



Carers NSW  
Australia

**NATIONAL**

**CARERS  
WEEK**

**14-20 OCTOBER**

**2018**

**EVENTS CALENDAR**

Central Coast					
Autism Central Coast Inc	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Wednesday, 17 October 2018	Autism Central Coast, Tuggerah	Kylie 0410 918 100
Beresfield Carers Support Group	All carers	Carers Luncheon	Monday, 15 October 2018	TBC, Gosford NSW	Cheryl 02 4964 1131
Cancer Council Relay for Life Carer Afternoon Tea	Carers of people with a serious or terminal illness	Afternoon Tea	Thursday, 18 October 2018	Mingara Relay for Life, Mingara	Sandra 02 4336 4500
Carer Support Unit Carer Retreat	All carers	Information Day	Friday, 19 October 2018	Mingara Event Centre, Mingara	Tia 02 4320 5556
Central Coast Prostate Cancer Support Group	Carers of people with a serious or terminal illness	Carers Morning Tea	Wednesday, 17 October 2018	Aroma Café, Terrigal beach	Jacqui 02 4367 9600
Men Care Too	Carers of people with a chronic illness	Men Care Too - Thank You Carers BBQ	Tuesday, 16 October 2018	Erina Men's Shed, Holgate	Greg 0400 604 231
Mental Health Carers Support Group	Carers of people living with mental illness	Movie, theatre or music event	Tuesday, 16 October 2018	Avoca Beach Theatre, Avoca	Cathy 0413 468 981
Nothern Settlement Services	Carers of frail-aged people	High Tea Morning Tea & Cultural Awareness Information session	Saturday, 3 November 2018	Northern Settlement Services, Bateau Bay	Kellie 02 4334 3877
Southlakes Carers	All carers	Carers BBQ	Tuesday, 2 October 2018	Morisset Multipurpose Centre, Morisset	Maragret 02 4973 3855
Far West					
Lifeline Broken Hill Country to Coast	All carers	Caring for Carers Workshop	Tuesday, 23 October 2018	Lifeline Broken Hill Connect Centre, Broken Hill	Meg 08 8087 3409
Rural and Remote Autism Network	Carers of younger people (under 65 years of age) with a disability	Movie	Saturday, 20 October 2018	Silver City Cinema, Broken Hill	Stacey 0409 228 572
Hunter/New England					
Adults Needing Supported Accommodation	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Monday, 8 October 2018	Deck 56 Restaurant, Belmont	Laurel 0416 883 117

Armidale District Multiple Sclerosis Branch	Carers of people with a chronic illness	Carers Luncheon	Sunday, 14 October 2018	Armidale City Bowling Club, Armidale	Nicola-Marie 0408 629 832
Autism Friendly House Association	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Monday, 15 October 2018	Heng Loong Chinese Restaurant, Wallsend	Jennifer 0428 822 980
Bullimbal Special School	Carers of younger people (under 65 years of age) with a disability	BBQ or Picnic	Friday, 2 November 2018	Bullimbal Special School, South Tamworth	Charmaine 0425 361 083
Carers Under Pressure Social (CUPS) Glen Innes	Carers of people living with mental illness	Mindfulness and art relaxation session	Tuesday, 16 October 2018	Contact for event information	Isabelle 02 6772 3211
Commonwealth Home Support Program	Carers of frail-aged people	Morning Tea	Tuesday, 16 October 2018	38 Maitland Street, Bingara	Kylie 02 6724 1948
Commonwealth Home Support Program	All carers	Morning Tea	Tuesday, 16 October 2018	Warialda Day Centre, Warialda	Maree 02 6729 1889
Dungog and District Neighbourcare Inc	All carers	Carers Luncheon	Thursday, 18 October 2018	Settlers Arms, Dungog	Kath 02 4992 3348
Families Supporting Families	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Friday, 19 October 2018	Noah's on the Beach, Newcastle	Louisa 0417 431 562
Gunnedah Carers	Carers of younger people (under 65 years of age) with a disability	Gunnedah Carers Night Out	Sunday, 14 October 2018	Gunnedah Court House Hotel, Gunnedah	Lisa 0428 424 032
Hunter River Community School	Carers of younger people (under 65 years of age) with a disability	Caring for the Carers: a session of wellbeing	Tuesday, 30 October 2018	Hunter River Community School, Metford	Tracey 0249 335 844
Karumah	Carers of people with a chronic illness	Luncheon cruise	Thursday, 18 October 2018	NOVA cruises, Newcastle	By invitation only
Manilla Health Service Carer Support Group	All carers	Carer Expo and Information Day	Thursday, 1 November 2018	Manilla Health Service, Manilla	Virginia 02 6785 4116
Newcastle Parkinson Support Group	Carers of people with a serious or terminal illness	Carers Luncheon	Monday, 15 October 2018	Poppies Café, Newcastle	Christine 0414 950 667
Northern Settlement Services	Carers of frail-aged people	Morning Tea	Saturday, 20 October 2018	Northern Settlement Services, Hamilton	Rasa 02 4969 3399
Playgroup NSW MyTime Peer Support Group	Carers of younger people (under 65 years of age) with a disability	Pamper Session	Tuesday, 16 October 2018	Woodberry Public School, Woodberry	Tracy 0410 476 128

Raymond Terrace GAPS	All Carers	Carers Luncheon	Tuesday, 23 October 2018	Inner Lighthouse, Nelson Bay	Heather 02 4987 1757
Riding for the Disabled Association (NSW) Raymond Terrace and Lower Hunter	Carers of younger people (under 65 years of age) with a disability	Carers Morning Tea	Saturday, 20 October 2018	Murphys Room RDA, Raymond Terrace	Carol 0409 540 966
Special Olympics North West New England	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Friday, 14 December 2018	The Armidale City Bowling Club, Armidale	Kirsty 0410 923 797
SPUNKS Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Friday, 19 October 2018	The Old Victoria, Maitland	Sharon 0414 601 957
SPUNKS Group	Carers of younger people (under 65 years of age) with a disability	Learn to cook healthy gourmet meals in very little time	Saturday, 20 October 2018	Chefs Kitchen, Hamilton	Sharon 0414 601 957
Tamworth Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Saturday, 3 November 2018	CH on Peel Boutique Hotel, Tamworth	Diane 0418 652 976
Tenterfield Mental Health Carers Group	Carers of people living with mental illness	Wellbeing Session and Luncheon	Wednesday, 17 October 2018	Community Hub, Tenterfield	Isabelle 02 6772 3211
The Jaspa Jimmieson Appeal	Carers of younger people (under 65 years of age) with a disability	Carers High Tea	Tuesday, 16 October 2018	Muswellbrook Worker's Club, Muswellbrook	By invitation only
Upper Hunter Special Needs Community	Carers of younger people (under 65 years of age) with a disability	Information Day / Conference	Friday, 30 November 2018	Muswellbrook Worker's Club, Muswellbrook	By invitation only

### Illawarra/Shoalhaven

Aftercare Family and Carer Program	Carers of people living with mental illness	Lets get Creative	Saturday, 20 October 2018	Inner Essence Cente, Ulladulla	Rachelle 0423 842 566
Aftercare Warrilla Support Group	Carers of people living with mental illness	Lets get Pampering	Tuesday, 2 October 2018	Gipps St, Illawarra Office	Rachelle 0423 842 566
Australian Foundation for Disability	Carers of people with disabilities	Afternoon Tea	Sunday, 14 October 2018	Australian Foundation for Disability	By invitation only
Bay and Basin MyTime/Sanctuary Point Public School	Carers of younger people (under 65 years of age) with a disability	Carers High Tea	Sunday, 21 October 2018	Bay and Basin Community Resources Centre, Sanctuary Point	Christine 02 4443 0520
Bellambi Saftey Group	All carers	Luncheon	Wednesday, 17 October 2018	Bellambi Neighbourhood Centre, Bellambi	Jean 0451 898 774

Blue Haven Care Carer Support Group	All carers	Carers Afternoon Tea	Tuesday, 16 October 2018	Joyce Wheatley Community Centre, Kiama	Myriam 02 4203 4055
Carers Aboriginal Yarning	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Carers Anxiety Management Group	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Carers Circle	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Carers Night Group	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Carers Outings Group	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Carers Walk & Talk	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
CatholicCare Wollongong - Saturday SibsClub	Carers of younger people (under 65 years of age) with a disability	Wellness Day	Thursday, 18 October 2018	CatholicCare, Wollongong	Kath 0428 638 899
CatholicCare Wollongong - TeenSibs	Carers of younger people (under 65 years of age) with a disability	Wellness Day	Friday, 19 October 2018	CatholicCare, Wollongong	Kath 0428 638 899
Creative Carers	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Family and Carers Support Service Nowra Support Group	Carers of people living with mental illness	Lets have fun morning Tea	Tuesday, 2 October 2018	Aftercare. Nowra	Rachelle 0423 842 566
Illawarra Shoalhaven Local Health District Carer Program	All carers	Carer Workshop	Wednesday, 17 October 2018	Ribbonwood Centre, Illawarra	Carla 0422 004 119
Illawarra Shoalhaven Local Health District Carer Program	All carers	Information Day	Monday, 15 October 2018	Contact for event information	Evelyn 0421 099 005
Illawarra Shoalhaven Local Health District Family and Carer Mental Health Program	Carers of people living with mental illness	Carer Annual Celebration Event for carers within the Illawarra Shoalhaven District	Tuesday, 11 December 2018	Illawarra NSW	By invitation only
Illawarra Women's Health Centre Carers Group	All carers	Carers Luncheon	Thursday, 18 October 2018	Illawarra Women's Health Centre, Illawarra	Julie 02 8778 4228
Kiama Support Group	Carers of people living with mental illness	Lets get connected Wellness Day	Tuesday, 2 October 2018	Presbyterian Church Hall, Kiama	Rachelle 0423 842 566

Mental Health Carers ARAFMI Illawarra	Carers of people living with mental illness	Morning Tea	Thursday, 18 October 2018	Cafe Essay, Wollongong	Toni 0417 961 431
Multicultural Communities Council of Illawarra: Arabic Carer Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 9 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Burmese Carer Support Group	All carers	Carers Luncheon	Monday, 15 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Greek Carer Support Group	Carers of frail-aged people	Carers Luncheon	Friday, 19 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Italian Carer Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Multicultural Carer Support Group Shellharbour LGA	All carers	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Multicultural Carer Support Group Wollongong LGA	All carers	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Multicultural Dementia Carer support group	Carers of people living with dementia	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Portuguese Carer Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Spanish speaking Carer Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Turkish Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
Multicultural Communities Council of Illawarra: Vietnamese Carer Support Group	Carers of frail-aged people	Carers Luncheon	Tuesday, 16 October 2018	Shellharbour Workers Club, Shellharbour	Anica 02 4229 7566
My Time Playgroup Gynea	Carers of younger people (under 65 years of age) with a disability	Playgroup Christmas Party	Wednesday, 12 December 2018	Little Feet Café, Engadine	Toni 0400 301 926
Nowra Stroke and Carers Group	Carers of people who have suffered a stroke	Carers Luncheon	Wednesday, 17 October 2018	Nowra Bowling Club, Nowra	Teresa 0442 213 53
Para Meadows P&C	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Friday, 30 November 2018	Para Meadows School, Wollongong	Tracy 0438 273 836
PlayConnect Dapto	Carers of younger people (under 65 years of age) with a disability	Open Day/Morning Tea	Monday, 15 October 2018	Horsley Community Centre, Horsley	Kylie 0402 597 731

Reach Up Group	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Shoalhaven Brain Injury Carers Support Group	Carers of people living with mental illness	Beach trek and BBQ	Friday, 19 October 2018	Callala Bay	Jennifer 02 4423 3724
South Coast Portuguese Association Carers Support Group	All carers	Carers Luncheon	Thursday, 18 October 2018	South Coast Portuguese Association, Warrawong	Duarte 02 4274 3664
St George Coffee Club	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Still Shining	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Sutherland Coffee Club	All carers	Carers Luncheon	Thursday, 18 October 2018	Novotel, Wollongong	Vicki 1300 327 434
Thirroul Support Group	Carers of people living with mental illness	Lets make some noise music event	Tuesday, 16 October 2018	Family and Carers Support Service Office, Wollongong	Rachelle 0423 842 566
Wollongong MyTime	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Thursday, 18 October 2018	Wollongong TAFE	Kylie 0402 597 731

## Mid North Coast

Bellingen Mental Health Carer Support Group	Carers of people living with mental illness	Information Day	Tuesday, 16 October 2018	Dorrigo NSW	Helen 02 6658 7831
Coffs Coast Carer Support Group	Carers of younger people (under 65 years of age) with a disability	Wellness and Pampering Day	Friday, 19 October 2018	Namaskar Healing Centre, Bonville	By invitation only
Coffs Harbour Dementia Carer Support Group	Carers of people living with dementia	Morning Tea	Sunday, 14 October 2018	Park Peach Surf Club café, Park Beach	Judy 0418 412 127
Coffs Harbour Dementia Carer Support Group	Carers of people living with dementia	Carers Luncheon	Wednesday, 10 October 2018	Nambucca River Cruise, Nambucca Heads	Margaret-Anne 02 6584 7444
Coffs Harbour Stroke Recovery Club	Carers of people with a chronic illness	Carers Luncheon	Tuesday, 23 October 2018	Dolphin Marine Magic, Coffs Harbour	James 0412 797 250
Early Connections Coffs Coast	Carers of Children under 7 years of age	Luncheon & tour of the Butterfly House	Sunday, 14 October 2018	Butterfly House, Bonville	Catherine 02 6651 9787
Family & Carer Mental Health Program Caring for Carers	Carers of people living with mental illness	Caring for Carers Respite Event	Wednesday, 17 October 2018	Sea Acres Rainforest Centre, Port Macquarie	Claudia 0408 265 039

Friends & Leisure Dementia Support Group	Carers of people living with dementia	Morning Tea	Saturday, 20 October 2018	The Rain Forest Café, Port Macquarie	Kaylene 02 6584 7444
Gloucester Carer Support Group	Carers of people living with dementia	Carers Luncheon	Tuesday, 2 October 2018	Barrington Store, Barrington	Margaret 02 6515 1819
Great Lakes Mental Health Carer Support Group	Carers of people living with mental illness	Outdoor Adventure Day	Tuesday, 2 October 2018	Kings Creek Retreat, Krumbach	Margaret 0456 966 173
Hastings Headway	Carers of younger people (under 65 years of age) with a disability	Luncheon	Tuesday, 16 October 2018	Hastings Headway, Port Macquarie	Colin 02 6581 0180
Hastings Macleay Carers Writing Group	Carers of people living with mental illness	Carers Writing Workshop	Sunday, 14 October 2018	Port Macquarie Library, Port Macquarie	Claudia 0408 265 039
Hastings Mental Health Support Group	Carers of people living with mental illness	Carers Luncheon	Friday, 5 October 2018	Westport Club, Port Macquarie	Dympna 02 6589 5017
Laurieton Carers Support Group	Carers of people living with dementia	Carers Luncheon	Wednesday, 17 October 2018	Kew Hotel Restaurant, Kew	Margaret-Anne 02 6584 7444
Macleay Valley Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Monday, 8 October 2018	Heritage Hotel, Gladstone	Dympna 02 6589 5017
Manning Mental Health Family & Friends Support Group	Carers of people living with mental illness	Lunch and River Cruise on Wallamba River	Sunday, 14 October 2018	Free Spirit Cruises-Waterline Boat Shed, Forster	Maria 0422 047 972
Manning Taree Carer Support Group	All carers	Carers Luncheon	Friday, 26 October 2018	Club Taree, Taree	Denise 02 6515 1829
Mid North Coast Local Health District Carer Program	All carers	Carers Luncheon	Thursday, 18 October 2018	Namaskar Healing Centre, Bonville	By invitation only
Mission Australia	Carers of people living with mental illness	Day out for carers	Saturday, 20 October 2018	Boambee NSW	Shelley 0427 378 608
MyTime Coffs Harbour NSW	Carers of Children under 18 years of age	Movie Night	Monday, 15 October 2018	Events Cinema, Coffs Harbour	By invitation only
Nambucca Heads Carers Support Group	Carers of people living with dementia	Carers Luncheon	Monday, 8 October 2018	Anchors Wharf, Urunga	Margaret-Anne 02 6584 7444
Ngambaga Bindarry Girwaa Community Service Aboriginal Corporation	All carers	Carers luncheon	Tuesday, 16 October 2018	Anchors Wharf, Urunga	Tracy 02 6564 7559
Port Macquarie Carer Support Group	Carers of younger people (under 65 years of age) with a disability	Day Trip	Saturday, 10 November 2018	Country Womens Association Tea Rooms, Port Macquarie	Erica 0437 318 574



Port Macquarie Dementia Carer Support Group	Carers of people living with dementia	Morning Tea	Wednesday, 17 October 2018	Chop 'n Chill Café, Port Macquarie	Kaylene 02 6584 7444
South West Rocks Dementia Carer Support Group	Carers of people living with dementia	Carers Luncheon	Wednesday, 17 October 2018	Smoky Cape Cafe, Arakoon	Kaylene 02 6584 7444
Wauchope Carers Support Group	Carers of people living with dementia	Carers Luncheon	Tuesday, 16 October 2018	Coopers Bar and Grill, Timbertown	Margaret-Anne 02 6584 7444
<b>Murrumbidgee</b>					
Albury Wodonga Down Syndrome Family Network Group	Carers of younger people (under 65 years of age) with a disability	Dinner	Saturday, 20 October 2018	La Maison Cafe, Wodonga	Sue 02 6058 4000
Albury Wodonga Home Schooling Family Network Group	Carers of younger people (under 65 years of age) with a disability	Carers Week Gold Class Celebration	Tuesday, 16 October 2018	Regent Cinemas, Albury	Sue 02 6058 4000
Aspire Family Network Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Wednesday, 17 October 2018	Soden's Hotel, Albury	Sue 02 6058 4000
Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 11 October 2018	Soden's Hotel, Albury	Glenn 02 6058 4000
Autism/Asperger's Family Network Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Tuesday, 16 October 2018	Soden's Hotel, Albury	Sue 02 6058 4000
Border Carer Reference Group	All carers	Luncheon	Monday, 22 October 2018	Albury Commercial Club, Albury	Craig 02 6051 7812
Carers Support Group	All carers	Luncheon	Friday, 19 October 2018	Sir George Hotel, Jurgiong	02 6944 0290
Caring Grandparents Network	Carers of younger people (under 65 years of age) with a disability	Wellness Day	Friday, 19 October 2018	Endota Spa, Albury	Sue 02 6058 4000
Coffee Connection	Carers of younger people (under 65 years of age) with a disability	Carers Breakfast	Wednesday, 24 October 2018	Mr Benedict Café, Albury	Helen 02 6043 2070
Dads Carers Support Group	Carers of younger people (under 65 years of age) with a disability	Dads Celebrating Carers Week	Saturday, 10 November 2018	Regent Cinemas, Albury	Glenn 02 6058 4000
Healthy Mothers Healthy Families Support Group	Carers of younger people (under 65 years of age) with a disability	Healthy Mothers Pampering for Carers Week	Saturday, 20 October 2018	Endota Spa, Albury	Sue 02 6058 4000

Kalinda School P & C Association	Carers of younger people (under 65 years of age) with a disability	Afternoon Tea	Wednesday, 17 October 2018	Kalinda School, Griffith	By invitation only
OASIS Support Group	Carers of people living with mental illness	Movie and lunch	Tuesday, 16 October 2018	Regent Cinemas, Albury	Susan 02 6021 5882
Ripped 24/7	All carers	Wellness Day	Thursday, 18 October 2018	72 Murray St, Cootamundra	Emma 0401 644 413
Rural Care Link Inc	All carers	Carers Luncheon	Thursday, 11 October 2018	Albury Commercial Club, Albury	Verna 0429 960 616
Solo Parent All-ability Support Group	Carers of younger people (under 65 years of age) with a disability	Carers Week Mothers Weekend	Friday, 19 October 2018	Albury NSW	Sue 02 6058 4000
Special Needs Assistance Group	Carers of younger people (under 65 years of age) with a disability	Pamper Day	Sunday, 18 November 2018	Hilltops Community Hub, Young	Cathy 02 6382 6328
Wagga Autism Support Group Inc	Carers of younger people (under 65 years of age) with a disability	Connection & Strengthening Evening	Thursday, 18 October 2018	Duke Hotel, Wagga Wagga	Deb 02 6922 9744
Yathong Lodge	Carers of people with a mental illness or dementia	Carers BBQ	Wednesday, 10 October 2018	Wagga Wagga Base Hospital, Wagga Wagga	Leonie 02 5943 2722
<b>Nepean/Blue Mountains</b>					
Anglicare Hawkesbury Dementia Carers Support Group	Carers of people living with dementia	Caring for Carers Morning Tea	Wednesday, 17 October 2018	Nepean Rowing Club, Penrith	Lynore 02 8818 1642
Anglicare Penrith Dementia Carers Support Group	Carers of people living with dementia	Caring for Carers Morning Tea	Wednesday, 10 October 2018	Nepean Rowing Club, Penrith	Lynore 02 8818 1642
Anglicare Winmalee Dementia Carers Support Group	Carers of people living with dementia	Caring for Carers Morning Tea	Friday, 19 October 2018	Nepean Rowing Club, Penrith	Lynore 02 8818 1642
Australian Foundation for Disability	Carers of people with disabilities	Carers Activities	Tuesday, 16 October 2018	Windsor Lifestyle Centre, Windsor	By invitation only
Autism Community Network Richmond	Carers of younger people (under 65 years of age) with a disability	Richmond Autism Carers Luncheon	Thursday, 18 October 2018	Richmond RSL, Richmond	Steve 0431 724 229
Blue Mountains Women's Health and Resource Centre	Carers of people living with mental illness	Go with the flow art exhibition	Saturday, 20 October 2018	Blue Mountains Women's Health & Resource Centre, Blue Mountains	Lyn 02 4782 5133

Catholic Healthcare	Carers of people living with dementia, carers of frail-aged people	Guest speaker and art therapy activity	Saturday, 20 October 2018	Catholic Healthcare, Wentworth Falls	Nadja 02 4757 8100
City of Parramatta Council Carers Support Group	Carers of frail-aged people	Carers High Tea	Wednesday, 17 October 2018	Vine Cottage Museum and Tea Room, Castlereagh	Anne-Elizabeth 02 9806 5121
Community Junction Carer Support Group	All carers	Wellness Day	Thursday, 18 October, 2018	Arthur Neave Memorial Hall, Werrington County	Nicole 02 9673 6133
Dementia Carers Support Group	Carers of people living with dementia	Nepean Belle River Cruise	Friday, 19 October 2018	Nepean River, Jamisontown	Joanne 02 4751 3033
Kingswood Duplo Club	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	The Village, Penrith	Tamara 02 4736 2202
Kingswood Lego Club	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	The Village, Penrith	Tamara 02 4736 2202
Luke Priddis Foundation Friday Playgroup Support	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	The Village, Penrith	Tamara 02 4736 2202
Luke Priddis Foundation Wed Playgroup Support	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	The Village, Penrith	Tamara 02 4736 2202
Mums of Kids with Special Needs	Carers of younger people (under 65 years of age) with a disability	Pamper Day for Mums of Kids with Special Needs	Friday, 19 October 2018	Crowne Plaza, Hawkesbury Valley	Alison 0414 810 137
Parramatta Mission Carer Support Group	Carers of people living with mental illness	Information Day	Friday, 19 October 2018	Springwood Sports Club, Springwood	Bradley 0419 931 586
Penrith Lego Club	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	The Village, Penrith	Tamara 02 4736 2202
Timeout Tuesday	Carers of frail-aged people	Luncheon with Entertainment	Tuesday, 16 October 2018	St Finbarr's Parish Centre, Glenbrook	Kathleen 02 4992 3348
Yarns and Tales	Carers of frail-aged people	Luncheon in the Mountains	Tuesday, 23 October 2018	The Village Kitchen, Kurrajong	Julie 02 8778 4227
<b>Northern NSW</b>					
Ballina Mental Health Carer Support Group	Carers of people living with mental illness	Carer Luncheon	Wednesday, 17 October 2018	Coffee and kitchen, Ballina	Shelley 0424 229 244

Casino Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Thursday, 18 October 2018	Casino Neighbourhood Centre, Casino	Leanne 0409 818 643
Grafton Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Wednesday, 24 October 2018	Cranes Community Centre, Grafton	Leanne 0409 818 643
Kyogle Carer Support Group	All carers	Carers Pamper Day	Thursday, 18 October 2018	Kyogle Visitor Information Centre, Kyogle	Melissa 0423 658 137
Kyogle Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Saturday, 20 October 2018	Kyogle Health Service, Kyogle	Leanne 0409 818 643
Lismore Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Monday, 15 October 2018	Mission Australia, Lismore	Leanne 0409 818 643
Lismore/Tweed Mental Health Carers Writing Group	Carers of people living with mental illness	Carers Luncheon	Thursday, 18 October 2018	Lismore Mission Australia Office, Lismore	By invitation only
Lower Clarence Carers Support Group	All carers	Carers Luncheon	Tuesday, 16 October 2018	Carers lunch, Maclean	Jennifer 0431 257 131
Lower Clarence Valley Mental Health Family and Carers Support Group	Carers of people living with mental illness	A day by the water	Wednesday, 17 October 2018	Yamba Shores Tavern, Yamba	Catherine 0448 066 474
Mental Health Carers Week Event	Carers of people living with mental illness	Wellness Day	Thursday, 25 October 2018	Lismore Mission Australia Office, Lismore	By invitation only
My Time Indigenous Playgroup	All carers	Playgroup Christmas Party	Tuesday, 4 December 2018	Casino Neighbourhood Centre, Casino	Toni 0400 301 926
Northern Rivers MND Support Group	Carers of people with a serious or terminal illness	Carers High Tea	Friday, 19 October 2018	House with No Steps, Alstonville	Christine 0421 252 455
Northern Rivers Parkinsons Support Group	Carers of people with a chronic illness	Carers Morning Tea with Guest Speaker	Wednesday, 17 October 2018	Crowley Village, Ballina	Moya 0427 042 607
Parkinsons Support Group	Carers of people with a chronic illness	Carers Luncheon	Saturday, 20 October 2018	Star Buffet Restaurant, Tweed Heads	Marie 0404 495 384
Spinal Cord Injuries Australia Northern Rivers Carer Support Group	Carers of younger people (under 65 years of age) with a disability	Wellness Day	Thursday, 18 October 2018	Alstonville NSW	Lee 0421 055 992
Summerland Early Childhood Intervention MyTime Playgroup Ballina	Carers of younger people (under 65 years of age) with a disability	Pamper Afternoon	Tuesday, 16 October 2018	The Point Ballina, Ballina	Helen 0448 278 907
Summerland Early Childhood Intervention MyTime Playgroup Lismore	Carers of younger people (under 65 years of age) with a disability	Pamper Day	Monday, 15 October 2018	Summerland Early Childhood Intervention, Lismore	Helen 0448 278 907

Tweed Carer Support Group	Carers of younger people (under 65 years of age) with a disability	Wellness Day	Wednesday, 17 October 2018	Kingscliff Surf Club, Kingscliff	Lee 0421 055 992
Yamba Mental Health Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Wednesday, 17 October 2018	Yamba Community Centre, Yamba	Leanne 0409 818 643
<b>Northern Sydney</b>					
Acquired Brain Injury, Spinal or Stroke Group	Carers of people with brain injuries	Carers Luncheon	Thursday, 18 October 2018	Ambassador Restaurant, Ryde	Rosemary 02 9817 0101
Autism Community Network Hornsby Day Support Group	Carers of younger people (under 65 years of age) with a disability	Hornsby Autism Carers Luncheon	Thursday, 18 October 2018	Hornsby RSL, Hornsby	Steve 0431 724 229
Autism Community Network Northern Beaches	Carers of younger people (under 65 years of age) with a disability	Autism Carers Dinner - Northern Beaches	Monday, 15 October 2018	Manly Leagues Club, Manly	Steve 0431 724 229
Autism Community Network Ryde	Carers of younger people (under 65 years of age) with a disability	Ryde Autism Carers Dinner	Tuesday, 30 October 2018	Encasa Restaurant, Lane Cove	Steve 0431 724 229
Berowra Community Support Group	Carers of people with a chronic illness	Carers Luncheon	Monday, 15 October 2018	Berowra Community Health Centre, Berowra	Mary 02 9998 6185
Berowra Mens Cooking	Carers of people with a chronic illness	Carers Luncheon	Tuesday, 16 October 2018	Berowra Community Health Centre, Berowra	Mary 02 9998 6185
Care for Carers Graduate Group	Carers of people with Motor Neurone Disease	Care for Carers Graduate Reunion	Thursday, 4 October 2018	Motor Neurone Disease Association, Gladesville	By invitation only
Carers for Aged	Carers of people living with dementia	Carers Luncheon	Thursday, 18 October 2018	Ambassador Restaurant, Ryde	Rosemary 02 9817 0101
Carers from Korea	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Wednesday, 10 October 2018	Ambassador Restaurant, Ryde	Rosemary 02 9817 0101
Carers of Autism / Diverse Disabilities	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 25 October 2018	Ambassador Restaurant, Ryde	Rosemary 02 9817 0101
Castle Hill Autism Carers Support Group	Carers of younger people (under 65 years of age) with a disability	Castle Hill Autism Carers Luncheon	Thursday, 18 October 2018	Castle Hill RSL, Castle Hill	Steve 0431 724 229
Chinese Carers Group / Christian Community Aid	Carers of frail-aged people	Carers Information Day	Thursday, 18 October 2018	Eastwood Baptist Church, Eastwood	Carmen 02 9858 3222

Dementia Carers Group in Dee Why	Carers of people living with dementia	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Dementia Carers Group in Mona Vale	Carers of people living with dementia	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Dementia Carers Self Supporting Group in Mona Vale	Carers of people living with dementia	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Disability Carers Support Group Northern Beaches	Carers of younger people (under 65 years of age) with a disability	Dinner	Wednesday, 3 October 2018	Livoti's Restaurant, Dee Why	By invitation only
Farsi Carers Support Group	Carers of people living with mental illness	Farsi Carers Luncheon	Monday, 15 October 2018	Hornsby Council Leisure and Learning Centre, Hornsby	Behnaz 0417 175 155
Feeling Good - Social Group For Seniors	All carers	Picnic	Wednesday, 24 October 2018	Howard Ave, Dee Why	Ana 0404 232 391
Flintwood Disability Services	Carers of people with a disability	Morning Tea	Tuesday, 16 October 2018	Flintwood Disability Services, Castle Hill	Jashika 0409 687 706
Flintwood Disability Services	Carers of people with a disability	Morning Tea	Wednesday, 17 October 2018	Flintwood Disability Services, Castle Hill	Jashika 0409 687 706
Forestville Mens Cooking	Carers of people living with dementia	Carers Luncheon	Wednesday, 17 October 2018	Anglicare, Coronation Street, Mona Vale	Mary 02 9998 6185
Friends of Differently Abled People Association	Carers of younger people (under 65 years of age) with a disability	Carers Cooking Session	Wednesday, 10 October 2018	Ambassador Restaurant, Ryde Catering Collage	Vincent info@dap.asn.au
General Carers Group in Dee Why	All carers	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
General carers group in Warriewood	All carers	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Home Instead Senior Care	All carers	Morning Tea and Art	Saturday, 20 October 2018	Minkara Retirement Village, Bayview	Natasha 0430 179 144
Hunters Hill School Parent Carers Group	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Wednesday, 17 October 2018	Hunters Hill	By invitation only
Indian Seniors Group Hornsby	Carers of frail-aged people	Afternoon Tea	Wednesday, 17 October 2018	Leisure & Learning Centre, Epping	Dave 0413 760 300
Japanese Carers Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Monday, 5 November 2018	Ms Hitomi Goodwin Home	By invitation only

Korean Cockatoos Disability & Carers Association Incorporated	Carers of people living with mental illness	Carers Lunch	Tuesday, 2 October 2018	Marsfield Community Centre, Marsfield	Jeongmin 0452 644 302
Male Carers Group in Warriewood	All carers	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Manly and Mosman Parkinson Support Group	All carers	Carers Luncheon	Tuesday, 16 October 2018	Club Totem, Balgowlah	Robyn 0411 107 887
Manly and Mosman Parkinson Support Group	All carers	Carers Luncheon	Tuesday, 30 October 2018	Club Totem, Balgowlah	Robyn 0411 107 887
Mental Health Carers Group in Dee Why	Carers of people living with mental illness	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Mosman Carers Group	All carers	Carers Week morning Tea and bus outing	Sunday, 14 October 2018	Cafe Jam, Mosman	Liz 0419 784 089
Motor Neurone Disease Carers	Carers of people with Motor Neurone Disease	Morning Tea	Monday, 5 November 2018	Motor Neurone Disease Associaton, Gladesville	By invitation only
Northern Beaches ADHD Support Group	Carers of people living with mental illness	Relaxation Afternoon	Sunday, 14 October 2018	Contact for event information	Vivian 0403 939 227
Northern Sydney Local Health District Carer Support	All carers	Workshop	Thursday, 18 October 2018	Contact for event information	Mary 02 9998 6185
Northside CALD Carers Network	Carers of younger people (under 65 years of age) with a disability	Group Lunch	Monday, 22 October 2018	Ryde Community Mental Health Centre, Ryde	Julie 0411 083 178
Parenting Group	All carers	Movie Day	Wednesday, 24 October 2018	Cinema, Dee Why	Ana 0404 232 391
Social Group Self Supporting in Dee Why	All carers	Pamper Day	Thursday, 18 October 2018	Dee Why Police Boys Club, Dee Why	Robyn 02 9931 7750
Studio ARTES	Carers of younger people (under 65 years of age) with a disability	Dinner and drinks	Wednesday, 17 October 2018	Studio ARTES, Hornsby	Deb 02 9482 5266
Temple Society Australia	Carers of frail-aged people	River Cruise	Friday, 19 October 2018	The Riverboat Postman, Brooklyn	Jan 0412 731 101
Young Adults with Disabilities Carers	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 25 October 2018	Ambassador Restaurant, Ryde	Rosemary 02 9817 0101

## South East Sydney

A Day to Celebrate and Network	Carers of people with a serious or terminal illness	Thank you event	Wednesday, 10 October 2018	St George Anglican Church, Hurstville	Iris 0414 979 213
Aftercare Family and Carers Support Service Sutherland Support Group	Carers of people living with mental illness	Expressive Drumming Circle Workshop	Friday, 19 October 2018	Odonata Wellness Centre, Cronulla	Danielle 0431 163 617
Autism Community Network St.George	Carers of younger people (under 65 years of age) with a disability	Georges River Autism Carers Dinner	Thursday, 18 October 2018	Club Central Hurstville, Hurstville	Steve 0431 724 229
Autism Community Network Sutherland Shire Support	Carers of younger people (under 65 years of age) with a disability	Sutherland Sire Autism Carers Dinner	Saturday, 13 October 2018	Tradies Club, Gymea	Steve 0431 724 229
Autism Community Network Ramsgate	Carers of younger people (under 65 years of age) with a disability	Ramsgate Autism Carers Luncheon	Thursday, 18 October 2018	Ramsgate RSL, Ramsgate	Steve 0431 724 229
CanCare South Chat Room	Carers of people with a serious or terminal illness	Beautiful Nature Picnic	Thursday, 18 October 2018	Carss Bush Park, Carss Park	Jennifer 0421 898 501
Canterbury Area Dementia Carers Group	Carers of people living with dementia	Carers Luncheon	Tuesday, 16 October 2018	Earlwood Bardwell Park RSL Club, Bardwell Park	Anne 02 9767 5953
Cantonese Speaking Carer Support Group Sutherland Shire	Carers of people with a chronic illness	Carers Week Yum Cha	Thursday, 25 October 2018	Time Brasserie, Hurstville	By invitation only
Carer Social Support Group	Carers of people living with dementia	Carer Awareness Film Launch	Wednesday, 10 October 2018	Hazelhurst Gallery, Gymea	Tracy 02 9542 6292
Carers of a person with Dementia Support Group	Carers of people living with dementia	Carers High Tea	Thursday, 18 October 2018	Tradies Caringbah	Tracy 02 9542 6292
Chinese Brain Injury Carers Support Group	Carers of people with brain injuries	Lunch river cruise (Cronulla and National Park)	Wednesday, 17 October 2018	Cronulla Ferry, Cronulla	Lyly 02 8738 5495
Chinese Speaking Carer Support Group Hurstville	Carers of frail-aged people	Carers Week Yum Cha	Thursday, 25 October 2018	Time Brasserie, Hurstville	By invitation only
Coffee Club Dementia Carers Support Group	Carers of people living with dementia	Carers Luncheon	Tuesday, 16 October 2018	Coach & Horse Hotel, Randwick	Andrew 02 9294 3222
Dynamos	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Wednesday, 17 October 2018	18 Footer Sailing Club, Double Bay	By invitation only
Former Carers Support Group	All carers	Carer Awareness Film Launch	Wednesday, 10 October 2018	Hazelhurst Gallery, Gymea	Tracy 02 9542 6292



Georges River Council	All carers	Morning Tea Cruise on Georges River	Tuesday, 16 October 2018	Bass & Flinders Cruises, San Souci	By invitation only
Girls Talk	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Friday, 19 October 2018	The Nun's Pool Café, Cronulla	Julie 02 8778 4225
Greek Speaking Carer Support Group	Carers of frail-aged people	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292
Kirrawee High School	All carers	Morning Tea	Tuesday, 16 October 2018	Kirrawee High School, Kirrawee	Tommasina 0415 622 283
Macedonian Carer Support Group	All carers	Carers Day Trip	Wednesday, 17 October 2018	Camellia Gardens, Caringbar	Verica 02 4275 2266
Mandarin Speaking Carer Support Group Sutherland Shire	Carers of people with a serious or terminal illness	Carers Week Yum Cha	Thursday, 25 October 2018	Time Brasserie, Hurstville	By invitation only
Mary Potter House Day Respite Centre and Carers Group	Carers of people living with dementia	High Tea and massages	Thursday, 18 October 2018	Calvary Health Care, Kogarah	By invitation only
Memory Connections Dementia Luncheon	Carers of people living with dementia	Carers Luncheon	Thursday, 18 October 2018	Rockdale Tennis Club, Rockdale	Leonie 02 9553 3562
Menai Autism Support	Carers of young children with autism	Wellness, Pamper, or Activity Day	Wednesday, 17 October 2018	Funtime 4 kidz, Menai	By invitation only
My Time Playgroup Malabar	Carers of younger people (under 65 years of age) with a disability	Playgroup Christmas Party	Tuesday, 11 December 2018	The Ian Potter Childrens Wild Play Garden, Centennial Park	Toni 0400 301 926
Older Male Carer Support Group	Carers of people living with mental illness	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292
Pittwater/Warringah Parkinson's Support Group	Carers of people with a chronic illness	Excursion to Vacluse House	Tuesday, 2 October 2018	Vaocluse House, Vaocluse	Margaret 02 9913 7745
Prince of Wales Hospital Age Care Team	Carers of frail-aged people	Morning Tea	Tuesday, 23 October 2018	Prince of Wales Hospital, Randwick	Kristie 02 9382 2372
Recollections Dementia Cafe	Carers of people living with dementia	Carers Luncheon	Wednesday, 17 October 2018	Hazelhurst Regional Gallery & Arts Centre	Julie 02 8778 4224
Resilient Carer Group Kogarah Group	All carers	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292
Resilient Carer Program Sutherland Group	All carers	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292

Rockdale Support Group	Carers of people with a serious or terminal illness	Wellness Day	Saturday, 13 October 2018	Sydney Chinese Alliance Church, Rockdale	Wendy 0402 003 525
Sailors with disABILITIES	Carers of younger people (under 65 years of age) with a disability	Winds of Care sail day	Tuesday, 16 October 2018	Sydney Harbour	Emma 0421 725 170
Serbian Carer Support Group	All carers	Carers Day Trip	Wednesday, 17 October 2018	Camellia Gardens, Caringbar	Verica 02 4275 2266
Serenity Talks Dementia Carer Support Group	Carers of people living with dementia	Carers Luncheon	Thursday, 18 October 2018	Tradies Hotel, Gymea	Kavita 0400 319 130
Sharing is Caring: Support Group for Carers of Younger Onset Dementia	Carers of people living with dementia	Carers Dinner	Tuesday, 16 October 2018	Tradies Hotel, Gymea	Kavita 0400 319 130
Southcare - The Sutherland Hospital	Carers of people living with dementia	Information Day	Tuesday, 9 October 2018	Sutherland Hospital, Sutherland	Jessica 02 9540 7823
Spanish Speaking Carer Support Group	Carers of people living with mental illness	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292
St George Hospital & Community Health Service	All carers	Morning Tea and Luncheon	Sunday, 14 October 2018	St George Hospital, Kogarah	Meng 02 9113 2419
St George Hospital & Community Health Service	All carers	Morning Tea and Luncheon	Thursday, 18 October 2018	St George Hospital, Kogarah	Vivianne 02 9113 2419
St.George Dementia Carer Support Group	Carers of people living with dementia	Carers Luncheon	Saturday, 20 October 2018	Beverley Park Golf Club, Beverley Park	Kavita 0400 319 130
Sutherland Shire Carer Support Service	All carers	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292
Sutherland Transitional Aged Care	Carers of frail-aged people	Carers High Tea	Tuesday, 16 October 2018	Tradies Club, Gymea	By invitation only
Sylvanvale Foundation	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Sunday, 14 October 2018	Birdcage Café, Engadine	Marti 1300 244 577
Waterloo Chinese Cares	All carers	Dinner	Saturday, 20 October 2018	Turanga Building, Waterloo	Zhaoliang 0423 365 745
Younger Onset Dementia Carers Support Group	Carers of people living with dementia	Carers High Tea	Thursday, 18 October 2018	Tradies, Caringbah	Tracy 02 9542 6292

## South Western Sydney

Aboriginal and Torres Straight Islander Carer Support Group	All carers	Carer Recognition Day	Tuesday, 2 October 2018	Cabramatta Bowling Club, Cabramatta	Thi 02 9757 4293
Aboriginal Renal Support Group	Carers of people with a chronic illness	Carers Morning Tea	Thursday, 18 October 2018	Mummas Cafe, Liverpool	Vicki 0418 119 247
Advance Yoga	All carers	Carers Luncheon	Thursday, 18 October 2018	Community Hall, Bonnyrigg	Kristina 02 8778 4222
Aged Care Carers Group	Carers of frail-aged people	Aged Care Carers Group Morning Tea	Friday, 12 October 2018	Liverpool Hospital, Liverpool	By invitation only
Allevia Limited	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Tuesday, 16 October 2018	Novotel, Wollongong	By invitation only
Allevia Support Coordination	Carers of younger people (under 65 years of age) with a disability	Carers Brunch	Thursday, 18 October 2018	Contact for event information	By invitation only
Arabic Carers Support Group	Carers of people with autism	Carers Pamper Day	Friday, 19 October 2018	Contact for event information	Lina 02 9601 2844
Australian Foundation for Disability	Carers of people living with mental illness	Afternoon Tea	Monday, 15 October 2018	Afford Glen Alpine Accommodation, Glen Alpine	By invitation only
Australian Foundation for Disability	Carers of people with disabilities	Wellness Day	Tuesday, 16 October 2018	Australian Foundation for Disability	By invitation only
Autism Community Network Bankstown	Carers of younger people (under 65 years of age) with a disability	Bankstown Autism Carers Luncheon	Thursday, 18 October 2018	Bankstown Sports Club, Bankstown	Steve 0431 724 229
Bankstown Dementia Carers Group Inc	Carers of people living with dementia	Morning Tea and Music	Tuesday, 16 October 2018	Bankstown Library & Knowledge Centre	Dianne 02 9707 3886
Bankstown-Lidcombe Hospital	All carers	Carers information session	Wednesday, 17 October 2018	Bankstown-Lidcombe Hospital	Denise 02 9722 8283
Braeside Hospital	All carers	Carers Luncheon	Wednesday, 10 October 2018	Braeside Hospital, Prairiewood	Rochelle 02 9756 8809
CALD Carers Education Group	Carers of people living with mental illness	Carers Luncheon	Tuesday, 2 October 2018	Cabramatta Bowling Club, Cabramatta	Thi 02 9757 4293
Campbelltown Hospital	All carers	Carers Information Session and Morning Tea	Friday, 19 October 2018	Campbelltown Hospital, Campbelltown	Kathy 02 4634 3877

Carer Advisory & Consultation Group	All carers	Carer Recognition Day	Tuesday, 2 October 2018	Cabramatta Bowling Club, Cabramatta	Thi 02 9757 4293
Carers Club	All carers	Carers Luncheon	Tuesday, 16 October 2018	Catholic Care, Liverpool	Kristina 02 8778 4222
Carers Corner Aged Care Unit Liverpool Hospital	Carers of people living with dementia	Carers Morning Tea	Wednesday, 17 October 2018	Liverpool Hospital, Liverpool	Vicki 02 8738 7510
Carers on Aged Care Ward	Carers of people living with dementia	Wellness Day	Tuesday, 16 October 2018	Liverpool Hospital, Liverpool	By invitation only
Chester Hill MyTime	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	Chipmunks, Villawood	Pauline 0438 878 355
Chinese Parents Network Ultimo	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Sunday, 14 October 2018	Ashfield RSL Club, Ashfield	Xiaolin 0478 016 150
CHNC Disability & Carers Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Monday, 15 October 2018	Chester Hill Community Garden, Chester Hill	Dale 02 964 5 37
Corazon Latino Spanish Carers Support Group (Latin Heart)	Carers of people living with mental illness	Carers Luncheon	Friday, 19 October 2018	Fairfield Community Centre, Fairfield	Carmen 0407 268 583
Epilepsy Action Australia and Autism Awareness Australia	Carers of younger people (under 65 years of age) with a disability	Shopping Tour Fundraiser	Saturday, 27 October 2018	Padstow Station, Padstow	Melissa 0478 053 513
Fairfield Hospital Disability and Carers Committee	All carers	Wellbeing Day	Tuesday, 16 October 2018	Fairfield Hospital, Fairfield	Robyn 02 9616 883
G1 Sydney - Viet Carer Support Group	All carers	Carer Recognition Day - Pampering	Tuesday, 2 October 2018	Cabramatta Bowling Club, Cabramatta	Thi 02 9757 4293
G2 Autism - Viet Carer Support Group	Carers of people with autism	Carer Recognition Day - Art Workshop	Tuesday, 2 October 2018	Cabramatta Bowling Club, Cabramatta	Thi 02 9757 4293
Gentle Yoga	All carers	Carers Luncheon	Tuesday, 16 October 2018	Community Hall, Bonnyrigg	Kristina 02 8778 4222
George Bass Special School P&C	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Friday, 19 October 2018	Bankstown Sports Club, Bankstown	Caterina 0404 245 664
Hong Fuk Carer Association	All carers	Carers Workshop	Wednesday, 17 October 2018	Anglican Church, Cabramatta	Che Fai 0435 497 798

Hope Support Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Wednesday, 17 October 2018	Bankstown RSL, Bankstown	Poui 0423 918 879
IRT Macarthur Carer Support Group	Carers of frail-aged people	Carers Luncheon	Wednesday, 17 October 2018	IRT Macarthur, Campbelltown	By invitation only
Jewellery Making Group	All carers	Carers Luncheon	Tuesday, 16 October 2018	Catholic Care, Liverpool	Kristina 02 8778 4222
Liverpool Arabic Carer Support Group	All carers	Carers Luncheon	Tuesday, 16 October 2018	Lunch TBC	Lilian 0424 411 426
Liverpool Connect Group (Playgroupsw)	Carers of younger people (under 65 years of age) with a disability	Chipmunks play land and coffee	Thursday, 25 October 2018	Chipmunks Playland, Villawood	Sarah 0469 909 732
Liverpool Fairfield Parkinson's Support Group	Carers of people with a chronic illness	Education Day Luncheon	Tuesday, 16 October 2018	Liverpool Catholic Club, Liverpool	Liz 0418 227 491
Liverpool Hospital	Carers of people with a chronic illness	Self Care day with meditation	Sunday, 14 October 2018	Liverpool Hospital, Liverpool	Eva 02 8738 7371
Liverpool Hospital	All carers	Information Day	Tuesday, 16 October 2018	Liverpool Hospital, Liverpool	Sharon 02 8738 3000
Liverpool Hospital Carers	All carers	Carer Wellbeing Activities	Saturday, 27 October 2018	Liverpool Hospital, Liverpool	Ailie 02 8738 6716
Liverpool Hospital Carers	Carers of younger people (under 65 years of age) with a disability	Wellness, Pamper, or Activity Day	Tuesday, 2 October 2018	Liverpool Hospital, Liverpool	Rebecca 02 8738 7403
Liverpool Hospital Carers Group	All carers	Art Therapy Workshop	Monday, 15 October 2018	Liverpool Hospital, Liverpool	Violette 0477 392 991
Liverpool Hospital Social Work	Carers of people with a chronic illness	Morning Tea and educational session	Wednesday, 17 October 2018	Liverpool Hospital, Liverpool	Siobhan 0287 386 716
Lurnea Dementia Carers Support Group	Carers of people living with dementia	Wellness Day	Friday, 19 October 2018	Arts centre Cafe and Japenese Gardens, Campbelltown	Julie 02 8778 4223
Macarthur-Wingecarribee Carer Services Network	All carers	Wellness Day	Friday, 19 October 2018	South West Sydney	Mary 02 4654 6265
Mens Shed Narellan Inc	All carers	Carers Luncheon	Tuesday, 16 October 2018	Mens Shed, Narellan	Colin 0425 225 299
Mesothelioma Support and Information Group	Carers of people with a serious or terminal illness	Carers thank you day	Sunday, 14 October 2018	Revesby Workers Club, Revesby	Jocelyn 0412 768 496



Vietnamese Womens Association Carer for Dementia Group	Carers of people living with dementia	Picnic Lunch	Saturday, 20 October 2018	Vietnamese Women Association, Bonnyrigg	Thi 02 9757 4293
Western Sydney Autism Support Group	All carers	Carers Luncheon	Thursday, 18 October 2018	St Johns Park Bowling Club, St Johns Park	By invitation only
Women Support Group	All carers	Carers Luncheon	Saturday, 20 October 2018	Fairfield Community Resource Centre	Lila 02 9727 4333
<b>Southern NSW</b>					
Bega Stroke Recovery Club	All carers	Carers Luncheon	Monday, 15 October 2018	Merimbula Aquarium & Wharf Restaurant, Merimbula	Kimone 0422 931 727
Dementia Australia	Carers of people living with dementia	Carers Luncheon	Thursday, 18 October 2018	Tomakin Sports & Social Club, Tomakin	Gaye 02 4474 3843
Eurobodalla Parkinson's Support Group	Carers of people with a chronic illness	Carers Luncheon	Monday, 15 October 2018	Moruya Golf Club, Moruya	Joy 0403 223 370
Families With Autism Can Inc	Carers of people with autism and mental health illness	Canoeing and picnic lunch	Thursday, 18 October 2018	Brogo Dam, Brogo	Monika 0404 798 368
Kalaru Carers	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Tuesday, 16 October 2018	Jellat Hill, Kalaru	Roanna 02 6494 1964
Macedonian Australian Welfare Association	All carers	Day Trip	Thursday, 18 October 2018	Queanbeyan Museum and Macedonian Orthodox Church of the Prophet Elijah	Lihnida 02 9597 5455
Moss Vale Special Needs and Parent Support Group	Carers of younger people (under 65 years of age) with a disability	Carers Week Mindfulness for Wellbeing	Thursday, 18 October 2018	Moss Vale NSW	Sophia 0401 350 461
Parents of Kids with Autism	All carers	Carers Luncheon	Monday, 15 October 2018	Ben Boyd National Park, Eden	Kimone 0422 931 727
<b>Sydney</b>					
Aftercare Family and Carers Support Service Randwick Support Group	Carers of people living with mental illness	Meditation Session	Saturday, 20 October 2018	154-160 Broadway, Chippendale	Danielle 0431 163 617
Australian Foundation for Disability	Carers of people with disabilities	Carer Luncheon	Wednesday, 17 October 2018	Australian Foundation for Disability	Toni 0430 528 858

Autism Community Network Sydney City	Carers of younger people (under 65 years of age) with a disability	Sydney City Autism Carers Luncheon	Thursday, 18 October 2018	Cheers Bar, Sydney	Steve 0431 724 229
Autism Community Network Inner West	Carers of younger people (under 65 years of age) with a disability	Carers Dinner	Thursday, 18 October 2018	Royal Hotel, Paddington	Steve 0431 724 229
Bridge2care	All carers	Bridge2care Carers Climb	Saturday, 20 October 2018	3 Cumberland St, Sydney	Borka 0422 201 056
Burwood Community Welfare Services Inc	Young Carers	Let's Get Together Movie Night	Wednesday, 17 October 2018	Neighbourhood Centre Hall, Burwood	Giang 02 9744 1866
Canterbury Earlwood Caring Association	All carers	Morning Tea and Yoga for Carers	Thursday, 18 October 2018	Canterbury Earlwood Caring Association , Earlwood	Donata 02 9554 7124
Carers Group	Carers of people living with mental illness	Afternoon Tea	Sunday, 14 October 2018	QVB Tea Rooms, Sydney	By invitation only
Carers Support Group Southern Office	Carers of people with a serious or terminal illness	Carers Day Out Walk and Lunch	Wednesday, October 17, 2018	Tramsheds, Forest Lodge	Agnes 02 9580 7789
Carers Support Group City Office	Carers of people with a serious or terminal illness	Carers Day Out Walk and Lunch	Wednesday, 17 October 2018	Tramsheds, Forest Lodge	Agnes 02 9212 7789
Caring for Carers	All carers	Guest speaker and morning Tea	Thursday, 18 October 2018	The Kinghorn Cancer Centre, Darlinghurst	Christiane 02 9355 5622
Chinese Carers Support Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
Chinese Parents Association - Children with Disabilities Inc	Carers of younger people (under 65 years of age) with a disability	National Carers Week Celebration Party for CPA Junior Group of Early Intervention	Monday, 15 October 2018	Belmore Youth Resource Centre, Belmore	Lilian 0406 233 222
Chinese Parents Association - Children with Disabilities Inc	Carers of younger people (under 65 years of age) with a disability	National Carers Week Celebration Party for CPA Youth Group	Wednesday, 17 October 2018	Belmore Senior Citizens Centre, Belmore	Lilian 0406 233 222
Croatian Carers Support Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
Ethnic Community Services Co-operative	Carers of frail-aged people	Relaxation workshop and lunch	Saturday, 20 October 2018	142 Addison Rd, Marrickville	Ellen 02 9569 1288
Ethnic Community Services Cooperative	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	Ethnic Community Services Cooperative, Marrickville	Khanh 02 9569 1288



Exploring Memories	Carers of frail-aged people	Walking Tour of The Rocks and Luncheon	Friday, 19 October 2018	The Fortune of War, The Rocks	Julie 02 8778 4222
Inner West Dementia Carers Group	Carers of people living with dementia	Carers Luncheon	Monday, 15 October 2018	Paticceria Papa, Haberfield	Anne 02 9767 5953
Inner Western Circle	All carers	Carers Luncheon	Friday, 19 October 2018	Burwood RSL, Burwood	Edith 0432 442 113
Inner Western Circle	All carers	Luncheon with Guest Speaker	Friday, 19 October 2018	Burwood RSL, Burwood	Dolores 0432 442 113
Italian Carers Support Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
Khmer Carer Support Group	Carers of people living with mental illness	Carer Pamper and Picnic Day	Thursday, 18 October 2018	Drummoyne Bay, Drummoyne	Sonia 0412 022 343
Male Serbian Carers Support Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
MyTime Marrickville	Carers of younger people with a disability	Morning Tea	Wednesday, 3 October 2018	Plumtree, Marrickville	Kate 0423 328 982
Sakura Club	Carers of younger people (under 65 years of age) with a disability	Kids sensory movie session	Thursday, 18 October 2018	Event Cinemas, Westfield Burwood	By invitation only
Serbian Carers Support Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
So Wai Support Group (for Chinese carers of people with dementia)	Carers of people living with dementia	Wellness Day	Monday, 15 October 2018	Kingpin Bowling, North Strathfield	Briget 02 8558 8098
Spanish Carer Group	All carers	Carers Day Out	Tuesday, 16 October 2018	Redfern Community Centre, Redfern	Ana 02 9931 7777
Special Children Services Centre Inc	All carers	Afternoon Tea	Thursday, 18 October 2018	Burwood Community Welfare Centre, Burwood	Pinkie 0403 055 818
Special Children Services Centre Inc	Carers of younger people (under 65 years of age) with a disability	Breakfast	Thursday, 18 October 2018	The Grounds of Alexandria, Alexandria	By invitation only
Studio ARTES Inner West	Carers of younger people (under 65 years of age) with a disability	Afternoon Tea	Tuesday, 16 October 2018	White Creek Cottage, Lilyfield	Jessica 02 9482 5266

Support Unit Parents Network Meeting	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Tuesday, 16 October 2018	Canterbury School Support Unit Network, Canterbury	By invitation only
The Connection Male Dementia Carers Group	Carers of people living with dementia	Men's Group BBQ	Wednesday, 17 October 2018	Kokoda Track Memorial Walkway, Concord West	Anne 02 9767 5953
The Journeymen Male Carers Group	Carers of people living with dementia	Carers Luncheon	Tuesday, 16 October 2018	The Squire's Landing, The Rocks	Julie 02 8778 4226
Tibetan Carers Group	Carers of people with a serious or terminal illness	Carers Dinner	Friday, 19 October 2018	Ashfield RSL Club, Ashfield	Chung 0466 249 748
Transcultural Mental Health Centre - CALD Chinese Carers Group Campsie	Carers of people living with mental illness	Carers Luncheon	Wednesday, 17 October 2018	Ashfield RSL Club, Ashfield	Irene 0404 790 433
<b>Western NSW</b>					
Australian Foundation for Disability	Carers of people with disabilities	Carers Pamper Session	Monday, 29 October 2018	Australian Foundation for Disability, Minchinbury	By invitation only
Bathurst Regional Carers Group	All carers	Morning Tea	Sunday, 14 October 2018	St Vincent's, Bathurst	Steve 02 6332 8900
Bathurst Seymour Centre Carers Support Group	Carers of frail-aged people	Wellness Day	Tuesday, 16 October 2018	Contact for event information	Terisa 02 6332 1449
Cowra Information & Neighbourhood Centre Inc	All carers	Information Day	Friday, 19 October 2018	Cowra Information & Neighbourhood Centre, Cowra	Trish 02 6340 1100
Currajong families	Carers of younger people (under 65 years of age) with a disability	Carers art therapy class	Thursday, 18 October 2018	Currajong Disability Centre, Condobolin	Indigo 02 6863 4713
Dubbo Brain Injury Rehabilitation Program	Carers of younger people (under 65 years of age) with a disability	Carers Morning Tea	Wednesday, 10 October 2018	Lourdes Hospital, Dubbo	By invitation only
Koori Yarning Group	Carers of people with a chronic illness	Carers Luncheon	Thursday, 18 October 2018	Caltex Park, Cobra Street Dubbo	Lyndall 0421 045 002
Lourdes Hospital	Carers of frail-aged people	Morning Tea	Thursday, 18 October 2018	Lourdes Hospital, Dubbo	By invitation only
Mudgee Autism Education and Support Group	Carers of Children under 18 with autism	Carers Luncheon	Friday, 19 October 2018	Courthouse Hotel Bistro, Mugee	Catherine 02 6378 6236

Nyngan Carers Group	All carers	Carers Morning Tea	Wednesday, 17 October 2018	Nyngan Bowling Club, Nyngan	Wendy 0417 036 731
Our Time Carer Support Group	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Thursday, 18 October 2018	Bathurst RSL, Bathurst	Leanne 0420 714 139
Our Time Carers Group	Carers of younger people (under 65 years of age) with a disability	High Tea	Tuesday, 16 October 2018	Taronga Western Plains Zoo, Dubbo	Melissa 02 6882 1077
Pay It Forward Bathurst	All carers	BBQ Lunch	Friday, 30 November 2018	Pay it forward Shed, Orange	Susie 0435 892 816
Spinal Cord Injury Carers	Carers of younger people (under 65 years of age) with a disability	Lunch for Carers	Thursday, 18 October 2018	Lordes Hospital, Dubbo	Nadia 02 6841 8508
The NDIS OPEN Group	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 18 October 2018	Alchemy, Dubbo	Cassie 0419 091 939
Tullamore Seniors Daycentre	All carers	Carers Luncheon	Friday, 19 October 2018	Tullamore Seniors Daycentre, Tullamore	Kellylee 02 6891 3100
Western NSW Local Health District	All carers	Working Carers Morning Tea	Saturday, 20 October 2018	Orange Base Hospital, Orange	Lyndall 0421 045 002
Western NSW Local Health District	Working Carers	Working Carers Morning Tea	Wednesday, 17 October 2018	Dubbo Base Hospital, Dubbo	Lyndall 0421 045 002
Yawandiyilinya Clinic - Wellness clinic in Bathurst	Carers of people with a chronic illness	Carers Luncheon	Wednesday, 17 October 2018	Bathurst Community Health, Bathurst	Leanne 02 6809 8736
<b>Western Sydney</b>					
Afghani Carer Support Group	All carers	Raising Awareness for Carers Week	Wednesday, 3 October 2018	Nabi Akram Islamic Centre, Granville	Nabila 0427 842 469
Arabic Group at Merrlands East Presbyterian Church	All carers	Carers Dinner	Tuesday, 16 October 2018	Blacktown Workers Club, Blacktown	Amal 0417 680 257
Auburn Generalist Carers Support Group	All carers	Carers Luncheon	Wednesday, 17 October 2018	Auburn NSW	Narelle 02 9749 0388
Australian Foundation for Disability	Carers of people with disabilities	Morning Tea	Tuesday, 16 October 2018	Cherrywood Lifestyle Centre, Cherrywood	By invitation only
Australian Foundation for Disability	Carers of people with disabilities	Carers Luncheon	Wednesday, 17 October 2018	Guildford Lifestyle Centre, Guildford	By invitation only

Autism Community Network Cumberland	Carers of younger people (under 65 years of age) with a disability	Cumberland Autism Carers Lunch	Thursday, 18 October 2018	Dooleys Club, Lidcombe	Steve 0431 724 229
Autism Community Network Wentworthville	Carers of younger people (under 65 years of age) with a disability	Wentworthville Autism Carers Luncheon	Thursday, 18 October 2018	Wenty Leagues, Wentworthville	Steve 0431 724 229
Blacktown & Districts TPI Social & Welfare Club	Carers of people living with mental illness	Carers Luncheon	Monday, 15 October 2018	Fox Hills Golf Club, Fox Hill	By invitation only
Boronia Multicultural Services	Carers of younger people (under 65 years of age) with a disability	Carers Day Retreat	Sunday, 14 October 2018	Toongabbie Community Centre, Toongabbie	Annie 02 9631 1777
CanCare Centre Auburn Support Group	Carers of people with a serious or terminal illness	Afternoon Tea	Saturday, 20 October 2018	West Sydney Christian, Church	Venus 0405 139 104
CanCare Centre Sydney South Visitation	Carers of people with a serious or terminal illness	Presentation and Morning Tea	Friday, 19 October 2018	CanCare Centre	Christine 0405 152 579
Carers for Sydney West Direct Client Support	Carers of people with a serious or terminal illness	A celebration for Carers	Friday, 19 October 2018	Hebron Chinese Alliance Church, Westmead	Lorna 0402 409 802
Chinese Carers Support Group	Carers of people living with mental illness	Carers Luncheon	Wednesday, 17 October 2018	Merrylands RSL Club, Merrylands	Miao 0410 468 726
D.A.D.S MyTime Merrylands	Carers of younger people (under 65 years of age) with a disability	Family Time / family picnic/BBQ	Thursday, 18 October 2018	Central Gardens, Merrylands	Pauline 0438 878 355
EarlyEd	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Thursday, 18 October 2018	MyTime Playgroup , Wrights Road Community Centre	Anu 02 9897 1511
Eucalyptus Club	Carers of younger people (under 65 years of age) with a disability	Lunch and sensory movie	Friday, 19 October 2018	Burwood RSL, Burwood	Naoko 0403 094 550
Fairfield West Public School	Carers of frail-aged people	Wellness Day	Wednesday, 31 October 2018	Auburn Centre for Community, Auburn	Gisele 0478 660 620
Filipino Special Mums	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Monday, 15 October 2018	Rashay's Restaurant, Mount Druitt	Majah 0410 687 553
Harris Park Arabic Carer Support Group	All carers	Carers Luncheon	Tuesday, 16 October 2018	La Mono Labanese Restaurant, Merrylands	Lilian 0424 411 426
Mums on the Go!	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Friday, 19 October 2018	Charcoal Mine BBQ House, Parramatta	By invitation only

MyTime Westmead	Carers of younger people (under 65 years of age) with a disability	Carers Luncheon	Thursday, 25 October 2018	Chipmunks, Villawood	Pauline 0438 878 355
Project CSC	Carers of younger people (under 65 years of age) with a disability	Carers Afternoon Tea	Tuesday, 16 October 2018	The Ponds School, The Ponds	Allison 0425 291 470
Rooty Hill Multicultural Carers Support Group	Carers of Children with disability	Carers Luncheon	Friday, 19 October 2018	Mount Druitt Hub, Mount Druitt	Gladys 02 9625 9876
Rooty Hill Multicultural Carers Support Group	Carers of Children with disability	Carers Luncheon	Friday, 19 October 2018	Rooty Hill RSL Club, Rooty Hill	Gladys 02 9625 9876
St Bishoy Carers Support Group	All carers	Fun and lunch	Sunday, 14 October 2018	Church Hall, Mount Druitt	By invitation only
St Joseph's Hosital	All carers	Information Day	Tuesday, 16 October 2018	St Joseph's Hospital, Auburn	Patricia 02 9749 0331
St Marys MyTime	Carers of younger people (under 65 years of age) with a disability	Celebrating Carers Lunch	Friday, 19 October 2018	Rooty Hill RSL, Rooty Hill	By invitation only
St Michael Carer Support Group	All carers	Love and Care Buffet Lunch	Saturday, 1 December 2018	Church Hall, Mount Druitt	By invitation only
Strathfield Workshop for Carers of Cancer Patients	Carers of people with a serious or terminal illness	Morning Tea for Carers	Sunday, 14 October 2018	CanCare Centre Office, North Strathfield	Judy 0415 585 368
Stronger Carers Peer Support	Carers of people living with dementia	Morning Tea	Friday, 19 October 2018	Gracewood Centre Baptist Care	Marleina 0434 563 019
Sunnyfield	Carers of younger people (under 65 years of age) with a disability	Morning Tea	Thursday, 18 October 2018	Parramatta Park, Parramatta	Donna 02 9633 4256
Western Sydney Local Health District	All carers	Morning Tea	Tuesday, 16 October 2018	Auburn Hospital, Auburn	Nicole 02 8759 3795
Western Sydney Local Health District	All carers	Morning Tea	Wednesday, 3 October 2018	Westmead Hospital, Westmead	George 02 8759 3795
Westmead Support Group for Cancer Patients and Carers	Carers of people with a serious or terminal illness	CanCare Centre Support Group Celebratory Afternoon Tea	Tuesday, 16 October 2018	Hebron Chinese Alliance Church, Westmead	Aileen 0425 206 605
Young Carers	All carers	Young Carers Movie Event	Wednesday, 17 October 2018	Mt Druitt Hoyts - Westfield Shopping Centre	Kellie 0498 002 572

\*All events current at the time of printing \*\*Regions denote location of event, not group/organisation location



**Carers NSW  
Australia**

**NATIONAL  
CARERS  
WEEK  
2018**  
14-20 OCTOBER

**CARERS 2018**  
**DAY OUT**

**Tuesday 16 October 2018**

**10.00am - 2.00pm**

**Redfern Community Centre**

**A FREE EVENT FOR  
CARERS & THEIR FAMILY**

Carers NSW invites anyone caring for a family member or friend to come along to Carers Day Out for a free day of fun and relaxation at Redfern Community Centre, 29-53 Hugo Street, Redfern 2016.

**BBQ – INFORMATION STALLS  
LIVE ENTERTAINMENT**

**RELAXATION AND  
WELLNESS WORKSHOPS**

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

*This event is brought to you in partnership with The City of Sydney.*