



**suncare**  
community  
services

# Carer's Chronicle

Commonwealth Respite and Carelink Centre

BUNDBAERG – NORTH BURNETT | 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](mailto: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.

*Janette Hodge*

**Manager name**  
**Bundaberg-North Burnett**

## A country day out

**Fancy a day out in the country? Carers are invited to join Suncare Community Services for some time out and a day trip to the scenic Gleneden Valley near Gayndah.**

Step back in time and discover Australia's pioneering past at **Gleneden Organic Farm and Bullock Team**— watch a real bullocky and bullock team at work, tuck into damper and billy tea and explore heritage displays. We'll then travel on to Gayndah for delicious lunch.



**When**      **Friday, 1 May 2015**

**Depart Suncare office at 8 am**  
(4 Adams Street, Bundaberg);  
arrive back 4–4:30 pm

**RSVP**      Please RSVP by 23 April for catering and transport purposes.  
Ph **1800 059 059** or **07 4151 6400**

# WHAT'S ON...

## SuperKidz

Play-based learning activities in a safe and supported environment for kids with ASD run by Suncare Community Services.

**When** Saturdays, fortnightly 9 am – 1 pm  
**Where** Sugar Cane Cottage, North Bundaberg  
**RSVP** Fiona – ph 1800 059 059

## Young Carers

Suncare Community Services support groups and activities for young carers, aged 8 – 16.

**When** Fortnightly, after school  
**Where** Various locations and activities  
**RSVP** Vanessa – ph 1800 059 059

## Carers group

Weekly meeting for carers registered with Suncare. Meet for a chat, morning tea, craft activities and outings.

**When** Wednesday's, 9 am – 12 pm  
**Where** Sugar Cane Cottage, North Bundaberg  
**RSVP** Glenise – ph 1800 059 059

## Calendar

April	<b>Go Blue For Autism</b> <a href="http://www.goblueforautism.com.au">www.goblueforautism.com.au</a>
April 10-19	<b>National Youth Week</b> <a href="http://youthweek.com">http://youthweek.com</a>
May	<b>MS Month – Kiss Goodbye to MS</b> <a href="http://www.kissgoodbyetoms.org">www.kissgoodbyetoms.org</a>
May	<b>Domestic and Family Violence Prevention Month</b>
May 10-16	<b>Schizophrenia Awareness Week</b>
May 11-17	<b>National Volunteer week</b> <a href="http://www.volunteeringaustralia.org">www.volunteeringaustralia.org</a>
May 15-21	<b>National Families Week</b> <a href="http://www.familiesaustralia.org.au">www.familiesaustralia.org.au</a>
May 24-30	<b>National Palliative Care Week</b> <a href="http://www.palliativecare.org.au">www.palliativecare.org.au</a>
May 25-31	<b>Kidney Health Week</b> <a href="http://www.kidney.org.au">www.kidney.org.au</a>

## Give Suncare as a gift

Gift vouchers are an easy way to provide a helping hand to family and friends.

Suncare Community Services offers vouchers for our home-help and personal support services.

At just **\$45 each** for a one-hour service, our vouchers are great value and are available to all Bundaberg residents, whether on a pension or not!

Purchase over the phone (**07 4151 6400**) or drop in to our office, 4 Adams Street, Bundaberg. Conditions apply.



### Garden maintenance

- Lawn mowing, edging
- Garden care

### Home maintenance

- Gutter cleaning
- Window cleaning
- Minor household repairs

### Domestic assistance

- Meal preparation and cooking
- Household cleaning, laundry

### Personal care

- Showering, dressing, grooming

### Respite

- in your home or at our Cottage

Freecall™ **1800 059 059** (except from mobile phones) | [www.suncare.org.au](http://www.suncare.org.au)

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