



Carer's Chronicle

Commonwealth Respite and Carelink Centre

South Wide Bay Burnett | APRIL 2015

Coming soon...

Welcome to your last Carer's Chronicle from Suncare Community Services. 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.



Goodbye & good luck

Hello everyone for the last time, as it is farewell from me to all my friends and acquaintances. The time has come for me to call it a day.

It has been a 16 year relationship with carers, organisations and colleagues across the Wide Bay. Many, many changes have occurred in that time and a lot of great people have been part of my time here in Suncare Community Services.

It is with mixed feelings I say goodbye. On one hand I will miss my job, colleagues and all the wonderful people in our community that I have been associated. On the other hand however, I am looking forward to retirement, and yes I will be one of those grey nomads.

I sincerely wish everyone the best and good health for the future. Carers, remember to look after yourself and be happy. Thank you for being part of my life.

Regards

Kathleen Argyros
Manager, Hervey Bay

WHAT'S ON...

Building Resilience

Workshops for carers

A fun, interactive and informative, two day workshop based in Hervey Bay with the group made up of a range of carers, including young carers, ageing carers and working carers Carer as well as people caring for someone who is aged or has a disability.

No costs for CRCC clients. Non CRCC clients and professionals \$50 + workbooks.

- **Dealing with Stress**
(Tools and strategies for Coping with Life)
- **Developing Assertiveness**
(Building your internal resources to strengthen personal effectiveness).
- **Balancing Work, Life and Caring**
(Finding time for yourself and others).
- **Looking Forward**
(Defining your identity and picturing your future).

When **Monday 29 & Tuesday 30 June 2015**
8 am registration. Start 8.30 am start to finish 4.30 pm each day.

Where Fraser Room Hervey Bay Boat Club
Buccaneer Drive, Urangan

RSVP Close of business Monday 1 June.
As places are limited, please RSVP, ASAP to avoid disappointment. Please advise any special dietary requirements.
Ph 1800 059 059



Over 50s Groups Kilkivan and Goomeri

A group for like-minded over 50s and seniors to get together for some fun activities!

Bingo, bus trips, guest speakers on a variety of interesting subjects.

A small fee of \$8 is applicable for lunch; morning teas free. Nominal costs for outings.

An expo is in the pipeline for the area, including activities such as pamper days and massage therapies.

Kilkivan and Goomeri groups celebrate Christmas and other special occasions and outings together.

For more information don't hesitate to contact Suncare Community Services in Hervey Bay on 07 4124 8174.

KILKIVAN

When 2nd Wednesday of each month
9 am to 3 pm

Where Kilkivan Public Hall
31 Bligh Street, Kilkivan

RSVP 07 4124 8174

GOOMERI

When 4th Wednesday of each month
9 am to 3 pm.

Where Goomeri CWA Hall
Cnr of McGregor & Wide Bay H/Way

RSVP 07 4124 8174

Freecall™ **1800 059 059** (except from mobile phones) | **www.suncare.org.au**

Privacy notice—Please note that as a subscriber to our Carer's Chronicle your contact details are known to Suncare Community Services Ltd. The purpose of this newsletter is to advise on relevant events, news and service options available. Your contact details or any other personal information will only be used for the purpose for which you gave it to us and will not be disclosed to any person, body or agency except where you have provided your consent or it is required or authorised by law. Please advise us if you no longer wish to receive this newsletter. For further information on Suncare Community Services Ltd privacy policy visit www.suncare.org.au.