EVENTS CALENDAR

NATIONAL CARERS WEEK 13-19 OCTOBER 2019
<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Caring for...</th>
<th>Event</th>
<th>Event date</th>
<th>Event location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>All in Gaming</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Day</td>
<td>Saturday, 19 October 2019</td>
<td>The Hive at Erina Fair Terrigal Drive Erina</td>
<td>Brennan 0412 134 374</td>
</tr>
<tr>
<td>Autism Central Coast</td>
<td>All</td>
<td>Caring for Our Carers Morning Tea</td>
<td>Saturday, 19 October 2019</td>
<td>Autism Central Coast Inc 3 Pioneer Ave Tuggerah</td>
<td>Kylie 0410 918 100</td>
</tr>
<tr>
<td>Central Coast Arafmi</td>
<td>People living with mental illness</td>
<td>Morning Tea at the Movies</td>
<td>Thursday, 17 October 2019</td>
<td>Avoca Beach Movie Theatre 69 Avoca Drive Avoca Beach</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Central Coast Local Health District</td>
<td>People living with a chronic illness</td>
<td>Morning Tea and Expo</td>
<td>Friday, 18 October 2019</td>
<td>Meeting Space 3 Erina Centre Erina Fair Terrigal Drive Erina</td>
<td>Tia 0423 153 196</td>
</tr>
<tr>
<td>Central Coast Prostate Cancer Support Group</td>
<td>People living with a serious or terminal illness</td>
<td>Carer Morning tea</td>
<td>Friday, 25 October 2019</td>
<td>Aroma’s On Sea 40 Terrigal Esplanade Terrigal</td>
<td>Jacqui 02 4367 9600</td>
</tr>
<tr>
<td>Erina Community Men’s Shed</td>
<td>Ageing people</td>
<td>First Aid Workshop</td>
<td>Thursday, 17 October 2019</td>
<td>Erina Community Men’s Shed 6 Carlton Road Erina</td>
<td>Greg 0400 604 231</td>
</tr>
<tr>
<td>Family and Carer Mental Health Program</td>
<td>People living with mental illness</td>
<td>Celebrating Carers 2019</td>
<td>Monday, 14 October 2019</td>
<td>The Wyong Milk Factory Café 141 Alison Road Wyong</td>
<td>David 0468 970 920</td>
</tr>
<tr>
<td>Jigsaw Autism Services</td>
<td>Children (under 18 years of age) with a disability</td>
<td>The Planet Jassi Show</td>
<td>Saturday, 19 October 2019</td>
<td>Jigsaw Autism Services Unit 13/19 Reliance Drive Tuggerah</td>
<td>Joanne 0431 661 484</td>
</tr>
<tr>
<td>Me Well</td>
<td>People living with mental illness</td>
<td>Mental Health and Wellbeing High Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Me Well Central Coast Unit 2/5 Colony Close Tuggerah</td>
<td>Nicole 02 8416 1180</td>
</tr>
<tr>
<td>Meals on Wheels Central Coast</td>
<td>Ageing people</td>
<td>Pamper Your Carer</td>
<td>Thursday, 17 October 2019</td>
<td>Meals On Wheels Central Coast 6/10 Pioneer Avenue Tuggerah</td>
<td>Leesa 02 4357 8444</td>
</tr>
<tr>
<td>Men Care Too</td>
<td>People living with a chronic illness</td>
<td>Community BBQ with The Entrance Men’s Shed</td>
<td>Wednesday, 16 October 2019</td>
<td>The Entrance Men’s Shed 18 Battley Ave The Entrance</td>
<td>Greg 02 4006 4231</td>
</tr>
<tr>
<td>MND Carer Support Central Coast</td>
<td>People living with a serious or terminal illness</td>
<td>Carer Support Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Gosford Narrara Neighbourhood Centre 2 Pandala Road Narara</td>
<td>Kate 02 8877 0902</td>
</tr>
<tr>
<td>MyTime</td>
<td>Children (under 18 years of age) with a disability</td>
<td>MyTime: Caring for You</td>
<td>Monday, 14 October 2019</td>
<td>Erina Fair Library Meeting Space 2 Unit AZO2, 620-658 Terrigal Drive Erina</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Name of organisation/group</td>
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<tr>
<td>Neami National</td>
<td>People living with mental illness</td>
<td>Neami Celebrates Mental Health Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Swadling Park 203 Bay Rd Toowoon Bay</td>
<td>Nicole 02 8416 1180</td>
</tr>
<tr>
<td>Northern Settlement Services</td>
<td>Ageing people</td>
<td>Carers Morning Out at Ken Duncan Gallery</td>
<td>Thursday, 17 October 2019</td>
<td>Ken Duncan Gallery &amp; Sanctuary Cafe 414 Central Coast Highway Erina Heights</td>
<td>Kellie 02 4340 1111</td>
</tr>
<tr>
<td>PlayConnect</td>
<td>Children (under 18 years of age) with a disability</td>
<td>A Morning of Mindfulness</td>
<td>Friday, 18 October 2019</td>
<td>Coastwide Child And Family Services 1/21 Justfrute Drive West Gosford</td>
<td>Kellie 02 4340 1111</td>
</tr>
<tr>
<td>Professional Care Supports</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Connections</td>
<td>Saturday, 19 October 2019</td>
<td>TBC</td>
<td>Catherine 044 700 386</td>
</tr>
</tbody>
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**Far West**

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<thead>
<tr>
<th>Name of organisation/group</th>
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<th>Event</th>
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<tbody>
<tr>
<td>Coonamble Meals on Wheels</td>
<td>Ageing people</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>The Hub 2 Namo Street Coonamble</td>
<td>Julia 0419 607 312</td>
</tr>
<tr>
<td>Lifeline Broken Hill Country to Coast</td>
<td></td>
<td>Take Time to Smell the Flowers</td>
<td>Tuesday, 15 October 2019</td>
<td>Lifeline Connect Centre 194 Argent Street Broken Hill</td>
<td>Meg 08 8087 3409</td>
</tr>
<tr>
<td>Walgett Shire Council</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Walgett Shire Council Carers Event</td>
<td>Saturday, 19 October 2019</td>
<td>Lions Park Gwydir Highway Collarenebri</td>
<td>Stephen 02 6828 6107</td>
</tr>
</tbody>
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**Hunter/New England**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Adults Needing Supported Accommodation (ANSA)</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Day Out</td>
<td>Tuesday, 15 October 2019</td>
<td>Deck 56, 54 Brooks Parade Belmont</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Ailsa Craig Cottage</td>
<td>People living with dementia</td>
<td>High Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Ailsa Craig Cottage 145 Lindsay Street Hamilton</td>
<td>Amanda 02 4963 6356</td>
</tr>
<tr>
<td>Armidale District MS Branch</td>
<td>People living with a chronic illness</td>
<td>Thank You to Our Carers</td>
<td>Wednesday, 9 October 2019</td>
<td>Bendemeer Hotel Bistro 112-130 Caroline Street Bendemeer</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Armidale Support Group for Mental Health Carers</td>
<td>People living with mental illness</td>
<td>High Tea in the Garden and Music</td>
<td>Sunday, 20 October 2019</td>
<td>Blue Wren Creekside Cafe 113 Milne Road Armidale</td>
<td>Isabelle 0400 463 171</td>
</tr>
<tr>
<td>Aspect Hunter School Parents</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Thank You Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Aspect Hunter School 3 Koorablyn St Thornton</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Name of organisation/group</td>
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<tr>
<td>Autism Friendly Puzzle House</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Puzzle House Annual Dinner</td>
<td>Friday, 18 October 2019</td>
<td>Wests New Lambton 88 Hobart Road New Lambton</td>
<td>Jennifer 0432 861 867</td>
</tr>
<tr>
<td>Bullimbal School P&amp;C</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Family Morning Tea and Assembly</td>
<td>Friday, 18 October 2019</td>
<td>Bullimbal School 18-36 Degance Street Tamworth</td>
<td>Robyn 0413 957 101</td>
</tr>
<tr>
<td>Carers Group Warralda MPS</td>
<td>All</td>
<td>Carers BBQ Lunch</td>
<td>Friday, 11 October 2019</td>
<td>Warralda MPS 146 Long St Warralda</td>
<td>Teresa 02 6728 9000</td>
</tr>
<tr>
<td>Cessnock Hospital Volunteers</td>
<td>All</td>
<td>Here for the Carers 2019</td>
<td>Monday, 14 October 2019</td>
<td>Cessnock District Hospital 24 View Street Cessnock</td>
<td>Kim 0414 674 044</td>
</tr>
<tr>
<td>Commonwealth Home Support Program</td>
<td>Ageing people</td>
<td>Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Reedy Creek Cafe 50 Hope, Warralda</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Creatives Collective ARI</td>
<td>All</td>
<td>High Art Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Space Gallery and Creative Place 41 Dalgarno Coonabarabran</td>
<td>Allison 0412 729 756</td>
</tr>
<tr>
<td>Dungog &amp; District Neighbourcare</td>
<td>All</td>
<td>Carer Lunch… It’s Your Time</td>
<td>Wednesday, 16 October 2019</td>
<td>Stanley Park House 77 Fullerton Cove Road Fullerton Cove</td>
<td>Cherylin 02 4992 3348</td>
</tr>
<tr>
<td>Everymind</td>
<td>People living with mental illness</td>
<td>Mental Health Care Fair: For people who care for someone with mental ill-health</td>
<td>Thursday, 17 October 2019</td>
<td>The Station Cnr Scott and Watt St Newcastle</td>
<td>Zoi 02 4924 6907</td>
</tr>
<tr>
<td>Families Supporting Families</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Dinner</td>
<td>Friday, 25 October 2019</td>
<td>Noah's On The Beach 29 Zaara Street Newcastle</td>
<td>Eilis 0437 310 288</td>
</tr>
<tr>
<td>Fresh Hope Care Maitland Carer Support Group</td>
<td>Ageing people</td>
<td>Celebrating Maitland’s Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>East Maitland Bowling Club and Billabongs Restaurant 1 Banks Street East Maitland</td>
<td>Robyn 0438 534 905</td>
</tr>
<tr>
<td>Gunnedah Carers Support Group</td>
<td>All</td>
<td>Dinner Outing</td>
<td>Thursday, 17 October 2019</td>
<td>Gunnedah Services Club 313 Conadilly St Gunnedah</td>
<td>Lisa 0428 424 032</td>
</tr>
<tr>
<td>Gunnedah Meals on Wheels Association</td>
<td>Ageing people</td>
<td>Caring for Our Carers</td>
<td>Sunday, 13 October 2019</td>
<td>Parkview Hotel 141 Conadilly Street Gunnedah</td>
<td>Colleen 02 6742 4858</td>
</tr>
<tr>
<td>Hunter Connect Families</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Cuppa</td>
<td>Wednesday, 16 October 2019</td>
<td>Red Frog For Families Cardiff Clinic 13 Kelton Street Cardiff</td>
<td>Rachael 0431 221 512</td>
</tr>
<tr>
<td>Hunter River Community School</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Appreciation Morning tea</td>
<td>Friday, 25 October 2019</td>
<td>Hunter River Community School 17 Melaleuca Drive Metford</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Name of organisation/group</td>
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<tr>
<td>iAbility Arts</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Thank You Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Relaxing Cafe 6/75 Heber St Moree</td>
<td>Byron 0414 995 458</td>
</tr>
<tr>
<td>Kurri Kurri Hospital</td>
<td>All</td>
<td>Here for the Carers 2019</td>
<td>Monday, 14 October 2019</td>
<td>Kurri Kurri Hospital 434 Lang Street Kurri Kurri</td>
<td>Kim 0414 674 044</td>
</tr>
<tr>
<td>Lake Macquarie Mental Health Services Care &amp; Share Group</td>
<td>People living with mental illness</td>
<td>Carer Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Belmont 165 The Parage Belmont</td>
<td>Catherine 0431 211 568</td>
</tr>
<tr>
<td>Liverpool Plains Shire Council</td>
<td>Ageing people</td>
<td>National Carers Week Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Rose Lee Park Loder Street Quirindi</td>
<td>Clare 02 6768 7505</td>
</tr>
<tr>
<td>Mai-Wel</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>National Carers Week Thank You Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Mai-Wel Labourforce Solutions (Office) Unit 6, 555 High Street Maitland</td>
<td>Bronwyn 02 4057 2900</td>
</tr>
<tr>
<td>MND Support Group Newcastle and Hunter Valley</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Wednesday, 23 October 2019</td>
<td>Hunter Dementia And Memory Resource Centre 2 Percy Street Hamilton</td>
<td>Karen 0426 246 489</td>
</tr>
<tr>
<td>Moree Care</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Moree</td>
<td>By invitation only</td>
</tr>
<tr>
<td>MyTime Raymond Terrace</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Get Time for Yourself</td>
<td>Thursday, 17 October 2019</td>
<td>Thou Walla Family Centre 21 Geer Street Raymond Terrace</td>
<td>Mytime 0499 278 635</td>
</tr>
<tr>
<td>Naroo Frail Aged Care Hostel</td>
<td>Ageing people</td>
<td>Carers BBQ Celebration</td>
<td>Wednesday, 16 October 2019</td>
<td>Naroo Frail Aged Care Hostel 152 Long Street Warialda</td>
<td>Sharon 02 6729 1314</td>
</tr>
<tr>
<td>Newcastle Parkinson Support Group</td>
<td>People living with a chronic illness</td>
<td>Lunch at Poppies</td>
<td>Wednesday, 16 October 2019</td>
<td>Poppies Cafe 83 Oakdale Rd, Gateshead</td>
<td>By invitation only</td>
</tr>
<tr>
<td>NovaCare</td>
<td>Ageing people</td>
<td>Lake Macquarie Cruise</td>
<td>Tuesday, 15 October 2019</td>
<td>NovaCare Unit 1, 33 Newton Street Broadmeadow</td>
<td>Amanda 02 4963 6356</td>
</tr>
<tr>
<td>NovaCare Milpara</td>
<td>Ageing people</td>
<td>Strength, Balance, Relax</td>
<td>Wednesday, 16 October 2019</td>
<td>NovaCare Milpara 26-30 Caldwell Street Merewether</td>
<td>Amanda 02 4963 6356</td>
</tr>
<tr>
<td>NovaCare Swansea</td>
<td>Ageing people</td>
<td>High Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>NovaCare Swansea 30 Josephson Street Swansea</td>
<td>Amanda 02 4963 6356</td>
</tr>
<tr>
<td>Playgroup NSW</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Workshop and Pamper Day</td>
<td>Sunday, 20 October 2019</td>
<td>Medowie Community Center 44 Ferodale Road Medowie</td>
<td>Tracy 0410 476 128</td>
</tr>
<tr>
<td>Name of organisation/group</td>
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<tr>
<td>Playgroup NSW MyTime Peer Support Woodberry</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Pamper Day</td>
<td>Tuesday, 15 October 2019</td>
<td>Woodberry Public School Lawson Avenue Woodberry</td>
<td>Tracy 0410 476 128</td>
</tr>
<tr>
<td>Riding for the Disabled</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Morning Tea</td>
<td>Monday, 14 October 2019</td>
<td>RDA Raymond Terrace &amp; Lower Hunter 3219 Pacific Highway Raymond Terrace</td>
<td>Alison 0419 546 435</td>
</tr>
<tr>
<td>Special Olympics North West New England</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Dinner for Carers</td>
<td>Monday, 14 October 2019</td>
<td>Armidale City Bwoling Club 92 - 96 Dumaresq St Armidale</td>
<td>Kirsty 0410 923 797</td>
</tr>
<tr>
<td>Spunks Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Mamma Mia at the Civic Theatre</td>
<td>Friday, 25 October 2019</td>
<td>Civic Theatre Hunter Street Newcastle</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Tamworth Mental Health Carers Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon at Carmens Restaurant</td>
<td>Monday, 21 October 2019</td>
<td>Carmens Restaurant 2-24 Spains Lane Kingswood</td>
<td>Diane 0418 652 976</td>
</tr>
<tr>
<td>The Jaspa Jimmieson Appeal</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Ladies High Tea</td>
<td>Saturday, 2 November 2019</td>
<td>Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen</td>
<td>Paula 02 4943 1160</td>
</tr>
<tr>
<td>The Jaspa Jimmieson Appeal</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Mens BBQ</td>
<td>Saturday, 2 November 2019</td>
<td>Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen</td>
<td>Paula 02 4943 1160</td>
</tr>
<tr>
<td>The Maitland Hospital Volunteers</td>
<td>All</td>
<td>Here for the Carers 2019</td>
<td>Monday, 14 October 2019</td>
<td>The Maitland Hospital 550-560 High Street Maitland</td>
<td>Kim 0414 674 044</td>
</tr>
<tr>
<td>Tomaree Neighbourhood Centre - Autism Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Mindfulness for Carers</td>
<td>Tuesday, 15 October 2019</td>
<td>Tomaree Neighbourhood Centre - Lilly Pilly Room 7 Community Close Salamander Bay</td>
<td>Clare 0449 600 357</td>
</tr>
<tr>
<td>Tomaree Parkinsons Support Group</td>
<td>People living with a chronic illness</td>
<td>Pampering Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>The Deck Restaurant 1/2 Sunset Blvd Soldiers Point</td>
<td>Laurelle 0412 889 071</td>
</tr>
<tr>
<td>Total Access Support</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Social Get Together</td>
<td>Friday, 25 October 2019</td>
<td>Lemon Tree Bowling Club Gould Dr Lemon Tree Passage</td>
<td>Pamela 02 4984 9994</td>
</tr>
<tr>
<td>Upper Hunter Mental Health Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carers Movie Day Out</td>
<td>Tuesday, 15 October 2019</td>
<td>Muswellbrook Cinema 15 Sydney Street Muswellbrook</td>
<td>Cheryl 0403 480 842</td>
</tr>
<tr>
<td>Upper Hunter Special Needs Community</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Mens Carer Respite Retreat</td>
<td>Saturday, 2 November 2019</td>
<td>Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen</td>
<td>Paula 02 4943 1160</td>
</tr>
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<tr>
<td>Upper Hunter Special Needs Community</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Ladies Carer Respite Retreat</td>
<td>Saturday, 2 November 2019</td>
<td>Segenhoe Inn Aberdeen 56 Macqueen Street Aberdeen</td>
<td>Paula 02 4943 1160</td>
</tr>
<tr>
<td>Upper Hunter Special Needs Community</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Young Carer Movie Day</td>
<td>Saturday, 2 November 2019</td>
<td>Muswellbrook Cinema 12-15 Sydney Street Muswellbrook</td>
<td>Paula 02 4943 1160</td>
</tr>
<tr>
<td>Illawarra/Shoalhaven</td>
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<tr>
<td>MyTime Bay and Basin</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Week Dolphin Cruise and Picnic</td>
<td>Thursday, 17 October 2019</td>
<td>Huskisson Wharf 1 Currambene Street Huskisson</td>
<td>By invitation only</td>
</tr>
<tr>
<td>BBCRI Carer Support Group</td>
<td>People living with dementia</td>
<td>Carers Day BBQ</td>
<td>Thursday, 24 October 2019</td>
<td>South Coast Community Centre 130 Mcleans Point Rd Sanctuary Point</td>
<td>Jenny 02 4443 3434</td>
</tr>
<tr>
<td>Blue Haven Care</td>
<td>Ageing people</td>
<td>Carer Support Group Lunch</td>
<td>Friday, 11 October 2019</td>
<td>Joyce Wheatley Community Centre Cnr Terralong &amp; Collins Street Kiama</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Carers Connect Support Group</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Week Luncheon</td>
<td>Monday, 14 October 2019</td>
<td>The Lagoon Restaurant Stuart Park, George Hanley Dr Wollongong</td>
<td>By invitation only</td>
</tr>
<tr>
<td>CatholicCare Wollongong DEADLY SIBS</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Retreat Day</td>
<td>Saturday, 19 October 2019</td>
<td>CatholicCare Wollongong 25-27 Auburn Street Wollongong</td>
<td>Rodney 0459 163 327</td>
</tr>
<tr>
<td>CatholicCare Wollongong Saturday SIBSClub</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Retreat Day</td>
<td>Saturday, 19 October 2019</td>
<td>CatholicCare Wollongong 25-27 Auburn St Wollongong</td>
<td>By invitation only</td>
</tr>
<tr>
<td>CatholicCare Wollongong TeenSIBS</td>
<td>Children (under 18 years of age) with a disability</td>
<td>TeenSIBS Carer Activity</td>
<td>Saturday, 19 October 2019</td>
<td>CatholicCare Wollongong 25-27 Auburn St Wollongong</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Dementia Australia</td>
<td>People living with dementia</td>
<td>Carers Luncheon</td>
<td>Wednesday, 2 October 2019</td>
<td>Tomakin Sports And Recreation Club 71 Sunpatch Pde Tomakin</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Dementia Australia, Dementia Advisory Service, Goulburn/Upper Lachlan</td>
<td>People living with dementia</td>
<td>Carers Week Morning Tea</td>
<td>Wednesday, 9 October 2019</td>
<td>Goulburn Soldiers Club Market St Goulburn</td>
<td>Jane 02 4869 5651</td>
</tr>
<tr>
<td>Dementia Australia, Dementia Advisory Service, Wingecarribee</td>
<td>People living with dementia</td>
<td>Carers High Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Tea Salon, Your Vintage Occasion 15 Banyette Street Bowral</td>
<td>Katie 02 4869 5651</td>
</tr>
<tr>
<td>Eurobadalla Parkinson’s Support Group</td>
<td>People living with a chronic illness</td>
<td>Carers Shared Meal</td>
<td>Monday, 14 October 2019</td>
<td>Narooma NSW 4 Farncombe Avenue Narooma</td>
<td>Joy 0403 223 370</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Illawarra Brain Injury Service</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Family and Carers Wellness Event</td>
<td>Wednesday, 16 October 2019</td>
<td>Illawarra Brain Injury Service - Port Kembla Hospital Fairfax Road Warrawong</td>
<td>By invitation only</td>
</tr>
<tr>
<td>ISLHD Carer Program</td>
<td>All</td>
<td>Dapto Carer Workshop</td>
<td>Tuesday, 22 October 2019</td>
<td>93-109 Princes Highway Dapto</td>
<td>Carla 0422 004 119</td>
</tr>
<tr>
<td>ISLHD Carer Program</td>
<td>All</td>
<td>Carer Education Program</td>
<td>Tuesday, 29 October 2019</td>
<td>Dapto Ribbonwood Centre Princes Highway Dapto</td>
<td>Evelyn 0421 099 005</td>
</tr>
<tr>
<td>IWHC Carer Support Group</td>
<td>All</td>
<td>Carers Luncheon</td>
<td>Tuesday, 15 October 2019</td>
<td>The Oak Hotel 249 Princes Highway Albion Park Rail</td>
<td>Grace 0419 209 175</td>
</tr>
<tr>
<td>Kiama Carers Group</td>
<td>People living with mental illness</td>
<td>A Day at the Theatre</td>
<td>Sunday, 13 October 2019</td>
<td>The Roo Theatre Corner Of Addison &amp; Wentworth Street Shellharbour</td>
<td>Sarah 0402 338 632</td>
</tr>
<tr>
<td>Macedonian Carer Support Group</td>
<td>Ageing people</td>
<td>Rhododendron Gardens Picnic on the Lawn</td>
<td>Tuesday, 15 October 2019</td>
<td>Rhododendron Gardens Mt Keira Rd Mount Pleasant</td>
<td>Rada 02 4275 2266</td>
</tr>
<tr>
<td>MCCI Arabic Speaking Carers</td>
<td>Ageing people</td>
<td>Carers Have Talent Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Portuguese Association 127-129 Flagstaff Rd Warrawong</td>
<td>Anica 02 4229 7566</td>
</tr>
<tr>
<td>MCCI Multicultural Dementia Carers Support Group</td>
<td>Ageing people</td>
<td>Carers Have Talent Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Portuguese Association 127-129 Flagstaff Rd Warrawong</td>
<td>Anica 02 4229 7566</td>
</tr>
<tr>
<td>MCCI Portuguese Carers</td>
<td>Ageing people</td>
<td>Carers Have Talent Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Portuguese Association 127-129 Flagstaff Rd Warrawong</td>
<td>Anica 02 4229 7566</td>
</tr>
<tr>
<td>Mental Health Carers ARAFMI Illawarra</td>
<td>People living with mental illness</td>
<td>Carer Relaxation and Recharge Day</td>
<td>Saturday, 19 October 2019</td>
<td>17a Princes Hwvy Fairy Meadow</td>
<td>Toni 0417 961 431</td>
</tr>
<tr>
<td>MND Support Group Illawarra</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Monday, 14 October 2019</td>
<td>TBC</td>
<td>Karen 0426 246 489</td>
</tr>
<tr>
<td>Moss Vale Wellbeing Support Group</td>
<td>All</td>
<td>Caring for the Carer</td>
<td>Friday, 18 October 2019</td>
<td>Moss Vale Arcade 348-354 Argyle St Moss Vale</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Nowra Carers Support Group</td>
<td>People living with mental illness</td>
<td>A Day at the Theatre</td>
<td>Sunday, 13 October 2019</td>
<td>The Roo Theatre Corner Of Addison &amp; Wentworth Street Shellharbour</td>
<td>Sarah 0402 338 632</td>
</tr>
<tr>
<td>Nowra Stroke and Carers Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Luncheon for carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Eastern Tiger Restaurant 149 Junction St Nowra</td>
<td>Teresa 02 4422 1353</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
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<tr>
<td>Off Our Rockers</td>
<td>All</td>
<td>South Coast Ramble</td>
<td>Tuesday, 15 October 2019</td>
<td>11-13 Burelli Street Wollongong</td>
<td>By invitation only</td>
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<tr>
<td>Para Meadows P&amp;C</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Rashays Casual Dinning 2/4 Stafford Street North Wollongong</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Port Kembla Hospital Carer Support Group</td>
<td>All</td>
<td>Port Kembla Hospital Carer Support Group Wellness Day</td>
<td>Monday, 21 October 2019</td>
<td>Wollongong Golf Club Corrimal St Wollongong</td>
<td>Evelyn 0421 099 005</td>
</tr>
<tr>
<td>Portuguese Carer Support Group</td>
<td>Ageing people</td>
<td>A Day For Us</td>
<td>Tuesday, 15 October 2019</td>
<td>Sth Coast Portuguese Association 127 Flagstaff Road Warrawong</td>
<td>Angela 02 4274 3664</td>
</tr>
<tr>
<td>Serbian Carer Support Group</td>
<td>Ageing people</td>
<td>Rhododendron Park Picnic on the lawn</td>
<td>Tuesday, 15 October 2019</td>
<td>Rhododendron Park Parrish Avenue Mount Pleasant</td>
<td>Verica 02 4275 2266</td>
</tr>
<tr>
<td>Shellharbour City Council</td>
<td>All</td>
<td>Carers Wellbeing Seminar and Pampering Session</td>
<td>Tuesday, 15 October 2019</td>
<td>Shellharbour Civic Centre 76 Cygnet Avenue Shellharbour City Centre</td>
<td>Narelle <a href="mailto:narelle.williams@shellharbour.nsw.gov.au">narelle.williams@shellharbour.nsw.gov.au</a></td>
</tr>
<tr>
<td>Shoalhaven Brain Injury Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Bush Walk and BBQ Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Bens Walk 5 Junction St Nowra</td>
<td>Jennifer 0458 233 777</td>
</tr>
<tr>
<td>Shoalhaven Parkinson’s Support Group</td>
<td>People living with a chronic illness</td>
<td>Bundanor Day Visit</td>
<td>Wednesday, 16 October 2019</td>
<td>Bundanor Trust Bundanor Property 533 Bundanor Road Illaroo</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Shoalhaven Shakers Nowra</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>The Dish And The Spoon Cafe 1A Senic Drive Nowra</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Thirroul Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carers Lunch Get Together</td>
<td>Monday, 14 October 2019</td>
<td>Thirroul District Library 352-358 Lawrence Hargreaves Drive Thirroul</td>
<td>Sarah 0402 338 632</td>
</tr>
<tr>
<td>Ulladulla Carer Support Group</td>
<td>People living with mental illness</td>
<td>Carers Week Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Mollymook Golf Club 72 Golf Ave Mollymook</td>
<td>Sarah 0402 338 632</td>
</tr>
<tr>
<td>Warilla Carers Support Group</td>
<td>People living with mental illness</td>
<td>Arts Therapy for Carers</td>
<td>Tuesday, 15 October 2019</td>
<td>Aftercare Family &amp; Carer Program Level 1, 110 Gipps Street Wollongong</td>
<td>Sarah 0402 338 632</td>
</tr>
<tr>
<td>Wollongong Evening Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carers Self Care Evening</td>
<td>Thursday, 17 October 2019</td>
<td>Aftercare Family &amp; Carer Program Level 1, 110 Gipps Street Wollongong</td>
<td>Sarah 0402 338 632</td>
</tr>
</tbody>
</table>

Mid North Coast
<table>
<thead>
<tr>
<th>Name of organisation/group</th>
<th>Caring for...</th>
<th>Event</th>
<th>Event date</th>
<th>Event location</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Autism Community Network</td>
<td>All</td>
<td>Northern Beaches Support Group Carers Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>TBC</td>
<td>Steve 0431 724 229</td>
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<tr>
<td>Bellingen Mental Health Carer Support Group</td>
<td>People living with mental illness</td>
<td>BBQ Boat Cruise</td>
<td>Wednesday, 16 October 2019</td>
<td>Nambucca Heads 86 Pacific Hwy Nambucca Heads</td>
<td>Shelley 02 6658 7831</td>
</tr>
<tr>
<td>Cafe Connect</td>
<td>People living with dementia</td>
<td>Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Shearwater Cafe 321 Harbour Drive Coffs Harbour</td>
<td>Margaret-Anne 02 6584 7444</td>
</tr>
<tr>
<td>Coffs Coast Carer Support Group</td>
<td>All</td>
<td>Carers Day Out</td>
<td>Wednesday, 16 October 2019</td>
<td>The Studio 422 Gleniffer Road Bonville</td>
<td>Pamella 02 6653 4139</td>
</tr>
<tr>
<td>Coffs Harbour Grandparents Raising Grandchildren Support Group</td>
<td>People with drug and/or alcohol dependency</td>
<td>Fun Day &amp; Picnic by the Sea</td>
<td>Wednesday, 9 October 2019</td>
<td>Urunga Board Walk 2 Morgo St Urunga</td>
<td>Joy 0448 526 280</td>
</tr>
<tr>
<td>Coffs Harbour Mental Health Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carers Lunch</td>
<td>Tuesday, 5 November 2019</td>
<td>Coffs Harbour</td>
<td>Yvonne 02 6652 8633</td>
</tr>
<tr>
<td>Coffs Harbour Stroke Recovery Club</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Raleigh Winery 36 Queen Street Raleigh</td>
<td>James 0412 797 250</td>
</tr>
<tr>
<td>Coffs Mental Health Social Group</td>
<td>People living with mental illness</td>
<td>Luncheon on the Water</td>
<td>Monday, 14 October 2019</td>
<td>TBC</td>
<td>Helen 0429 489 426</td>
</tr>
<tr>
<td>Dementia Australia</td>
<td>People living with dementia</td>
<td>Carers High Tea</td>
<td>Monday, 14 October 2019</td>
<td>Bent on Food 95 Isabella Street Wingham</td>
<td>Robert 0427 260 155</td>
</tr>
<tr>
<td>Dementia Australia Coffs Harbour Carer Support Group</td>
<td>People living with dementia</td>
<td>Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Park Beach Surf Club 23 Surf Club Road Coffs Harbour</td>
<td>Margaret-Anne 02 6584 7444</td>
</tr>
<tr>
<td>Dementia Australia Forster Carer Support Group</td>
<td>People living with dementia</td>
<td>Carers Luncheon</td>
<td>Tuesday, 15 October 2019</td>
<td>Club Forster 19 Strand Street Forster</td>
<td>Robert 0427 260 155</td>
</tr>
<tr>
<td>Dementia Australia Friends and Leisure Group Hastings District</td>
<td>People living with dementia</td>
<td>Garden Party Luncheon</td>
<td>Tuesday, 8 October 2019</td>
<td>Dementia Australia Memory Garden 121 Bridge Street Port Macquarie</td>
<td>Margaret-Anne 02 6584 7444</td>
</tr>
<tr>
<td>Dementia Australia South West Rocks Carer Support Group</td>
<td>People living with dementia</td>
<td>Carer Support Group Lunch</td>
<td>Wednesday, 2 October 2019</td>
<td>Riverside Tavern 92 New Entrance Road South West Rocks</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Early Connections Coffs Coast</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Butterfly House</td>
<td>Friday, 18 October 2019</td>
<td>Bonville 5 Strouds Rd, Bonville</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Family &amp; Carer Mental Health Program Hastings/ Macleay</td>
<td>People living with mental illness</td>
<td>Carers Writing Workshop</td>
<td>Wednesday, 16 October 2019</td>
<td>Sea Acres Rainforest Centre Pacific Drive Port Macquarie</td>
<td>Claudia 02 6589 5018</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Great Lakes Mental Health Carer Support Group</td>
<td>People living with mental illness</td>
<td>Out and About Day</td>
<td>Tuesday, 15 October 2019</td>
<td>Great Lakes Area</td>
<td>Margaret 0456 966 173</td>
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<tr>
<td>Hastings Carers Support Group</td>
<td>All</td>
<td>Lucheon</td>
<td>Thursday, 17 October 2019</td>
<td>Westport Club 25 Buller St Port Macquaire</td>
<td>Dympna 02 6589 5017</td>
</tr>
<tr>
<td>Laurieton Carer Support Group</td>
<td>People living with dementia</td>
<td>Lunch</td>
<td>Wednesday, 23 October 2019</td>
<td>Kew Country Club 185 Kendall Road Kew</td>
<td>Margaret-Anne 02 6584 7444</td>
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<tr>
<td>Macleay Carers Support Group</td>
<td>All</td>
<td>Carers Mental Health Week Carers Lucheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Heritage Hotel 21 Kinchela St Gladstone</td>
<td>Dympna 02 6589 5017</td>
</tr>
<tr>
<td>Manning Taree Carer Support Group</td>
<td>All</td>
<td>Carers Luncheon</td>
<td>Thursday, 10 October 2019</td>
<td>Club Taree 1321 Wingham Road Taree</td>
<td>Sandy 02 6592 9315</td>
</tr>
<tr>
<td>Meet and Share Kempsey</td>
<td>All</td>
<td>Carers Day</td>
<td>Thursday, 17 October 2019</td>
<td>Kempsey</td>
<td>Debra 0422 961 292</td>
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<tr>
<td>Meet and Share South West Rocks</td>
<td>All</td>
<td>Carers Day</td>
<td>Tuesday, 15 October 2019</td>
<td>South West Rocks</td>
<td>Debra 0422 961 292</td>
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<tr>
<td>Mission Australia Family &amp; Carer Mental Health Program</td>
<td>People living with mental illness</td>
<td>Carer Wellness Day Retreat</td>
<td>Tuesday, 5 November 2019</td>
<td>Sea Acres Rainforest Centre Pacific Drive Port Macquarie</td>
<td>Claudia 02 6589 5018</td>
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<tr>
<td>MyTime Coffs Harbour</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Movie Night</td>
<td>Thursday, 17 October 2019</td>
<td>Event Cinema Corner Bray St Pacific Hwy Coffs Harbour</td>
<td>Catherine 0438 302 187</td>
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<tr>
<td>Nambucca Heads Carer Support Group</td>
<td>People living with dementia</td>
<td>Lunch</td>
<td>Monday, 14 October 2019</td>
<td>Riverside Cafe Riverside Drive Nambucca Heads</td>
<td>Margaret-Anne 02 6584 7444</td>
</tr>
<tr>
<td>Nambucca Heads Mental Health Carer Support Group</td>
<td>People living with mental illness</td>
<td>BBQ Boat Cruise</td>
<td>Wednesday, 16 October 2019</td>
<td>Nambucca Heads 86 Pacific Hwy Nambucca Heads</td>
<td>Shelley 02 6658 7831</td>
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<tr>
<td>Port Macquarie Carer Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Day Out</td>
<td>Thursday, 10 October 2019</td>
<td>The Glasshouse Followed By Thai Touch Tide 153 Gordon St Port Macquarie</td>
<td>Erica 0437 318 574</td>
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<tr>
<td>Port Macquarie Dementia Australia Carer Support Group</td>
<td>People living with dementia</td>
<td>Carers Group Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Dementia Australia Group Meeting Room 121 Bridge Street Port Macquarie</td>
<td>Mike 02 6584 7444</td>
</tr>
<tr>
<td>Port Macquarie Parkinson's Carer Support Group</td>
<td>People living with a chronic illness</td>
<td>We're in this Together - Celebrating Carers</td>
<td>Tuesday, 15 October 2019</td>
<td>Long Point Vineyard And Art Gallery 6 Cooinda Place Lake Cathie</td>
<td>By invitation only</td>
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<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Synapse Carers Mid North Coast</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Synapse Carers Meet and Eat</td>
<td>Thursday, 17 October 2019</td>
<td>Mid North Coast Country Womens Association 11 Horton St Port Macquarie</td>
<td>Megan 0499 244 933</td>
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<tr>
<td>Taree My Time Play Connect Playgroup</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Caring for Carers</td>
<td>Friday, 18 October 2019</td>
<td>Manning Gardens Public School Early Intervention Unit Mudford Street Taree</td>
<td>Arona 0408 656 624</td>
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<tr>
<td>Wauchope Carer Support Group</td>
<td>People living with dementia</td>
<td>Lunch</td>
<td>Wednesday, 30 October 2019</td>
<td>Wauchope Country Club 24 King Street Wauchope</td>
<td>Margaret-Anne 02 6584 7444</td>
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<tr>
<td>Woolgoolga Mental Health Support</td>
<td>People living with mental illness</td>
<td>BBQ Boat Cruise</td>
<td>Wednesday, 16 October 2019</td>
<td>Nambucca Heads 86 Pacific Hwy Nambucca Heads</td>
<td>Helen 02 6658 7831</td>
</tr>
<tr>
<td>Murrumbidgee</td>
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<tr>
<td>ADHD and/or ODD and Related Conditions Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Celebratory Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Commercial Club Golf Club 530 North Street Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Albury Wodonga Down Syndrome Family Network Group</td>
<td>People of all ages living with a disability</td>
<td>Carers Week Celebratory Dinner</td>
<td>Saturday, 19 October 2019</td>
<td>The River Deck Cafe 48 Noreuil Parade South Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Albury Wodonga Home Schooling Family Network Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Week Pampering Session</td>
<td>Friday, 18 October 2019</td>
<td>Basq Beauty Spa And Wellness 323 Wodonga Place Albury</td>
<td>Sue 02 6058 4000</td>
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<tr>
<td>Aspire Family Network Group</td>
<td>People of all ages living with a disability</td>
<td>Celebratory Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Commercial Club Golf Club 530 North Street Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Border Carers Reference Group</td>
<td>All</td>
<td>2019 Annual Carers Week Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Commercial Club Albury 618 Dean Street Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Caring Grandparents Network</td>
<td>Children and young adults (under the age of 25) living with a disability</td>
<td>Carers Week Pampering Session</td>
<td>Friday, 18 October 2019</td>
<td>Endota Spa Albury 550 Kiewa Street Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Coffee Connection</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Coffee Connection Brunch</td>
<td>Wednesday, 16 October 2019</td>
<td>Mr Benedict Cafe 664 Dean St Albury</td>
<td>Helen 0448 278 907</td>
</tr>
<tr>
<td>Dads Group</td>
<td>People of all ages living with a disability</td>
<td>Carers Week Weekend Away</td>
<td>Friday, 11 October 2019</td>
<td>Yarrawonga Victoria</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Griffith Carers Dementia Support Group</td>
<td>People living with dementia</td>
<td>Griffith Dementia Forum</td>
<td>Monday, 14 October 2019</td>
<td>Griffith Ex-Servicemen's Sports Club Spires Street Griffith</td>
<td>Monica 02 6962 4515</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for....</td>
<td>Event</td>
<td>Event date</td>
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<tr>
<td>Griffith City Council</td>
<td>All</td>
<td>Movie Night</td>
<td>Tuesday, 17 September 2019</td>
<td>Griffith City Cinema Watkins Ave &amp; Kidman Way Griffith</td>
<td>Peta 02 6962 8100</td>
</tr>
<tr>
<td>Gundagai Neighbourhood Centre Carers Support Group</td>
<td>All</td>
<td>Pampering Day for Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Pampering Day 245 Sheridan St Gundagai</td>
<td>Dianne 02 6944 0290</td>
</tr>
<tr>
<td>Healthy Mothers Healthy Families Support Group Albury Wodonga</td>
<td>People of all ages living with a disability</td>
<td>Carers Week Pampering Session</td>
<td>Tuesday, 15 October 2019</td>
<td>Zen Day Spa 452 Swift Street Albury</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Kalinda School P&amp;C Association</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Afternoon Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Kalinda School Merigal Street Griffith</td>
<td>By invitation only</td>
</tr>
<tr>
<td>OASIS Carer Support Group</td>
<td>People living with mental illness</td>
<td>Movie and Lunch Day</td>
<td>Tuesday, 15 October 2019</td>
<td>Regent Cineman 460-470 Dean Street Albury</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Pinnacle Community Services</td>
<td>All</td>
<td>Carers Week Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Ariah Park Hotel 73 Coolamon Ariah Park</td>
<td>Melinda 02 6977 1326</td>
</tr>
<tr>
<td>Solo Parent All-Ability Support Group</td>
<td>People of all ages living with a disability</td>
<td>Carers Week Weekend Away</td>
<td>Friday, 18 October 2019</td>
<td>Upper Murray</td>
<td>Sue 02 6058 4000</td>
</tr>
<tr>
<td>Wagga Autism Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Wine &amp; Cheese in the Shakespearean Garden</td>
<td>Saturday, 19 October 2019</td>
<td>Shakespearean Garden, Botanic Gardens Wagga Wagga</td>
<td>Deb 0427 007 261</td>
</tr>
<tr>
<td>Nepean/Blue Mountains</td>
<td>All</td>
<td>Pampering Event</td>
<td>Wednesday, 23 October 2019</td>
<td>Mid Mountains Neighbourhood Centre New Street Lawson</td>
<td>Belong Blue Mountains 02 4759 2592</td>
</tr>
<tr>
<td>Belong Blue Mountains Mid Mountains Neighbourhood Centre</td>
<td>All</td>
<td>Katoomba Film Society Screening</td>
<td>Wednesday, 9 October 2019</td>
<td>Palais Royale 230 Katoomba St Katoomba</td>
<td>Belong Blue Mountains 02 4782 1117</td>
</tr>
<tr>
<td>Belong Blue Mountains</td>
<td>All</td>
<td>Conversations by Art</td>
<td>Tuesday, 15 October 2019</td>
<td>Mid Mountains Neighbourhood Centre New Street Lawson</td>
<td>Belong Blue Mountains 02 4759 2592</td>
</tr>
<tr>
<td>Lithgow Hospital</td>
<td>All</td>
<td>Carers Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Lithgow Hospital Col Drew Drive Lithgow</td>
<td>Loretta 02 4734 3718</td>
</tr>
<tr>
<td>Nepean Blue Mountains Local Health District Carer Program</td>
<td>All</td>
<td>Carers Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Nepean Hospital Derby St Kingswood</td>
<td>Loretta 02 4734 3718</td>
</tr>
<tr>
<td>Timeout Tuesday</td>
<td>All</td>
<td>Hight Tea with the Silver Fox Quartet</td>
<td>Tuesday, 15 October 2019</td>
<td>St Finbar's Parish Centre 52 Levy Glenbrook</td>
<td>Kathleen 02 4739 2651</td>
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</tbody>
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**Northern NSW**
<table>
<thead>
<tr>
<th>Name of organisation/group</th>
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<tbody>
<tr>
<td>Ballina Mental Health Carer Support Group</td>
<td>All</td>
<td>Luncheon</td>
<td>Saturday, 30 November 2019</td>
<td>Coffee And Kitchen Cafe 38 Links Ave East Ballina</td>
<td>Shelley 0424 229 244</td>
</tr>
<tr>
<td>Ballina Shire Meals on Wheels</td>
<td>All</td>
<td>Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>St Marys Anglican Church Function Room Norton Street Ballina</td>
<td>Meleta 02 6686 2636</td>
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<tr>
<td>BaptistCare</td>
<td>Ageing people</td>
<td>High Tea at the Village</td>
<td>Wednesday, 16 October 2019</td>
<td>Social Centre, Baptistcare 15 The Avenue Alstonville</td>
<td>Julie 02 6698 5741</td>
</tr>
<tr>
<td>Byron Shire Respite Service</td>
<td>People living with dementia</td>
<td>Morning Tea Cruise</td>
<td>Friday, 18 October 2019</td>
<td>Tweed River</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Casino Carer Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Casino Rsm 162 Canterbury St Casino</td>
<td>Chris 0409 818 643</td>
</tr>
<tr>
<td>DAISI Services</td>
<td>All</td>
<td>Grand Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>DAISI Services Limited Shop 3 River Street Ballina</td>
<td>Glenn 1800 800 340</td>
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<tr>
<td>Grafton Carer Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Village Green Hotel 230 Pound St Grafton</td>
<td>Chris 0409 818 643</td>
</tr>
<tr>
<td>Kyogle Carer Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon</td>
<td>Tuesday, 15 October 2019</td>
<td>Exchange Hotel 63-65 Summerland Way Kyogle</td>
<td>Chris 0409 818 643</td>
</tr>
<tr>
<td>Lifebridge Australia</td>
<td>People living with dementia</td>
<td>Lunch by the Sea</td>
<td>Thursday, 17 October 2019</td>
<td>Tweed Heads Surf Club Marine Parade Tweeds Heads</td>
<td>By invitation only</td>
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<tr>
<td>Lismore Carer Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Summerland House Farm 253 Wardell Rd Alstonville</td>
<td>Chris 0409 818 643</td>
</tr>
<tr>
<td>Lower Clarence Carers Support Group</td>
<td>All</td>
<td>Luncheon &amp; Fun</td>
<td>Tuesday, 15 October 2019</td>
<td>Maclean Lower Clarence Services Club 38 River Street Maclean</td>
<td>Jennifer 0429 805 493</td>
</tr>
<tr>
<td>MND Carers Support Group Northern Rivers</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>TBC</td>
<td>Karen 0426 246 489</td>
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<tr>
<td>Mullumbimby Mental Health Carers Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon and Carer Pamper Day</td>
<td>Thursday, 17 October 2019</td>
<td>TBC</td>
<td>Susi 02 6623 7413</td>
</tr>
<tr>
<td>Mungindi Care</td>
<td>Ageing people</td>
<td>Mungindi Carers Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Moree</td>
<td>Michelle 1300 593 113</td>
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<tr>
<td>Murwillumbah Mental Health Carer Support Group</td>
<td>People living with mental illness</td>
<td>Carer Pamper Day and Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>TBC</td>
<td>Susi 02 6623 7413</td>
</tr>
<tr>
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<tr>
<td>MyTime Playgroup Ballina</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Drinks and Nibbles by the River</td>
<td>Thursday, 17 October 2019</td>
<td>The Point Ballina 2 Martin Street Ballina</td>
<td>By invitation only</td>
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<tr>
<td>MyTime Playgroup East Lismore</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Pamper Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Aruma Early Childhood Intervention and Therapy Services 61 Rifle Range Road East Lismore</td>
<td>Helen 0448 278 907</td>
</tr>
<tr>
<td>Northern NSW ADHD/ASD Support Group</td>
<td>All</td>
<td>Annual Pamper Day</td>
<td>Friday, 18 October 2019</td>
<td>Murwillumbah Services Club 10 Wollumbin St Murwillumbah</td>
<td>Natalie 0427 778 667</td>
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<tr>
<td>Pottsville Beach Neighbourhood Centre</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Side by Side Pamper Day</td>
<td>Saturday, 19 October 2019</td>
<td>Pottsville Beach Neighbourhood Centre 108-12A Elizabeth Street Pottsville Beach</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Tweed Heads Mental Health Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carer Luncheon and Pamper Session</td>
<td>Tuesday, 15 October 2019</td>
<td>Tweed Bowls Club Cnr Wharf &amp; Florence Street Tweed Heads</td>
<td>Susi 02 6623 7413</td>
</tr>
<tr>
<td>Tweed Heads Parkinsons Support Group</td>
<td>People living with a chronic illness</td>
<td>Comedy Show to Bring Laughter to Carers</td>
<td>Monday, 14 October 2019</td>
<td>Twin Towns Rsl Anzac Room 2 Wharf Street Tweed Heads</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Yamba Carer Support Group</td>
<td>People living with mental illness</td>
<td>Luncheon</td>
<td>Monday, 14 October 2019</td>
<td>Cafe Clarence 2 Coldstream St Ulmarra</td>
<td>Chris 0409 818 643</td>
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</tbody>
</table>

**Northern Sydney**

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<thead>
<tr>
<th>Name of organisation/group</th>
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<tbody>
<tr>
<td>Sydney Community Services - Acquired Brain Injury, Spinal, Stroke</td>
<td>People living with a chronic illness</td>
<td>Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Ryde Catering Collegue Ambassador Restaurant 250 Blaxland Rd Ryde</td>
<td>By invitation only</td>
</tr>
<tr>
<td>ADHD Support Australia</td>
<td>People living with mental illness</td>
<td>ADHD Parents Self-Care Event</td>
<td>Sunday, 13 October 2019</td>
<td>Pittwater RSL 82 Mona Vale Road Mona Vale</td>
<td>Vivian 02 4039 9227</td>
</tr>
<tr>
<td>Autism Community Network Hornsby Day Support Group</td>
<td>All</td>
<td>Hornsby Day Support Group Carers Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Hornsby RSL 4 High Street Hornsby</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Autism Community Network Ryde</td>
<td>All</td>
<td>Ryde Support Group Carers Dinner</td>
<td>Thursday, 17 October 2019</td>
<td>TBC</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Berowra Genera Carers Support Group</td>
<td>All</td>
<td>Mindfulness Morning</td>
<td>Saturday, 19 October 2019</td>
<td>Berowra Community Health Centre 123 Berowra Waters Rd Berowra Heights</td>
<td>Mary 0434 323 411</td>
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<tr>
<td>Name of organisation/group</td>
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<tr>
<td>Berowra Male Carers Support Group</td>
<td>All</td>
<td>Mindfulness Morning of Games and Gardening &amp; Carer Connections</td>
<td>Thursday, 17 October 2019</td>
<td>Berowra Community Health Centre 123 Berowra Waters Rd Berowra Heights</td>
<td>Mary 0434 323 411</td>
</tr>
<tr>
<td>Better Time</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Day Trip</td>
<td>Monday, 14 October 2019</td>
<td>Karonga School 1 Karonga Close Epping</td>
<td>By invitation only</td>
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<tr>
<td>Better Together Carers</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Carer Escapes</td>
<td>Children (under 18 years of age) with a disability</td>
<td>The Carers Cafe</td>
<td>Friday, 18 October 2019</td>
<td>The Children's Hospital at Westmead Cnr Hawkesbury Rd &amp; Hainsworth St Westmead</td>
<td>Lisa 0404 682 738</td>
</tr>
<tr>
<td>Carers for Aged</td>
<td>People living with dementia</td>
<td>Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Carers of Autism, and Diverse Disabilities (CADD)</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Chinese Mandarin Group Dee Why</td>
<td>All</td>
<td>Carers Day Out Redfern</td>
<td>Tuesday, 15 October 2019</td>
<td>Redfern Community Centre 29-33 Hugo Street Redfern</td>
<td>Robyn 02 9931 7777</td>
</tr>
<tr>
<td>Chinese Peer Cafe</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Me Day</td>
<td>Thursday, 17 October 2019</td>
<td>Doyles On The Wharf Take Away/Bistro Fishermans Wharf Military Road Watsons Bay</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Christian Community Aid</td>
<td>Ageing people</td>
<td>Celebrate Carers Week</td>
<td>Wednesday, 9 October 2019</td>
<td>Eastwood Baptist Church 3 First Avenue Eastwood</td>
<td>Carmen 02 9858 3222</td>
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<tr>
<td>Circle of Carers</td>
<td>People living with disability of all ages</td>
<td>Leisure Activity</td>
<td>Tuesday, 16 October 2018</td>
<td>Macquarie Centre Cnr Herring Rd &amp; Waterloon Rd North Ryde</td>
<td>Sui 0405 512 431</td>
</tr>
<tr>
<td>CJR Support Services</td>
<td>All</td>
<td>Carers Pamper Day</td>
<td>Sunday, 13 October 2019</td>
<td>10 Alanas Oatlands</td>
<td>Elaine 0417 794 720</td>
</tr>
<tr>
<td>CNB Services - Grief and Loss Carers Group</td>
<td>All</td>
<td>Grief and Loss Carers Group</td>
<td>Monday, 7 October 2019</td>
<td>Dee Why RSL Club 932 Pittwater Rd Dee Why</td>
<td>Evamarie 0422 840 675</td>
</tr>
<tr>
<td>Croatian Group Warriewood</td>
<td>All</td>
<td>Carers Day Out Redfern</td>
<td>Tuesday, 15 October 2019</td>
<td>Redfern Community Centre 29-33 Hugo Street Redfern</td>
<td>Robyn 02 9931 7777</td>
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<tr>
<td>Name of organisation/group</td>
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<tr>
<td>Dementia Carers Group Dee Why</td>
<td>People living with dementia</td>
<td>Carers Day Out at the Movies</td>
<td>Friday, 18 October 2019</td>
<td>Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale</td>
<td>Robyn 02 9931 7777</td>
</tr>
<tr>
<td>Dementia Carers Group Mona Vale</td>
<td>People living with dementia</td>
<td>Carers Day Out at the Movies</td>
<td>Friday, 18 October 2019</td>
<td>Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale</td>
<td>Robyn 02 9931 7777</td>
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<tr>
<td>Disability Carers Support Group Northern Beaches</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Evening Dinner Function</td>
<td>Tuesday, 15 October 2019</td>
<td>Ramons Restaurant 61 Sorlie Road Frenchs Forest</td>
<td>Denise 02 9722 8283</td>
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<tr>
<td>Farsi Carers Support Group</td>
<td>People living with a chronic illness</td>
<td>Farsi Luncheon and Info Session</td>
<td>Monday, 21 October 2019</td>
<td>Hornsby Council Leisure And Learning Centre 25 Edgeworth David Ave Hornsby</td>
<td>Behnaz 0417 175 155</td>
</tr>
<tr>
<td>Feeling Good Social Group for Seniors</td>
<td>People living with a chronic illness</td>
<td>Mind Body &amp; Spirit Awareness Get Together</td>
<td>Monday, 14 October 2019</td>
<td>St John’s Anglican Church Corner Of Avon Rd And Oaks Av Dee Why</td>
<td>Dragana 0404 232 391</td>
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<tr>
<td>Female Serbian Group Dee Why</td>
<td>All</td>
<td>Carers Day Out Redfern</td>
<td>Tuesday, 15 October 2019</td>
<td>Redfern Community Centre 29-53 Hugo Street Redfern</td>
<td>Robyn 02 9931 7777</td>
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<tr>
<td>Flintwood Disability Services</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>12 Schofield Parade Pennant Hills</td>
<td>Jashika 0409 687 706</td>
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<tr>
<td>Fragile X Association</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Picnic in the Park</td>
<td>Sunday, 20 October 2019</td>
<td>Northbridge Oval Montague Drive Penrith</td>
<td>Liz 1300 394 636</td>
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<tr>
<td>General Carers Group Dee Why</td>
<td>All</td>
<td>Carers Day Out at the Movies</td>
<td>Friday, 18 October 2019</td>
<td>Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale</td>
<td>Robyn 02 9931 7777</td>
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<tr>
<td>General Carers Group Warriewood</td>
<td>All</td>
<td>Carers Day Out at the Movies</td>
<td>Friday, 18 October 2019</td>
<td>Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale</td>
<td>Robyn 02 9931 7777</td>
</tr>
<tr>
<td>HammondCare Carer Cafe</td>
<td>People living with dementia</td>
<td>Carers Lunch</td>
<td>Wednesday, 30 October 2019</td>
<td>Roseville Golf Club 4 Links Avenue Roseville</td>
<td>Julie 0434 182 121</td>
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<tr>
<td>Indian Seniors Group Hornsby</td>
<td>Ageing people</td>
<td>Concert for Carers</td>
<td>Sunday, 20 October 2019</td>
<td>Epping Leisure And Learning Centre Off Pembrooke Street Epping</td>
<td>Dave 0413 760 300</td>
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<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
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<tr>
<td>Italian Group Dee Why</td>
<td>All</td>
<td>Carers Day Out Redfern</td>
<td>Tuesday, 15 October 2019</td>
<td>Redfern Community Centre 29-53 Hugo Street Redfern</td>
<td>Robyn 02 9931 7777</td>
</tr>
<tr>
<td>Japanese Carer's Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Lunch</td>
<td>Wednesday, 16 October 2019</td>
<td>Makoto Bento 438 Victoria Ave Chatswood</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Korean Cockatoos Disability &amp; Carers Association</td>
<td>People living with mental illness</td>
<td>Korean Cockatoos Carers Luncheon</td>
<td>Thursday, 10 October 2019</td>
<td>TBC</td>
<td>Jeongmin 0452 644 302</td>
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<tr>
<td>Manly/Mosman Parkinson Support Group</td>
<td>People living with a chronic illness</td>
<td>Luncheon</td>
<td>Tuesday, 22 October 2019</td>
<td>Club Totem 195 Condamine St Balgowlah</td>
<td>Robyn 0407 955 568</td>
</tr>
<tr>
<td>Mental Health Carers Group Dee Why</td>
<td>People living with mental illness</td>
<td>Carers Day Out at the Movies</td>
<td>Friday, 18 October 2019</td>
<td>Hoyts Warringah Mall Cnr Condamine And Old Pittwater Road Brookvale</td>
<td>Robyn 02 9931 7777</td>
</tr>
<tr>
<td>MND Carer Support Group Northern Beaches</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Sunday, 13 October 2019</td>
<td>Cora Adcock Centre For Palliative Care Coronation Street Mona Vale</td>
<td>Karen 0426 246 489</td>
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<tr>
<td>MND Support Group Northern Sydney</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Pennant Hills Community Centre Cnr Ramsay And Yarrara Roads Pennant Hills</td>
<td>Karen 0426 246 489</td>
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<tr>
<td>Mosman Carers Group, Mosman Council</td>
<td>All</td>
<td>Morning Tea</td>
<td>Wednesday, 23 October 2019</td>
<td>Bridgepoint Shopping Centre Brady Street Mosman</td>
<td>Liz 0419 784 089</td>
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<tr>
<td>NBI</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>NBI Carers Cafe</td>
<td>Friday, 18 October 2019</td>
<td>WarrIEWood Surf Club Narrabeen Park Parade WarrIEWood</td>
<td>Nicole 02 8976 2850</td>
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<tr>
<td>Northern Beaches Multicultural Communities</td>
<td>People living with a serious or terminal illness</td>
<td>Self Care for Carers</td>
<td>Thursday, 17 October 2019</td>
<td>Howard Av Park Howard Av Dee Why</td>
<td>Draganja 0404 232 391</td>
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<tr>
<td>Northern Beaches Multicultural Communities</td>
<td>People living with mental illness</td>
<td>Out and About</td>
<td>Saturday, 19 October 2019</td>
<td>Royal Botanic Gardens Mrs Macquaries Rd Sydney</td>
<td>Draganja 0404 232 391</td>
</tr>
<tr>
<td>Northside CALD Carers Network</td>
<td>All</td>
<td>Group Lunch</td>
<td>Monday, 14 October 2019</td>
<td>Ryde Community Mental Health Centre 39-41 Fourth Avenue Eastwood</td>
<td>Julie (Hua Juan) 0411 083 178</td>
</tr>
<tr>
<td>Pennant Hills General Carers Group</td>
<td>All</td>
<td>Mindfulness Morning</td>
<td>Monday, 14 October 2019</td>
<td>Pennant Hills Community Health Centre 7 Fisher Ave Pennant Hills</td>
<td>Mary 0434 323 411</td>
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<tr>
<td>Name of organisation/group</td>
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<td>Pittwater/Warringah Parkinsons Support Group</td>
<td>People living with a chronic illness</td>
<td>Pittwater Lunch Cruise</td>
<td>Thursday, 17 October 2019</td>
<td>Club Palm Beach 1087 Barrenjoey Road Palm Beach</td>
<td>By invitation only</td>
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<tr>
<td>Royal Far West</td>
<td>Children (under 18 years of age) with a disability</td>
<td>High Tea</td>
<td>Monday, 14 October 2019</td>
<td>Royal Far West 19-21 Wentworth Ave Sydney</td>
<td>By invitation only</td>
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<tr>
<td>Royal North Shore Carer Support Group</td>
<td>All</td>
<td>Mindfulness Morning, Positive Carer Affirmations for Wellbeing</td>
<td>Friday, 18 October 2019</td>
<td>Royal North Shore Hospital Reserve Road St Leonards</td>
<td>Mary 0434 323 411</td>
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<tr>
<td>Samarpan</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carer Pamper Day with Lunch</td>
<td>Sunday, 6 October 2019</td>
<td>Sydney Metro</td>
<td>Rajni 02 9869 7166</td>
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<tr>
<td>Spanish Group Dee Why</td>
<td>All</td>
<td>Carers Day Out Redfern</td>
<td>Tuesday, 15 October 2019</td>
<td>Redfern Community Centre 29-53 Hugo Street Redfern</td>
<td>Robyn 02 9931 7777</td>
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<tr>
<td>St Lucy's School</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Mindfulness Workshop</td>
<td>Thursday, 17 October 2019</td>
<td>St Lucy's School 21 Cleveland Street Wahroonga</td>
<td>Caroline 02 9487 1277</td>
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<tr>
<td>Studio ARTES</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Caring for Carers</td>
<td>Friday, 18 October 2019</td>
<td>Studio Arts Hornsby 33 Jersey Street Hornsby</td>
<td>Deborah 02 9482 5266</td>
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<tr>
<td>Temple Society Australia</td>
<td>Ageing people</td>
<td>Relaxing High Tea</td>
<td>Saturday, 19 October 2019</td>
<td>Meadowbank Temple Society Church 7 Macpherson St West Ryde</td>
<td>Jan 0412 731 101</td>
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<tr>
<td>Truscott St Support Unit Parents</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Fun Day</td>
<td>Sunday, 22 September 2019</td>
<td>West Pymble Bowling Club 2 Prince of Wales Drive West Pymble</td>
<td>By invitation only</td>
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**South East Sydney**

<table>
<thead>
<tr>
<th>Name of organisation/group</th>
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<th>Event</th>
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<tr>
<td>3Bridges Aboriginal Carers Group</td>
<td>People living with mental illness</td>
<td>Caring in Community</td>
<td>Tuesday, 15 October 2019</td>
<td>3 Bridges 1/72 Carwar Ave Carrs Park</td>
<td>Sharlene 0447 678 334</td>
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<td>3Bridges Community</td>
<td>All</td>
<td>Carers Week Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>34-40 Allison Crescent Menai</td>
<td>Vicki 1300327434</td>
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<tr>
<td>Autism Community Network Sutherland Shire</td>
<td>All</td>
<td>Sutherland Support Group Carers Dinner</td>
<td>Wednesday, 16 October 2019</td>
<td>TBC</td>
<td>Steve 0431 724 229</td>
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<tr>
<td>CanCare Centre Sydney South Exercise Group</td>
<td>People living with a serious or terminal illness</td>
<td>Dancing with the Carers</td>
<td>Friday, 25 October 2019</td>
<td>St George Hurstville Anglican Church 2 The Avenue Hurstville</td>
<td>Christine 0405 152 579</td>
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<tr>
<td>Name of organisation/group</td>
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<td>CanCare Centre Sydney South Visitation</td>
<td>People living with a serious or terminal illness</td>
<td>Coffee and Pampering</td>
<td>Sunday, 13 October 2019</td>
<td>Various Across Southern Sydney 2 The Avenue Hurstville, Rockdale And Across Southern Sydney</td>
<td>Christine 0405 152 579</td>
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<tr>
<td>CanCare Centre Sydney South Walking Group</td>
<td>People living with a serious or terminal illness</td>
<td>Walk With You... Always!</td>
<td>Friday, 18 October 2019</td>
<td>Sir Joseph Bank Park Tupla Street Botany</td>
<td>Christine 0405 152 579</td>
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<tr>
<td>CanCare South Chatroom</td>
<td>People living with a serious or terminal illness</td>
<td>Celebration and Recognition Event</td>
<td>Friday, 25 October 2019</td>
<td>St George Hurstville Anglican Church 2 The Avenue Hurstville</td>
<td>Jennifer 0421 898 501</td>
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<tr>
<td>Canrevive</td>
<td>People living with a chronic illness</td>
<td>Traditional Chinese Medicine and Cancer Workshop</td>
<td>Wednesday, 16 October 2019</td>
<td>Canrevive City Office Level 4, 741 George St Sydney</td>
<td>Agnes 02 9580 7789</td>
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<tr>
<td>Cantonese Speaking Carers Support Group</td>
<td>All</td>
<td>Floral Arranging and Fellowship Lunch</td>
<td>Friday, 11 October 2019</td>
<td>Stapleton Ave Community Centre 3A Stapleton Ave Sutherland</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Carer Social Support Group</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Carers of a Person with Dementia</td>
<td>People living with dementia</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Carers of a Person with Younger Onset Dementia</td>
<td>People living with dementia</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Chinese Carers Support Group</td>
<td>People living with mental illness</td>
<td>Celebration of National Carers Week</td>
<td>Friday, 4 October 2019</td>
<td>Bankstown Rsl Club 1 Meredith Street Bankstown</td>
<td>Irene 0404 790 433</td>
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<td>Chinese Peer Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>National Carers Week Picnic</td>
<td>Thursday, 17 October 2019</td>
<td>Cards Park 3 Bunyala St Kogarah</td>
<td>By invitation only</td>
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<tr>
<td>Coffee Club Dementia Carers Support Group</td>
<td>People living with dementia</td>
<td>Carers Luncheon</td>
<td>Thursday, 10 October 2019</td>
<td>Coach &amp; Horses Hotel 147 Avoca Street Randwick</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Dementia Advisory Services St George Carer and Wellbeing Group</td>
<td>People living with dementia</td>
<td>Appreciation and Acknowledgment Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Ramsgate RSL Ramsgate Rd and Chuter Ave Sans Souci</td>
<td>Teresa 0438 704 970</td>
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<tr>
<td>Dementia Australia Advisory Services Sutherland Shire Carers</td>
<td>People living with dementia</td>
<td>Appreciation and Acknowledgment Luncheon</td>
<td>Monday, 14 October 2019</td>
<td>Cronulla RSL 38 Gerrale Street Cronulla</td>
<td>Teresa 0438 704 970</td>
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<td>Dynamos</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Dinner Cruise on Sydney Harbour</td>
<td>Sunday, 13 October 2019</td>
<td>Sydney Harbour Cruise 4 King St Wharf Sydney</td>
<td>Arahni 0407 938 964</td>
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<tr>
<td>Eastern Sydney Multicultural Carers Support Group</td>
<td>Ageing people</td>
<td>Older Carers Celebration</td>
<td>Monday, 14 October 2019</td>
<td>Snr. Citizen’s Hall 6 Alma Road Maroubra</td>
<td>Ellen 02 9569 1288</td>
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<tr>
<td>Name of organisation/group</td>
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<tr>
<td>FACES Randwick Support Group</td>
<td>People living with mental illness</td>
<td>Shinrin Yoku Forest Bathing Walk</td>
<td>Friday, 18 October 2019</td>
<td>Centennial Parklands WILDPLAY Discovery Centre Dickens Drive Centennial Park</td>
<td>By invitation only</td>
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<tr>
<td>FACES St George Carers Support Group</td>
<td>People living with mental illness</td>
<td>Laughter Yoga</td>
<td>Monday, 14 October 2019</td>
<td>Shopfront Co-Op 88 Carlton Parade Carlton</td>
<td>Danielle 0430 163 617</td>
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<tr>
<td>Greek Speaking Carers</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
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<tr>
<td>Gymea Seniors Group</td>
<td>People living with dementia</td>
<td>Carers Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Harem Skarem Belly Dancing</td>
<td>By invitation only</td>
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<tr>
<td>Hurstville Support Group</td>
<td>People living with a serious or terminal illness</td>
<td>Hurstville Support Group Carers Week Celebration</td>
<td>Saturday, 12 October 2019</td>
<td>Hurstville Anglican Church 2 The Avenue Hurstville</td>
<td>Jeremy 0402 003 525</td>
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<tr>
<td>Indonesian Carer Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Indonesian Carers Unite</td>
<td>Thursday, 17 October 2019</td>
<td>New Imperial Peking Junior Kingsford 55BA Anzac Parade Kingsford</td>
<td>Lulu 0403 204 499</td>
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<tr>
<td>Kogarah Community Services</td>
<td>All</td>
<td>Carers Week Celebration</td>
<td>Wednesday, 16 October 2019</td>
<td>Stapleton Ave Community Centre 10 Stapleton Ave Sutherland</td>
<td>Samantha 0425 820 625</td>
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<tr>
<td>Mandarin Speaking Carers Support Group</td>
<td>All</td>
<td>Floral Arranging and Fellowship Lunch</td>
<td>Friday, 11 October 2019</td>
<td>Funtime 4Kidz Unit 4, 778-786 Old Illawarra Rd Menai</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Mary Potter House Support Group</td>
<td>People living with dementia</td>
<td>High Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Street Cafe High Tea 91-111 Rocky Point Rd Kogarah</td>
<td>By invitation only</td>
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<tr>
<td>Menai Autism Support</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Spoil the Mums</td>
<td>Wednesday, 16 October 2019</td>
<td>Funtime 4Kidz Unit 4, 778-786 Old Illawarra Rd Menai</td>
<td>By invitation only</td>
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<tr>
<td>Music Therapy for Indonesian Carers</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Groovy Carer</td>
<td>Thursday, 17 October 2019</td>
<td>New Imperial Peking Junior Kingsford 55BA Anzac Parade Kingsford</td>
<td>Meitty 0431 403 559</td>
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<tr>
<td>Prince of Wales Hospital Spinal Injuries Unit</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Week Appreciation Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Prince Of Wales Hospital - Spinal Injuries Unit Clinical Sciences Building Level 1 High St Randwick</td>
<td>By invitation only</td>
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<tr>
<td>Resilient Carer Program St George Group</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Resilient Carer Program Sutherland Group</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Sailors with disABILITIES</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Winds of Care</td>
<td>Saturday, 19 October 2019</td>
<td>Sydney Harbour D’albora Marinas New Beach Road Darling Point</td>
<td>Amy 0421 725 170</td>
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<tr>
<td>See Through My Eyes</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers &amp; Friends Morning Tea</td>
<td>Saturday, 14 September 2019</td>
<td>Vital Health &amp; Wellbeing Centre Level 2 Suite 202, 22 Belgrave St Kogarah</td>
<td>Penny 1300 648 099</td>
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<tr>
<td>Spanish Speaking Carers</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
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<tr>
<td>St George Hospital</td>
<td>All</td>
<td>Information Day for Carers</td>
<td>Tuesday, 15 October 2019</td>
<td>St George Hospital Gray Street Kogarah</td>
<td>Vivianne 02 9113 2419</td>
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<tr>
<td>St George Wellness Group</td>
<td>People living with dementia</td>
<td>Carers Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Bass And Flinders Cruises Rocky Point Rd Sans Souci</td>
<td>Sarah 0402 338 632</td>
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<tr>
<td>Sutherland Carer Support Group</td>
<td>People living with mental illness</td>
<td>Carers Devonshire Tea Cruise</td>
<td>Tuesday, 15 October 2019</td>
<td>Sutherland Community Hub 874-876 Rawson Place Sutherland</td>
<td>Marti 0408 027 875</td>
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<tr>
<td>Sutherland Shire Carer Support Service</td>
<td>All</td>
<td>Carers Week Dinner Celebration</td>
<td>Thursday, 17 October 2019</td>
<td>La Cucina 14 Gymea Bay Rd Gymea</td>
<td>Tracy 02 9542 6292</td>
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<tr>
<td>Sydney Children’s Hospital Randwick</td>
<td>All</td>
<td>Carers Week Lunch</td>
<td>Monday, 14 October 2019</td>
<td>Lecture Theatre Landing At The Hospital High Street Randwick</td>
<td>Bianca 02 9845 3422</td>
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<tr>
<td>Sylvania Foundation</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Morning Tea at Sutherland Community Hub</td>
<td>Friday, 18 October 2019</td>
<td>Cronulla Sharks Rugby League Club 461 Captain Cook Drive Kurnell</td>
<td>Robyn 02 9540 7675</td>
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<tr>
<td>Transitional Aged Care Sutherland Hospital</td>
<td>Ageing people</td>
<td>STACS Carers High Tea</td>
<td>Wednesday, 16 October 2019</td>
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**South Western Sydney**

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<thead>
<tr>
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<tr>
<td>The Vietnamese Parents with Disabled Children Support Group in NSW</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Luncheon Celebration</td>
<td>Sunday, 13 October 2019</td>
<td>Bonnyrigg Community Hall 100 Bonnyrigg Ave Bonnyrigg Bonnyrigg</td>
<td>By invitation only</td>
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<td>AASS Arabic Carer Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Pamper Day</td>
<td>Tuesday, 15 October 2019</td>
<td>Moorebank Sports Club 230 Heathcote Rd Hammondville</td>
<td>Lina 02 9601 2844</td>
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<td>Afford’s Accommodation Carers</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Afford’s Accommodation Carers</td>
<td>Monday, 14 October 2019</td>
<td>Glen Alpine Group Home 12 Braeside Cresdent Glen Alpine</td>
<td>By invitation only</td>
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<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
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<td>Afford's Bexley Community Day Program Carers</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Bexley Community Carers</td>
<td>Monday, 14 October 2019</td>
<td>Afford Bexley Community Day Program 405 Forest Road Bexley</td>
<td>By invitation only</td>
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<td>Afford's Canley Vale Carers</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Canley Vale Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Afford Canley Vale Community Hub 239 Sackville Rd Canley Vale</td>
<td>By invitation only</td>
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<tr>
<td>Afford's South West Carers Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Afford's South West Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Afford Green Valley Community Day Program 9 San Cristobal Drive Green Valley</td>
<td>By invitation only</td>
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<tr>
<td>Afford’s Southern Carer Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Afford’s Southern Carer Groups</td>
<td>Wednesday, 16 October 2019</td>
<td>Afford Campbelltown Lifestyle Centre 69 Allman St Campbelltown</td>
<td>By invitation only</td>
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<tr>
<td>Autism Carer Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Masquerade Ball</td>
<td>Tuesday, 15 October 2019</td>
<td>Cabramatta Bowling Club Cabramatta Rd &amp; Fairview Rd Cabramatta</td>
<td>Thi Hanh 0424 724 899</td>
</tr>
<tr>
<td>Autism Community Network Bankstown Carers Support Group</td>
<td>All</td>
<td>Bankstown Support Group Carers Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Bankstown Sports Club 8 Greenfield Parade Bankstown</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Autism Community Network St George Carers Support Group</td>
<td>All</td>
<td>St George Support Group Carers Dinner</td>
<td>Tuesday, 15 October 2019</td>
<td>Club Rivers 18 Littleton Street Riverwood</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Bankstown-Lidcombe Hospital</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Bankstown- Lidcombe Hospital 70 Eldridge Road Bankstown</td>
<td>Swapna 02 9722 8000</td>
</tr>
<tr>
<td>Betty Sussman Dementia Carers Group</td>
<td>Ageing people</td>
<td>Sharing is Caring</td>
<td>Wednesday, 16 October 2019</td>
<td>Flower Power-Frankies Food Factory 479 Henry Lawson Drive Milperra</td>
<td>Tracey 0421 553 576</td>
</tr>
<tr>
<td>breakthru Campbelltown</td>
<td>All</td>
<td>Carers High Tea breakthru</td>
<td>Thursday, 17 October 2019</td>
<td>breakthruCampbelltown 263 Queen Street Campbelltown</td>
<td>Liv 0437 999 836</td>
</tr>
<tr>
<td>breakthru Penrith</td>
<td>All</td>
<td>Carers High Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>breakthru Penrith 30 Woodriff Street Penrith</td>
<td>Tatijana 0438 263 220</td>
</tr>
<tr>
<td>Calvary Health Care Kogarah</td>
<td>People living with dementia</td>
<td>Memory Connections Dementia Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Rockdale Tennis Club 71 Chapel Street Rockdale</td>
<td>Leonie 02 9553 3584</td>
</tr>
<tr>
<td>Camden and Campbelltown Hospital</td>
<td>People living with a chronic illness</td>
<td>Morning Tea &amp; Information Display</td>
<td>Thursday, 17 October 2019</td>
<td>Camden Hospital, Lower Ground Level 61 Menangle Road Camden</td>
<td>Kathy 02 4634 3877</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for:</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Care Free Singers</td>
<td>All</td>
<td>Care Free Singers Open Day</td>
<td>Friday, 25 October 2019</td>
<td>Tahmoor Community Centre 6 Harper Close Tahmoor</td>
<td>Tegan 02 4683 2776</td>
</tr>
<tr>
<td>Creative Carer Support Group</td>
<td>All</td>
<td>Carer Masquerade Ball</td>
<td>Tuesday, 15 October 2019</td>
<td>Cabramatta Bowling Club Cabramatta Rd &amp; Fairview Rd Cabramatta</td>
<td>Thi Hanh 0424 724 899</td>
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<tr>
<td>Carers of Stroke and Neuro</td>
<td>People living with a chronic illness</td>
<td>Self Care Education Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Liverpool Hospital 75 Elizabeth Street Liverpool</td>
<td>Siobhan 02 8738 6718</td>
</tr>
<tr>
<td>Carers Social Support Group</td>
<td>All</td>
<td>Take Care of Yourself, Mind, Body and Spirit</td>
<td>Tuesday, 15 October 2019</td>
<td>Macarthur Diversity Services Initiative Aged Care The Manse 32 Lithgow Street Campbelltown</td>
<td>Marcela 02 4627 1188</td>
</tr>
<tr>
<td>Caroline Chisholm School P&amp;C</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Week Morning Tea</td>
<td>Friday, 18 October 2019</td>
<td>Caroline Chisholm Ssp - School Library Napoli Street Padstow</td>
<td>Joanne 0401 258 089</td>
</tr>
<tr>
<td>Chiacupuncture Massage Centre</td>
<td>Ageing people</td>
<td>Ageing People Health Care Day</td>
<td>Sunday, 13 October 2019</td>
<td>10/3 West Terrace Bankstown</td>
<td>Terry 0417 418 595</td>
</tr>
<tr>
<td>Chinese Carers Support Group</td>
<td>People living with mental illness</td>
<td>Celebration of National Carers Week</td>
<td>Monday, 14 October 2019</td>
<td>Bankstown Rsl Club 1 Meredith Street Bankstown</td>
<td>Irene 0404 790 433</td>
</tr>
<tr>
<td>Chinese Parents Association - Children With Disabilities</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>National Carers Week Celebration Party for CPA Youth Group</td>
<td>Saturday, 19 October 2019</td>
<td>Belmore Senior Citizen Centre 38 Redman Parade Belmore</td>
<td>Jane 0406 233 222</td>
</tr>
<tr>
<td>Chinese Parents Association - Children With Disabilities</td>
<td>Children (under 18 years of age) with a disability</td>
<td>National Carers Week Celebration Party for CPA Junior Group</td>
<td>Saturday, 19 October 2019</td>
<td>Belmore Senior Citizen Centre 38 Redman Parade Belmore</td>
<td>Jane 0406 233 222</td>
</tr>
<tr>
<td>Corazon Latino Spanish Carer Support Group</td>
<td>People living with mental illness</td>
<td>A Smile Always Helps Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Fairfield Community Centre 25 Barbara Street Fairfield</td>
<td>Blanca 02 9681 4956</td>
</tr>
<tr>
<td>Dads Autism Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Dads Gather Together</td>
<td>Friday, 18 October 2019</td>
<td>TBC</td>
<td>By invitation only</td>
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<td>Disability Services Australia</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Thank You High Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Mcfarland House 103 Menangie Street Picton</td>
<td>Heather 1300372121</td>
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<tr>
<td>Garrawarra Centre</td>
<td>People living with dementia</td>
<td>Carers Workshop Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Garrawarra Centre Princes Hwy Waterfall</td>
<td>By invitation only</td>
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<tr>
<td>George Bass P&amp;C</td>
<td>Children (under 18 years of age) with a disability</td>
<td>George Bass P&amp;C Luncheon</td>
<td>Thursday, 17 October 2019</td>
<td>Bankstown Sports Club 8 Greenfield Parade Bankstown</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
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<td>Greek Orthodox Community of NSW</td>
<td>All</td>
<td>Dinner Breather</td>
<td>Saturday, 19 October 2019</td>
<td>Greek Community Centre 206-210 Lakemba St Lakemba</td>
<td>Eliza 02 9740 8310</td>
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<tr>
<td>Journeymen Carers Support Group</td>
<td>Ageing people</td>
<td>Journeymen Lunch</td>
<td>Wednesday, 16 October 2019</td>
<td>Catholiccare 203-209 Northumberland Street Liverpool</td>
<td>Xiomara 02 8778 4222</td>
</tr>
<tr>
<td>Little Scribblers Early Learning Centre</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Supporting Carers</td>
<td>Monday, 14 October 2019</td>
<td>Little Scribblers Early Learning Centre 5/9 Benaroon Rd Belmore</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Liverpool Brain Injury Rehabilitation Unit</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Gratitude Lunch</td>
<td>Wednesday, 16 October 2019</td>
<td>Liverpool Hospital, Brain Injury Unit Elizabeth Street Liverpool</td>
<td>Tina 02 8738 9538</td>
</tr>
<tr>
<td>Liverpool Hospital</td>
<td>People living with dementia</td>
<td>Carers Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Level 5 Carers Corner Elizabeth Street Liverpool</td>
<td>Vicki 0459 836 266</td>
</tr>
<tr>
<td>Liverpool Hospital</td>
<td>All</td>
<td>Carers Week Information Event</td>
<td>Wednesday, 16 October 2019</td>
<td>Main Concourse, Liverpool Hospital Corner Elizabeth &amp; Goulburn Street Liverpool</td>
<td>Janet 0434 366 424</td>
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<tr>
<td>Liverpool Hospital</td>
<td>All</td>
<td>Carer Cart</td>
<td>Tuesday, 15 October 2019</td>
<td>Liverpool Hospital Elizabeth Street Liverpool</td>
<td>Ailie 02 8738 7570</td>
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<tr>
<td>Liverpool Playconnect - Playgroup NSW</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Day Journey</td>
<td>Saturday, 19 October 2019</td>
<td>Sydney</td>
<td>By invitation only</td>
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<tr>
<td>Lurnea Dementia Carers Support Group</td>
<td>People living with dementia</td>
<td>Carers Week Celebration Lunch</td>
<td>Friday, 11 October 2019</td>
<td>Liverpool Catholiccare 203-209 Northumberland Street Liverpool</td>
<td>Xiomara 02 8778 4222</td>
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<tr>
<td>Macarthur Autism Spectrum Family Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Bar Centrale On Queen 2/186 Queen St Campbelltown</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Macedonian Australian Welfare Association</td>
<td>All</td>
<td>How to Care for Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Kiama</td>
<td>Lihnida 02 9597 5455</td>
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<tr>
<td>Mandaean Women's Union</td>
<td>All</td>
<td>Mandaean Women's Union Carers Event</td>
<td>Thursday, 17 October 2019</td>
<td>Hilda M Davis Citizens Centre 185 Bigge St Liverpool</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Mens Shed Narellan</td>
<td>All</td>
<td>Carers Brunch and Shed Tour</td>
<td>Tuesday, 15 October 2019</td>
<td>Mens Shed Narellan 1 Mt Annan Drive Mt Annan</td>
<td>Ian 02 8091 1511</td>
</tr>
<tr>
<td>MND Support Group Campbelltown</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Eagle Vale Central Emerald Drive And Feldspar Road Eagle Vale</td>
<td>Karen 0426 246 489</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for....</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Multicultural Care</td>
<td>Ageing people</td>
<td>Sharing and Caring Carer Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Multicultural Care Conference Room 30/532 Canterbury Road Campsie</td>
<td>Jessur 0449 537 265</td>
</tr>
<tr>
<td>Multicultural Carer Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebration of National Carers Week Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Anglicare Cabramatta Office - Meeting Room 40 Cumberland Street Cabramatta</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Myrtle Cottage Group</td>
<td>People living with dementia</td>
<td>Wellbeing and Pamper Day</td>
<td>Saturday, 19 October 2019</td>
<td>Myrtle Cottage Group Inc 6 Bosci Road Ingleburn</td>
<td>Christine 02 9426 3100</td>
</tr>
<tr>
<td>MyTime</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Family Day Picnic</td>
<td>Saturday, 26 October 2019</td>
<td>Yarrabee Picnic Area, Central Gardens Corner of Cumberland Highway &amp; Merrylands Rd Merrylands</td>
<td>Pauline 0438 878 355</td>
</tr>
<tr>
<td>South Western Sydney Local Health District Palliative Care</td>
<td>People living with a serious or terminal illness</td>
<td>Morning Tea and Activity</td>
<td>Tuesday, 15 October 2019</td>
<td>Elizabeth Street Liverpool</td>
<td>Arlene 02 8738 9755</td>
</tr>
<tr>
<td>South Western Sydney Local Health District Palliative Care</td>
<td>People living with a serious or terminal illness</td>
<td>Morning Tea and Activity</td>
<td>Thursday, 17 October 2019</td>
<td>Camden Palliative Care Inpatient Unit 61 Menangle Road Camden</td>
<td>Arlene 02 8738 9755</td>
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<tr>
<td>Parents Support Group - Children with Autism</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Celebration of National Carers Week</td>
<td>Friday, 18 October 2019</td>
<td>Bankstown Rd Club 1 Meredith Street Bankstown</td>
<td>Irene 0404 790 433</td>
</tr>
<tr>
<td>Parkinson Carer Support Group</td>
<td>All</td>
<td>Luncheon for Carer of Parkinsons</td>
<td>Monday, 9 December 2019</td>
<td>Liverpool Catholic Club 424/458 Hoxton Park Rd Prestons</td>
<td>Liz 0418 227 491</td>
</tr>
<tr>
<td>Primary and Community Health, South Western Sydney Local Health District</td>
<td>All</td>
<td>Self-care for Carers</td>
<td>Friday, 18 October 2019</td>
<td>Fairfield 53-65 Mitchell St Carramar</td>
<td>June 0457 504 516</td>
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<tr>
<td>Recreation Sports and Aquatics Club</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Appreciation High Tea</td>
<td>Wednesday, 23 October 2019</td>
<td>Rsc Clubrooms 11 Greenfield Pde Bankstown</td>
<td>Jenny 02 9790 5001</td>
</tr>
<tr>
<td>Riverwood Community Centre</td>
<td>All</td>
<td>Carers Morning Tea</td>
<td>Friday, 18 October 2019</td>
<td>Riverwood Community Centre 151 Belmore Rd Riverwood</td>
<td>Donna 02 9533 0100</td>
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<tr>
<td>Support Coordination Carers Group</td>
<td>All</td>
<td>Luncheon</td>
<td>TBC</td>
<td>Hope Point Church 42a Beale Street Georges Hall</td>
<td>Gania 02 9773 8894</td>
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<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Support Unit Parent Network</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Parent Get Together</td>
<td>Wednesday, 23 October 2019</td>
<td>Canterbury Public School Church St Sydney</td>
<td>By invitation only</td>
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<tr>
<td>Sutherland Shire Autism Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Evening at the Cinema</td>
<td>Friday, 18 October 2019</td>
<td>Event Cinema Miranda 600 Kingsway Miranda</td>
<td>By invitation only</td>
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<tr>
<td>SWS Carer Support Group</td>
<td>All</td>
<td>Carer Masquerade Ball</td>
<td>Tuesday, 15 October 2019</td>
<td>Cabramatta Bowling Club Cabramatta Rd &amp; Fairview Rd Cabramatta</td>
<td>Thi Hanh 0424 724 899</td>
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<tr>
<td>Uighur Women Carers Support Group</td>
<td>All</td>
<td>Dinner</td>
<td>Sunday, 13 October 2019</td>
<td>Apandim Restaurant 189 Burwood Rd Burwood</td>
<td>By invitation only</td>
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<tr>
<td>VIETLINK</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Meeting and Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Bankstown 98 Marion St Bankstown</td>
<td>Mylinh 0418 455 430</td>
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<tr>
<td>Vietnamese Carer Group Campsie/Marrickville</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Celebrating Vietnamese Carers Group Campsie &amp; Marrickville</td>
<td>Monday, 16 September 2019</td>
<td>Campsie 193 Beamish St Campsie</td>
<td>Thu Linh 0460 206 991</td>
</tr>
<tr>
<td>VWA1 Carer Support Group</td>
<td>All</td>
<td>Carer Happy Day</td>
<td>Saturday, 19 October 2019</td>
<td>Cabramatta Bowling Club Cabramatta Rd &amp; Fairview Rd Cabramatta</td>
<td>Thi Hanh 0424 724 899</td>
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<tr>
<td>VWA2 Carer Support Group</td>
<td>All</td>
<td>Carer Happy Day</td>
<td>Saturday, 19 October 2019</td>
<td>Cabramatta Bowling Club Cabramatta Rd &amp; Fairview Rd Cabramatta</td>
<td>Thi Hanh 0424 724 899</td>
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<tr>
<td>Wellness Carers Group</td>
<td>All</td>
<td>Information and Pamper Day</td>
<td>Monday, 28 October 2019</td>
<td>Liverpool Catholiccare 424/458 Hoxton Park Road Prestons</td>
<td>Xiomara 02 8778 4222</td>
</tr>
<tr>
<td>Working Carers Network</td>
<td>All</td>
<td>Working Carers Wellbeing</td>
<td>Wednesday, 16 October 2019</td>
<td>Bankstown-Lidcombe Hospital</td>
<td>Denise 02 9722 8283</td>
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**Southern NSW**

<table>
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<tr>
<th>Name of organisation/group</th>
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<th>Event date</th>
<th>Event location</th>
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<tbody>
<tr>
<td>Carers Catchup Pambula</td>
<td>People living with dementia</td>
<td>Carers Month Morning Tea</td>
<td>Tuesday, 22 October 2019</td>
<td>Oaklands Cafe 3546 Priness Hwy Pambula</td>
<td>By invitation only</td>
</tr>
<tr>
<td>HammondCare at Home</td>
<td>Ageing people</td>
<td>Caring For You</td>
<td>Wednesday, 16 October 2019</td>
<td>Bega Valley Learning Centre, Greencape Room 14 Cabarita Place Merimbula</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Kalaru Carers</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>52 Ike Game Rd Kalaru</td>
<td>Roanna 0411 057 511</td>
</tr>
<tr>
<td>MND Carer Support Group Southern NSW</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Ms Act 117 Denison Street Deakin</td>
<td>Karen 02 8877 0904</td>
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<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
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<tr>
<td>Monaro Early Intervention Service</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Clothes and Toy Swap Afternoon</td>
<td>Friday, 18 October 2019</td>
<td>Monaro Early Intervention Service 6 Hill St Cooma</td>
<td>Alanna 0402 326 176</td>
</tr>
<tr>
<td>Monaro Parents and Carers of ASD Children</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Sensory Day for Carers</td>
<td>Friday, 18 October 2019</td>
<td>Monaro Family Support Service 154 Sharp St Cooma</td>
<td>Kath 0458 584 889</td>
</tr>
<tr>
<td>Scallywags</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Week Dinner</td>
<td>Friday, 18 October 2019</td>
<td>Bombala RSL Club 156 Maybe St Bombala</td>
<td>Kath 0458 584 889</td>
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<tr>
<td>Snowy Monaro Dementia Carer Support Group</td>
<td>People living with dementia</td>
<td>Snowy Monaro Carers Week event</td>
<td>Thursday, 17 October 2019</td>
<td>Snowy Monaro Regional Library 61 Vale Street Cooma</td>
<td>Libby 02 6241 0881</td>
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<tr>
<td>Snowy Monaro Regional Council</td>
<td>All</td>
<td>Chilling in the Mountains</td>
<td>Thursday, 17 October 2019</td>
<td>Bombala Community Centre 163 Maybe Street Bombala</td>
<td>Tabitha 0438 772 612</td>
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<tr>
<td>Special Needs Assistance Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Movie Day &amp; Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Southern Cross Cinema 96 Main St Young</td>
<td>Cathy 02 6382 6328</td>
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<tr>
<td>Yass Valley Cafe Connect Group</td>
<td>People living with dementia</td>
<td>Celebrating Carers Week in Yass Valley</td>
<td>Wednesday, 16 October 2019</td>
<td>Tootsie Cafe And Gallery 289 Comur Street Yass</td>
<td>Libby 02 6241 0881</td>
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<tr>
<td>Young Meals on Wheels</td>
<td>Ageing people</td>
<td>Carers Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Young Bowling Club 1 Lauchlan Street Young</td>
<td>Jenny 02 6382 5008</td>
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**Sydney**

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<tr>
<td>Ability Links</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Yarn Up Lunch</td>
<td>Friday, 18 October 2019</td>
<td>631 Elizabeth Street Waterloo</td>
<td>Taliya-Via 02 9051 1690</td>
</tr>
<tr>
<td>Ageing Carers for People with Intellectual Disabilities</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Bake for Wellbeing</td>
<td>Thursday, 17 October 2019</td>
<td>Participate Australia 113 Edwin St North Croydon</td>
<td>Peter 02 9799 4333</td>
</tr>
<tr>
<td>Asbestos Diseases Research Institute</td>
<td>People living with a serious or terminal illness</td>
<td>Annual Thank You Day for Carers</td>
<td>Tuesday, 22 October 2019</td>
<td>Revesby Workers Club 2a Brett Street Revesby Sydney</td>
<td>Jocelyn 0412 768 496</td>
</tr>
<tr>
<td>Australian Foundation for Disability</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Celebrating Afford’s Innerwest Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Affords Ashfield Community Day Program 14 Bruce Ashfield</td>
<td>Toni 0430 528 858</td>
</tr>
<tr>
<td>Australian Nursing Home Foundation</td>
<td>People living with dementia</td>
<td>Enjoy a Day Out</td>
<td>Saturday, 26 October 2019</td>
<td>Berrima Village</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
<td>Contact</td>
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<tr>
<td>CanCare Centre</td>
<td>People living with a serious or terminal illness</td>
<td>Appreciation &amp; Morning Tea for Carers</td>
<td>Wednesday, 23 October 2019</td>
<td>Cancare Centre Office Ground Floor Unit 31 167-173 Parramatta Road, North Strathfield</td>
<td>Judy 0415 585 368</td>
</tr>
<tr>
<td>Canrevive</td>
<td>People living with a chronic illness</td>
<td>Traditional Chinese Medicine and Cancer Treatment</td>
<td>Wednesday, 16 October 2019</td>
<td>Canrevive City Office Level 4, 741 George St Sydney</td>
<td>Agnes 02 9212 7789</td>
</tr>
<tr>
<td>Carers of Children with Special Needs from Chinese Background</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Morning Tea by the Bay</td>
<td>Wednesday, 16 October 2019</td>
<td>The Watershed Kitchen 1 Henley Marine Dr Drummoyne</td>
<td>Chris 02 9799 4802</td>
</tr>
<tr>
<td>Participate Australia - Carers of People with Intellectual Disabilities from CALD Background</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Get Fit with Zumba</td>
<td>Tuesday, 15 October 2019</td>
<td>Participate Australia 113 Edwin St North Croydon</td>
<td>Peter 02 9799 4333</td>
</tr>
<tr>
<td>Carers of Young Adults with Disabilities (YADs)</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Luncheon</td>
<td>Monday, 21 October 2019</td>
<td>Ryde Catering Colleague Ambassador Restaurant 250 Blaxland Rd Ryde</td>
<td>By invitation only</td>
</tr>
<tr>
<td>CASS Care</td>
<td>All</td>
<td>Caregiving with Love</td>
<td>Friday, 18 October 2019</td>
<td>Flower Power Garden Centre Enfield 27 Mitchell St Enfield</td>
<td>Wendy 0409 788 600</td>
</tr>
<tr>
<td>Differently Abled People Association</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>DAPA Cultural Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Dapa Office Unit 1 378 Parramatta Road Homebush</td>
<td>Vincent 0417 418 180</td>
</tr>
<tr>
<td>Ethnic Community Services Cooperative</td>
<td>Ageing people</td>
<td>Caring for CALD Carers</td>
<td>Tuesday, 22 October 2019</td>
<td>Ecc Office Building Building 3, 142 Addison Road Marrickville</td>
<td>Bharat 02 9569 1288</td>
</tr>
<tr>
<td>Ethnic Community Services Cooperative, Multicultural Carers Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Day Out</td>
<td>Wednesday, 16 October 2019</td>
<td>Building 3, 142 Addison Road Marrickville</td>
<td>Khanh 02 9569 1288</td>
</tr>
<tr>
<td>Eucalyptus Club</td>
<td>All</td>
<td>BBQ</td>
<td>Saturday, 12 October 2019</td>
<td>Beach Shoalhaven</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Inner West Carers Connect</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Dinner for Carers Group</td>
<td>Saturday, 19 October 2019</td>
<td>The Retreat Garden Bistro 114 Church Street Croydon</td>
<td>Gillian 0487 831 403</td>
</tr>
<tr>
<td>loop+</td>
<td>People living with disability of all ages</td>
<td>loop+ Carers Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Symbol Cafe 65 Berry St North Sydney</td>
<td>Clare 0411 579 739</td>
</tr>
<tr>
<td>Mental Health Carers NSW</td>
<td>People living with mental illness</td>
<td>Lunch &amp; Learn</td>
<td>Thursday, 17 October 2019</td>
<td>Collective Purpose 80, Suite 501 Level 5 William Street Woolloomooloo</td>
<td>Laura 02 9332 0777</td>
</tr>
<tr>
<td>MND Carers Support Southern Sydney</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>TBC</td>
<td>Karen 02 8877 0904</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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</tr>
<tr>
<td>MyTime Marrickville</td>
<td>Children (under 18 years of age) with a disability</td>
<td>MyTime Carers Week Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Plumtree 19 Yabsley Avenue Marrickville</td>
<td>Kate 0423 328 982</td>
</tr>
<tr>
<td>PAWA Community Care</td>
<td>Ageing people</td>
<td>Carers Celebration Lunch</td>
<td>Monday, 14 October 2019</td>
<td>The Polish House 182 Liverpool Road Ashfield</td>
<td>Irmina 02 9716 0036</td>
</tr>
<tr>
<td>Sakura Club</td>
<td>All</td>
<td>CALD Community Event</td>
<td>Friday, 18 October 2019</td>
<td>Customs House 31 Alfred Street Sydney</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Shine Group (Cecal Caring Association)</td>
<td>All</td>
<td>Wellness Day</td>
<td>Thursday, 17 October 2019</td>
<td>Earlwood Senior Citizens Centre Corner Joy Lane &amp; Homer Street Earlwood</td>
<td>Zabette 0413 161 875</td>
</tr>
<tr>
<td>South Eastern Community Connect</td>
<td>Children (under 18 years of age) with a disability</td>
<td>We Care for Carers</td>
<td>Monday, 14 October 2019</td>
<td>South Eastern Community Connect Hub 1007 Botany Rd Mascot</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Spanish Speaking Parents Network</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Spanish Carers Event</td>
<td>Wednesday, 16 October 2019</td>
<td>Pinocchio’s Restaurant</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Special Children Services Centre</td>
<td>All</td>
<td>Garden Visit and Brunch at The Grounds of Alexandria</td>
<td>Tuesday, 15 October 2019</td>
<td>The Grounds Of Alexandria Building 7A, 2 Huntley St Alexandria</td>
<td>Winnie 02 9799 4802</td>
</tr>
<tr>
<td>St. Vincent’s Hospital Sydney</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Information and Support Group</td>
<td>Tuesday, 22 October 2019</td>
<td>St. Vincent’s Hospital 390 Victoria Street Darlinghurst</td>
<td>Christiane 02 9355 5622</td>
</tr>
<tr>
<td>Studio Artes Inner West</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Afternoon Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>TBC</td>
<td>Jessica 0490 332 073</td>
</tr>
<tr>
<td>Sydney Vietnamese Carers Group</td>
<td>People living with mental illness</td>
<td>Carers Day Out</td>
<td>Monday, 14 October 2019</td>
<td>Hurstville Aquatic Centre Hurstville</td>
<td>Lianne 0478 404 662</td>
</tr>
<tr>
<td>The Ella Centre</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Ella Community Centre Ska Dalhousie Haberfield</td>
<td>Suzette 02 9798 5140</td>
</tr>
<tr>
<td>Ultimo Chinese Parents Network</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Fresh Air Carers Week</td>
<td>Friday, 18 October 2019</td>
<td>Central Club Hurstville 2 Crofts Ave Hurstville</td>
<td>Xiaolin 0478 016 150</td>
</tr>
<tr>
<td>Waterloo Chinese Carers Group 670</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Sit and Relaxation</td>
<td>Sunday, 20 October 2019</td>
<td>Waterloo Green, Turrunga Building Waterloo</td>
<td>Zhaoliang 0423 365 745</td>
</tr>
<tr>
<td>Wyanga Aboriginal Aged Care</td>
<td>Ageing people</td>
<td>Share &amp; Care</td>
<td>Friday, 18 October 2019</td>
<td>TBC</td>
<td>Roslyn 0410 223 327</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for....</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
<td>Contact</td>
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<tr>
<td>Amaranth Foundation</td>
<td>All</td>
<td>Carers Come Together</td>
<td>Friday, 18 October 2019</td>
<td>Amaranth 57-65 Redlands Road Corowa</td>
<td>Julianne 02 6033 3507</td>
</tr>
<tr>
<td>Anson Street School</td>
<td>Children (under 18 years of age) with a disability</td>
<td>National Carers Week Luncheon</td>
<td>Tuesday, 15 October 2019</td>
<td>A Celebration Luncheon For Our Carers 94 Anson Street Orange</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Bathurst Seymour Centre Carers Support Group</td>
<td>People living with dementia</td>
<td>Carers Deserve a Special Day!</td>
<td>Tuesday, 15 October 2019</td>
<td>O'Connell Hotel 2408 O'Connell Road O'Connell</td>
<td>Terisa 02 6332 1449</td>
</tr>
<tr>
<td>Bathurst Seymour Centre Carers Support Group</td>
<td>Ageing people</td>
<td>Bathurst Seymour Centre Cares for Carers</td>
<td>Monday, 21 October 2019</td>
<td>TBC</td>
<td>Terisa 02 6332 1449</td>
</tr>
<tr>
<td>Cerebral Palsy Alliance</td>
<td>Children (under 18 years of age) with a disability</td>
<td>High Tea</td>
<td>Thursday, 17 October 2019</td>
<td>Taronga Western Plains Zoo Obley Road Dubbo</td>
<td>Melissa 02 688 1077</td>
</tr>
<tr>
<td>Crookwell Carer Group</td>
<td>All</td>
<td>Carers Thank You Lunch</td>
<td>Wednesday, 9 October 2019</td>
<td>Crookwell Rsl 160 Goulburn Street Crookwell</td>
<td>Joanne 0411 220 486</td>
</tr>
<tr>
<td>Currajong Disability Services</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Supporting Carers at Currajong</td>
<td>Thursday, 17 October 2019</td>
<td>Currajong Disability Services Day Centre 30 Welcome Street Parkes</td>
<td>Roslyn 02 6863 4713</td>
</tr>
<tr>
<td>Dubbo Brain Injury Rehabilitation Program</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Get Together</td>
<td>Wednesday, 16 October 2019</td>
<td>Lourdes Hospital 4 Tony McGrane Place Dubbo</td>
<td>Narelle 02 6841 8559</td>
</tr>
<tr>
<td>Family Support Group - Catholic Healthcare</td>
<td>All</td>
<td>Flora Art</td>
<td>Saturday, 19 October 2019</td>
<td>Catholic Healthcare 6 Bodinton Drive Wentworth Falls</td>
<td>Nadja 02 4757 8106</td>
</tr>
<tr>
<td>Kids &amp; Carers Support Group Kandos/Rylstone</td>
<td>All</td>
<td>Ten Pin Bowling + Lunch</td>
<td>Saturday, 19 October 2019</td>
<td>Bathurst Ten Pin Bowling Centre S1 Durham Bathurst</td>
<td>Maureen 02 6841 4174</td>
</tr>
<tr>
<td>Lourdes Hospital</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Expo</td>
<td>Thursday, 17 October 2019</td>
<td>Lourdes Hospital 4 Tony McGrane Dubbo</td>
<td>Katrina 02 6841 8547</td>
</tr>
<tr>
<td>Lourdes Hospital and Community Services</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carer Get Together</td>
<td>Wednesday, 16 October 2019</td>
<td>Carer Get Together 4 Tony McGrane Place Dubbo</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Mudgee Community Health Centre</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Autism Support Group Carers Week Lunch</td>
<td>Tuesday, 15 October 2019</td>
<td>Galangha Thai Restuarant Market Street Mudgee</td>
<td>Catherine 02 6378 6236</td>
</tr>
<tr>
<td>Our Time Carer Support Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carers Week Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Bathurst</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Temora Special Persons and Carers</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Social Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Temora Ex-Services Club 130 Baker Street Temora</td>
<td>Pat 02 6977 2278</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
<td>Contact</td>
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<tr>
<td>Tullamore Seniors Daycentre</td>
<td>Ageing people</td>
<td>Tullamore Dusty Day Out</td>
<td>Wednesday, 16 October 2019</td>
<td>Tullamore Bowling Club 1 Haylock St Tullamore</td>
<td>Kellylee 0401 583 761</td>
</tr>
<tr>
<td>Western NSW Local Health District</td>
<td>All</td>
<td>Young Carer Resource Launch</td>
<td>Tuesday, 15 October 2019</td>
<td>Dubbo Base Hospital Dubbo</td>
<td>Lyndall 0428 404 916</td>
</tr>
<tr>
<td>Western NSW Local Health District</td>
<td>All</td>
<td>Young Carer Resource Launch</td>
<td>Wednesday, 16 October 2019</td>
<td>Orange Health Service 1530 Forest Road Orange</td>
<td>Antonia 0428 866 205</td>
</tr>
<tr>
<td>Western Sydney</td>
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</tr>
<tr>
<td>Afghani Carer Support Group</td>
<td>Adults (over 18 years of age but under 65 years of age)</td>
<td>Carers Awareness Week</td>
<td>Sunday, 13 October 2019</td>
<td>Nabi Akram Islamic Centre 37 Cowper St Granville</td>
<td>Nabil 0427 842 469</td>
</tr>
<tr>
<td>Albion Street</td>
<td>Adults (over 18 years of age but under 65 years of age)</td>
<td>Albion St Family</td>
<td>Wednesday, 16 October 2019</td>
<td>Albion Family 40 Albion Street Harris Park</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Anglicare Dementia Care Support Group</td>
<td>People living with dementia</td>
<td>Carers Morning tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Nepean Rowing Club Bruce Neale Drive Penrith</td>
<td>Lynore 02 8624 8751</td>
</tr>
<tr>
<td>Arabic Carer Support Group</td>
<td>All</td>
<td>Celebrate National Carers Week</td>
<td>Thursday, 7 November 2019</td>
<td>Merrylands Bowling Club Newman Street Merrylands</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Arabic Carer Support Group</td>
<td>All</td>
<td>Carer Outing</td>
<td>Wednesday, 23 October 2019</td>
<td>Pyrmont St Sydney</td>
<td>Lilian 0424 411 426</td>
</tr>
<tr>
<td>Auburn Carers Support Group at St Joseph’s Hospital</td>
<td>Ageing people</td>
<td>Carers Luncheon</td>
<td>Wednesday, 16 October 2019</td>
<td>Dooleys Club On The Water Front 214 Silverwater Rd Silverwater</td>
<td>Narelle 02 9749 0388</td>
</tr>
<tr>
<td>Australian Foundation for Disability</td>
<td>Adults (over 18 years of age but under 65 years of age)</td>
<td>Celebrating Addord’s Central West Carers</td>
<td>Wednesday, 16 October 2019</td>
<td>Afford Blacktown Lifestyle Centre 3 Hereward Highway Blacktown</td>
<td>Toni 0430 528 858</td>
</tr>
<tr>
<td>Autism Community Network</td>
<td>All</td>
<td>Richmond Support Group Carers Dinner</td>
<td>Wednesday, 16 October 2019</td>
<td>Richmond Club 6E Market Street Richmond</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Autism Community Network Castle Hill Support Group</td>
<td>All</td>
<td>Castle Hill Support Group Carers Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Castle Hill RSL 77 Castle Street Castle Hill</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Autism Community Network Cumberland</td>
<td>All</td>
<td>Cumberland Support Group Carers Brunch</td>
<td>Sunday, 13 October 2019</td>
<td>TBC</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
<td>Contact</td>
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<tr>
<td>Autism Community Network Wentworthville Support Group</td>
<td>All</td>
<td>Wentworthville Support Group Carers Lunch</td>
<td>Thursday, 17 October 2019</td>
<td>Wentworthville Leagues Club 50 Smith Street Wentworthville</td>
<td>Steve 0431 724 229</td>
</tr>
<tr>
<td>Beautiful Minds Committee</td>
<td>People living with mental illness</td>
<td>Tai Chi, Chat &amp; Tea</td>
<td>Saturday, 19 October 2019</td>
<td>Campbeltown Catholic Club 20/22 Camden Road Campbeltown</td>
<td>Desiree 0410 325 905</td>
</tr>
<tr>
<td>Blacktown Hospital</td>
<td>All</td>
<td>Carers Week 2019</td>
<td>Wednesday, 16 October 2019</td>
<td>Blacktown Hospital 18 Blacktown Road Blacktown</td>
<td>Amanda 0428 171 393</td>
</tr>
<tr>
<td>Boronia Multicultural Services</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Caring for Carers Pamper Day</td>
<td>Wednesday, 16 October 2019</td>
<td>Toongabbie Community Centre 244 Targo Rd Toongabbie</td>
<td>Annie 02 9631 1777</td>
</tr>
<tr>
<td>breakthru FMHSS</td>
<td>People living with mental illness</td>
<td>Carers High Tea breakthru</td>
<td>Friday, 18 October 2019</td>
<td>breakthru Belmore 42 Redman Pde Belmore</td>
<td>Matthew 0420 961 713</td>
</tr>
<tr>
<td>breakthru Liverpool</td>
<td>All</td>
<td>Have a Break at breakthru</td>
<td>Tuesday, 15 October 2019</td>
<td>breakthru Liverpool 1-7 Moore Street Liverpool</td>
<td>Rachael 0408 174 372</td>
</tr>
<tr>
<td>Burwood Community Welfare Services</td>
<td>All</td>
<td>Movie Night for Carers and Their Supporters</td>
<td>Friday, 18 October 2019</td>
<td>Event Cinemas Burwood Road Burwood</td>
<td>Asma 0498 655 792</td>
</tr>
<tr>
<td>CALD Carer Support Group (Khmer)</td>
<td>All</td>
<td>Harbour Story Cruise</td>
<td>Tuesday, 15 October 2019</td>
<td>Sydney Harbour Harbour Sydney</td>
<td>Sonia 0423 432 117</td>
</tr>
<tr>
<td>CanCare Centre Auburn Support Group</td>
<td>People living with a serious or terminal illness</td>
<td>CanCare Fun Day</td>
<td>Saturday, 19 October 2019</td>
<td>Auburn Centre For Community 44a Macquarie Road Auburn</td>
<td>Venus 0405 139 104</td>
</tr>
<tr>
<td>Carers Empowerment Group</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>High Tea</td>
<td>Monday, 14 October 2019</td>
<td>Geranium Cottage 828 Old Northern Rd Rural</td>
<td>Maria 0413 359 225</td>
</tr>
<tr>
<td>Carers for Sydney West Direct Client Support</td>
<td>People living with a serious or terminal illness</td>
<td>A Celebration for Carers</td>
<td>Saturday, 2 November 2019</td>
<td>Hebron Chinese Alliance Church 51 Hawkesbury Road Westmead</td>
<td>Lorna 0402 409 802</td>
</tr>
<tr>
<td>Chester Hill Neighbourhood Centre</td>
<td>All</td>
<td>Disability &amp; Carers Bus Trip</td>
<td>Friday, 18 October 2019</td>
<td>Bondi</td>
<td>Dale 02 9645 3700</td>
</tr>
<tr>
<td>Chinese Carers Support Group</td>
<td>People living with mental illness</td>
<td>Carers Week 2019 Celebration</td>
<td>Monday, 14 October 2019</td>
<td>Merrylands Rsl Club 14 Military Rd. Merrylands</td>
<td>Miao 0410 468 726</td>
</tr>
<tr>
<td>Colyton Carer Support Group</td>
<td>All</td>
<td>Carer Pamper Day</td>
<td>Monday, 14 October 2019</td>
<td>Autumn Leaf Neighbourhood Centre Timesweep Drive St Clair</td>
<td>Jane 02 9834 2708</td>
</tr>
<tr>
<td>Crown St Harris Park Parents on behalf of Flintwood Disability Services</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Thank You to Parents &amp; Carers</td>
<td>Friday, 18 October 2019</td>
<td>Crown St Cafe 14 Crown Street Harris Park</td>
<td>Patricia 0488 177 780</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
<td>Contact</td>
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</tr>
<tr>
<td>Dementia Carers Support Group Springwood Neighbourhood Centre</td>
<td>People living with dementia</td>
<td>Peter Cousins Concert</td>
<td>Wednesday, 23 October 2019</td>
<td>Peter Cousins In Concert Penrith</td>
<td>Joanne 02 4751 3033</td>
</tr>
<tr>
<td>Fairfield Hospital</td>
<td>All</td>
<td>Carers Week Information Day</td>
<td>Tuesday, 15 October 2019</td>
<td>Fairfield Hospital Polding St &amp; Prairie Vale Road Prairievale</td>
<td>Katrina 02 9616 8830</td>
</tr>
<tr>
<td>Fairfield Hospital</td>
<td>All</td>
<td>Launch Event</td>
<td>Tuesday, 15 October 2019</td>
<td>Fairfield Hospital Rehabilitation / Geriatric Ward Crn Polding St And Prairievale Rd Wetherill Park Sydney</td>
<td>Louise 02 9616 8429</td>
</tr>
<tr>
<td>Family &amp; Carer Mental Health Program</td>
<td>People living with a mental illness</td>
<td>Forensic Carer Support Network Event</td>
<td>Friday, 18 October 2019</td>
<td>Parramatta RSL 2 Macquarie Street Parramatta</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Filipino Mums</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Luncheon</td>
<td>Friday, 18 October 2019</td>
<td>Impression Cafe Campbell Street Blacktown</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Flintwood Disability Services</td>
<td>All</td>
<td>Carers Lunch</td>
<td>Friday, 18 October 2019</td>
<td>31 Salisbury Road 9 Salisbury Rd Sydney</td>
<td>Joanne 0448 000 648</td>
</tr>
<tr>
<td>HammondCare</td>
<td>All</td>
<td>Carers BBQ Lunch</td>
<td>Friday, 18 October 2019</td>
<td>Hammondcare Braeside Hospital Courtyard 340 Prairievale Road Prairievale</td>
<td>Rochelle 02 9756 8809</td>
</tr>
<tr>
<td>HammondCare Braeside Hospital</td>
<td>People living with a serious or terminal illness</td>
<td>Memorial for Carers Who Have Lost a Loved One</td>
<td>Thursday, 17 October 2019</td>
<td>Hammondcare Braeside Hospital 340 Prairievale Road Prairievale</td>
<td>Rochelle 02 9756 8809</td>
</tr>
<tr>
<td>Harris Park Arabic Carer Support Group</td>
<td>All</td>
<td>Carer Outing</td>
<td>Monday, 14 October 2019</td>
<td>Pyrmont St Sydney</td>
<td>Lilian 0424 411 426</td>
</tr>
<tr>
<td>Holroyd School P&amp;C</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Holroyd School P&amp;C Walk-A-Thon</td>
<td>Sunday, 20 October 2019</td>
<td>Holroyd School Willara Ave Merrylands</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Immune Deficiencies Foundation Of Australia</td>
<td>People living with a chronic illness</td>
<td>IDFA Family Carers Meeting</td>
<td>Tuesday, 15 October 2019</td>
<td>Immune Deficiency Foundation Australia Office 5 Fulton Street Penrith</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Karabi Carer Support Group Wentworthville</td>
<td>All</td>
<td>Wellbeing and Pamper Session</td>
<td>Thursday, 17 October 2019</td>
<td>Reg Byrne Hall Wentworthville 41 Crn Of Darcy Rd And Fyall Ave Wentworthville</td>
<td>Karishma 02 9631 6575</td>
</tr>
<tr>
<td>MND Carer Support Western Sydney</td>
<td>People living with a serious or terminal illness</td>
<td>Carers Morning Tea</td>
<td>Thursday, 17 October 2019</td>
<td>TBC</td>
<td>Karen 02 8877 0904</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for...</td>
<td>Event</td>
<td>Event date</td>
<td>Event location</td>
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<tr>
<td>Mothers with Children with Special Needs</td>
<td>People living with mental illness</td>
<td>Brunch for Mothers with Children with Additional Needs</td>
<td>Saturday, 19 October 2019</td>
<td>Hills Organics Cafe Shop 12, 286-288 New Line Road Dural</td>
<td>Simone 0413 486 414</td>
</tr>
<tr>
<td>Mount Druitt Hospital</td>
<td>All</td>
<td>Carers Week 2019</td>
<td>Thursday, 17 October 2019</td>
<td>Mount Druitt Hospital 75 Railway Street Mount Druitt</td>
<td>Amanda 0428 171 393</td>
</tr>
<tr>
<td>Mums on the Go!</td>
<td>Children (under 18 years of age)</td>
<td>Carers Week</td>
<td>Wednesday, 16 October 2019</td>
<td>Social Hideout Shop 2A/20 Victoria Road Parramatta</td>
<td>By invitation only</td>
</tr>
<tr>
<td>NADO</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Week Support Brunch</td>
<td>Monday, 14 October 2019</td>
<td>Paddles by Maze Function Centre, Nepean Rowing Club Bruce Neale Dr Penrith</td>
<td>Deborah 0404 044 265</td>
</tr>
<tr>
<td>North West Disability Services</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Carers Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>Aberdooon 37 Clower Ave Rouse Hill</td>
<td>Ian 02 9686 4155</td>
</tr>
<tr>
<td>Rooty Hill Multicultural Carers Support Group</td>
<td>Children (under 18 years of age)</td>
<td>Carers Dinner</td>
<td>Friday, 18 October 2019</td>
<td>Rooty Hill Rsl Club 55 Sherbrooke Street Rooty Hill</td>
<td>Gladys 02 9625 9876</td>
</tr>
<tr>
<td>Rooty Hill Multicultural Carers Support Group-Fathers Group</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Fathers Group Dinner</td>
<td>Friday, 25 October 2019</td>
<td>Rooty Hill Rsl Club 55 Sherbrooke Street Rooty Hill</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Sewa Australia</td>
<td>Children (under 18 years of age)</td>
<td>Carers Pampering</td>
<td>Wednesday, 16 October 2019</td>
<td>Neonails 19 Aurelia St Toongabbie</td>
<td>Sripriya 0431 666 675</td>
</tr>
<tr>
<td>South Western Sydney Local Health District</td>
<td>All</td>
<td>Carers Workshop</td>
<td>Wednesday, 16 October 2019</td>
<td>Campbelltown Hospital Thierry Road Campbelltown</td>
<td>Mary 0476 801 022</td>
</tr>
<tr>
<td>St Bishoy Carer Support Group</td>
<td>All</td>
<td>Outing Trip &amp; BBQ</td>
<td>Saturday, 19 October 2019</td>
<td>Blacktown Showground Family Park Richmond Rd Blacktown</td>
<td>Nahid 0401 077 502</td>
</tr>
<tr>
<td>St Joseph’s Hospital</td>
<td>All</td>
<td>Morning Tea</td>
<td>Wednesday, 16 October 2019</td>
<td>St Joseph’s Hospital 2A Normanby Road Auburn</td>
<td>By invitation only</td>
</tr>
<tr>
<td>St Michael Carer Support Group</td>
<td>All</td>
<td>Health and Well-being Lunch</td>
<td>Monday, 14 October 2019</td>
<td>Bungarribee Family Buffet 55 Campbell Street Blacktown</td>
<td>Nahid 0401 077 502</td>
</tr>
<tr>
<td>Synapse Carers</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Relax and Reconnect</td>
<td>Thursday, 17 October 2019</td>
<td>Synapse Office Level 6, 35 Smith Street Parramatta</td>
<td>Lauren 1800673074</td>
</tr>
<tr>
<td>The Australian Foundation for Disability</td>
<td>Adults (over 18 years of age but under 65 years of age) with a disability</td>
<td>Supporting our Carers in the Llandilo Area</td>
<td>Tuesday, 15 October 2019</td>
<td>Cherrywood Village Community Garden 844-877 The Northern Road Llandilo</td>
<td>Toni 0430 528 858</td>
</tr>
<tr>
<td>Name of organisation/group</td>
<td>Caring for....</td>
<td>Event</td>
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<td>Contact</td>
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<tr>
<td>The Children's Hospital at Westmead</td>
<td>Children (under 18 years of age) with a disability</td>
<td>Carer Wellness Program</td>
<td>Friday, 18 October 2019</td>
<td>The Children's Hospital At Westmead Corner Of Hawkesbury Rd And Hainsworth St Westmead</td>
<td>Kelly 02 9845 3590</td>
</tr>
<tr>
<td>Tribe Parents</td>
<td>All</td>
<td>Carers Appreciation High Tea</td>
<td>Friday, 18 October 2019</td>
<td>The Ponds School 201 The Ponds Boulevard The Ponds</td>
<td>Alli 0425 291 470</td>
</tr>
<tr>
<td>Vietnamese Carers Support Group</td>
<td>All</td>
<td>Carefree Day for Carers</td>
<td>Monday, 14 October 2019</td>
<td>Villawood Senior Citizens Centre 29 Villawood Rd Villawood</td>
<td>Stella 02 9726 3616</td>
</tr>
<tr>
<td>Western Sydney Autism Support Group</td>
<td>All</td>
<td>Carers Lunch</td>
<td>Friday, 15 November 2019</td>
<td>St Johns Park Bowling Club Edensor Road Edensor Park</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Western Sydney Local Health District</td>
<td>All</td>
<td>Carers Week Support</td>
<td>Monday, 14 October 2019</td>
<td>Westmead Hospital Cnr Hawkesbury and Darcy Roads, Westmead NSW 214 Sydney</td>
<td>George 0438 387 130</td>
</tr>
<tr>
<td>Westmead Support Group for Cancer Patients and Carers</td>
<td>People living with a serious or terminal illness</td>
<td>Support Group Celebratory Afternoon Tea</td>
<td>Saturday, 2 November 2019</td>
<td>Hebron Chinese Alliance Church 51 Hawkesbury Road Westmead</td>
<td>Aileen 0425 206 605</td>
</tr>
<tr>
<td>Wheelchair Supports Mums</td>
<td>All</td>
<td>Wheelchair Sports Mums High Tea</td>
<td>Saturday, 19 October 2019</td>
<td>Blacktown Workers Club 55 Campbell Street Blacktown</td>
<td>By invitation only</td>
</tr>
<tr>
<td>Winnmalee Dementia Carers Support Group</td>
<td>People living with dementia</td>
<td>Carers Morning Tea</td>
<td>Tuesday, 15 October 2019</td>
<td>Nepean Rowing Club Bruce Neale Drive Penrith</td>
<td>Lynore 02 8624 8751</td>
</tr>
<tr>
<td>Young Carers Nepean</td>
<td>All</td>
<td>Young Carers Outdoor Activity and Lunch</td>
<td>Tuesday, 1 October 2019</td>
<td>TBC</td>
<td>Kellie 0498 002 572</td>
</tr>
</tbody>
</table>

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

*All events current at the time of production.*
Tuesday 15 October 2019

10.00am - 2.00pm

Redfern Community Centre

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

Find out more at www.carersnsw.org.au/national-carers-week or contact commsteam@carersnsw.org.au or 02 9280 4744.

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