



suncare
community
services

Carer's Chronicle

Commonwealth Respite and Carelink Centre

Sunshine Coast | 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.

Jane Simpson

Manager

Commonwealth Respite & Carelink Centre, Suncare Community Service

WHAT'S ON...

Dementia Workshop

Interactive Dementia Workshop with Pauline Hope from Ozcare Dementia Advisory Service. *Lunch will be provided. \$5.00 nominal fee.*

When: Thursday 28th May 2015

Time: 12:00pm-2:30pm

Where: Gunabul Homestead, 9 Power Road Southside

RSVP: By 21st May 2015 on 07 5436 3900

Dementia Workshop

Interactive Dementia Workshop with Pauline Hope from Ozcare Dementia Advisory Service. *Lunch will be provided. \$5.00 nominal fee.*

When: Tuesday 28th April 2015

Time: 12:00pm-2:30pm

Where: Waterfront Hotel, 2/46 David Low Way Diddillibah

RSVP: By 21st April 2015 on 07 5436 3900

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

intake@suncare.org.au | Suite 7/1 Innovation Parkway, QLD Birtinya 4575

WHAT'S ON...

Gympie Carers Wellbeing Day

Carers often focus all their time and energy on the person or people they care for, ignoring or forgetting about their own health and wellbeing. Morning tea and light lunch included.

Activities: tai chi, belly dancing, meditation, fun & movement, mini make overs, massage, pedicures, lucky door prizes and more!

When: Wednesday 20th May 2015

Time: 10:00am-2:00pm

Where: Gympie Senior Citizens Centre, 40 Mellor Street Gympie

RSVP: By 13th May 2015 on 07 5482 6770

Buderim Carers Luncheon

Come and enjoy a relaxing lunch with guest speakers. *\$5 nominal fee to ensure the event is ongoing.*

Where: Headland Golf Club: Golf Links Road, Buderim

Time: 12:00pm-2:00pm

RSVP: 5 days prior to each event for catering purposes on 07 5436 3900

April

Date: Tuesday 7th April 2015

Speaker: Pauline Hope from Dementia Support

May

Date: Tuesday 5th May 2015

Speaker: Marion Hall from Public Trustee

Gympie Carers Luncheon

Come and enjoy a relaxing lunch with guest speakers. *\$5 nominal fee to ensure the event is ongoing.*

Where: Gunabul Homestead: 9 Power Road, Southside

Time: 12:00pm-2:00pm

RSVP: 5 days prior to each event for catering purposes on 07 5436 3900

April

Date: Thursday 2nd April 2015

Speaker: Morgan's Financial Mike Curley, Funding Changes in the Aged Care Sector

May

Date: Thursday 7th May 2015

Speaker: Pauline Hope from Dementia Support

Carer Connect Groups

Please join us for morning tea & the group. For more information or to register for a group phone 07 5443 7655. **Groups run 10:00am to 12:00pm, except the Nambour group. See below.**

Nambour

When: Second Monday of the month

Where: Nambour Community Centre: 2 Shearer Street, Nambour

Time: 10:30am-12:30pm

Kawana

When: Third Monday of the month

Where: Vast Café at Kawana Home Central, Kawana Way, Kawana

Caloundra

When: Second Tuesday of the month

Where: Shelly Beach Corner Store: 30 Albert Street, Shelly Beach

Gympie

When: Third Wednesday of the month

Where: Suncare Office: 58 Channon Street, Gympie

Noosa

When: First Thursday of the month

Where: Noosa Leisure Centre: Wallace Park Drive, Noosaville

The Boat Shed-Cotton Tree

When: Last Thursday of the month

Where: Boatshed Café Restaurant: The Esplanade, Cotton Tree

Buderim

When: First Monday of the month

Where: Headland Golf Club: 65 Golf Links Road, Buderim

'The Wellness Circle' for female Carers-Coolum Beach

When: Third Tuesday of the month

Where: New Earth Café: Birtwell Street, Coolum Beach

'The Wellness Circle' for female Carers-Forest Glen

When: Fourth Wednesday of the month

Where: Kunara Organic Café: 330 Mons Road, Forest Glen

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