

CARERS QUEENSLAND SOUTH COAST OFFICE



Carer's Calendar February 2015

Placing Carers First

How NDIS ready are you?

Carers 60+ years of age or 45+ years of age for Aboriginal and Torres Strait Islander people are invited to attend our FREE NDIS workshop for older family carers who care for someone with a disability.

See back pages for full details of Workshops to be held at:
Tallebudgera Leisure Centre on Wednesday 18th February and
Southport Community Centre on Tuesday 24th February

Details of these meetings follow this schedule

SUBURB	GROUP	DAY/DATE
Arundel	Alzheimer's Australia Gold Coast Carer Support Group	Monday 16 th February
Beenleigh	Beenleigh Carer Support Group	Tuesday 24 th February
Beaunesert	Beaunesert Carer Support Group	Wednesday 18 th February
Beaunesert	Beaunesert Regional Disability Connections	Thursday 5 th February
Broadbeach Waters	Parkinson's Support Group Meeting	Tuesday 3 rd February
Bundall	Gold Coast Carer Social Club	Monday 9 th February
Burleigh Heads	Southern Gold Coast Carer Support Group	Monday 23 rd February
Clear Island Waters	Motor Neurone Carer Support Group	Wednesday 4 th February
Coomera	Coomera Carer Support Group	Wednesday 4 th February
Elanora	Mental Illness Fellowship Qld Carer Network Support Group	Tuesday 17 th February
Mt Tamborine	Mt Tamborine Carer Support Group	Wednesday 25 th February
Nerang	Autism Gold Coast Morning Coffee'n'Chat	Wednesday 4 th February
Nerang	Autism Gold Coast Evening Coffee'n'Chat	Wednesday 18 th February
Palm Beach	Angels Carer Support Group	Tuesday 24 th February
Southport	Mental Illness Fellowship Qld Carers Together Group	Wednesday 18 th February
Upper Coomera	Upper Coomera Carer Support Group	Monday 2 nd February
Upper Coomera	Northern Carer Social Club	Thursday 19 th February
Varsity Lakes	Forget-Me-Nots Program	Thursday 26 th February

Details of Monthly Carer Support Group & Social Club Meetings

Monday 2nd February (1st Monday) 10.00am-Noon

Upper Coomera Carer Support Group

Room 3, Upper Coomera Community Centre, 90 Reserve Road, UPPER COOMERA

Morning Tea and planning for 2015. Rhonda Powell, Librarian from the Upper Coomera Branch Library will also be joining us to highlight activities offered through the library.

Tuesday 3rd February (1st Tuesday) 11.00am-1.00pm

Parkinson's Society Support Group Meeting

BAVIA House, 14 Kalimna Dr, BROADBEACH WATERS (opposite Bowls Club)

Support Group Meeting: Group discussion

Includes a light lunch.

Phone **5575 3567** or **5593 7928** to RSVP and for further information.

Wednesday 4th February (1st Wednesday) 10.00am-Noon

Coomera Carer Support Group

Meeting at FSG Australia – Coomera Family Central, 3 Jowett St, COOMERA

Morning Tea and planning for 2015

Wednesday 4th February (1st Wednesday) 10.00am-Noon

Autism Gold Coast Morning Coffee'n'Chat meeting

Gold coin donation and bring a plate to share. Contact Debra 5508 2376 for details of this meeting including location and guest speaker information. (Please leave a message if phone is unattended).

Wednesday 4th February (1st Wednesday bi-monthly) 11.00am-1.00pm,

Motor Neurone Carer Support Group

Italian Club, 18 Fairway Dr, CLEAR ISLAND WATERS

This group is facilitated by Chris Carroll, Regional Advisor – Far North Coast, Motor Neurone Disease Association of New South Wales in partnership with Carers Queensland.

A light lunch is provided. Contact Carers Queensland on 5534 2899 with any queries.

Thursday 5th February (1st Thursday) 9.30am-Noon

Beaudesert Regional Disability Connections

The Club House, 6-12 Petersen St, BEAUDESERT

The Beaudesert Regional Disability Connections is a regular meeting for local agencies and carers are very welcome to attend to hear what is happening in the district.

Monday 9th February (2nd Monday), 10.00am-Noon

Gold Coast Carer Social Club

Evergreen in the Emporium Shopping Centre, Cnr Bundall Rd and Ashmore Rd, BUNDALL

Morning Tea and an opportunity to have a chat and catch up with other carers

Monday 16th February (3rd Monday) 10.30am-1.00pm

Alzheimer's Australia Gold Coast Carer Support Group

Paradise Kids Centre, 89 Allied Dr, ARUNDEL

Meeting followed by lunch at no cost. For more information about the meeting, presentation and to **RSVP** please call Alzheimer's Australia Gold Coast on **5594 0270**.

Details of Monthly Carer Support Group & Social Club Meetings (cont)

Tuesday 17th February (3rd Tuesday) 9.30am-Noon

Mental Illness Fellowship Qld Elanora Carer Network Support Group

Elanora Uniting Church, 17 Applecross Way, ELANORA. Parking available

Light Refreshments provided.

This meeting provides information, advice and support to carers caring for somebody living with mental illness and is attended by carers, carer representatives, a clinical representative and community mental health providers. For more information please contact MIFQ on 5563 8855 or goldcoast@mifq.org.au.

Wednesday 18th February (3rd Wednesday) 10.00-Noon

Beaudesert Carer Support Group

Elysium Village, 339 Brisbane St, BEAUDESERT, in the community room

Morning Tea and planning for 2015

Wednesday 18th February (3rd Wednesday) 10.00am-11.30am

Mental Illness Fellowship Qld Carers Together Group

Federation Hub House, 10 Mick Veivers Way (Off Queen Street), SOUTHPORT. Parking available in Owen Park

Light Refreshments provided.

Held in partnership with Gold Coast Hospital and Health Service this meeting provides carers caring for somebody living with mental illness with access to appropriate information and resources. It aims to offer support and provide an opportunity to meet others who understand the complexities of mental illness.

For more information please contact MIFQ on 5591 1750 or goldcoast@mifq.org.au.

Wednesday 18th February (3rd Wednesday) 7.00pm- 9.00pm

Autism Gold Coast Evening Coffee'n'Chat meeting

Contact Helen 5539 9903 for details about this meeting including location and guest speaker information. (Please leave a message if phone is unattended.)

Thursday 19th February (3rd Thursday) 10.00am-Noon

Northern Carer Social Club (formerly Coomera Carer Social Club)

The Star Café, Coffee Club, Upper Coomera Centre, 90 Reserve Rd, UPPER COOMERA.

Morning Tea and planning for 2015

Monday 23rd February (4th Monday) 10.00am-Noon

Southern Carer Support Group

Burleigh Heads Surf Life Saving Club, Cnr Goodwin Tce & Gold Coast Hwy, BURLEIGH HEADS

Morning Tea and planning for 2015. Monique Pons, Volunteer and Transport Manager at Feros Care will also be joining us to talk about their Social Calendar.

Tuesday 24th February (4th Tuesday) 10.00am-Noon

Beenleigh Carer Support Group

Beenleigh & Districts Senior Citizens Centre, Alamein St, BEENLEIGH

Morning Tea and planning for 2015

Details of Monthly Carer Support Group & Social Club Meetings (cont)

Tuesday 24th February (Last Tuesday) 1.30pm-3.00pm

Angels Carer Support Group

Anglican Church Hall, Palm Beach Ave, PALM BEACH

Morning Tea and planning for 2015. Monique Pons, Volunteer and Transport Manager at Feros Care will also be joining us to talk about their Social Calendar.

Wednesday 25th February (4th Wednesday) 10.00am-Noon

Mt Tamborine Carer Support Group

Tamborine Mountain Community Care

Morning Tea and planning for 2015

Contact Tamborine Mountain Community Care on **5545 4968** for further information.

Thursday 26th February (4th Thursday) 10.00am- Noon,

Alzheimer's Australia Gold Coast & Varsity Lakes Community Resource Centre

Varsity Lakes Community Resource Centre, Mattock Rd, Varsity Lakes

The Forget-Me-Nots program for Carers and their loved ones

Morning Tea and social get together. For more information and to **RSVP** please call Alzheimer's Australia Gold Coast on **5594 0270**.

Wednesday 4th February (first Wednesday) 10.00am-Noon

Upper Coomera Community Variety Show presented by City of Gold Coast

Show and Morning Tea

Upper Coomera Centre, 90 Reserve Rd, Upper Coomera

Lucky door prizes and give aways.

The morning is free for carers registered with Carers Qld.

Please call the South Coast Office on 5534 2899 to let us know you are going to attend.

The CARE Program

Join today and save!

Carers Queensland Inc. is delighted to introduce The CARE Program to you.

This program delivers savings on many essential items as well as other services. Member of Carers Queensland can access the discounts on offer through The CARE Program simply by visiting www.carersqld.asn.au and following the links to **The Care Program** or contacting the **Carer Advisory Service on 1800 242 636** for more information.

You can join Carers Queensland for the annual cost of \$10.00 to access the discounts on offer. To join visit www.carersqld.asn.au and click on **'Become a Member'**, call the **Carer Advisory Service on 1800 242 636** or **contact the South Coast Office on 5534 2899**.

About Carers Queensland

Carers Queensland Inc. is the state wide peak body dedicated to improving the lives of all unpaid and family carers. Carers Queensland provides information, support and services, researches and advocates for carers' needs to government and promotes awareness of carers within the community. There are approximately 500,000 unpaid carers in Queensland. Learn more about Carers Queensland at www.carersqld.asn.au

2/1154 Gold Coast Hwy, Palm Beach Qld 4221
PO Box 960, Elanora QLD 4221
(8.30am – 5.00pm M-F)

Carers Queensland Inc. ABN 20 061 257 725

General Enquiries: 07 5534 2899

FullScheme Ahead

How NDIS ready are you?

Carers 60+ years of age or 45+ years of age for Aboriginal and Torres Strait Islander people are invited to attend our FREE NDIS workshop for older family carers who care for an adult child with a disability.

During this four hour workshop you will be guided through sessions on:

- The NDIS and you
- Your future with the NDIS
- Caring beyond the now

Morning tea and lunch will be provided. Seats are limited, secure your place NOW.

To organise care for your loved one so you can attend this workshop please call Commonwealth Respite and Carelink Centre on 1800 052 222.



An interactive &
practical workshop with
NDIS materials and
resources to assist you
get NDIS ready!

Wednesday 18 February 2015
9:30am for a 10am start. Finishes at 2pm
Tallebudgera Leisure Centre
1525 Gold Coast Hwy, Palm Beach North

REGISTER by Wednesday 4 February 2015...
Call: 1800 242 636
Email: ndis@carersqld.asn.au
Complete & return a registration form

Funded by



*An NDIS Participant Readiness activity funded by the
Department of Communities, Child Safety and Disability Services*





Registration Form

Tallebudgera Leisure Centre, Wednesday 18 February 2015

First name

Family name

Phone

Email

Address

City or suburb

Postcode

Dietary requirements (please indicate)

REGISTER by Wednesday 4 February 2015!

Complete and return the form via:

email: ndis@carersqld.asn.au

fax: 07 3843 1403

post: PO Box 179, Holland Park QLD 4121



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resources to assist you
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Tuesday 24 February 2015
9:30am for a 10am start. Finishes at 2pm
Southport Community Centre
6 Lawson St, Southport

REGISTER by Tuesday 10 February 2015...
Call: 1800 242 636
Email: ndis@carersqld.asn.au
Complete & return a registration form

Funded by



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Registration Form

Southport Community Centre, Tuesday 24 February 2015

First name

Family name

Phone

Email

Address

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Dietary requirements (please indicate)

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