

FAMILY/CARER INFORMATION

Carer Checklist.....

Are You a Carer?

- Do you look after someone who is frail aged, has a disability, drug or alcohol issue or chronic illness?
- Are you a family member, partner, friend or neighbour who offers this care?
- Do you help with personal care, mobility, transport, communication or housework?

If you answered **YES** to any of these questions – have you thought about enrolling in our **FREE Carer Information Sessions**?

Learn more about accessing carer services, caring for yourself, practical skills, legal issues & meet other people in similar caring situations

Phone: 1300 887 776 or 49214895 for more information



Are You Interested in being part of a Dementia Carer Support Group?

Support Groups are community based meetings where individuals get together on a regular basis to share information and build upon skills that can assist when caring for a relative or friend who is living with dementia.

Meetings are held monthly in a friendly and supportive environment and are completely confidential.

For More Information or Brochure Contact:
Newcastle Lake Macquarie Dementia Advisory Service on
Phone: 49855715



Carer & Family Information Sessions

Carers are invited to attend our free information sessions - join us for a light lunch and some useful information.

WHERE: Charlestown Community Room, Pearson Street, Charlestown (Near Charlestown Square Shopping Centre)
TIME: 12.30pm – 2.30pm
COST: No cost – Light Lunch Provided
WHEN: Commencing 20 October & continuing to 1 December 2009

Topics covered include:

- Accessing Community Services
- Stress Management/Emotional Issues
- Legal Issues – Turnbull Hill Solicitors
- Financial Information - Centrelink
- Resource Kit & more

**BOOKINGS ESSENTIAL ON:
49 214895 or 1300 887 776**



Interactive "Tai Chi" Demonstrations

As Part of Mental Health Week Celebrations, EDuCARE would like to Invite Carers, Working Carers and Staff

To take the opportunity to experience and discover a genuine path for health and tranquillity through the Art of Tai Chi.

WHEN: Friday 9 October 2009
TIME: 9.30am to 11.30am
COST: Free – Includes Morning Tea
WHERE: Grounds of the Rankin Park Centre – John Hunter Campus

**FOR MORE INFORMATION CONTACT EDuCARE on:
49214895 or 1300 887 776**



Carer Connections

"Carer Connections" is an initiative of EDuCARE Support Service that aims to create an opportunity for carers to reconnect.

The meetings provide information, resources and support over a cup of tea.

In association with Mental Health Week Celebrations for 2009 EDuCARE will be holding the following Workshop.

When: Wednesday 7th October 2009
10.00 am until 12.00 pm
Where: Charlestown Community Room, Pearson Street, Charlestown (Near Charlestown Square Shopping Centre)
Cost: Free - includes Morning Tea
Topic: "Exploring Potential Options to Manage Stress Levels"
Guest Speaker: Natalie McCall – Senior Clinical Psychologist – HNEAHS

**BOOKINGS ESSENTIAL ON:
49214895 or 1300 887 776**



CARERS UNITE FOR CARERS WEEK

This year EDuCARE Invite all Carers to join us at the Movies to Celebrate Carers Week.

WHEN: Thursday 22nd October 2009
TIME: 10.15am for Morning Tea
Movie commences at 11.00am.
MOVIE: "Julie and Julia"
Featuring: Meryl Streep
COST: \$5.00 [Includes Movie, Morning Tea and Free Carer Information]
WHERE: Greater Union Cinemas, Glendale, Stockland Centre, Glendale



EDuCARE WORKSHOP CALENDAR 2009

DATES	VENUE
<p>ONE DAY WORKSHOPS: [Subject to change]</p> <p>28th April 2009</p> <p>9th September 2009</p> <p>17th December 2009</p> <p>Cost: \$10.00 – (Includes Lunch)</p>	<p>Health & Wellbeing Workshop – Charlestown Bowling Club</p> <p>Health & Wellbeing Workshop – Monte Pio, Maitland</p> <p>Christmas Workshop - Wests Mayfield</p> <p>LOOK OUT FOR MORE DETAILS ON UPCOMING WORKSHOPS</p>
<p>DAY SESSIONS:</p> <p>3 week programs – each Tuesday (10.00am – 2.00pm each session)</p> <p>10th February – 24th February 17th March – 31st March 5th May – 19th May</p> <p>6 week programs – each Tuesday (12.30pm – 2.30pm each session)</p> <p>Topics covered include: Accessing Community Services, Centrelink, Turnbull Hill Solicitors, Stress Management, Practical Skills for Carers, Where to Now!</p> <p>28th July – 1st September 20th October – 1 December (not on 3rd Nov)</p> <p>Cost: FREE (includes Light Lunch)</p>	<p>The Hunter Dementia & Memory Resource Centre 2 Percy Street Hamilton</p> <p>Charlestown Community Centre Pearson Street, Charlestown (Near Charlestown Square Shopping Centre)</p>
<p>CARER CONNECTIONS:</p> <p>Time: 10.00am – 12.00pm</p> <p>"Carer Connections" is an initiative of EDuCARE Support Service that aims to create an opportunity for carers to reconnect. The meetings provide ongoing information, resources and support over a cup of tea.</p> <p>Wednesday 1st April Wednesday 29th July Wednesday 7th October</p> <p>Cost: FREE (includes Morning Tea and Speakers)</p>	<p>Charlestown Community Centre Pearson Street, Charlestown (Near Charlestown Square Shopping Centre)</p>
<p>YOUNG CARER ACTIVITIES:</p> <p>18th January 2009</p> <p>29th – 31st May 2009</p> <p>13th – 15th November 2009</p>	<p>Young Carers Sailability Day – Grahamstown Dam</p> <p>Young Carer Camp – (Age: 8 -12 years) – One Mile Beach</p> <p>Young Carer Camp – (Age: 13 – 17 years) – Myuna Bay</p>

For enquiries: Please phone EDuCARE Support Service on 4921 4895
Website: http://www.hnehealth.nsw.gov.au/educare_support_service