

MERRY CHRISTMAS

from the whole team



An Australian Government Initiative



Carer Christmas lunch – Pathways for Carers

DATE: Thursday 19th December

Carer walk: Meet out the front of Pipers cafe, 403 Wendouree Parade

Walk: 10:45am (look for our flag)

Join us for a stroll around the Botanical gardens before celebrating with our Carer Christmas lunch.

Lunch: 12:00pm – 2:00pm

RSVP Essential:

Please advise staff upon booking if you have any dietary requirements.

Email: Carers@gh.org.au or phone (03) 5333 7104



Memory Mingle Christmas Lunch



Memory Mingle is a social group for people with dementia or memory impairment and their Carer.

DATE: Friday 20th December

TIME: 12:00pm – 2:00pm

Location: Ballarat Golf Club
1800 Sturt Street, Alfredton

Meal included – drinks at bar prices

Please advise staff upon booking if you have any dietary requirements.

Email: Carers@gh.org.au or phone (03) 5333 7104

To all you Carers and your loved ones, we send our heartfelt wishes for a wonderful Christmas and a New Year full of peace and joy.

Please note that we are closing for some staff respite over the Christmas period.

Close at 3:00pm
Tuesday 23rd December

Reopen at 9:00am
Thursday 2nd January

For emergency respite during this period,

please call
Carer Gateway

PHONE:

1800 422 737



December 24 / January 25

Q&A Sessions

DATE: Thursday 5th December

TIME: 1:30pm - 3:00pm

TOPIC: Residential Admissions & Financial Services

Join us to learn more about

- How to navigate aged care facilities
- Respite/long term care
- Questions to ask facilities
- What are respite/permanent care codes
- and why are they important?
- What is a basic daily fee?
- Understanding RAD or RAC



RSVP:

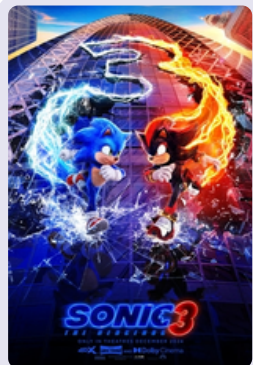
Carers@gh.org.au
(03) 5333 7104

DATE: Thursday 9th January

TIME: 1:30pm - 3:00pm

TOPIC: Carer Coaching

Coaching is moving forward through conversation. In coaching, you take the time out to have a conversation about how you are going at the moment, how you would like things to be and what steps are required to make that happen.



Young Carer events

DATE: Thursday 9th January

TIME: 10:00am - 12:00pm

EVENT: Movies - Sonic 3

Location: Showbiz Cinemas

Drink & popcorn included

SAVE THE DATE:

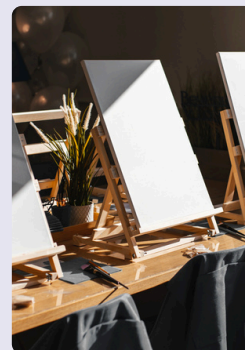
Thursday 23rd January

TIME: 10:00am - 3:00pm

EVENT: ART ATTACK with Mel!

Join us & other Young Carers for a fun day filled with art & games!

EVENT TO BE CONFIRMED



RSVP:

Carers@gh.org.au
(03) 5333 7104

A Poem by
Jenny Fraine

Carers

Anyone can do this -
it's not an impossible
feat and yet, we're not
all paid for it
It's sometimes a loving
treat.

The dedication
required to care is
seemingly simple

BUT

To work for needs & be
on call,
is more than some can
spare

Hearts & minds are the
carers tools and by the
way, none are fools!

01.10.2024

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