers week lunch and information session. Invitation only</td>
<td>TBC</td>
<td>Caroline Chisholm Special School Hall</td>
<td>Anne 0457 616168</td>
</tr>
<tr>
<td>Hunters Hill Council General Community</td>
<td>All carers</td>
<td>Carers Week morning tea for all carers in the local area. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Tania 02 9879 9454</td>
</tr>
<tr>
<td>The Junction Neighbourhood Centre Carers Social Support</td>
<td>Carers of people living with a mental illness</td>
<td>Community Morning Tea. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Anna 02 9349 8200</td>
</tr>
<tr>
<td>Junction Neighbourhood Centre Randwick Support Group</td>
<td>All carers</td>
<td>Morning Tea with guest speaker. Enquiries welcome</td>
<td>Thursday, 23 October 10:30am</td>
<td>2 Albert St</td>
<td>Anna 02 9349 8200</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
<td>----------------------------</td>
<td>------------------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>Parks Community Network Inc</td>
<td>Carers of people with dementia</td>
<td>Art gallery visit in Sydney. Enquiries welcome</td>
<td>TBC</td>
<td>Art gallery in Sydney</td>
<td>Susan 02 9609 7400</td>
</tr>
<tr>
<td>St. Vincent’s Hospital (Public) Transplant Rehabilitation Group</td>
<td>Carers of people who require rehabilitation after having a transplant</td>
<td>Carers Day for carers with morning tea. Enquiries welcome</td>
<td>Thursday, 16 October 12pm</td>
<td>290 Victoria St, Darlington, St Vincent’s Hospital</td>
<td>Melveta 02 8382 1111</td>
</tr>
<tr>
<td>Anglicare Inner West Carer Support Group</td>
<td>All carers</td>
<td>Vaucluse House Garden visit and high tea. Enquiries welcome</td>
<td>Friday, 17 October 12:30pm</td>
<td>Vaucluse, Wentworth Ave, Vaucluse</td>
<td>Narelle 02 9798 1400</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre Arabic Carers Support Group</td>
<td>Carers from an Arabic background residing in the Mount Druitt area</td>
<td>Picnic on Bondi Beach. Enquiries welcome</td>
<td>TBC</td>
<td>Bondi Beach</td>
<td>Gisele 0410 624 416</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre Arabic Carers Support Group</td>
<td>Carers from an Arabic background residing in the Harris Park area</td>
<td>Day trip to the city with lunch at a restaurant. Enquiries welcome</td>
<td>TBC</td>
<td>Darling Harbour, Sydney</td>
<td>Gisele 0410 624 416</td>
</tr>
<tr>
<td>Gospel Fellowship of Families - People with a Disability Inc</td>
<td>Parent carers of children with Autism Spectrum Disorder from a Chinese background</td>
<td>Day trip to the city with buffet lunch. Enquiries welcome</td>
<td>Friday, 17 October 10am</td>
<td>Sightseeing around the Opera House, nearby restaurant</td>
<td>Irene 0404 790 433</td>
</tr>
<tr>
<td>Eastern Respite and Recreation - Day Programs Carers Group</td>
<td>All carers</td>
<td>Afternoon tea and information workshop. Enquiries welcome</td>
<td>TBC</td>
<td>Bunnerong Day Programs Centre</td>
<td>Matthew 02 661 3739</td>
</tr>
<tr>
<td>Hunters Hill Ryde Community Services Korean Cockatoos</td>
<td>Carers from a Korean background</td>
<td>Lunch by the sea. Enquiries welcome</td>
<td>TBC</td>
<td>Brays Bay Reserve, 443 Concord Rd, Rhodes</td>
<td>Rosemary 02 9817 0101</td>
</tr>
<tr>
<td>Hunters Hill Ryde Community Services Carers of Aged</td>
<td>Carers of older people</td>
<td>Bus trip to Whale Beach with lunch. Invitation only, but enquiries to join the group are welcome</td>
<td>Tuesday, 14 October</td>
<td>Jonah’s 69 Bynya Rd, Palm Beach</td>
<td>Rosemary 02 9817 0101</td>
</tr>
<tr>
<td>Hunters Hill Ryde Community Services Young Adults with Disabilities Carers Group</td>
<td>Carers of young adults with disabilities</td>
<td>Dinner Break. Invitation only, but enquiries to join the group are welcome</td>
<td>Wednesday, 15 October</td>
<td>La Cucinetta, 103 Woolwich Rd, Woolwich</td>
<td>Rosemary 0410 552 046</td>
</tr>
<tr>
<td>Hunters Hill Ryde Community Services Acquired Brain Injury, Spinal and Stoke Carers Group</td>
<td>Carers of people with a brain injury, spinal issues, or who are recovering from a stroke</td>
<td>Carers High Tea. Invitation only, but enquiries to join the group are welcome</td>
<td>Friday, 17 October</td>
<td>Langham Hotel, 89 Kent St, Sydney</td>
<td>Rosemary 0410 552 046</td>
</tr>
<tr>
<td>Hunters Hill Ryde Community Services Carers of Autism and Diverse Disabilities</td>
<td>Carers of people with Autism Spectrum Disorder and disabilities</td>
<td>Pamper session and light lunch. Invitation only, but enquiries to join the group are welcome</td>
<td>Monday, 13 October</td>
<td>Langham Day Spa, 84 Kent St, Sydney</td>
<td>Rosemary 0410 552 046</td>
</tr>
<tr>
<td>CanRevive Inc - South West Outreach Project Carers Support Group</td>
<td>Carers of cancer patients from a Chinese background</td>
<td>Take a Break and Laugh - laughter yoga workshop and lunch. Enquiries welcome</td>
<td>Wednesday, 15 October 10:30am</td>
<td>Marigold Restaurant, 683 George St, Sydney</td>
<td>Agnes 02 9212 7789</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Type of carers</td>
<td>Event</td>
<td>When</td>
<td>Where</td>
<td>Contact</td>
</tr>
<tr>
<td>----------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
<td>-----------------------------</td>
<td>--------------------------------------------</td>
<td>--------------------------------</td>
</tr>
<tr>
<td>CanRevive Inc - Hurstville Office</td>
<td>Carers of cancer patients from a Chinese background</td>
<td>Take a Break and Laugh - laughter yoga workshop and lunch. Enquiries welcome</td>
<td>Wednesday, 15 October 10:30am</td>
<td>Marigold Restaurant, 683 George St, Sydney</td>
<td>Agnes 02 9212 7789</td>
</tr>
<tr>
<td>CanRevive Inc - City Office</td>
<td>Carers of cancer patients from a Chinese background</td>
<td>Take a Break and Laugh - laughter yoga workshop and lunch. Enquiries welcome</td>
<td>Wednesday, 15 October 10:30am</td>
<td>Marigold Restaurant, 683 George St, Sydney</td>
<td>Agnes 02 9212 7789</td>
</tr>
<tr>
<td>CatholicCare</td>
<td>Older carers from a Vietnamese background</td>
<td>Carers Week outing and picnic. Enquiries welcome</td>
<td>Thursday, 23 October 9am</td>
<td>City</td>
<td>Nhu Can 02 8778 4217</td>
</tr>
<tr>
<td>Koorana Child and Family Service</td>
<td>Carers of children with a disability and/or chronic illness</td>
<td>My Time Carers Lunch. Enquiries welcome</td>
<td>TBC</td>
<td>TBC. Generally between the Canterbury and Bankstown LGA's of Sydney</td>
<td>Deborah 02 9704 7604</td>
</tr>
<tr>
<td>Mosman Council</td>
<td>All carers</td>
<td>Carers Week bus trip and lunch. Enquiries welcome</td>
<td>Wednesday, 29 October</td>
<td>Sydney area</td>
<td>Liz 02 9978 4089</td>
</tr>
<tr>
<td>Special Children Services Centre Inc</td>
<td>Carers of people with an intellectual disability</td>
<td>Afternoon Tea Respite at Central Park Sydney. Enquiries welcome</td>
<td>TBC</td>
<td>Central Park Sydney</td>
<td>Chris 0412 168 957</td>
</tr>
<tr>
<td>Ethnic Child Care - Family and Community Services</td>
<td>Parent carers of children with a disability and from a Vietnamese background</td>
<td>Bus trip to the country. Enquiries welcome but spaces are limited</td>
<td>Saturday, 27 September</td>
<td>A sightseeing place outside Sydney or a National Trust site in Blue Mountains</td>
<td>Tuong-Vi 02 9700 8872</td>
</tr>
<tr>
<td>Ryde Family Services</td>
<td>Grandparent carers</td>
<td>Celebrating Strengths - lunch and self-reflection. Enquiries welcome</td>
<td>Monday, 20 October</td>
<td>TBC</td>
<td>Jania 02 9334 0111</td>
</tr>
<tr>
<td>Eastern Respite and Recreation Aboriginal Carers Support</td>
<td>Aboriginal carers</td>
<td>Carers Support Dinner. Enquiries welcome</td>
<td>TBC</td>
<td>TBC</td>
<td>Diana 02 8347 7010</td>
</tr>
<tr>
<td>Transcultural Mental Health Centre Viet</td>
<td>Carers of people living with a mental illness from a Vietnamese background</td>
<td>Carer Recognition Day. Enquiries welcome</td>
<td>Thursday, 23 October 9am</td>
<td>Darling Harbour</td>
<td>Thi Hanh 0424 724 899</td>
</tr>
<tr>
<td>Concord Centre for Mental Health Kirkbride and Broughton</td>
<td>Carers of people living with a mental illness</td>
<td>Carers lunchtime barbecue event. Enquiries welcome</td>
<td>TBC</td>
<td>Broughton Unit Courtyard, Concord Centre for Mental Health, Hospital Rd, Concord West</td>
<td>Simon 0467 767 335</td>
</tr>
<tr>
<td>Playgroup NSW My Time Glebe</td>
<td>All carers</td>
<td>Pamper Day and Lunch. Enquiries welcome</td>
<td>Monday, 13 October 10am</td>
<td>Glebe Schools Community Centre, 9-25 Derwent St, Glebe</td>
<td>Tina 0411 791 588</td>
</tr>
</tbody>
</table>
There are over 850,000 unpaid family and friend carers in NSW and 2.7 million carers Australia-wide.

**FREE**
All carers and the general public are invited.

**CARERS DAY OUT**

**TAKE A BREAK FOR CARERS**

Join us as we acknowledge and thank carers for their contribution in our community.

**FIRST FLEET PARK, CIRCULAR QUAY**

Tuesday 14 October 2014 • 9.30AM-3.30PM

Proudly brought to you by:

commsteam@carersnsw.org.au
www.carersnsw.org.au

Location: First Fleet Park is located at Circular Quay next to the Museum of Contemporary Arts.