



suncare
community
services

Carer's Chronicle

Commonwealth Respite and Carelink Centre

Caboolture | APRIL 2015

Coming soon...

Welcome to your last Carer's Chronicle from Suncare Community Services Ltd. Don't worry though, as from June you'll receive our brand new quarterly magazine!

The new mag will keep you up-to-date on all things Suncare, provide news from the community care sector that affects you, and will feature an events calendar for your region.

If you currently receive your Carer's Chronicle in the post or via email, you will also receive the new magazine the same way. If you would prefer the electronic version (delivered via email), please email lisa.a@suncare.org.au to update your subscription.

A special mention to our **Yeppoon** and **Rockhampton** region clients and colleagues who endured Cyclone Marcia in February.

Our Rockhampton office was out of action for a week but with the help of our Emerald, Bundaberg and Hervey Bay teams, we were able to continue most services and provide advice for people looking for respite and other emergency help.

Natasha Prior

Manager

Commonwealth Respite & Carelink Centre

Suncare Community Service

WHAT'S ON...

Carers Craft Group

Come and meet other Carers while relaxing with a craft session. \$7.00 per person to cover cost.

When Third Tuesday of each month
9:30am-12:30pm

Where Arnolds Scrapbooking
Shop T4.02, The Zone Rothwell
743-763 Deception Bay Road, Rothwell

RSVP One week before event on 07 5498 3315

Men's Group

Remembrance-The Australian War Memorial.
\$10 nominal fee to ensure event, including lunch.

When Tuesday 21st April 2015
Meet at the Caboolture CRCC office at 10am and return back to the Caboolture CRCC office at 2pm

Where Bribie Island Seaside Museum

RSVP By 17 April 2015 on 07 5498 3315

Freecall™ **1800 052 222** (except from mobile phones) | www.suncare.org.au

cabinfo@suncare.org.au | 19 Hayes Street, Caboolture QLD 4510

WHAT'S ON...

Peninsula Carer Connect Group

Come and enjoy a cuppa & a chat with other Carers.
Gold Coin Donation.

When Tuesday April 14th 2015
9:30am-11:30am

Where Sea Sale & Vine
Reef Point Esplanade, Scarborough 4020

RSVP By 13th April 2015 on 07 5498 3315

April Carers Luncheon

Come along and enjoy lunch with other Carers and guest speakers from Anglicare on Carers Health Program/Free Physio.

\$7.00 nominal fee to ensure the event is ongoing.

When Thursday 16th April 2015
12:00pm-2:00pm

Where Centenary Lakes Function Centre
16 Stringfellow Road (via Riverview Street),
Caboolture QLD 4510

RSVP By 9th April 2015 on 07 5498 3315

Carer Workshop

Self-care – Why it's so difficult?

When Wednesday 29th April 2015
10:00am-12:00pm

Where 19 Hayes Street, Caboolture QLD 4510

RSVP By 27th April 2015 on 07 5498 3315

May Kilcoy & Area Carer Connect Group

Come and enjoy a cuppa & a chat with other Carers.
Gold Coin Donation.

When Thursday 28th May 2015
10:00am-12:00pm

Where Rok 'n' Country
25 Seib Street, Kilcoy QLD 4515

RSVP By 25th May 2015 on 07 5498 3315

Family Matters Presentation

For family members who are supporting someone with a mental illness. Dual Diagnosis: Mental Health issues with a Drug and Alcohol Problem & The impact on families and Carers.

Guest Speaker: Dominic Shelley from Drug Support (FDS) www.fds.org.au

When Monday 4th May 2015
10:00am-12:00pm

Where Hall at rear of Meals on Wheels,
Hayes Street Caboolture QLD 4510

May Carers Luncheon

Come along and enjoy lunch with other Carers while listening to information on Suncare's Young Carers Program.

\$7.00 nominal fee to ensure the event is ongoing.

When Thursday 14th May 2015
12:00pm-2:00pm

Where Centenary Lakes Function Centre
16 Stringfellow Road (via Riverview Street),
Caboolture QLD 4510

RSVP By 7th May 2015 on 07 5498 3315

Carer Workshop

Dismantling stigmas, social conventions, labels and language – changing the 'stories' that shape us.

When Friday 8th May 2015
10:00am-12:00pm

Where 19 Hayes Street, Caboolture QLD 4510

RSVP By 6th May 2015 on 07 5498 3315

April Kilcoy & Area Carer Connect Group

Come and enjoy a cuppa & a chat with other Carers.
Gold Coin Donation.

When Thursday 23rd April 2015
10:00am-12:00pm

Where Rok 'n' Country
25 Seib Street, Kilcoy QLD 4515

RSVP By 20th April 2015 on 07 5498 3315

Carer Workshop

Technology for Carers – the 'Jointly' app and other ideas.

When Friday 29th May 2015
10:00am-12:00pm

Where 19 Hayes Street, Caboolture QLD 4510

RSVP By 27th May 2015 on 07 5498 3315

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