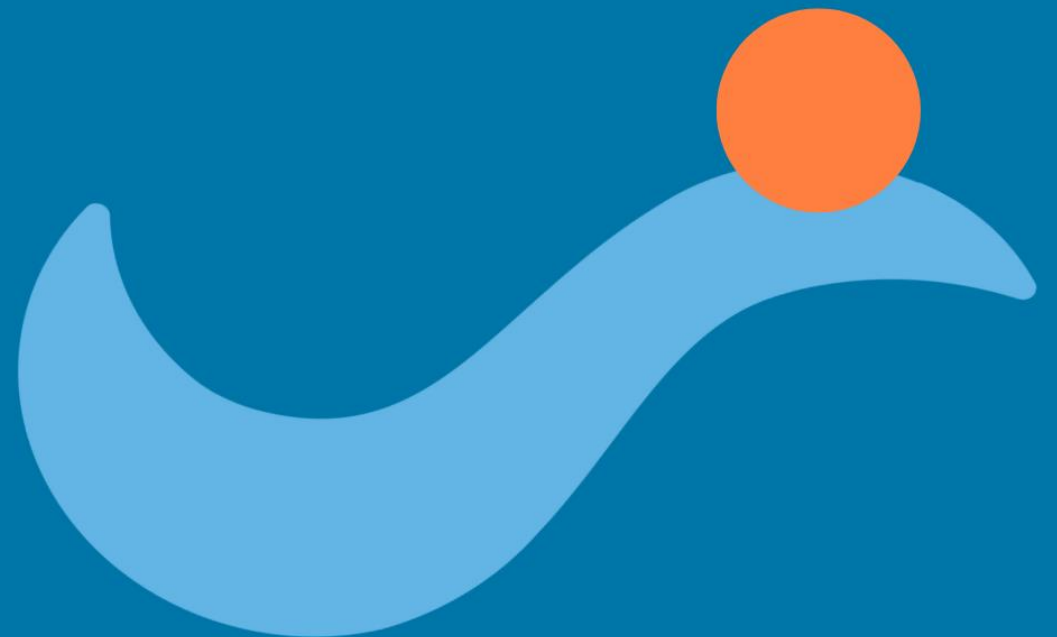




National Carers Week **2024**

# Events Calendar

13 -19 October 2024



**National Carers Week**, dedicated to acknowledging and celebrating carers in Australia, will be held from Sunday 13 to Saturday 19 October 2024.

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation.

There are over 3 million unpaid carers in Australia providing care and support to a family member or friend who has a disability, mental illness, alcohol or drug dependency, long term health condition or who is frail due to age.

Anyone at any time can become a carer. National Carers Week is an opportunity to educate and raise awareness among all Australians about the diversity of carers and their caring roles.

For more information about National Carers Week please visit [www.carersweek.com.au](http://www.carersweek.com.au).

With funding from the NSW Government's Department of Communities and Justice (DCJ), Carers NSW is pleased to provide grants to carer support groups and organisations to hold events across NSW to celebrate carers. Carers NSW looks forward to seeing the many unique ways in which these grants are used to celebrate and recognise carers across New South Wales in 2024.

The calendar is organised by the usual meeting place/location of the carer support group/organisation.

If you would like to attend an event listed, please get in touch with the contact listed, or email [commsteam@carersnsw.org.au](mailto:commsteam@carersnsw.org.au) for more information.

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## Central and Eastern Sydney

| Event Date | Organisation/Group   | Types of Carers                              | Event Activity Name                       | Location  | Contact                            |
|------------|--|--|---|---|------------------------------------|
| 9/08/2024  | Balmain Mental Health Carers Support Group   | Carers for people living with mental illness | Carers Luncheon                           | Grey Grus Back Courtyard, 626 Darling Street, Rozelle NSW 2039                  | Bronwyn Monro<br>0427601795        |
| 23/09/2024 | Hurstville Public School Support Unit  | Carers for people on the Autism Spectrum     | Carers Afternoon Tea                      | Hurstville Public School, 80 Forest Road, Hurstville NSW 2220                   | Rachel-Maree O'Toole<br>0405478787 |
| 3/10/2024  | South Eastern Sydney Local Health District (SESLHD) Community Mental Health - Prince of Wales Hospital | Carers for people living with mental illness | Young Carers Peer Support Program         | Sutherland Hospital, Kareena Road, Caringbah NSW 2229                           | Sally Tuffs<br>0293823371          |
| 12/10/2024 | Ultimo Chinese Parents Network 468   | Carers for people on the Autism Spectrum     | Love Ourselves                            | The Eight, Market City Shopping Centre Level 3/13 Hay Street, Sydney NSW 2000   | Xiaolin Hu<br>0478016150           |
| 12/10/2024 | Young Carers / Sibling Carers - Gospel Fellowship of Families - People with a Disability               | Carers for people on the Autism Spectrum     | Young Adults - Your Valued Companion      | Concord Oval / Concord Oval Recreation Centre, 8 Gipps Street, Concord NSW 2137 | Phung Minh Tong                    |
| 13/10/2024 | Older Persons Mental Health Service, Prince of Wales Hospital  | Carers for people living with mental illness | Carers Information Resource and Gift Pack | Prince of Wales Hospital, Barker Street, Randwick NSW 2031                      | Tanya Jochelson<br>0293828058      |
| 13/10/2024 | Sutherland Transitional Aged Care  | Carers for people who are frail due to age   | Wellness Day                              | Southcare, 126 Kareena Road, Caringbah NSW 2229                                 | Liam Brailey<br>0434327895         |
| 14/10/2024 | Cultural and Linguistically Diverse (CALD) Carer Support Group (Khmer)                                 | Carers for people living with mental illness | Pamper Day Massage and lunch              | Darling Harbour, Sydney NSW 2000  | Sonia Parmegiani                   |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name  | Location  | Contact                      |
|------------|--|--|--|---|------------------------------|
| 14/10/2024 | St George Hospital, South Eastern Sydney Local Health District (SESLHD)                | Carers of people living with a variety of conditions     | Heartfelt Heroes: Honoring Carers                                    | Atrium, Acute Service Building, St George Hospital Gray Street, Kogarah NSW 2217              | Xiao Meng Chen<br>0291131460 |
| 14/10/2024 | Aboriginal and Torres Strait Islander Carers of St George and The Sutherland Hospitals | Carers for people living with a chronic health condition | Aboriginal and Torres Strait Islander Carers Morning Tea Celebration | Bidjigal Aboriginal Carer's Lounge, St George Hospital, Gray Street, Kogarah NSW 2217         | Morgan Brown<br>0291132419   |
| 14/10/2024 | Autism Community Network   | Carers for people on the Autism Spectrum                 | Sutherland Carers Week Event   | Gynea Tradies Club, 57 Manchester Road, Gynea NSW 2227  | Vanessa Gauci<br>0421462842  |
| 14/10/2024 | South Eastern Sydney Local Health District (SESLHD) Mental Health St George Hospital   | Carers for people living with mental illness             | Young Carers Peer Workshop   | Sutherland Hospital, Kareena Road, Caringbah NSW 2229   | Paige Tatum<br>0404304227    |
| 15/10/2024 | CanRevive Inc  | Carers for people living with a chronic health condition | "I Care" Snapshots Competition & Carers Day Out                      | Chinese Garden of Friendship, Pier Street, Darling Harbour NSW 2000                           | Agnes Lung<br>0292127789     |
| 15/10/2024 | Indonesian Carers Community Sydney Eastern Suburb                                      | Carers of people living with a variety of conditions     | Caring Connections: An Evening for Indonesian Carers 2024            | Hurricane Grill Circular Quay, L202-L203 Gateway Building, 1 Macquarie Place, Sydney NSW 2000 | Tri Aryanti<br>405071110     |
| 15/10/2024 | War Memorial Hospital - Day Centre Program   | Carers for people living with dementia                   | WMH Day Centre Carer's Day event                                     | War Memorial Hospital - Education Centre, 125 Birrell Street, Waverley NSW 2024               | Rod Escobar<br>0293690263    |
| 15/10/2024 | Daceyville Public School P&C (Parents and Citizens) Association                        | Carers of people living with a variety of conditions     | National Carers Week Morning Tea                                     | Daceyville Public School, 1 Joffre Crescent, Daceyville NSW 2032                              | Nathan Brown<br>0458141499   |
| 15/10/2024 | Carers from CALD (Culturally and   | Carers for people living with intellectual disability    | You Make This World a Better Place                                   | Erskineville Town Hall, 104 Erskineville Road, Erskineville NSW 2043                          | Ellen Gore<br>0295691288     |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name                | Location  | Contact                      |
|------------|--|--|------------------------------------|---|------------------------------|
|            | Linguistically Diverse)<br>Backgrounds   |  |                                    |   |                              |
| 15/10/2024 | Studio ARTES Northside Inc: Inner West branch  | Carers for people living with intellectual disability  | Appreciation Tea and Cake Bonanza! | Studio ARTES Inner West, 45 Unwins Bridge Road, Sydenham NSW 2044   | Lidya Saliba<br>0490332073   |
| 15/10/2024 | Disability Carers  | Carers for people living with intellectual disability  | Morning Tea                        | Conference Room, Concord Hospital, BLD 60, 1 Hospital Road, Concord West NSW 2139                         | Kiran Singh<br>0491863064    |
| 15/10/2024 | Intellectual Disability Mental Health Service  | Carers for people living with intellectual disability  | Carers Morning Tea                 | Concord Hospital, Hospital Road, Concord NSW 2139   | Janet Lewis<br>0436620300    |
| 15/10/2024 | Concord Hospital - Movement Disorders Service.                                       | Carers for people living with a neurological condition | Parkinsingers and Dancers          | Building 60 LG, Aged Health and Rehabilitation Precinct, Concord Hospital Hospital Road, Concord NSW 2139 | Susan Mercer<br>0297677917   |
| 15/10/2024 | Canterbury Hospital Social Work Department   | Carers for people who are frail due to age             | Carers Week - Canterbury Hospital  | Canterbury Hospital Foyer, 575 Canterbury Road, Campsie NSW 2194  | Amy Eldridge<br>0291532493   |
| 15/10/2024 | South Eastern Sydney Local Health District (SESLHD) Oral Health Service              | Carers of people living with a variety of conditions   | Carer Appreciation Week            | Kogarah Community Dental Clinic, 2 Belgrave Street, Kogarah NSW 2217                                      | Amber Russo<br>0285669528    |
| 15/10/2024 | South Eastern Sydney Local Health District (SESLHD) Mental Health St Geroge Hospital | Carers for people living with mental illness           | Carers Week Afternoon Tea          | Recovery and Wellbeing College, 15 Kensington St, Kogarah NSW 2217  | Helen Ledlin<br>0295532500   |
| 15/10/2024 | CanCare Centre Incorporated  | Carers for people with terminal or serious illness     | Picnic Day for Carers              | Leo Smith Reserve at Ramsgate Beach, TBC , NSW 2220   | Christine Wong<br>0405152579 |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name                             | Location   | Contact                       |
|------------|--|--|---|--|-------------------------------|
| 15/10/2024 | Disability Strategy Unit, Population and Community Health (PaCH)   | Carers of people living with a variety of conditions     | PaCH Disability Consumer Group                  | The Sutherland Hospital Education centre, 430 The Kingsway, Caringbah NSW 2229         | Anne Funke<br>0457616168      |
| 15/10/2024 | Sutherland Hospital Community Mental Health  | Carers for people living with mental illness             | National Carers Week Carers Catch-Up            | Sutherland Hospital, 430 The Kingsway, Caringbah NSW 2229                              | Alex Li<br>0295407800         |
| 16/10/2024 | CanRevive Inc.   | Carers for people living with a chronic health condition | "I Care" Snapshots Competition & Carers Day Out | Chinese Garden of Friendship, Pier Street Cnr Harbour Street, Darling Harbour NSW 2000 | Agnes Lung<br>0292127789      |
| 16/10/2024 | Northside CALD (Culturally and Linguistically Diverse) Carers Network  | Carers of people living with a variety of conditions     | Lunch   | Ichi-ban Boshi, 2 The Galleries, 500 George Street, Sydney NSW 2000                    | Julie Lin<br>0420591868       |
| 16/10/2024 | Syndromes Without A Name   | Carers for people living with a chronic health condition | Carers Celebration                              | Garvan Institute, 384 Victoria Street, Darlinghurst NSW 2010                           | Jason Doherty<br>0430104075   |
| 16/10/2024 | War Memorial Hospital Dementia Carer Support Group   | Carers for people living with dementia                   | Carer High Tea                                  | War Memorial Hospital, 125 Birrell Street, Waverley NSW 2024                           | Julia Norman<br>0293690262    |
| 16/10/2024 | South Eastern Sydney Local Health District - Eastern Suburbs Mental Health Services/ Family and Carer Consultant | Carers for people living with mental illness             | Family and Carers Morning Tea                   | Maroubra Centre, 130 Garden Street, Maroubra NSW 2035                                  | Brad Phipps<br>0457450602     |
| 16/10/2024 | St Anthony's Family Care (SAFC)  | Carers for people living with intellectual disability    | EPIK Morning Tea                                | St Anthony's Family Care - Activity Centre, 11 Monash Parade, Croydon NSW 2132         | Ailsa De Barros<br>0403145576 |

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name  | Location  | Contact                               |
|------------|---|--|--|---|---------------------------------------|
| 16/10/2024 | Special Children Services Centre Inc. - Chinese   | Carers for people on the Autism Spectrum               | Harmony Gathering: Celebrating Chinese Carers                  | Burwood Park, 127/133 Burwood Road, Burwood NSW 2134                            | Floris Lam<br>0404846368              |
| 16/10/2024 | Stride  | Carers for people living with mental illness           | River Cruise Luncheon Bass & Flinders                          | Bass & Flinders Cruises, 1 Rocky Point Road, Sans souci NSW 2219                | Danielle Carson<br>0431163617         |
| 16/10/2024 | St George and Sutherland Community College  | Carers of people living with a variety of conditions   | Carer Aware  | St George Sutherland Community College, 127 Sutherland Road, Jannali NSW 2226   | Eliza Kallis<br>0415412647            |
| 16/10/2024 | The Sutherland Hospital   | Carers of people living with a variety of conditions   | National Carers Week at Sutherland Hospital                    | The Sutherland Hospital, 430 Kingsway, Caringbah NSW 2229                       | Brittany Garlato<br>0294508026        |
| 17/10/2024 | Vietnamese Brain Injury Carers Support Group  | Carers for people living with a neurological condition | Carers Lunch Cruise  | Captain Cook Harbour Cruise - Darling Harbour, Darling Harbour, Sydney NSW 2000 | Helen Zahra<br>0430768992             |
| 17/10/2024 | Indonesian Dads Carer Group - Young Children Carers and Adult Children Carers             | Carers for people on the Autism Spectrum               | Indonesian Carers (Fathers) for Adult Children Gathering Night | Harvest Buffet at The Star Sydney, Level 1 / 80 Pymont Street, Pymont NSW 2009  | George Tuwaidan<br>0412975514         |
| 17/10/2024 | Indonesian Dads Carer Group - Young Children Carers                                       | Carers for people on the Autism Spectrum               | Indonesian Carers (Fathers) for Young Children Gathering Night | Harvest Buffet at The Star Sydney, Level 1 / 80 Pymont Street, Pymont NSW 2009  | George Tuwaidan<br>0412975514         |
| 17/10/2024 | War Memorial Hospital Integrated Rehabilitation for Early Stage Dementia (iREADi) Program | Carers for people living with dementia                 | The iREADi and Social Worker's Dementia Carer Group's High Tea | War Memorial Hospital, 125 Birrell Street, Waverley NSW 2024                    | Christine Sender-Ivanov<br>0293690129 |
| 17/10/2024 | Holdsworth Community  | Carers of people living with a variety of conditions   | Carers Grill & Chill   | Gaden Community Centre, 334 Queen Street, Woollahra NSW 2025                    | Llanos Perez Gomez<br>0431045539      |

| Event Date | Organisation/Group   | Types of Carers                                       | Event Activity Name   | Location   | Contact                          |
|------------|--|---|---|--|----------------------------------|
| 17/10/2024 | Positive Carers Cabravale Group                                | Carers for people on the Autism Spectrum              | Hiking Sculpture by the Sea at Bondi Beach                          | Bondi Beach, Queen Elizabeth Drive, Bondi NSW 2026               | The Hao Trinh Doan<br>0406856662 |
| 17/10/2024 | Cantonese Parents Support Group-Children with Autism & Other   | Carers for people living with intellectual disability | Carers Week Celebration Luncheon & Social - Cantonese speakers      | Buffet 88, Ashfield RSL, 374 Liverpool Road, Ashfield NSW 2131   | Irene Wong<br>0403067217         |
| 17/10/2024 | Special Children Services Centre Inc. - Vietnamese             | Carers for people on the Autism Spectrum              | Vietnamese Carers Gathering: A Day of Connection                    | Burwood Park, 127/133 Burwood Road, Burwood NSW 2134             | Floris Lam<br>0404846368         |
| 17/10/2024 | Sydney Local Health District (SLHD) Male Dementia Carers Group | Carers for people living with dementia                | Caring for Men's Health   | Concord Bowling Club, 1A Clermont Ave, Concord NSW 2137          | Anne Tunks<br>0297675953         |
| 17/10/2024 | Sydney Local Health District (SLHD) Carer Program              | Carers of people living with a variety of conditions  | SLHD Carers Week Activities   | Concord Hospital, Hospital Road, Concord NSW 2139                | Margaret Gallagher<br>0416861906 |
| 17/10/2024 | Phoenix Community Project Inc                                  | Carers for people living with intellectual disability | Caring 4 Carers   | Kirrawee Hub, 3 Deakin Street, Kirrawee NSW 2232                 | Jamie-Lee O'Connor<br>0295765045 |
| 17/10/2024 | Phoenix Community Project Inc                                  | Carers for people on the Autism Spectrum Disorder     | We R One  | Kirrawee Hub, 3 Deakin Street, Kirrawee NSW 2232                 | Jamie-Lee O'Connor<br>0295765045 |
| 18/10/2024 | Autism Community Network                                       | Carers for people on the Autism Spectrum              | Young Carers Music Quiz Room Experience                             | Quiz Room Sydney, 393 George Street, Sydney NSW 2000             | Vanessa Gauci<br>0421462842      |
| 18/10/2024 | Special Children Services Centre Inc. - Senior                 | Carers for people living with intellectual disability | Senior Carers Retreat: A Day of Appreciation                        | Burwood Park, 127/133 Burwood Road, Burwood NSW 2134             | Floris Lam<br>0404846368         |
| 20/10/2024 | The Shepherd Centre For Deaf Children                          | Carers for people living with physical disability     | Shout It Out Loud: Recognising Carers of Children with Hearing Loss | The Shepherd Centre Newtown, 146 Burren Street, Newtown NSW 2042 | Jo Rowntree<br>0481125122        |



| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name              | Location  | Contact                                |
|------------|--|--|----------------------------------|---|--|
| 21/10/2024 | Greek Carers Support Group: Family & Carer Mental Health Program, One Door Mental Health | Carers for people living with mental illness         | Greek Carers Support Group Lunch | Beach Club, 1 Military Road, Watsons Bay NSW 2030                                     | Paraskev Trifyllis<br>0428907573       |
| 22/10/2024 | Brazilian Grandparents Carers Group  | Carers of people living with a variety of conditions | Caring with Wisdom               | Art Gallery NSW, 1 Art Gallery Road, Sydney NSW 2000                                  | Ana Kardum<br>1300372224               |
| 24/10/2024 | Autism Community Network   | Carers for people on the Autism Spectrum             | Inner West Carers Lebanese Feast | Arabella's Lebanese Restaurant, Shop 12/489 King Street, Newtown NSW 2042             | Vanessa Gauci<br>0421462842            |
| 24/10/2024 | Carers Sparkle Support Group   | Carers of people living with a variety of conditions | Lunch on the River               | Bass & Flinders Pavilion, Bass & Flinders Wharf Sans Souci Wharf, Sans Souci NSW 2219 | Zabette Hutchinson-Braun<br>0413161875 |
| 26/10/2024 | Autism Community Network   | Carers for people on the Autism Spectrum             | Riverwood Carers Week Luncheon   | Club Rivers, 32-34 Littleton Street, Riverwood NSW 2210                               | Vanessa Gauci<br>0421462842            |

## Hunter New England

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name  | Location  | Contact                      |
|------------|---|--|--|---|------------------------------|
| 5/10/2024  | Beyond Disability   | Carers of people living with a variety of conditions     | Orestes & Esteban  | Nouri National Park, National Park Nouri Buddy, Killcare NSW 2257                               | Oriana Cerven<br>0412623897  |
| 8/10/2024  | Armidale District Multiple Sclerosis (MS) Branch                                | Carers for people living with a chronic health condition | Thank You to Our Carers  | Armidale City Bowling Club, 92-96 Dumaresq Street, Armidale NSW 2350                            | Nicola Fullagar              |
| 9/10/2024  | Toronto Carer Group   | Carers of people living with a variety of conditions     | Luncheon Harbour Cruise  | Newcastle Harbour - Nova Cruises, newcastle Honeysuckle, Newcastle NSW 2300                     | Astrid Hocking<br>0423690882 |
| 10/10/2024 | Family of Carers  | Carers of people living with a variety of conditions     | Luncheon   | Beachcomber Hotel, 200 Main Road, Toukley NSW 2263  | Paula Manias<br>0408688459   |
| 12/10/2024 | Lakeview Withdrawal Management Service, Belmont Hospital                        | Carers for people with a drug or alcohol dependency      | Carers Week 2024: You Matter Too!  | Lakeview Withdrawal Management Service Belmont Hospital, 16 Croudace Bay Road, Belmont NSW 2280 | Cathy Morrison<br>0474280602 |
| 12/10/2024 | Hunter New England Mental Health Service Family and Carer Mental Health Program | Carers for people living with mental illness             | Hunter New England Mental Health Service Northern Carer and Clinician Conference | Heritage Room, Tamworth Community Centre, 3 Darling Street, Tamworth NSW 2340                   | Kimberley Apps<br>0438371315 |
| 12/10/2024 | Walhallow Aboriginal Corporation  | Carers of people living with a variety of conditions     | Walhallow Carers Week  | 69 Walhallow Road, Caroona NSW 2343   | Dean Rogues<br>0476482959    |
| 12/10/2024 | Gunnedah Meals on Wheels Association  | Carers for people who are frail due to age               | Day at the Movies  | Civic Theatre, 81 Chandos Street, Gunnedah NSW 2380   | Julie Goodwin<br>0427010619  |

| Event Date | Organisation/Group                               | Types of Carers                                      | Event Activity Name                       | Location  | Contact                         |
|------------|--|--|---|---|---------------------------------|
| 12/10/2024 | Gunnedah Carers Group                            | Carers of people living with a variety of conditions | Carers Family Picnic and Craft Afternoon  | Carers family picnic and craft afternoon, 16 Evans Road, Gunnedah NSW 2380        | Lisa Warren<br>0428424032       |
| 13/10/2024 | ND Universe AU (Neurodiverse Universe Australia) | Carers of people living with a variety of conditions | Carers Care & Connect                     | tbc, NSW 2287   | Roslyn Belk<br>0478515940       |
| 13/10/2024 | Carer Escapes                                    | Carers for people on the Autism Spectrum             | Carer & Connect                           | tbc, NSW 2290   | Claudia Furness<br>0439326486   |
| 13/10/2024 | Carer Escapes                                    | Carers for people on the Autism Spectrum             | Care & Connect                            | tbc, NSW 2290   | Claudia Furness<br>0439326486   |
| 13/10/2024 | Carer Escapes                                    | Carers of people living with a variety of conditions | Pamper Day                                | Mercure Hunter Valley Gardens, 1 Cnr Broke and McDonalds Road, Pokolbin NSW 2320  | Tracey Keogh<br>0421176321      |
| 13/10/2024 | Carer Escapes                                    | Carers for people on the Autism Spectrum             | Care & Connect                            | TBC, Hunter Valley NSW 2320   | Claudia Furness<br>0439326486   |
| 13/10/2024 | Carer Escapes                                    | Carers of people living with a variety of conditions | Care & Connect                            | Mercure Hotel Hunter Valley, Cnr Broke and Mcdonalds Road, Pokolbin NSW 2320      | Sarah Downs<br>0411224471       |
| 13/10/2024 | East Maitland Community Health Centre            | Carers for people who are frail due to age           | Carers Week Celebration                   | East Maitland Community Health Centre, 58 Stronach Avenue, East Maitland NSW 2323 | Melissa Tnokoski<br>0406924328  |
| 14/10/2024 | Central Coast Local Health District (CCLHD)      | Carers of people living with a variety of conditions | Caring for the Carer - Guided Meditations | Carer Support Unit, Gosford Hospital, 75 Holden Street, Gosford NSW 2250          | Patrick Livermore<br>0418213178 |
| 14/10/2024 | NovaCare Community Services                      | Carers of people living with a variety of conditions | Tea & Thanks: A Celebration for Carers    | Multipurpose Centre, 143 Dora Street, Morisset NSW 2264                           | Simone Parker<br>1300363654     |

| Event Date | Organisation/Group  | Types of Carers                                      | Event Activity Name                                       | Location   | Contact                          |
|------------|---|--|---|--|----------------------------------|
| 14/10/2024 | Carers care and connect conservation 2024   | Carers of people living with a variety of conditions | Carers Care and Connect Convention 2024                   | Boolaroo Sports Club, 31 Eighth Street, Speers Point NSW 2284                    | Samantha Halley<br>0431919628    |
| 14/10/2024 | Wallsend Carers Support Group, Wallsend One Door mental Health                                      | Carers for people living with mental illness         | One Door FCMHP Combined Groups Picnic Lunch               | Speers Point Park, 18 Park Road, Speers point NSW 2284                           | Melinda Paulauskas<br>0466560233 |
| 14/10/2024 | One Door Mental Health Morisset Carers Support Group  | Carers for people living with mental illness         | One Door FCMHP Combined Groups Picnic Lunch               | Speers Point Park, 18 Park Road, Speers point NSW 2284                           | Melinda Paulauskas<br>0466560233 |
| 14/10/2024 | Port Stephens Mental Health Carers Support Group, Family and Carer Mental Health Program, One Door. | Carers for people living with mental illness         | One Door FCHMPH Combined Support Group Picnic             | Speers Point Park, 18 Park Road, Speers Point NSW 2284                           | Elli Purchase<br>0459023781      |
| 14/10/2024 | One Door Mental Health  | Carers for people living with mental illness         | One Door FCMHP Combined Support Groups Picnic Lunch       | Speers Point Park, 18 Park Road, Speers Point NSW 2284                           | Daryn Steer                      |
| 14/10/2024 | One Door Mental Health  | Carers for people living with mental illness         | One Door FCMHP Combined Support Groups Picnic Lunch       | Speers Point Park, 18 Park Road, Speers Point NSW 2284                           | Daryn Steer                      |
| 14/10/2024 | NovaCare Community Services   | Carers of people living with a variety of conditions | Tea & Thanks: A Celebration for Carers                    | Fort Scratchley Function Centre, 1-3 Nobbys Road, Newcastle East NSW 2300        | Simone Parker<br>1300363654      |
| 14/10/2024 | Tomaree Neighbourhood Centre  | Carers of people living with a variety of conditions | Cupcakes for Carers                                       | Tomaree Library and Community Centre, 7 Community Close, Salamander Bay NSW 2317 | Clare Saunders<br>0449600357     |
| 14/10/2024 | Armidale Mental Health Carers Group   | Carers for people living with mental illness         | High Tea and Garden Tour at Saumarez Historical Homestead | Saumarez Homestead, Armidale NSW 2350, 230 Saumarez Road, Armidale NSW 2350      | Isabelle Devos<br>0400463171     |

| Event Date | Organisation/Group  | Types of Carers                                      | Event Activity Name                                  | Location   | Contact                            |
|------------|---|--|--|--|------------------------------------|
| 14/10/2024 | Gunnedah Family Support Inc   | Carers of people living with a variety of conditions | Celebrating Carers Morning Tea                       | Gunnedah Family Support, 206 Conadilly Street, Gunnedah NSW 2380   | Vanessa Hodges Schembri 0267421515 |
| 14/10/2024 | Gunida Gonyah Aboriginal Corporation  | Carers of people living with a variety of conditions | High Tea for Carers                                  | Community Services Hub - Gunida Gonyah Aboriginal Corporation, 167-169 Conadilly Street, Gunnedah NSW 2380     | Stephanie Cameron 0267427038       |
| 14/10/2024 | Central Coast Local Health District (CCLHD)   | Carers of people living with a variety of conditions | Carer Support Mini Expo with Morning/Afternoon Tea   | Gosford Hospital, Wyong Hospital, Long Jetty Hospital, Woy Woy Hospital, NSW                                   | Tia Covi 0405539536                |
| 15/10/2024 | Carers Program Central Coast  | Carers for people living with mental illness         | ART Therapy  | Carer Support Unit Clinical Safety, Quality Governance Directorate, 91 Holden Street, Gosford NSW 2250         | Lisa Mossman 0486050323            |
| 15/10/2024 | Hunter New England Mental Health service Family and Carer Mental Health Program (HNE MHS FCMHP) | Carers for people living with mental illness         | HNE MHS Hunter Region Carer and Clinician Conference | HNE MHS Hunter Region Carer and Clinician Conference, 20 Mater Hospital Campus, Edith Street, Waratah NSW 2298 | Kimberley Apps 0438371315          |
| 15/10/2024 | Motor Neurone Disease New South Wales (MND NSW)   | Other  | Newcastle Carers of People with MND: Thank You Lunch | TBC, TBC TBC, TBC NSW 2300   | Savannah Jewell 0408803789         |
| 15/10/2024 | Home-Start Parent Mentor Program  | Carers for people on the Autism Spectrum             | Celebrating Parent Carers Day                        | Home-Start Family Centre, 10 Hobart Road, New Lambton NSW 2305   | Valerie Watson 0414547781          |
| 15/10/2024 | Aspect Hunter School  | Carers for people on the Autism Spectrum             | Parent Carer Thank You Morning Tea                   | Aspect Hunter School, 3 Kooralbyn St, Thornton NSW 2322  | Leeanne Hawke 0249225900           |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name                           | Location   | Contact                       |
|------------|--|--|---|--|-------------------------------|
| 15/10/2024 | One Door Mental Health   | Carers for people living with mental illness           | Celebrate You!                                | Calala Inn, Tamworth, 53 - 54 Calala Lane, Tamworth NSW 2340       | Christine Hyatt<br>0438466542 |
| 15/10/2024 | Narrabri Carers and Caring Group, Narrabri<br>Parkinson's Support Group, Dementia Friendly Community | Carers of people living with a variety of conditions   | Carers Growing Together - A Day in the Garden | 35A Selina Street, Narrabri NSW 2390                               | Kylie Finlay<br>0412798883    |
| 15/10/2024 | Taree and Manning Carer Support Group  | Carers for people living with dementia                 | Carers Week Luncheon                          | Krambach Hotel, 3736 Bucketts Way, Strathcedar NSW 2429            | Robert Eddie<br>0427260155    |
| 15/10/2024 | Dementia Australia   | Carers for people living with dementia                 | Luncheon                                      | Krambach Hotel, 3736 Bucketts Way, Krambach NSW 2429               | Robert Eddie<br>0427260155    |
| 15/10/2024 | Northcott  | Carers of people living with a variety of conditions   | Northcott Hunter Region Carer's High Tea 2024 | Northcott Taree, Suite 3a/ 225-227 Victoria Street, Taree NSW 2430 | Vicki Smyth<br>0431213534     |
| 16/10/2024 | Central Coast Arafmi   | Carers of people living with a variety of conditions   | Movie and Lunch                               | Avoca Beach Cinema, 69 Avoca Drive, Avoca Beach NSW 2251           | Cath Rowe<br>0413468981       |
| 16/10/2024 | Like Minded Carers   | Carers of people living with a variety of conditions   | Wellbeing Gathering                           | Wellness Centre, 22 Gan Gan Road, Anna Bay NSW 2316                | Karen Manning<br>0410317540   |
| 16/10/2024 | Tamworth Stroke Recovery Group   | Carers for people living with a neurological condition | Carers Appreciation Luncheon                  | Papa Luigis, Spains Lane, Kingswood, Tamworth NSW 2340             | Judy Sumner<br>0418158954     |
| 16/10/2024 | Naroo Frail Aged Hostel  | Carers of people living with a variety of conditions   | High Tea Event                                | Naroo Frail Aged Hostel, 152 Long Street, Warialda NSW 2402        | Sarah Butler<br>0267291314    |

| Event Date | Organisation/Group                        | Types of Carers                                      | Event Activity Name   | Location  | Contact                       |
|------------|---|--|---|---|-------------------------------|
| 16/10/2024 | Respectful Transitions                    | Carers for people with terminal or serious illness   | Respectful Transitions Information Event                    | Respectful Transitions information Day, 86 Moorrooba Road, Coomba Park NSW 2428 | Bonita Norman<br>0404940504   |
| 16/10/2024 | Forster/ Great Lakes Carer Support Group  | Carers for people living with dementia               | Carers Week Luncheon  | The Boat House, 1 Endeavour Place, Taree NSW 2430                               | Robert Eddie<br>0427260155    |
| 16/10/2024 | Harrington Carer Support Group            | Carers for people living with dementia               | Carers Week Luncheon  | The Boat House, 1 Endeavour Place, Taree NSW 2430                               | Robert Eddie<br>0427260155    |
| 16/10/2024 | Manning Carers Support Group              | Carers of people living with a variety of conditions | Thank you for Caring  | tbc, tbc, Taree NSW 2430  | Terri Renneberg<br>0468393666 |
| 17/10/2024 | Central Coast Music Therapy               | Carers of people living with a variety of conditions | Tune into Wellness: A Music Therapy Workshop for Caregivers | Central Coast Music Therapy, 19/153 Mann Street, Gosford NSW 2250               | Michelle Hansen<br>0431869892 |
| 17/10/2024 | Catena Programs and Services              | Carers of people living with a variety of conditions | Catena Programs and Services Central Coast Carers Group     | The Good Bits Company Cafe, 107-109 Mann St, Gosford NSW 2250                   | Lucy Reggio<br>0405595077     |
| 17/10/2024 | Finn Cartwright, Carers and Kids Catch Up | Carers of people living with a variety of conditions | Annual Catch Up: Pizza Night                                | Hungry Wolf Pizza Ettalong, 23 Broken Bay Road, Ettalong Beach NSW 2257         | Verity Jones<br>0405985970    |
| 17/10/2024 | Central Coast Local Health District       | Carers for people living with mental illness         | Mental Health Carers Morning Tea                            | Wyong Safe Haven, Wyong Hospital Pacific Highway, Hamlyn Terrace NSW 2259       | Hannah Kenyon<br>0460854875   |
| 17/10/2024 | Families Supporting Families              | Carers of people living with a variety of conditions | Carers Dinner   | Valentine Bowling Club, 17A Valentine Crescent, Valentine NSW 2280              | Eillis Corrigan<br>0437310288 |
| 17/10/2024 | Moree Care                                | Carers of people living with a variety of conditions | Luncheon  | Services Club Moree, 3 Albert, Moree NSW 2400                                   | Natasha Gough<br>0493309771   |

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name               | Location   | Contact                        |
|------------|---|--|-----------------------------------|--|--------------------------------|
| 18/10/2024 | Unique Life Services Pty Ltd  | Carers of people living with a variety of conditions   | Unique Lunch                      | Local Park, Suite 6/12B<br>Teramby Road, Nelson Bay<br>NSW 2315                            | Kym Johnston<br>0427946507     |
| 18/10/2024 | Forster Tuncurry Parkinsons Support Group   | Carers for people living with a neurological condition | Free Spirit Cruise on Wallis Lake | On Wallis Lake, Boatshed<br>Number One 1 Little Street<br>Forster NSW, Forster NSW<br>2428 | Heather Webster<br>0460827243  |
| 22/10/2024 | One Door Mental Health - Family and Carer Mental Health Program – Wallsend, Port Stephens, Maitland, Newcastle, Lake Macquarie (Belmont and Morisset) | Carers for people living with mental illness           | Paint and Picnic                  | Speers Point Park, 18 Park Road, Speers Point NSW<br>2284                                  | Johanna Rowe<br>0498953920     |
| 23/10/2024 | Tamworth Family Support Service (TFSS)  | Carers of people living with a variety of conditions   | Pamper and Portrait Day           | West Tamworth Leagues Club, Blazes Showroom, 58 Phillip Street, West Tamworth<br>NSW 2340  | Danny Dalton<br>0400488174     |
| 23/10/2024 | Enlarge Living  | Other  | Carers Pamper and Portrait Day    | West Tamworth Leagues Club, Blazes Showroom, 58 Phillip Street, Tamworth NSW<br>2340       | April Dowd<br>0272051324       |
| 24/10/2024 | Arts in Recovery (AIR)  | Carers for people living with mental illness           | BounceBack Gives Back             | The Creator Incubator,<br>15a/50 Clyde St, Hamilton<br>North NSW 2292                      | Valerie Watson<br>0479076497   |
| 24/10/2024 | One Door Mental Health - Great Lakes Mental Health Carer Support Group  | Carers for people living with mental illness           | Welling Being Day                 | Serenity Diamond Beach, 57 Diamond Beach Road,<br>Diamond Beach NSW 2430                   | Margaret Collins<br>0456966173 |



## Murray

| Event Date | Organisation/Group            | Types of Carers                                       | Event Activity Name                                      | Location   | Contact                       |
|------------|-------------------------------|---|--|--|-------------------------------|
| 20/06/2024 | Aspire Support Services       | Carers for people living with intellectual disability | Carers Week Celebratory Dinner                           | La Maison Restaurant, 40 Lincoln Causeway, Wodonga NSW 3690                                      | Sue Pringle<br>0402827813     |
| 10/10/2024 | Aspire Support Services       | Carers of people living with a variety of conditions  | Solo Parents Carers Week Retreat                         | Tbc, NSW 2640  | Sue Pringle<br>0402827813     |
| 14/10/2024 | Rural Care Link Jindera       | Carers of people living with a variety of conditions  | Movie, Lunch and Pamper Day                              | Regent Cinema Albury, Astor Hotel, Zen Day Spa, 456 Dean St, Young St, Swift St, Albury NSW 2640 | Vickie Priscina<br>0428406060 |
| 14/10/2024 | Aspire Support Services       | Carers of people living with a variety of conditions  | Healthy Mothers Carers Week Wellness Day                 | Zen Day Spa Albury, 4/452 Swift Street, Albury NSW 2640  | Sue Pringle<br>0402827813     |
| 14/10/2024 | Aspire Support Services       | Carers for people on the Autism Spectrum              | Combined Support Groups Carers Week Celebratory Luncheon | Albury Commercial Golf Club, 530 North Street, Albury NSW 2640                                   | Sue Pringle<br>0402827813     |
| 14/10/2024 | Aspire Support Services       | Carers of people living with a variety of conditions  | Combined Support Groups Carers Week Celebratory Luncheon | Commercial Golf Club, 530 North Street, Albury NSW 2640  | Sue Pringle<br>0402827813     |
| 15/10/2024 | Coffee Connection             | Carers for people living with intellectual disability | Let's Connect Again                                      | Mr Benedict, 664 Dean Street, Albury NSW 2640  | Helen Wilson<br>0474777072    |
| 15/10/2024 | Intereach Limited             | Carers of people living with a variety of conditions  | Carers Luncheon  | La Maison Restaurant, 40 Lincoln Causeway, Gateway Island, Wodonga NSW 3690                      | Sue Filipovich<br>0434730766  |
| 16/10/2024 | Border Carers Reference Group | Carers of people living with a variety of conditions  | Luncheon   | Commercial Club, 618 Dean Street, Albury NSW 2640  | Leeanne Mearns<br>0488288707  |

| Event Date | Organisation/Group      | Types of Carers                                      | Event Activity Name  | Location   | Contact                       |
|------------|-------------------------|--|--|--|-------------------------------|
| 16/10/2024 | Anglicare Albury        | Carers of people living with a variety of conditions | Foster Care Week   | Anglicare Albury, 564 Olive Street, Albury NSW 2640                          | Renata Thompson<br>0427265748 |
| 23/10/2024 | Aspire Support Services | Carers of people living with a variety of conditions | Aspire National Disability Insurance Scheme (NDIS) Group Celebration | La Maison Restaurant, 40 Lincoln Causeway, Gateway Island (Wodonga) NSW 3690 | Sue Pringle<br>0402827813     |
| 23/10/2024 | Aspire Support Services | Carers of people living with a variety of conditions | Carers Week Celebratory Brunch                                       | Wodonga Plant Farm Garden Gallery Cafe, 5 Huon Creek Road, Wodonga NSW 3690  | Sue Pringle<br>0402827813     |

## Murrumbidgee

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name                   | Location  | Contact                           |
|------------|---|--|---------------------------------------|---|-----------------------------------|
| 1/10/2024  | Dementia Australia  | Carers for people living with dementia                 | Cafe Connect Young                    | Antz Pantz Golden Glove Nursery Cafe, 322-384 Olympic Highway, Young NSW 2594   | Kerri Hartney<br>0482184088       |
| 7/10/2024  | Young Parkinson's Support Group                                     | Carers for people living with a neurological condition | Parkinson's Carers Pampering Day      | Wombat Cottage Cafe, Lot 1574 Main Street / Wombat Road, Wombat NSW 2587        | Margaret Bailes<br>0263828444     |
| 14/10/2024 | Murrumburrah-Harden Flexible Care Services Inc                      | Carers for people who are frail due to age             | Carers Morning Tea                    | Social Support Hub, 27 East St Harden NSW, Harden NSW 2587                      | Maryanne Fitzgerald<br>0263863561 |
| 14/10/2024 | Coast & Country Community Services                                  | Carers of people living with a variety of conditions   | Social Bus Trip and Outing            | tbc, NSW 2594   | Kelly Rolfe<br>0447477140         |
| 14/10/2024 | Urana Support Group   | Carers of people living with a variety of conditions   | Luncheon                              | Federation Council Chambers, 30-32 William Street, Urana NSW 2645               | Leeanne Mearns<br>0488288707      |
| 14/10/2024 | Wagga Autism Support Group Inc                                      | Carers for people on the Autism Spectrum               | Barefoot Bowls for Carers             | Wagga Wagga RSL Club, 28 Corner of Kincaid & Dobbs Street, Wagga Wagga NSW 2650 | Deborah Bewick<br>0427007261      |
| 14/10/2024 | One Door Mental Hhealth   | Carers for people living with mental illness           | Altina Wildlife Zoo                   | Darlington Point, 21 Carrington Street, Darlington Point NSW 2706               | Michelle Conroy<br>0481010728     |
| 14/10/2024 | Deniliquin Community Mental Health Family and Carer Support Program | Carers for people living with mental illness           | Carer Trip Away: Altina Wildlife Park | Altina Wildlife Park, 14432 Sturt Highway, Darlington Point NSW 2706            | Caroline Slipais<br>0428933813    |

| Event Date | Organisation/Group  | Types of Carers                                      | Event Activity Name                             | Location  | Contact                        |
|------------|---|--|---|---|--------------------------------|
| 14/10/2024 | Gundagai Neighbourhood Centre - Carers Group  | Carers of people living with a variety of conditions | The Gundagai Carers Gathering and Wellbeing Day | The Sheridan Room, 102 Sheridan Street, Gundagai NSW 2722                               | Peggy Elliott<br>0269440290    |
| 15/10/2024 | Carer's Support Group Goulburn  | Carers for people living with dementia               | Lunch - Goulburn/Yass Hroup                     | Gunning Hotel/ Grabben Gullen Hotel, 3 Britannia Street, Crookwell NSW 2583             | Kerri Hartney<br>0482184088    |
| 15/10/2024 | Young Meals on Wheels Organisation Inc  | Carers for people who are frail due to age           | Carers Week Luncheon                            | Young Services Club, 42 Cloete Street, Young NSW 2594                                   | Janelle Eastlake<br>0263825008 |
| 15/10/2024 | Northcott   | Carers of people living with a variety of conditions | Self Care for Carers                            | Northcott Wagga Wagga, 22-24 The Esplanade, Wagga Wagga NSW 2650                        | Kim Bowen<br>0402732185        |
| 15/10/2024 | Intereach Wagga Wagga Carer Group   | Carers of people living with a variety of conditions | Carers Appreciation Celebration                 | The Royal Hotel Marrar, 13 York Street, Marrar NSW 2652                                 | Kerein Mullins<br>0438416534   |
| 16/10/2024 | Combined Carers Group: Young Neighbourhood Centre Inc   | Carers of people living with a variety of conditions | Trash and Treasure Hunt Outing                  | Young-Temora-Cootamundra guided outing of townships, 2c Campbell Street, Young NSW 2594 | Rose Thompson<br>0263826328    |
| 16/10/2024 | Kalinda School Parents and Citizen's Association (P&C)  | Carers of people living with a variety of conditions | Carers Week Appreciation Afternoon Tea          | Kalinda School, 16 Merrigal Street, Griffith NSW 2680                                   | Sonia Careri<br>0407156310     |
| 16/10/2024 | Deniliquin Peer Support Group for Families / Carers of Children with Disability / Developmental Delay | Carers for people on the Autism Spectrum             | Carers Wellbeing Morning Tea                    | Intereach, 78 Napier Street, Deniliquin NSW 2710  | Carla White<br>0429402607      |
| 17/10/2024 | Pinnacle Community Services   | Carers of people living with a variety of conditions | Pinnacle Carers Luncheon                        | Temora, 134 Hoskins Street, Temora NSW 2666   | Melinda Holmes<br>0269771326   |
| 17/10/2024 | Parramatta Autism Community Network   | Carers for people on the Autism Spectrum             | Carers Creativity and Wellness Luncheon         | Castle Hill RSL, 77 Castle St, Castle Hill NSW 2671                                     | Marise Caruana<br>0414691299   |

| Event Date | Organisation/Group                       | Types of Carers                                      | Event Activity Name  | Location   | Contact                       |
|------------|--|--|--|--|-------------------------------|
| 17/10/2024 | Griffith Aged Support Service volunteers | Carers for people who are frail due to age           | Time Out at the Cinema                                       | Griffith City Cinema, Kidman Way and Watkins Avenue, Griffith NSW 2680 | Yvette Pastro                 |
| 18/10/2024 | Aspire Support Services                  | Carers of people living with a variety of conditions | Dads Group Carers Week Weekend Away 18-20 Oct                | Yarrowonga Lakeside Apartments, 2 Cyprus Drive, Mulwala NSW 2647       | Sue Pringle<br>0402827813     |
| 20/10/2024 | One Door                                 | Carers for people living with mental illness         | Thank You for Your Outstanding Contribution to Our Community | Griffith Community Centre, 1 Olympic Street, Griffith NSW 2680         | Daniela Thoner<br>0458299067  |
| 28/10/2024 | One Door Mental health                   | Carers for people living with mental illness         | Movie and Lunch  | Corowa Golf Club, 3 Hume Street, Corowa NSW 2646                       | Michelle Conroy<br>0481010728 |

## Nepean Blue Mountains

| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name                                    | Location  | Contact                       |
|------------|--|--|--|---|-------------------------------|
| 4/10/2024  | Breakthru  | Carers for people living with mental illness         | Carer's Afternoon Tea Cruise on the Nepean Belle       | Nepean Belle Jetty, Tench Avenue, Jamisontown NSW 2750                            | Olivia Matreja<br>0482183219  |
| 14/10/2024 | Nepean Blue Mountains Local Health District (NBMLHD) Carer Program               | Carers of people living with a variety of conditions | Carers Thank You Lunch                                 | Nepean Hospital ICET room, building C level 3 Somerset Street, Kingswood NSW 2747 | Loretta Isaac<br>0411124897   |
| 14/10/2024 | Luke Priddis Foundation  | Carers for people on the Autism Spectrum             | Blossoms of Care: Bouquet Crafting for Carers          | Luke Priddis Foundation, Lvl1, 496 High Street, Penrith NSW 2750                  | Brittany Talab<br>0247362202  |
| 14/10/2024 | Breakthru Penrith  | Carers for people who are frail due to age           | High Tea Lunch with Thanks Gifts                       | Nepean Belle, 30 River Road, Penrith NSW 2750                                     | Tammy Mills<br>0438263220     |
| 14/10/2024 | SDN (Sydney Day Nursery) Beranga - Autism Specific Preschool                     | Carers for people on the Autism Spectrum             | Carers Week Morning Tea                                | SDN Beranga, 128 Hartington Street, Rooty Hill NSW 2766                           | Amanda Douglass<br>0298367201 |
| 15/10/2024 | Empowerability Incorporated  | Carers of people living with a variety of conditions | High Tea Celebration of National Carers Week           | Amaroo House, 10 East Market Street, Richmond NSW 2753                            | Narelle Dale<br>0245772150    |
| 15/10/2024 | Nepean Blue Mountains Local Health District (NBMLHD) Carer Program Carer Program | Carers of people living with a variety of conditions | Carer Wellbeing packs                                  | Hawkesbury District Hospital, 2 Day St, Windsor NSW 2756                          | Loretta Isaac<br>0411124897   |
| 15/10/2024 | Community Junction   | Carers of people living with a variety of conditions | Pamper Yourself: A Day for Carers to treat Themselves! | Colyton Neighbourhood Centre, 30 Jensen St, Colyton NSW 2760                      | Jane Ellul<br>0450188036      |

| Event Date | Organisation/Group  | Types of Carers                                      | Event Activity Name                                  | Location   | Contact                      |
|------------|---|--|--|--|------------------------------|
| 16/10/2024 | <b>Portland Tabulam Health Service</b>                                  | Carers of people living with a variety of conditions | Morning Tea for Portland Tabulam Carers and Visitors | Morning Tea for Portland Tabulam Carers and Visitors, 20 Green Street, Portland NSW 2847 | Michelle Scott<br>0263592666 |
| 17/10/2024 | <b>Nordoff Robbins Music Therapy TA Noro Music</b>                      | Carers for people living with physical disability    | Reflection   | Noro Clinic, 123 Mulgoa Road, Penrith NSW 2750   | Rhiannon O'Brien             |
| 17/10/2024 | <b>Nepean Area Disabilities Organisation (NADO) Disability Services</b> | Carers of people living with a variety of conditions | Friends of NADO Caring for Carers                    | St Marys Rugby League Club, Cnr Forrester & Boronia Roads, St Marys NSW 2760             | Linda Wilson<br>1300738229   |
| 17/10/2024 | <b>Springwood Hospital</b>  | Carers of people living with a variety of conditions | Carers Thank You BBQ Lunch and Wellness Packs        | Springwood Hospital, 7 Huntley Grange Road, Springwood NSW 2777                          | Richard Norris<br>0428720385 |
| 18/10/2024 | <b>Send Us a Miracle Global</b>   | Carers for people on the Autism Spectrum             | Walk & Pray and Morning Tea                          | Nepean Rivers, 78-88 Tench Avenue, Jamisontown NSW 2750                                  | Louisa Sankoh<br>0405697343  |
| 18/10/2024 | <b>Helping Hands</b>  | Carers of people living with a variety of conditions | Dinner Show or Road Trip                             | Penrith, 123 Mulgoa Road, Penrith NSW 2750   | Susan Dunham<br>0449291346   |
| 18/10/2024 | <b>Blue Mountains District ANZAC Memorial Hospital</b>                  | Carers of people living with a variety of conditions | Carers Thank You BBQ Lunch and Wellness Packs        | Blue Mountains District ANZAC Memorial Hospital, 1 Woodlands Road, Katoomba NSW 2780     | Richard Norris<br>0428720385 |
| 27/10/2024 | <b>Blue Mountains Carer Support Group</b>                               | Carers of people living with a variety of conditions | Lunch and Getaway                                    | Chapters and Leaves, 7/7-9 St Georges Crescent, Faulconbridge NSW 2776                   | Amy Hill<br>0414434127       |
| 6/11/2024  | <b>Autism Community Network</b>   | Carers for people on the Autism Spectrum             | Penrith Carers Dinner                                | Henry's Bar and Restaurant, 74 Henry Street, Penrith NSW 2750                            | Vanessa Gauci<br>0421462842  |

## North Coast

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name                      | Location   | Contact                           |
|------------|---|--|--|--|-----------------------------------|
| 12/09/2024 | Nambucca Valley Breast Cancer Support Group               | Carers of people living with a variety of conditions     | Sister's Retreat                         | Yarra Holiday Park, 250 Grassy Head Road, Stuarts Point NSW 2441                               | Carolyn Cross<br>0458185926       |
| 23/09/2024 | Coffs Harbour Carers Craft Group                          | Carers for people living with a chronic health condition | Pampering, Meditation and Relaxation Day | Namaskar Healing Centre, 422 Glennifer Road, Bonville NSW 2450                                 | Sheila May Tanchoco<br>0421158744 |
| 23/09/2024 | Coffs Coast Carer Support Group                           | Carers of people living with a variety of conditions     | Pampering, Meditation and Relaxation Day | Namaskar Healing Centre, 422 Glennifer Road, Bonville NSW 2450                                 | Sheila May Tanchoco<br>0421158744 |
| 1/10/2024  | Macksville Hospital Cancer Support Group                  | Carers for people with terminal or serious illness       | Relaxation and Refreshing Day            | 100 Daruya Road, Macksville NSW 2447   | Sheila May Tanchoco<br>0421158744 |
| 2/10/2024  | Dementia Australia  | Carers for people living with dementia                   | BBQ Luncheon                             | Dementia Australia Port Macquarie, 121 Bridge Street, Port Macquarie NSW 2444                  | Davina Chalker<br>0427789556      |
| 9/10/2024  | Sawtell Mental Health, Health and Wellbeing Support Group | Carers for people living with mental illness             | Let's Float Away                         | The Floating Wharf, Coffs Harbour International Marina, 1 Marina Drive, Coffs Harbour NSW 2450 | Rhonda Rance<br>0402808422        |
| 12/10/2024 | David Dungay Youth Group                                  | Carers of people living with a variety of conditions     | David Dungay Youth Group Big BBQ         | Verge Street Oval, 1 Verge Street, Kempsey NSW 2440<br>Verge Street Kempsey, Kempsey NSW 2440  | Christine Dungay                  |
| 12/10/2024 | Yamba Mental Health Support Group                         | Carers for people living with mental illness             | Yamba Luncheon                           | tbc, Yamba NSW 2464  | Susi Griinke<br>0428716431        |
| 12/10/2024 | Carers Fitness Group                                      | Carers for people living with physical disability        | Carers Self Care and Wellness Day        | tbc, Lismore NSW 2480  | Ellizabeth Smyth<br>0482172616    |



| Event Date | Organisation/Group                                   | Types of Carers  | Event Activity Name                  | Location  | Contact                           |
|------------|--|--|--------------------------------------|---|-----------------------------------|
| 12/10/2024 | Chit Chats Support                                   | Carers of people living with a variety of conditions     | Pamper/Self Care/Sound Healing       | tbc, Lismore NSW 2480   | Elizabeth Smyth<br>0482172616     |
| 13/10/2024 | Macksville/Nambucca Valley Parkinson's Support Group | Carers for people living with a chronic health condition | High Tea Day                         | Blue Gum Cafe, Macksville, Lakeside Gardens Short Street, Macksville NSW 2447 | Sheila May Tanchoco<br>0421158744 |
| 13/10/2024 | Carers Support                                       | Carers for people on the Autism Spectrum                 | Colour My Life                       | Lake House, 8 Grays Lane, Tyagarah NSW 2481                                   | Ozden Tuckwell<br>0467073148      |
| 14/10/2024 | Powers Glen Innes                                    | Carers of people living with a variety of conditions     | Powers at the Park                   | Memorial Park, 219a Lambeth Street, Glen Innes NSW 2370                       | Lillee Weis<br>0434249247         |
| 14/10/2024 | Family and Carer Mental Health Program               | Carers for people living with mental illness             | Equine Assisted Therapy Session      | Hoofbeat Farm, 1427 Collombatti Road, Collombatti NSW 2440                    | Claudia Richardson<br>0265668590  |
| 14/10/2024 | Kyogle Family Support Parents Group                  | Carers of people living with a variety of conditions     | Kyogle Carers Day                    | Kyogle Family Support Services, 58 Kyogle Road, Kyogle NSW 2474               | Melissa Smyth<br>0423658137       |
| 14/10/2024 | Kyogle Carer Support Group                           | Carers of people living with a variety of conditions     | Self Care Activity Day               | Anzac Park, 1 Etrick Street, Kyogle NSW 2474                                  | Melissa Smyth<br>0423658137       |
| 14/10/2024 | The Grandcarer Project                               | Carers of people living with a variety of conditions     | Putting Carers on the Map Luncheon   | EPIQ Lennox Head Community Hall, 7 Daybreak Way, Lennox Head NSW 2478         | Sue Hetherington<br>0491065906    |
| 14/10/2024 | Fair Dinkum Pickleball Northern Rivers               | Carers of people living with a variety of conditions     | Picklebeall & Light Lunch for Carers | Goonellabah Sports and Aquatic Centre, 50 Oliver Avenue, Goonellabah NSW 2480 | Heather Fletcher<br>0437975610    |
| 15/10/2024 | Glen Innes & District Community Centre               | Carers of people living with a variety of conditions     | Carers High Tea and Pamper Day       | Glen Innes Community Centre, 268 Grey Street, Glen Innes NSW 2370             | Wendy Hardman<br>0267321682       |

| Event Date | Organisation/Group   | Types of Carers   | Event Activity Name                                   | Location   | Contact                           |
|------------|--|---|---|--|-----------------------------------|
| 15/10/2024 | Port Macquarie Mental Health Carer Support Group                                     | Carers for people living with mental illness                      | Tour to South West Rocks, Gladstone and Crescent Head | Tour to South West Rocks, Gladstone and Crescent Head, Little Bay Picnic Area South West Rocks NSW South West Rocks, South West Rocks NSW 2431 | Claudia Richardson<br>0493267069  |
| 15/10/2024 | Mid North Coast Local Health Board (MNLHD): Coffs Harbour Health Campus Staff Carers | Carers of people living with a variety of conditions              | Scones Day for our Staff Carers                       | Coffs Harbour Base Hospital, 345 Pacific Highway, Coffs Harbour NSW 2450   | Sheila May Tanchoco<br>0421158744 |
| 15/10/2024 | Iluka Community Organisation Planning for Emergencies (ICOPE) Inc                    | Carers of people living with a variety of conditions              | Gratitude Gathering: A Celebration for Carers         | Iluka Community Hall, 54 Spenser, Iluka NSW 2466   | Cheryl Dimmock<br>0498219846      |
| 15/10/2024 | Cycling Without Age Burringbar   | The carers of people with disability and seniors in our community | Celebrating Carers in the Park                        | Masterton Park, 16-18 Station Street, Burringbar NSW 2483  | Tracey McDonagh<br>0437682557     |
| 15/10/2024 | Murwillumbah Support Group   | Carers for people living with mental illness                      | Luncheon  | Apex Dining, 2 Mistral Road, South Murwillumbah NSW 2484   | Erica Harvey<br>0400654047        |
| 16/10/2024 | Port Macquarie Parkinson's Support Group   | Carers for people living with a neurological condition            | The Propagation Station                               | The Propagation Station, 1/524 Ocean Drive, North Haven NSW 2443   | Margaret Healey<br>0416328873     |
| 16/10/2024 | MyTime Coffs Harbour   | Carers of people living with a variety of conditions              | Dinner  | Yacht Club, 30 Marina Drive, Coffs Harbour NSW 2450  | Cathy Jourdan<br>0419805200       |
| 16/10/2024 | Carer Support Group Coffs Harbour  | Carers for people living with dementia                            | Carer luncheon  | Shearwater Restaurant, 321 Harbour Drive, Coffs Harbour NSW 2450   | Martine Diss<br>0419805200        |
| 16/10/2024 | Waratah Respite Services   | Carers for people living with dementia                            | Carers Week High Tea                                  | Waratah Respite Services, Coffs Harbour Community  | Sharen Philp<br>0266483610        |

| Event Date | Organisation/Group   | Types of Carers   | Event Activity Name  | Location   | Contact                       |
|------------|--|---|--|--|-------------------------------|
|            |  |   |  | Village, 22 22 Earl Street, Coffs Harbour NSW 2450   |                               |
| 16/10/2024 | Casino Mental Health Support Group   | Carers for people living with mental illness                          | Casino Support Group Luncheon                                    | Windarra Nursery, 253 Sextonville Road, Casino NSW 2470  | Kerry-Ann Klein<br>0413857039 |
| 16/10/2024 | Bullinah Aboriginal Health Service   | Carers of people living with a variety of conditions                  | Caring Yarn Circle   | Bullinah Aboriginal Health Service - Social and Emotional Wellbeing Building, 115 Tamar Street, Ballina NSW 2478 | Nicole Dein<br>0403197261     |
| 17/10/2024 | Early Connections Coffs Coast - MyTime   | Parents of children under 18 with disability or chronic health issues | Butterfly House Entry & Lunch                                    | Butterfly House, 5 Strouds Road, Bonville NSW 2450   | Cathy Jourdant<br>0438302187  |
| 17/10/2024 | Woolgoolga Mental Health Support Group   | Carers for people living with mental illness                          | Sink or Swim   | Anchors Wharf Restaurant, 6 Bellingen Street, Urunga NSW 2455  | Dale Gibbs<br>0478167797      |
| 17/10/2024 | Kindship   | Carers for people on the Autism Spectrum                              | Pamper Lunch   | The Crown Hotel, 1 Princes Street, Grafton NSW 2460  | Carly Mill<br>0409426047      |
| 17/10/2024 | Parkinson's NSW  | Carers for people living with a neurological condition                | Carer Lunch  | Summerland Farm, 253 Wardell Road, Alstonville NSW 2477  | Fiona Jessiman<br>0280511900  |
| 17/10/2024 | Northern Rivers Younger Onset Dementia Carer Support Group - Dementia Inclusive Ballina Alliance | Carers for people living with dementia                                | Luncheon for Carers of People Living with Younger Onset Dementia | Summerland Farm, 253 Wardell Road, Alstonville NSW 2477  | Sabrina Pit<br>0429455720     |
| 17/10/2024 | Dementia Inclusive Ballina Alliance Advisory Group   | Carers for people living with dementia                                | Carers Luncheon  | Function Room, Crowley Care, 154 Cherry Street, Ballina NSW 2478   | Margaret Pickup<br>0407376294 |

| Event Date | Organisation/Group                          | Types of Carers                                      | Event Activity Name                                  | Location   | Contact                           |
|------------|---|--|--|--|-----------------------------------|
| 17/10/2024 | Byron Bay Region Carers Group               | Carers of people living with a variety of conditions | Byron Bay Region Carers Support Group Lunch          | Byron Bay Services Club, 132 Johnson Street, Byron Bay NSW 2481      | Michelle Michels<br>0497611997    |
| 18/10/2024 | Reachout Mobile Resource Unit               | Carers of people living with a variety of conditions | Compassionate Brew: A Morning Tea for Special Carers | Reachout Toy Library, 124 Bourke Street, Glen Innes NSW 2370         | Tamara Watters<br>0267323487      |
| 18/10/2024 | Kyogle Young Carers Support Group           | Carers for people living with mental illness         | Social Activity                                      | Anzac Park, 1 Ettrick Street, Kyogle NSW 2474                        | Mellissa Smyth<br>0423658137      |
| 18/10/2024 | Young Carers Chat NR                        | Carers of people living with a variety of conditions | Young Carers Fun Day                                 | Tbc, Goonellabah NSW 2480  | Elizabeth Smyth<br>0482172616     |
| 21/10/2024 | Nambucca Mental Health Support Group        | Carers for people living with mental illness         | Boat Cruise and Lunch                                | Anchors Wharf, 4/6 Bellingen Street, Urunga NSW 2452                 | Michael De Mol<br>0429489426      |
| 22/10/2024 | Peppermints Cafe Carers                     | Carers of people living with a variety of conditions | Peppermints Cafe Thank You Tea                       | Peppermints Café, 210 Church Street, Glen Innes NSW 2370             | Lillee Weis<br>0434249247         |
| 22/10/2024 | Support Group for Our Everlasting Carers    | Carers of people living with a variety of conditions | Rest Peace and Relaxation                            | Eagle's Rest Weddings, 111 Valla Road, Valla NSW 2448                | Beverley Reedy<br>0265694337      |
| 22/10/2024 | Everlasting Carer Support Group             | Carers of people living with a variety of conditions | Pampering, Meditation and Relaxation Day             | Eagles Rest Weddings, 111 Valla Road, Valla NSW 2448                 | Sheila May Tanchoco<br>0421158744 |
| 22/10/2024 | MyTime Lismore                              | Carers of people living with a variety of conditions | Carers Morning Tea at Summerland Farm                | Summerland Farm, 253 Wardell Road, Alstonville NSW 2477              | Helen Dalgleish<br>0266216421     |
| 23/10/2024 | Sawtell Ukulele Mental Health Support Group | Carers for people living with mental illness         | Workshop and Lunch by Grow the Music                 | 4/4 Craft Close, Tormina NSW 2452                                    | Patsy Fokes<br>0402864752         |
| 23/10/2024 | Dementia Carer Support Group                | Carers for people living with dementia               | Long Lunch   | Copeton Dam State Recreation Park, Meeting point: Turnham Carpark in | Sandy Scoble<br>0267225888        |

| Event Date | Organisation/Group                                  | Types of Carers  | Event Activity Name           | Location   | Contact                           |
|------------|---|--|-------------------------------|--|-----------------------------------|
|            |   |  |                               | Campbell Street Bingara Road, Inverell NSW 2370            |                                   |
| 29/10/2024 | Writers Group Family & Carers Mental Health Program | Carers for people living with mental illness             | Luncheon at Crystal Castle    | Crystal Castle, 81 Monet Drive, Montecollum NSW 2482       | Mary-Jane Gibson<br>0478714490    |
| 30/10/2024 | Refugee Carer Women's Group                         | Carers of people living with a variety of conditions     | Pamper Day                    | Cavanbah Centre, 191 Harbour Drive, Coffs Harbour NSW 2450 | Libby Crispin<br>0427378608       |
| 4/11/2024  | Coffs Harbour South Parkinson's Support Group       | Carers for people living with a chronic health condition | Relaxation and Refreshing Day | RSL Sawtell, Sawtell NSW 2452                              | Sheila May Tanchoco<br>0421158744 |

## Northern Sydney

| Event Date | Organisation/Group                               | Types of Carers  | Event Activity Name                                | Location  | Contact                             |
|------------|--|--|--|---|-------------------------------------|
| 15/08/2024 | Studio ARTES                                     | Carers for people living with physical disability        | Studio Artes High Tea Show Case                    | Studio ARTES Hornsby, 33 Jersey Street, Hornsby NSW 2077  | ChoppA Green<br>0294770402          |
| 9/09/2024  | Care, Connection and Coffee Group at Royal Rehab | Other  | Care, Connection and Coffee Group – Pamper Session | Royal Rehab, 235 Morrison Road, Ryde NSW 2112   | Lauren Bannerman<br>0298089279      |
| 12/09/2024 | Mothers Care                                     | Carers of people living with a variety of conditions     | All Carers Need Care – Let's Laugh                 | 88 Somerville Road, Hornsby Heights NSW 2077  | Sabitri Pandey<br>0414394591        |
| 1/10/2024  | Northern Beaches Multicultural Communities       | Carers of people living with a variety of conditions     | Celebrating Motherhood                             | St Kevins School Hall, 57-59 Oak Avenue, Dee Why NSW 2099   | Ana Kardum<br>1300372224            |
| 8/10/2024  | Spanish-speaking Carer Support Group             | Carers for people living with mental illness             | Day Out Stress Less                                | Manly Beach and Ivanhoe Hotel, 27 The Corso, Manly NSW 2095   | Blanca Arely Espinoza<br>0490337878 |
| 8/10/2024  | Italian Carers                                   | Carers for people living with a chronic health condition | Celebrating Caring                                 | Dew Why RSL Club, 932 Pittwater Road, Dee Why NSW 2099  | Ana Kardum<br>1300372224            |
| 8/10/2024  | Safe and Supported Group                         | Carers of people living with a variety of conditions     | Me Time  | tbc, Dee Why NSW 2099   | Ana Kardum<br>1300372224            |
| 11/10/2024 | CanCare Centre Incorporated                      | Carers for people with terminal or serious illness       | Carers Appreciation Day                            | CECA MosaiX Missional Church, Shop 25, Level 2, Lemon Grove Shopping Centre Victoria Avenue, Chatswood NSW 2067 | May Chan<br>0416037398              |
| 11/10/2024 | Resilience Building Group                        | Carers for people living with mental illness             | Time Out   | Hoyts Warringah Mall, 1 Condemine Street, Brookvale NSW 2100  | Ana Kardum<br>1300372224            |

| Event Date | Organisation/Group                     | Types of Carers  | Event Activity Name   | Location  | Contact                               |
|------------|--|--|---|---|---------------------------------------|
| 12/10/2024 | Ample Abilities Inc                    | Carers for people living with intellectual disability    | Ample Carers Week 2024  | 167 Shaftsbury Road, Eastwood NSW 2122                      | May Mak<br>0411530202                 |
| 12/10/2024 | Indian Seniors Group Hornsby Inc       | Carers for people who are frail due to age               | Picnic  | Fagan Park, 38-48 Arcadia Road, Galston NSW 2159            | Dave Passi<br>0413760300              |
| 13/10/2024 | Breakthru                              | Carers for people living with a chronic health condition | Lunch and Movie Event   | Hornsby, 503 George Street, Hornsby NSW 2077                | Tammy Mills<br>0438263220             |
| 13/10/2024 | Royal Rehab                            | Carers for people living with physical disability        | Support with Transitioning into a Residential Aged Care Facility Workshop | Royal Rehab, 235 Morrison Road, Ryde NSW 2112               | Jasmine Leong<br>0466942358           |
| 13/10/2024 | Royal Rehab Spinal Unit                | Carers for people living with physical disability        | tbc   | Royal Rehab, 235 Morrison Road, Ryde NSW 2112               | Dimity and Clare Cooper<br>0481468651 |
| 13/10/2024 | Royal Rehab Private Ryde               | Carers for people who are frail due to age               | Prompting Self Care   | Royal Rehab Private Ryde, 235 Morrison Road, Ryde NSW 2112  | Sharon Giang<br>0298089376            |
| 13/10/2024 | EVERYbody Dance Now All Abilities      | Carers for people living with intellectual disability    | Pamper Morning  | PARAN Day Spa, Top Ryde Shopping Centre, Ryde NSW 2113      | Julie Hill<br>0407163290              |
| 14/10/2024 | Indian Seniors Group Hornsby Inc       | Carers for people who are frail due to age               | Picnic  | Picnic Aea, 10 Berowra Walers Road, Berowra NSW 2081        | Dave Passi<br>0413760300              |
| 14/10/2024 | Manly/Mosman Parkinson's Support Group | Carers for people living with a neurological condition   | Luncheon  | Club Totem, 195 Condamine Street, Balgowlah NSW 2093        | Robyn Lindsay<br>0407955568           |
| 14/10/2024 | Tai-Chi Group                          | Carers for people living with physical disability        | Moving for Strength   | St John's Anglican Church, 87 Oaks Avenue, Dee Why NSW 2099 | Ana Kardum<br>1300372224              |

| Event Date | Organisation/Group                                      | Types of Carers  | Event Activity Name                      | Location   | Contact                          |
|------------|---|--|--|--|----------------------------------|
| 15/10/2024 | Spanish Mothers and Children Group                      | Carers of people living with a variety of conditions     | Celebrate Spanish Speaking Carers        | Walters Gore Park Dee Why, 32 Howard Av, Dee Why NSW 2099  | Ana Kardum<br>1300372224         |
| 15/10/2024 | Disability Support Group Northern Beaches               | Carers of people living with a variety of conditions     | Dinner for Carers                        | Limani Restaurant, 11 Narrabeen Street, Narrabeen NSW 2101   | Narelle Stewart<br>0403029951    |
| 15/10/2024 | Dementia Australia                                      | Carers for people living with dementia                   | Carers Grant Morning Tea                 | Dementia Australia North Ryde, 120 Vincent Fairfax Family Resource Centre Cnr Coxs & Norton Roads, North Ryde NSW 2113 | Sarah Curran<br>0438675195       |
| 16/10/2024 | Gordon-Pymble Uniting Church                            | Carers of people living with a variety of conditions     | Carers' Pamper Day                       | Gordon-Pymble Uniting Church, 18 Cecil Street, Gordon NSW 2072   | John Buchanan<br>0417436245      |
| 16/10/2024 | Happy Clan Group  | Carers for people living with dementia                   | Physical & Mental Wellbeing Day          | Balmoral Beach, 1 The Esplanade, Mosman NSW 2088   | Ngoc Chau Diem<br>0409017500     |
| 16/10/2024 | Happy Carer Group                                       | Carers for people living with a chronic health condition | Manly Excursion & Lunch Social Gathering | Manly Beach, 30 The Corso, MANLY NSW 2095  | Thu Mong Quach<br>0452588993     |
| 16/10/2024 | Central Coast Arafmi                                    | Carers for people living with mental illness             | Palm Beach Lunch Day                     | Return ferry to Palm Beach, 1087 Barrenjoey Road Palm Beach, Palm Beach NSW 2108                                       | Cath Rowe<br>0413468981          |
| 16/10/2024 | Batten Disease Support & Research Association Australia | Carers for people living with a neurological condition   | Carers Week Morning Tea                  | Eden Gardens, Macquarie Park, 307 Lane Cove Road, Macquarie Park NSW 2113  | Elizabeth Sanson<br>0490526535   |
| 17/10/2024 | Pittwater/Narrabeen Parkinson's Support Group           | Carers of people living with Parkinson's disease         | Lunch                                    | Dee Why RSL, 932 Pittwater Road, Dee Why NSW 2099  | Dorothy Waterhouse<br>0418640086 |



| Event Date | Organisation/Group                  | Types of Carers                                       | Event Activity Name                      | Location  | Contact                          |
|------------|-------------------------------------|---|--|---|----------------------------------|
| 18/10/2024 | Manage Your Life Better Group       | Carers of people living with a variety of conditions  | Pumpering For Carers                     | Dee Why RSL Club, 932 Pittwater Road, Dee Why NSW 2099      | Ana Kardum<br>1300372224         |
| 18/10/2024 | Special Mums Support Group          | Carers of adult children with disability              | Carers Week Dinner                       | tbc, NSW 2120   | Li Ling<br>0490833882            |
| 18/10/2024 | Indian Seniors Group Hornsby Inc    | Carers for people who are frail due to age            | Musical Event                            | Leisure Learning Centre, 1 Chonnbers Court, Epping NSW 2121 | Dave Passi<br>0413760300         |
| 19/10/2024 | Ample Abilities Inc                 | Carers for people living with intellectual disability | Ample Carers Week 2024                   | Eastwood, 167 Shaftsbury Road, Eastwood NSW 2122            | May Mak<br>0411530202            |
| 20/10/2024 | Farsi and Dari Carers Support Group | Carers for people living with mental illness          | Farsi/Dari Carers Luncheon               | Eram Persian Restaurant, No 5 Dural Lane, Hornsby NSW 2077  | Behnaz Nesvadarani<br>0417175155 |
| 23/10/2024 | Autism Community Network            | Carers for people on the Autism Spectrum              | Hornsby/Northern Beaches Carers Luncheon | Hornsby RSL, 4 High Street, Hornsby NSW 2077                | Vanessa Gauci<br>0421462842      |

## South Eastern NSW

| Event Date | Organisation/Group  | Types of Carers                                      | Event Activity Name                         | Location  | Contact                       |
|------------|---|--|---|---|-------------------------------|
| 4/09/2024  | Minglewit   | Carers for people on the Autism Spectrum             | Anh Do - The Happiest Refugee Live!         | Bega Valley Commemorative Civic Centre, Zingle Place, Bega NSW 2550             | Monika Ryan<br>0404798368     |
| 8/10/2024  | Dementia Australia  | Carers for people living with dementia               | High Tea                                    | Tathra Surf Life Saving Club, 6 Andy Poole Drive, Tathra NSW 2550               | Kim Barkley<br>0447601164     |
| 8/10/2024  | Dementia Australia  | Carers for people living with dementia               | High Tea                                    | Tathra Surf Life Saving Club, 6 Andy Poole Drive, Tathra NSW 2550               | Kim Barkley<br>0447601164     |
| 13/10/2024 | George Cross Falcons Community Centre   | Carers of people living with a variety of conditions | Lunch and Fun Day                           | George Cross Falcons Community Centre Inc, 25-27 Lake Avenue, Cringlia NSW 2502 | Louis Parnis<br>0423778510    |
| 13/10/2024 | Noah's Inclusion Services   | Carers for people on the Autism Spectrum             | Morning Tea and Gifts for Carers            | Noah's Inclusion Services, 69 George Evans Road, Mundamia NSW 2541              | Julie Munley<br>0244235022    |
| 13/10/2024 | Autism/ADHD Snippets NSW Far South Coast  | Carers for people on the Autism Spectrum             | Tipsy Frida's Paint & Sip (without alcohol) | Red Cafe Bega, 161 Carp Street, Bega NSW 2550                                   | Monika Ryan<br>0404798368     |
| 13/10/2024 | Dementia Australia  | Carers for people living with dementia               | Lunch and Pampering                         | Rose's Restaurant, 69 Massie Street, Cooma NSW 2630                             | Ann Miller<br>0412972366      |
| 14/10/2024 | Multicultural Communities Council of Illawarra (MCCI) - Multicultural Carer Support Group | Carers for people who are frail due to age           | BBQ Picnic                                  | Stewart Park, North Wollongong, Wollongong NSW 2500                             | Anica Petkovski<br>0480168356 |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name                            | Location   | Contact                        |
|------------|--|--|--|--|--------------------------------|
| 14/10/2024 | Kidney Supportive Care Services, Wollongong and Shellharbour | Carers for people living with a chronic health condition | KSC Carers Afternoon Tea                       | Dapto Ribbonwood Centre, 93/109 Princes Highway, Dapto NSW 2530                              | Binesh Augustin<br>0448561425  |
| 14/10/2024 | Stride   | Carers for people living with mental illness             | Paint & Savour: A Creative Workshop with Lunch | Berry Uniting Church – Main Hall, 71-77 Albert Street, Berry NSW 2535                        | Danielle Carson<br>0431163617  |
| 14/10/2024 | Noah's Inclusion Services                                    | Carers of people living with a variety of conditions     | Morning Tea and Activity                       | Noah's Inclusion Services, 1 Melaleuca Crescent, Batemans Bay NSW 2536                       | Julie Munley<br>0244726939     |
| 14/10/2024 | NSW Health   | Carers for people living with a chronic health condition | Kidney Supportive Carers Afternoon Tea         | Grand Pacific Health Centre, 107 Scenic Drive, Nowra NSW 2541                                | Melissa Commons<br>0436602307  |
| 14/10/2024 | Bega Stroke Recovery Club                                    | Carers for people living with a neurological condition   | Lunch  | Tathra Hotel, 8-12 Bega Street, Tathra NSW 2550  | Kimone Haddon<br>0422931727    |
| 14/10/2024 | Mission Australia: Grandparent Raising Grandchildren Program | Other  | Carers Week High Tea                           | Goulburn Multicultural Centre, 8-12 Sloane Street, Goulburn NSW 2580                         | Kristina Chapman<br>0428070670 |
| 15/10/2024 | Arafmi Illawarra - Mental Health Carer Support Group         | Carers for people living with mental illness             | Carers Week High Tea                           | Hideaway Lane, 81 Church Street, Wollongong NSW 2500   | David Jackson<br>0419513684    |
| 15/10/2024 | Stride   | Carers for people living with mental illness             | High Tea at Hideaway Lane                      | Hideaway Lane, Church Street Opposite Globe Lane and City Diggers, Wollongong NSW 2500       | Danielle Carson<br>0431163617  |
| 15/10/2024 | Illawarra Brain Injury Service                               | Other  | Nature Walk and Morning tea for IBIS Carers    | Port Kembla Beach, Port Kembla NSW 2505  | Elinya McDonnell<br>0242238470 |
| 15/10/2024 | Albion Park Rail Public School as Community Centre MyTime    | Carers of people living with a variety of conditions     | Carers Week Pampering Session                  | Albion Park Rail Schools as Community Centre, 14-24 Tongarra Road, Albion Park Rail NSW 2527 | Claire Jones<br>0448564219     |

| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name  | Location  | Contact                       |
|------------|--|--|--|---|-------------------------------|
| 15/10/2024 | Motor Neurone Disease New South Wales (MND NSW)                        | Other  | Illawarra Carers of People with MND: Thank You Morning Tea | Dapto Ribbonwood Centre, 93/109 Princes Highway, Dapto NSW 2530                   | Savannah Jewell<br>0408803789 |
| 15/10/2024 | Stride   | Carers for people living with mental illness         | High Tea   | The Terrace Café, Ulladulla Civic Centre, 81B Princes Highway, Ulladulla NSW 2539 | Danielle Carson<br>0431163617 |
| 15/10/2024 | Stride   | Carers for people living with mental illness         | High Tea   | The Terrace Café, Ulladulla Civic Centre, 81B Princes Highway, Ulladulla NSW 2539 | Danielle Carson<br>0431163617 |
| 15/10/2024 | Illawarra Brain Injury Service (Shoalhaven)                            | Other  | Dolphin Cruise for Illawarra Brain Injury Service Carers   | Jervis Bay Dolphin Cruise, 15 Field Street, Huskisson NSW 2540                    | Maria Pinales<br>044239372    |
| 15/10/2024 | Illawarra Shoalhaven Local Health District Carer Program               | Carers of people living with a variety of conditions | Bomaderry Carer Education Program                          | Bomaderry Bowling Club, 154 Meroo Road, Bomaderry NSW 2541                        | Evelyn Jelercic<br>0421099005 |
| 16/10/2024 | Stride   | Carers for people living with mental illness         | Picnic & Guided Tour of the Botanical Gardens              | Wollongong Botanic gardens, 40 Murphys Avenue, Keiraville NSW 2500                | Danielle Carson<br>0431163617 |
| 16/10/2024 | Illawarra Shoalhaven Local Health District                             | Carers of people living with a variety of conditions | Hidden Carers  | ISLHD Corporate Office, 67 King Street, Warrawong NSW 2502                        | Padmini Pai<br>0413009256     |
| 16/10/2024 | Transitional Care Figtree - Illawarra Shoalhaven Local Health District | Carers for people who are frail due to age           | Carer and Loved One Morning Tea                            | Transitional Care Figtree Ward, 1 Suttor Place, Figtree NSW 2525                  | Courtney Moon<br>0434505866   |
| 16/10/2024 | Illawarra Shoalhaven Local Health District                             | Carers for people living with mental illness         | Carer High Tea   | Ulladulla Civic Centre - Terrace Cafe, 81B Princes Highway, Ulladulla NSW 2539    | Kellie Sale<br>0422004119     |
| 16/10/2024 | BCR Communities (formerly Bay & Basin Community Resources)             | Carers for people who are frail due to age           | High Tea in the Zen Centre                                 | BCR Wellness Centre, 130 Macleans Point Road, Sanctuary Point NSW 2540            | Leonie Way<br>0423767672      |

| Event Date | Organisation/Group                                | Types of Carers                          | Event Activity Name              | Location   | Contact                      |
|------------|---|--|----------------------------------|--|------------------------------|
| 17/10/2024 | Interchange Carer Health and Wellbeing Program    | Carers for people on the Autism Spectrum | Interchange Carers Week Luncheon | Harbour Front Restaurant, 2 Endeavour Drive, Wollongong NSW 2500 | Jake Pearson                 |
| 18/10/2024 | Carers and Parents Spectrum Supports Incorporated | Carers for people on the Autism Spectrum | CAPSS Cares                      | tbc, NSW 2620  | Ciara McKillop<br>0431134791 |

## South Western Sydney

| Event Date | Organisation/Group   | Types of Carers                                       | Event Activity Name                              | Location   | Contact                      |
|------------|--|---|--|--|------------------------------|
| 16/08/2024 | Catena Programs and Services   | Carers of people living with a variety of conditions  | Catena Programs and Services/Snapp Thank You BBQ | Liverpool Olympic Football Field, 635 Fifteenth Ave, West Hoxton NSW 2171            | Lucy Reggio<br>0405595077    |
| 28/09/2024 | Fragile X Association Australia  | Carers for people living with intellectual disability | Picnic in the Park                               | 2/1345 The Horsley Drive, Wetherill Park NSW 2164                                    | Liz Jewell<br>0478553201     |
| 30/09/2024 | Liverpool Hospital Psychiatric Emergency Care Centre (PECC) Unit                               | Carers for people living with mental illness          | Carers Support Week                              | Liverpool Hospital PECC Unit, Goulburn street, Liverpool NSW 2170                    | Long Nguyen<br>0457535035    |
| 30/09/2024 | Macarthur Transitional Aged Care Program   | Carers of people living with a variety of conditions  | tbc  | Broughton House Camden and Clients on TACP Own Homes, 80 Broughton, Camden NSW 2570  | Meagan Gurnett<br>0458457729 |
| 11/10/2024 | Vietnamese Autism Carer Support Group  | Carers for people on the Autism Spectrum              | Carer's Families Recreation Day                  | Fairfield Tennis Club House, 1 Ulverstone Street, Fairfield NSW 2165                 | Thi Hanh Tran<br>0424724899  |
| 11/10/2024 | Hong Fuk Carer Association   | Carers for people who are frail due to age            | Carers Celebration                               | ACDMA Hall, 50 Phelps St, Canley Vale 2166, 50 Phelps Street, Canley Vale NSW 2166   | Jeffery Tse<br>0413178366    |
| 12/10/2024 | CJR Support Services   | Carers of people living with a variety of conditions  | Carers Social Lunch                              | Iron Chef Restaurant, 84 Broomfield Street, Cabramatta NSW 2166                      | Elaine Martin<br>0417794720  |
| 12/10/2024 | Macarthur Community Mental Health Service, South Western Sydney Local Health District (SWSLHD) | Carers for people living with mental illness          | Cuppa for Carers                                 | Campbelltown Community Mental Health Centre, 101 Queen Street, Campbelltown NSW 2560 | Samantha Hoyer<br>0406750354 |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name                       | Location  | Contact                      |
|------------|--|--|---|---|------------------------------|
| 12/10/2024 | Macarthur Community Mental Health, South Western Sydney Local Health District (SWSLHD)                                 | Carers for people living with mental illness           | Cuppa for Carers                          | Campbelltown Community Mental Health Centre, 6 Browne Street, Campbelltown NSW 2560                       | Samantha Hoyer<br>0406750354 |
| 12/10/2024 | SWSLHD - Bowral Transitional Aged Care Programme (TACP)  | Carers of people living with a variety of conditions   | Carer Support Week                        | Bowral Hospital, 97-103 Bowral St, Bowral NSW 2576  | Karl Gill<br>0402967809      |
| 12/10/2024 | Macarthur Community Mental Health Service South Western Sydney Local Health District (SWSLHD)                          | Carers for people living with mental illness           | Cuppa for Carers                          | Wingecarribee Community Health Centre, 20 Bendooley Place, Bowral NSW 2576                                | Samantha Hoyer<br>0406750354 |
| 13/10/2024 | Specialist Intellectual Disability Health Team (SIDHT) Fairfield – South Western Sydney Local Health District (SWSLHD) | Carers for people living with intellectual disability  | Carers Week SIDHT Fairfield               | Fairfield Community Health Centre - FLYHT building, 53-65 Mitchell Street, Carramar NSW 2163              | Natasha Reid<br>0439785894   |
| 13/10/2024 | The Vietnamese Parents with Disabled Children Support Group in NSW Incorporated  | Carers of people living with a variety of conditions   | 25th Anniversary and Carer's Day Luncheon | Cabra Vale Diggers Club, 1 Bartley Street, Canley Vale NSW 2166   | Thi Duyen Lam<br>0422205900  |
| 13/10/2024 | Western Sydney University  | Carers of people living with a variety of conditions   | Care packs                                | WSU campuses, Parramatta, Liverpool, Campbelltown and Bankstown, 100 Macquarie Street, Liverpool NSW 2170 | Melissa Ursino               |
| 13/10/2024 | Parkinson Support Group  | Carers for people living with a neurological condition | Luncheon                                  | Liverpool Catholic Club, 424-458 Hexlen Park Road, Preston NSW 2170                                       | Eva Rencewicz<br>0418227491  |
| 13/10/2024 | Bankstown Dementia Carers' Group Inc   | Carers for people living with dementia                 | Carers High Tea and Launch of Resource    | Bankstown City Library and Knowledge Centre - Community Meeting Room,                                     | Dianne Price<br>0438084397   |

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name                           | Location   | Contact                        |
|------------|---|--|---|--|--------------------------------|
|            |   |  |   | 80 Rickard Road, Bankstown<br>NSW 2200                                   |                                |
| 13/10/2024 | Carers of Primary and Community Health Centres of South Western Sydney Local Health District (SWSLHD) | Carers of people living with a variety of conditions     | Community Health Centres Carer Self-Care Pack | Primary and Community Health, 1 Bolger Street, Campbelltown NSW 2560     | Helen Zahra<br>0430768992      |
| 13/10/2024 | Macarthur Working Carers Support Network  | Carers of people living with a variety of conditions     | Wellbeing Activity & Luncheon                 | Campbelltown Hospital, Therry Road, Campbelltown NSW 2560                | Helen Zahra<br>0430768992      |
| 13/10/2024 | Northcott   | Carers for people living with a chronic health condition | Cystic Fibrosis Carer Support Group           | Macarthur Park, Menangle Road, Camden NSW 2567                           | Debbie Alexander<br>0409647967 |
| 14/10/2024 | Vietnamese Mental Health Carer Support Group  | Carers for people living with mental illness             | Carer Fun Day                                 | Fairfield Community Services Hall, 25 Barbara Street, Fairfield NSW 2165 | Thi Hanh Tran<br>0424724899    |
| 14/10/2024 | Vietnamese Australian Welfare Association   | Carers for people living with a chronic health condition | Carer Fun Day                                 | Fairfield Community Services Hall, 25 Barbara Street, Fairfield NSW 2165 | Hanh Tran<br>0433097464        |
| 14/10/2024 | Autism Advisory and Support Service   | Carers for people on the Autism Spectrum                 | Carers Week Morning Tea                       | Mounties RSL Club, 254 Humphries Road, Mount Pritchard NSW 2170          | Lina Nashmi<br>0488077542      |
| 14/10/2024 | Catena Programs and Services  | Carers of people living with a variety of conditions     | Assyrian Carers Thank you morning tea         | St Peter and Paul Church Hall, 32 - 40 Kosovich Pl, Cecil Park NSW 2178  | Lucy Reggio<br>0405595077      |
| 14/10/2024 | Leap Social Services Pty Ltd  | Carers of people living with a variety of conditions     | Annual Thanks a Latte                         | XS Espresso Gregory Hills, 4-18 Holborn Cct, Gledswood Hills NSW 2557    | Rebecca Anderson<br>0459280548 |
| 14/10/2024 | South Western Sydney Local Health District  | Carers for people living with mental illness             | Hope Connection and Wellness Carers Forum     | West Leagues Club, 10 Old Leumeah Road, Leumeah NSW 2560                 | Chloe Waban<br>0436928530      |



| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name                                       | Location  | Contact                           |
|------------|---|--|---|---|-----------------------------------|
|            | (SWSLHD) Carer Peer Support Workers   |  |   |   |                                   |
| 14/10/2024 | Mental Health Consumer and Carer Participation Program  | Carers for people living with mental illness             | Hope Connection and Wellness Carers Forum                 | West Leagues Club, 10 Old Leumeah Road, Leumeah NSW 2560                            | Jacqueline Stanbury<br>0427005339 |
| 14/10/2024 | South Western Sydney Local Health District (SWSLHD)   | Carers for people living with mental illness             | Mental Health Carer Forum                                 | West Leagues Club, 10 Old Leumeah Road, Leumeah NSW 2560                            | Katrina Elias<br>0477384643       |
| 14/10/2024 | Aequalis Disability Services  | Carers for people living with physical disability        | Aequalis Disability Services Care Givers Garden 'N' Grill | Mount Annan Botanical Garden, 362 Narellan Road, Mount Annan NSW 2567               | Liam Kelly                        |
| 15/10/2024 | Liverpool Hospital Mental Health Unit – HDU (High Dependency Unit)  | Carers for people living with mental illness             | HDU Carer Appreciation Day                                | Liverpool Hospital Mental Health Unit - HDU, 1 Elizabeth Street, Liverpool NSW 2170 | Jo Lillicot<br>0296164128         |
| 15/10/2024 | Catena Programs and Services  | Carers of people living with a variety of conditions     | Thank you to our Distant Carers                           | Family Homes of Carers, 15 Minto Close, Bonnyrigg Heights NSW 2177                  | Lucy Reggio<br>0405595077         |
| 15/10/2024 | South Western Sydney Local Health District (SWSLHD) Mental Health Macarthur Youth Team                                | Carers of people living with a variety of conditions     | Macarthur Community Youth Team “Living Library”           | Campbelltown Community Mental Health Centre, 6 Browne Street, Campbelltown NSW 2560 | Ekata Uprety<br>046330920         |
| 15/10/2024 | South Western Sydney Local Health District (SWSLHD) Camden-Campbelltown Hospital Consumer & Community Engagement Unit | Carers of people living with a variety of conditions     | Carers appreciation and information stall                 | Campbelltown Hospitals, Front Foyer Therry Road, Campbelltown NSW 2560              | Kirsty Kuoppala<br>0497345982     |
| 15/10/2024 | Breakthru Campbelltown  | Carers for people living with a chronic health condition | Lunch with Pamper Give Backs                              | 263 Queen Street, Campbelltown NSW 2560   | Tammy Mills<br>0438263220         |

| Event Date | Organisation/Group   | Types of Carers                                       | Event Activity Name   | Location  | Contact                                     |
|------------|--|---|---|---|---|
| 15/10/2024 | Mental Health – High Dependency Unit, Campbelltown Hospital  | Carers for people living with mental illness          | Carers Afternoon Tea  | HDU Mental Health Unit – Campbelltown Hospital, A63 Lvl 6, Building A Therry Road, Campbelltown NSW 2560    | Lindsay Mcleod<br>0409292902                |
| 15/10/2024 | MyTime Support Group Minto, Disability Macarthur   | Carers for people on the Autism Spectrum              | Carers Week High Tea Celebration  | Wild Dragonfly Cafe, 320 Narellan Road, Mount Annan NSW 2567  | Emma Sayer<br>0296037011                    |
| 15/10/2024 | Specialist Intellectual Disability Health Team (SIDHT) South Western Sydney Local Health District (SWSLHD) | Carers for people living with intellectual disability | Carers Week SIDHT Narellan event  | Narellan Community Health Centre, 14 Queen St, Narellan NSW 2567  | Natasha Reid<br>0439785894                  |
| 15/10/2024 | Palliative Care Volunteers   | Carers for people with terminal or serious illness    | High Tea  | Celebrating Palliative Care Carers - High Tea, 61 Menangle Road, Camden NSW 2570                            | Arlene Roache<br>0457526847                 |
| 16/10/2024 | Dementia Caring Australia Pty Ltd  | Carers for people living with dementia                | Dementia Carers   | Dementia Caring, Suite 4/327-329 Woodpark Road, Smithfield NSW 2164   | Dat Nguyen<br>0488162326                    |
| 16/10/2024 | Help You Cope Ltd  | Carers for people on the Autism Spectrum              | Carers Week Morning Tea   | tbc, Fairfield NSW 2165   | Joline George<br>0406074181                 |
| 16/10/2024 | Active Mum Cabramatta Group  | Carers for people living with mental illness          | Mental Health Exercise  | Cabravale Memorial Park, 151 Railway Parade, Cabramatta NSW 2166  | Vinh Hoan Bich<br>Ngoc Truong<br>0488111865 |
| 16/10/2024 | Liverpool Hospital Child Care Centre   | Carers for people on the Autism Spectrum              | Unlocking Potential: Autism Understanding and Empowerment information session | Liverpool Hospital Childcare Centre (or online), Eastern Campus, 32 Scrivener Street, Warwick Farm NSW 2170 | Katrina Elias<br>0477384643                 |

| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name                           | Location  | Contact                            |
|------------|--|--|---|---|------------------------------------|
| 16/10/2024 | Multicultural Health Service, South Western Sydney Local Health District (SWSLHD)    | Carers of people living with a variety of conditions | Carers Morning Tea - Conversation with Carers | Conference Centre, Liverpool Hospital, 32 Scrivener Street, Warwick Farm NSW 2170                                     | Carole Chow<br>0460019704          |
| 16/10/2024 | South Western Sydney Local Health District (SWSLHD) Fairfield Consumer Participation | Carers of people living with a variety of conditions | Carers Week Packs 2024                        | Fairfield Hospital, Cnr Polding Street & Prairievale Road, Fairfield Hospital NSW 2176                                | Robyn El-Khair<br>0296168830       |
| 16/10/2024 | Meraki Foundation  | Carers of people living with a variety of conditions | Care'rTea Party                               | Campbelltown RSL, 1 Carberry Lane, Campbelltown NSW 2560  | Rachel-Maree O'Toole<br>0403029025 |
| 16/10/2024 | Neurodegenerative Disease Supportive Care  | Carers for people with terminal or serious illness   | Neurodegenerative Disease Carer Group         | Broughton House, 80 Broughton Street, Camden NSW 2570   | Annie Saffrett<br>0417711054       |
| 16/10/2024 | Wollondilly Cafe Connect Group   | Carers for people living with dementia               | Thank You High Tea                            | Harrys on the Green, 15-17 Banyette Street, Bowral NSW 2576   | Joanne Kennedy<br>0491697307       |
| 17/10/2024 | Palliative Care Volunteers   | Carers for people with terminal or serious illness   | Young Carers' Film Screening: Palliative Care | University of Wollongong, Liverpool Campus, Liverpool NSW 2170  | Maxine Zhong<br>0408415017         |
| 17/10/2024 | Palliative Care Volunteers   | Carers for people with terminal or serious illness   | High Tea                                      | Celebrating Palliative Care Carers - High Tea, Entrance L or N Cnr of Campbell and Forbes Streets, Liverpool NSW 2170 | Arlene Roache<br>0457526847        |
| 17/10/2024 | Bankstown City Aged Care   | Carers for people living with dementia               | It's Your Time Putting Carers on the Map      | Betty Sussman Centre, 145 Rex Road Georges Hall, Georges Hall NSW 2198  | Tracey Andrews<br>0421553576       |

| Event Date | Organisation/Group   | Types of Carers                                       | Event Activity Name                                    | Location   | Contact                              |
|------------|--|---|--|--|--------------------------------------|
| 17/10/2024 | Passfield Park School  | Carers for people living with intellectual disability | Carers Week Celebration                                | Event Cinemas, Macarthur Square Shopping Centre 200 Gilchrist Drive, Campbelltown NSW 2560               | Teena-Maree Cavarra<br>0296002200    |
| 17/10/2024 | Mary Brooksbank School   | Carers for people living with intellectual disability | Carers Week Celebration                                | Event Cinemas, Macarthur Square Shopping Centre 200 Gilchrist Drive, Campbelltown NSW 2560               | Teena-Maree Cavarra<br>046284555     |
| 17/10/2024 | A83 Adolescent Mental Health Unit Campbelltown Hospital                            | Carers for people living with mental illness          | Taking 5 to Celebrate Carer Contributions              | Mental Health Inpatient Unit A83, Campbelltown Hospital Therry Road, Campbelltown NSW 2560               | Chantel Harper<br>0246344444         |
| 17/10/2024 | Carers of Oral Health Services South Western Sydney Local Health District (SWSLHD) | Carers of people living with a variety of conditions  | BBQ and Information Stall                              | Campbelltown Hospital Dental Clinic, Therry Road, Campbelltown NSW 2560                                  | Helen Zahra<br>0430768992            |
| 17/10/2024 | Dementia Australia   | Carers for people living with dementia                | Carer Celebration 2024!                                | Bowral Bowling Club, 40 Shepherd St, Bowral NSW 2576   | Maureen Leabres<br>0409617789        |
| 18/10/2024 | Anowah Community Living Ltd  | Carers of people with intellectual disability         | Celebrating National Carers Week: Caring for Carers    | Anowah Community Living, 157-167 Koala Way, Horsley Park NSW 2175  | Angela Wilkinson<br>0499212397       |
| 18/10/2024 | South Western Sydney Local Health District (SWSLHD) Mental Health Services         | Carers for people living with mental illness          | Carers and their caring: Information and support group | SWSLHD MH Services – Older Person’s Mental Health Unit A93, Campbelltown Hospital, Campbelltown NSW 2560 | Jean Kenneth Bonifacio<br>0436635749 |
| 22/10/2024 | James Busby Support Unit Parents   | Carers of people living with a variety of conditions  | Sip and Support Afternoon Tea                          | James Busby High School Brolga Crescent Green Valley NSW 2168 Brolga Crescent, Green Valley NSW 2168     | Rachel-Maree O’Toole<br>0405478787   |

| Event Date | Organisation/Group             | Types of Carers  | Event Activity Name       | Location   | Contact                      |
|------------|--------------------------------|--|---------------------------|--|------------------------------|
| 24/10/2024 | Fairfield Stroke Recovery Club | Carers for people living with physical disability      | Fairfield Carers Lunch    | Fairfield RSL, 14 Anzac Ave, Fairfield NSW 2165                            | Lani Cutuli<br>0477764786    |
| 29/10/2024 | Carer Group Over 65s           | Carers of people living with a variety of conditions   | Afternoon Tea Art Therapy | Braeside Hospital Education Centre, 340 Praievale Road, Praievale NSW 2176 | Eva Rencewiez<br>0408260566  |
| 30/10/2024 | Myrtle Cottage Bell Program    | Carers for people living with a neurological condition | Carers Information Day    | Myrtle Cottage, 6 Bosci Road, Ingleburn NSW 2565                           | Penny Williams<br>0294263100 |

## Western NSW

| Event Date | Organisation/Group                                    | Types of Carers  | Event Activity Name                      | Location   | Contact                       |
|------------|---|--|--|--|-------------------------------|
| 20/09/2024 | Central West Brain Injury Action Group (BIAG)         | Other  | Carer Engagement Group                   | Remington Hotel, 1517 Forest Road, Orange NSW 2800   | Aimee Allen<br>0407983586     |
| 12/10/2024 | Orana Early Childhood Intervention                    | Carers for people on the Autism Spectrum Disorder      | Celebrating you                          | Orana Early Childhood Intervention, 74 Baird Drive, Dubbo NSW 2830   | Julie Cross                   |
| 13/10/2024 | Western NSW Local Health District (WNSWLHD)           | Carers for people living with mental illness           | Working Carers Virtual Education Session | Virtual Education Session, 7 Commercial Avenue, Dubbo NSW 2830   | Belinda Byrne<br>0409334191   |
| 13/10/2024 | Western NSW Local Health District (WNSWLHD)           | Carers for people who are frail due to age             | Older Persons Appreciation Package       | 41 Bultje Street, Dubbo NSW 2830   | Belinda Byrne<br>0409334191   |
| 14/10/2024 | MyTime Bathurst                                       | Carers for people on the Autism Spectrum Disorder      | BECIS MyTime Carers Luncheon             | Bathurst Early Childhood Intervention Service, Charles Sturt University Panorama Avenue, Bathurst NSW 2795 | Bron Hatton<br>0402065775     |
| 14/10/2024 | Dubbo Brain Injury Rehabilitation Program- NSW Health | Carers for people living with a neurological condition | Come Along Carer's Luncheon              | Walanmarra (Formerly Lourdes Hospital Dubbo), 4 Tony McGrane Drive, Dubbo NSW 2830                         | Laura Warner<br>0268096152    |
| 15/10/2024 | Lithgow Hospital Health Service                       | Carers of people living with a variety of conditions   | Lithgow Hospital Carers Event            | Lithgow Hospital, 2 Col Drewe Drive, South Bowenfels NSW 2790  | Richard Norris<br>0428720385  |
| 15/10/2024 | The Neighbourhood Centre                              | Carers for people who are frail due to age             | Connecting Carers                        | The Neighbourhood Centre, 96 Russell Street, Bathurst NSW 2795   | Terisa Ashworth<br>0263324866 |

| Event Date | Organisation/Group   | Types of Carers  | Event Activity Name  | Location   | Contact                        |
|------------|--|--|--|--|--------------------------------|
| 15/10/2024 | Bathurst Community Health  | Carers for people living with a neurological condition | Celebrate love   | Sweet Caramel, 185 George Street, Bathurst NSW 2795                                  | Jennifer Mannell<br>0427010089 |
| 15/10/2024 | Western NSW Local Health District (WNSWLHD)                                | Carers for people living with mental illness           | Morning Tea and Opening of the Family and Carer Room in the Windamere Mental Health Inpatient Unit | Windamere Inpatient Unit, 1502 Forest Road, Orange NSW 2800                          | Belinda Byrne<br>0409334191    |
| 15/10/2024 | Western NSW Local Health District (WNSWLHD)                                | Carers for people living with mental illness           | Opening of the Family and Carer Room in the Child and Adolescent Mental Health Inpatient Unit      | Windamere Building, Bloomfield Hospital, 1502 Forest Road, Orange NSW 2800           | Belinda Byrne<br>0409334191    |
| 15/10/2024 | Synapse Carers Central Western NSW   | Carers for people living with a neurological condition | Synapse Carers Lunch   | Cow and Calf Hotel, 135 Lee Street, Wellington NSW 2820                              | Sonya Green<br>1800673074      |
| 15/10/2024 | Western Rural Spinal Cord Injury Service - NSW Health                      | Carers for people living with physical disability      | Carers Week Morning Tea  | Walanmarra (Formerly Lourdes Hospital Dubbo), 4 Tony McGrane Place, Dubbo NSW 2830   | Nadia Vaile<br>0268096154      |
| 15/10/2024 | Western NSW Local Health District Tullamore Multipurpose Service (MPS)     | Carers for people who are frail due to age             | Tullamore Social Day Out: Spring Picnic  | Tullamore Bowling Club, 2 Haylock Street, Tullamore NSW 2874                         | Heather Jones<br>0268916400    |
| 16/10/2024 | Polished Silver  | Carers of people living with a variety of conditions   | Polished Silver – Cares for Carers   | Pilliga Pottery – Pilliga Pottery Creative Farmstay, Newell Highway, Dandry NSW 2357 | Gabriele Polsoni               |
| 16/10/2024 | Bathurst Local Aboriginal Land Council                                     | Carers of people living with a variety of conditions   | Bathurst Community Carers Group Day Out  | Bathurst Community Carers Group Day out, 149 Russell Street, Bathurst NSW 2795       | Tonilee Scott                  |
| 16/10/2024 | Western NSW Local Health District (WNSWLHD) Tottenham Multipurpose Service | Carers of people living with a variety of conditions   | Tottenham Springtime Mobile Morning Tea  | Tottenham MPS, Lot 10 Moodana Street, Tottenham NSW 2873                             | Heather Jones<br>0268916200    |

| Event Date | Organisation/Group                          | Types of Carers                                       | Event Activity Name  | Location   | Contact                        |
|------------|---|---|--|--|--------------------------------|
|            | (MPS) Community Health Centre               |   |  |  |                                |
| 18/10/2024 | Care Support Group Bathurst                 | Carers of people living with a variety of conditions  | Visit to Mayfield Gardens and Lunch near Oberon                      | Mayfield gardens, 530 Mayfield Road, Oberon NSW 2787                       | Katy Marple<br>0402829821      |
| 18/10/2024 | Kids & Carers Support Group Kandos/Rylstone | Carers for people living with intellectual disability | Mad Hatters Morning Tea  | Kandos Returned Services Community Club, 20 Dangar Street, Kandos NSW 2848 | Maureen Phillips<br>0427794174 |
| 18/10/2024 | Trundle District and Progress Committee     | Carers of people living with a variety of conditions  | Trundle ABBA Festival Recognition gift                               | Berryman Park, Berryman Park Parkes Street, Trundle NSW 2870               | Hayley Roach<br>0458240635     |
| 21/10/2024 | Bathurst Local Aboriginal Land Council      | Carers for people living with mental illness          | Carer Lunch  | Cowra Japanese Gardens, Cowra Ken Nakajima Pl, Cowra NSW 2794              | Vanessa Kendall<br>0417684484  |
| 22/10/2024 | Dementia Counselling                        | Carers for people living with dementia                | Friendship Group and Dementia Sing Out Choir and Carer Support Group | Lourdes Hospital Dubbo, 4 Tony McGrane Pl Boardroom, Dubbo NSW 2830        | Anne Gemmell<br>0481396404     |



## Western Sydney

| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name  | Location   | Contact                         |
|------------|--|--|--|--|---------------------------------|
| 30/09/2024 | CanCare Centre Incorporated  | Carers for people with terminal or serious illness   | A Day Out for Carers   | Parramatta Park, 1 Cnr of Pitt & Macquarie Streets, Parramatta NSW 2150  | Mei Ling Chan<br>0401066287     |
| 5/10/2024  | CanCare Centre Incorporated  | Carers for people with terminal or serious illness   | CanCare Centre Westmead Support Group Workshop & Celebratory Afternoon Tea | Hebron Chinese Alliance Church, 51 Hawkesbury Road, Westmead NSW 2145  | Aileen Wong<br>0425206505       |
| 8/10/2024  | Sydney Water Carers Peer Support Group   | Carers of people living with a variety of conditions | Carer Appreciation Morning Tea and Listening Circle                        | Sydney Water Head Office, Parramatta, 1 Smith Street, Parramatta NSW 2150  | Belinda Kinneally<br>0411050825 |
| 11/10/2024 | CanCare Centre Incorporated  | Carers for people with terminal or serious illness   | Carers Recognition Day   | Baulkham Hills Chinese Alliance Church, 2-4 Gladstone Road, Castle Hill NSW 2154   | Sindy Yu<br>0401959512          |
| 12/10/2024 | Western Sydney Local Health District (WSLHD) Patient and Carer Experience            | Carers of people living with a variety of conditions | Carer Support Trolley  | Westmead, Auburn, Blacktown and Mount Druitt Hospitals, Cnr Darcy and Hawkesbury Road Hawkesbury and Darcy Roads Westmead, Westmead NSW 2145 | Melissa Kerrigan<br>0438387130  |
| 12/10/2024 | The Sydney Children's Hospitals Network (SCHN)                                       | Carers of people living with a variety of conditions | National Carers Week 2024  | The Children's Hospital at Westmead, Hainsworth Street, Westmead NSW 2145  | Nicola Riebolge<br>0298453590   |
| 12/10/2024 | Blacktown & District TPI (Totally & Permanently Incapacitated) Social & Welfare Club | Carers for people living with mental illness         | Lunch  | Fiddler Restaurant, Windsor Road, Rouse Hill NSW 2154  | Lynne Northey<br>0411982584     |

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name                                 | Location   | Contact                        |
|------------|---|--|---|--|--------------------------------|
| 12/10/2024 | Merrylands East Presbyterian Church                       | Carers of people living with a variety of conditions     | Celebrating God                                     | Merrylands RSL, 8 Miller Street, Merrylands NSW 2160   | Ezzat Estasy<br>0425363547     |
| 14/10/2024 | Allowah Disability Services                               | Carers for people living with physical disability        | Celebrating Allowah's Carers                        | Allowah Children's Hospital, 8 Perry Street, Dundas NSW 2117   | Taryn Clausing<br>288773400    |
| 14/10/2024 | Arabic Women Group at Merrylands Church                   | Carers of people living with a variety of conditions     | Dinner at Merrylands Bowling Club                   | Merrylands Bowling Club, 65 Newman Street, Merrylands NSW 2160   | Lila Ibrahim<br>0421775851     |
| 15/10/2024 | Indonesian Welfare Association                            | Carers for people living with a chronic health condition | Growing Older Together                              | West Ryde Community Hall, 3-5 Anthony Road, West Ryde NSW 2114   | Juliani Onggo<br>0433982859    |
| 15/10/2024 | CASS (Chinese Australian Services Society) Care           | Carers for people living with dementia                   | Mid Autumn Chinese Carers Art Workshop              | CASS Care, West Ryde Community Centre, Suite 6, 3-5 Anthony Road, West Ryde NSW 2114                           | Jing Chu<br>0437836148         |
| 15/10/2024 | OZConnections NSW/Glow Healthcare Agency (Glow Carer Hub) | Carers of people living with a variety of conditions     | Carer Q&A High Tea                                  | Glow, 20 Carlton, Granville NSW 2142   | Petua Mufumbiro<br>0432141609  |
| 15/10/2024 | Northcott   | Carers of people living with a variety of conditions     | Morning Tea and Self Care Packs                     | Northcott Parramatta, 1 Fennell Street, North Parramatta NSW 2150  | Melia Kharoufeh<br>0407483055  |
| 15/10/2024 | Hills Community Aid                                       | Carers of people living with a variety of conditions     | Carer Connect Expo                                  | Learning in The Hills, Turner Buildings, Balcombe Heights Estate, 92 Seven Hills Road, Baulkham Hills NSW 2153 | Leisa Lisciotta<br>0296398620  |
| 15/10/2024 | Harris Park Arabic Carer Support Group                    | Carers for people living with mental illness             | Out Day for Lunch                                   | Merrylands Bowling Club, 65 Newman Street, Merrylands NSW 2160   | Lilian Sedrak<br>0424411426    |
| 15/10/2024 | Volunteer Services - Supportive and Palliative            | Carers for people with terminal or serious illness       | Morning Tea for Carers for Palliative Care Patients | Mt Druitt and Auburn Hospital Supportive and Palliative  | Preeti Saraswati<br>0459936681 |

| Event Date | Organisation/Group   | Types of Carers                                      | Event Activity Name   | Location   | Contact                         |
|------------|--|--|---|--|---------------------------------|
|            | Care Western Sydney Local Health District (WSLHD)                |  |   | Care Unit, 75 Railway Street (cnr Luxford Road and Railway Street), Mt Druitt NSW 2770 |                                 |
| 16/10/2024 | Relationships Australia NSW                                      | Carers for people on the Autism Spectrum             | Annual Lunch for Korean Disability Mothers Support Group                          | West Ryde Community Hall, 3-5 Anthony Road, West Ryde NSW 2114                         | Jisun (Sunny) Kim<br>0478116553 |
| 16/10/2024 | Chinese Parents Association – Children with Disabilities Inc.    | Carers for people on the Autism Spectrum             | Yum Cha – social gathering for Junior Group Carers at Markets Club, Homebush West | Markets Club, Level 1, 250-318 Parramatta Road, Homebush West NSW 2141                 | Rachel Lo<br>0402941090         |
| 17/10/2024 | Hornsby/Ku-ring-gai Stroke Support Club                          | Carers for people living with physical disability    | Carers Appreciation Luncheon  | West Pennant Hills Sports Club, 103 New Line Road, West Pennant Hills NSW 2125         | Judith Thornley<br>0298996472   |
| 17/10/2024 | Auburn District Hospital   | Carers of people living with a variety of conditions | Carers Week   | Auburn District Hospital, 263 Hargrave Road, Auburn NSW 2144                           | Sabrina Natividad<br>0447739667 |
| 17/10/2024 | Northcott  | Carers of people living with a variety of conditions | Carers Afternoon Tea  | Northcott North Rocks, 23 Carlton Road, North Rocks NSW 2151                           | Shabnam Baburi<br>0417428001    |
| 17/10/2024 | Nordoff Robbins Music Therapy: Therapy Australia (TA) Noro Music | Carers for people living with physical disability    | Reflections   | Noro Clinic, 249 Annangrove Road, Annangrove NSW 2156                                  | Rhiannon O'Brien                |
| 17/10/2024 | Liverpool Arabic Carer Support Group                             | Carers for people living with mental illness         | Day out for Lunch   | Merrylands Bowling Club, 65 Newman Street, Merrylands NSW 2160                         | Lilian Sedrak<br>0424411426     |
| 18/10/2024 | Temple Society Australia (NSW)                                   | Carers of people living with a variety of conditions | Carers Pamper & Afternoon Tea   | Temple Society Australia Hall, Meadowbank, 7 Macpherson Street, West Ryde NSW 2114     | Jan Johnson<br>0412731101       |

| Event Date | Organisation/Group               | Types of Carers                                    | Event Activity Name    | Location   | Contact                     |
|------------|----------------------------------|--|------------------------|--|-----------------------------|
| 18/10/2024 | CanCare Centre Incorporated      | Carers for people with terminal or serious illness | Carers Recognition Day | Gracepoint Presbyterian Church, 38 James Street, Lidcombe NSW 2141 | Mei Ling Chan<br>0433008890 |
| 19/10/2024 | Indian Seniors Group Hornsby Inc | Carers for people who are frail due to age         | Yoga and Games         | Jubili Park, 7A Parkes Street, Parramatta NSW 2150                 | Dave Passi<br>0413760300    |
| 29/10/2024 | Indian Seniors Group Hornsby Inc | Carers for people who are frail due to age         | Musical Event          | Wellness Centre, 14 Dudley Street, Rydalmere NSW 2116              | Dave Passi<br>0413760300    |

## Virtual/Online

| Event Date | Organisation/Group  | Types of Carers  | Event Activity Name   | Location                                 | Contact                       |
|------------|---|--|---|--|-------------------------------|
| 12/10/2024 | Immune Deficiency Foundation of Australia (IDFA) Carers Connect   | Carers of people living with a variety of conditions   | A Coffee for Our Carers!                                    | Online (plus gift vouchers for a coffee) | Maree Thomson<br>0467774025   |
| 13/10/2024 | Synapse Carers  | Carers for people living with a neurological condition | Thank you & Self Care Gift                                  | Online                                   | Sonya Green<br>1800673074     |
| 14/10/2024 | Child of Parents with a mental illness (COPMI) – Sutherland Hospital, South Eastern Sydney Local Health District (SESLHD) | Carers for people living with mental illness           | Young Carers Peer Workshop                                  | Online                                   | Paige Tatum<br>0404304227     |
| 14/10/2024 | Synapse Carers Week Relaxation and Connection   | Carers for people living with a neurological condition | Online Relaxation & Connection                              | Online                                   | Sonya Green<br>1800673074     |
| 14/10/2024 | Kindred Community   | Carers of people living with a variety of conditions   | Carers Week   | Online                                   | Andie Scibilia<br>0401545762  |
| 15/10/2024 | Motor Neurone Disease New South Wales (MND NSW)   | Other  | Pamper Pack at Carer Kitchen Table Online MND Support Group | Online                                   | Savannah Jewell<br>0408803789 |
| 16/10/2024 | Immune Deficiency Foundation of Australia (IDFA) Severe Combined Immunodeficiency (SCID) Connect                          | Other  | IDFA Film Night   | Online                                   | Maree Thomson<br>0467774025   |