



suncare
community
services

Carer's Chronicle

Commonwealth Respite and Carelink Centre

Rockhampton - Central Highlands – Central West | 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 clients who endured Cyclone Marcia in February. Our 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.

New Staff

This month we welcome new staff to our Rockhampton office.

Victoria Homer joins us as our new Team Leader. Victoria will help manage our staff and build our business and reputation within the region.

Anna Lawson and **Shannon Repine** have come on board as Client Liaison Officers. Their role is to work directly on client related issues, liaising with our rostering team to make sure services are in place.

More than likely you've already spoken to Anna or Shannon on the phone, but if not, please feel free to call at any time.

Respite Cottages

Don't forget we also have two respite cottages available in Rockhampton for those who need a "home away from home" for a brief period.

Jacaranda and Fairfield cottages are both air conditioned, have four bedrooms and secure parking. Clients can be supported by our workers during their stay if required.

Our cottages can also be hired by other agencies.

If you'd like further information about the cottages, please don't hesitate to contact our team.

Graeme Baxter

Community Services (Acting) Manager Rockhampton

WHAT'S ON...

Emotional Freedom Techniques

Understanding of EFT and how they are applied to resolve anxiety disorders, trauma, PTSD, phobias, depression and abuse.

When Monday, 13 April 2015 – 9 am–4 pm

Where Rockhampton Parish Centre
Crn William & West Streets

RSVP registrations@centacare.net

Living with Voices – Dr Rufus May

Understanding Voice Hearing & Promoting Recovery. A workshop for mental health professionals, consumers and carers.

When Tuesday, 21 April 2015 – 9 am–3 pm

Where CQUniversity
Bruce Highway, Nth Rockhampton

RSVP hearingvoicesqld@mail.com

Recording the Vision

Free workshop for parents and carers. Increase your preparedness for the future and readiness for the National Disability Insurance Scheme (NDIS), which will be rolled out from June 2016.

When Monday, 23 April 2015 – 9 am–2.30 pm

Where Department of Communities
56 Theresa Street, Emerald

RSVP 1800 777 723. Light lunch provided.

Morning Tea with Louise Byrne

Louise will be speaking on “Looking after your mental health”.

When Friday, 24 April 2015 – 10 am–12 pm

Where CentacareCQ
10 Bolsover Street

RSVP Loretta on 1300 523 985

Taste of the World Festival

The Taste of the World Festival is a unique, annual multicultural event celebrating culinary delights from around the world.

When Saturday, 23 May 2015 –
11 am – 4.30 pm

Where Rockhampton Showgrounds

Empowering Families

A day of learning how to cope with the challenging behaviours and complex needs of a child / loved one struggling to manage life with a mental health condition. Developed from lived experience this peer to peer workshop is designed to deliver cutting edge life skills and strategies training.

When Sunday, 17 May 2015 – 9 am–3 pm

Where Explorers Inn, Emerald

RSVP Ph 07 4982 4062

ROMP in the Park

The Children’s Festival is here again. A morning of fun filled activities celebrating young children and their families.

When Friday, 22 May 2015 – 9 am–1 pm

Where Rockhampton Botanic Gardens

RSVP rompinthepark2015@gmail.com

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