National Carers Week

SEE OUR EVENTS HERE: www.bit.ly/carergatewaycarersweek

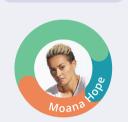
National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles. Check out this calendar of Carers Week activities and events hosted by Carer Gateway providers within Victoria. For more activities, visit Carers Australia's Carers Week website carersweek.com.au

More than 25+ online events! From Sunday Oct 11 to Saturday Oct 17.

Sunday 11th

In Conversation with Moana Hope 2:00 - 3:00pm

Free Virtual Q&A



Registrations

Key:

- *Events marked with an asterisk are reserved for carers receiving support via that service.
- Events are capped at 100 carers per event.
- ▶ Event continues over multiple days of the week.

For information about any of these activities, please contact the organisation responsible.

Monday 12th

MERRI HEALTH: Online Workshop Building Resilience in Lockdown

1:00pm

<u>Registrations</u>

ALFRED HEALTH CARER SERVICES:

Movie Night Mr Velvet Ears

7:30 - 9:30pm

<u>Information</u>

My Morning Matters

Connect & Energise Activities

Mon - Fri

Information

BALLARAT HEALTH SERVICES:

Write Your Cares Away

1:30 - 3:00pm

RSVP Before October 8

PH (03) 5333 7104 and Tracey and Linda will put your name on the list.

UNITING VIC.TAS:

Live Comedy Event Simon Kennedy

11:00 - 11:30am

trybooking.com/BLMVV

BENDIGO HEALTH:

Tai Chi

11:00am

Tickets

Writing Competition*

Mon - Thur

*Tell us in as many or as few words as you like how Carer Gateway or Carer Support Services may have brightened your day recently.

Entries open on Mon Oct 12 and close on Thurs Oct 22. The first 100 entries **WIN** a hamper of goodies!

Send entries to carersupportservices@bendigohealth.org.au; reply paid envelope or via the Bendigo Health Facebook page.

Wednesday 14th Tuesday 13th

BALLARAT HEALTH * **SERVICES:**

Magic Show

1:30 - 3:00pm

RSVP Before October 8

PH (03) 5333 7104 and Tracey and Linda will put your name on the list.

BENDIGO HEALTH

SERVICES:

Webinar: Welcome to Carer Gateway (Loddon Mallee)

11:00am

Registrations

Mindfulness Workshop with Marion Miller

12:00 - 1:00pm

Registrations

ALFRED HEALTH CARER SERVICES:

Celebrate Carers Lunch and Laugh

1:00 - 2:00pm

Information

BALLARAT HEALTH SERVICES:

Caring for yourself (health and well-being)

1:30 - 3:00pm

RSVP Before October 8

PH (03) 5333 7104 and Tracey and Linda will put your name on the list.

UNITING VIC.TAS:

Zumba Class

(Latin-inspired dance/workout routine)

10:00 - 11:00am

trybooking.com/BLMVY

Yoga Session KB Movement

4:00 - 5:00pm

trybooking.com/BLMWA

CARER GATEWAY:

Virtual Magic Show Magician Anthony De Masi

2:00 - 3:00pm

Tickets

Thursday 15th

Friday 16th

CARER GATEWAY:

Carer Gateway

1:30 - 2:30pm

MERRI HEALTH:

Paolo's Healthy

cooking at home

BALLARAT HEALTH

1:30 - 3:00pm

RSVP Before October 8

SERVICES:

on the list.

Webinar: Inside the

Information

Registrations

Memory Mingle Support

Group - Music Workshop

PH (03) 5333 7104 and Tracey

and Linda will put your name

CARER GATEWAY: Carers Week Online Trivia Night!

7:00 - 8:30pm

Free event with prizes! **Entertainment by Grape** Vine Events

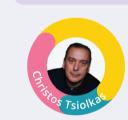
Tickets

MERRI HEALTH:

In Conversation with Christos Tsiolkas

1:00 - 2:30pm

Tickets



BALLARAT HEALTH SERVICES:

\$\$ On the Money \$\$ (Financial Counselling)

10:30am - 12:00pm

RSVP Before October 8

PH (03) 5333 7104 and Tracey and Linda will put your name on the list.

FAMILY CARE:

Carer Health & Wellbeing - Tips for practicing self-care

10:30am - 12:00pm

Please register via Eventbrite by Tuesday 13th October 4pm. Contact Jason on **0429 963 164** or Kylie on **0409 086 366**.

ALFRED HEALTH CARER SERVICES:

Arabic speakers class Make a Mosaic candle holder

2:00 - 3:00pm

Digital Dance Club, all welcome, LGBTIQA+

4:00 - 6:00pm

Information

UNITING VIC.TAS:

Live Musical Performance Tom Harrington 3:00 - 4:00pm

trybooking.com/BLMWE

Carer Gateway

Carer Gateway 1800 422 737 www.carergateway.gov.au







Through Carer Gateway, the Australian government provides in-person, phone and online services and support to carers. In Victoria, these services are delivered by a group of seven healt<mark>h and so</mark>cial support providers, led by **Merri Health**. They are <u>Alfred Health</u>, <u>Ballarat Health Services</u>, <u>Ba<mark>rwon Hea</mark>lth</u>, Bendigo Health, FamilyCare, and Uniting (Victoria and Tasmania) Ltd.

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged - anyone at any time can become a carer.