



Carer's Chronicle

Commonwealth Respite and Carelink Centre

BRISBANE NORTH | 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.

Kellie Griffiths
Toombul

WHAT'S ON...

Murri Connections

Murri Connections Program is for Aboriginal and Torres Strait Islander families who are living with or caring for someone with a mental illness or disability.

When Every Tuesday
9.30am – 12.30pm
Where Zillmere Community Centre
54 Handford Road, Zillmere

For further information please contact Danny on:
Freecall™ **1800 052 222** or
Email: tintake@suncare.org.au

Metro North Health Service District - Brisbane North QCC Disability Network Meeting

Held every second Monday of the month. All service providers welcome

When 13th April 2015
11th May 2015
2.00pm-4.00pm
Where QCC Training Room
Chermside Community Health Centre
Hamilton Road, Chermside

For further information contact Val on 3350 6651
Or Michelle or Tracy on 3256 8033

WHAT'S ON...

Yoga for Carers

Brisbane North

When Every Tuesday
9.30am – 10.30am

Where Uniting Church
Gympie Road, Chermside

Pine Rivers

When Every Wednesday
9.00am – 10.00am

Where Bray Hall
Petrie

Cost: \$5.00 per session

For further information please contact staff on:
Freecall™ **1800 052 222** or
Email: tintake@suncare.org.au

Westside Carer Support Group

Are you providing care for a family member, friend or neighbour who has a disability, mental illness, chronic illness or is frail aged? Come along to our Carer Support Group and meet others, share stories and find out what is out there for you.

When Thursday, 2nd April 2015
Thursday, 7th May 2015
Meets the 1st Thursday of each month
Time 10.00am – 12.00midday

Where Kenmore Library, Kenmore Shopping Centre, 9 Brookfield Road, Kenmore

For further information please contact:
Carers Queensland - Phone: 3624 1700

Mental Health Carer Connections

Community awareness and information sessions for carers supporting someone with a Mental Illness.

When Friday, 2nd April 2015
Friday, 1st May 2015
10.00am – 11.30am

Where Commonwealth Respite & Carelink Centre, 10 Walkers Way, Nundah

For further information please contact Danny on:
Freecall™ **1800 052 222** or
Email: tintake@suncare.org.au

Carer Recreational Group (CRG)

The group provides an opportunity for carers residing in Brisbane North and Pine Rivers areas to come together and enjoy a range of social activities on a regular basis

Brisbane North

Guest speaker from Seniors Legal Service

When Thursday, 16th April 2015
10.00am-12.00pm

Where Chatters Coffee Shop
Chermside Kedron Community Church
Gympie & Rode Roads, Chermside

RSVP by 13th April
To Freecall™ **1800 052 222** o
Email: tintake@suncare.org.au

Pine Rivers

Guest speaker - To Be Advised

When Thursday, 28th April 2015
10.00am-12.00pm

Where Riverstop Café, Encircle
865 Gympie Road, Lawnton

RSVP by 24th April
To Freecall™ **1800 052 222** or
Email: tintake@suncare.org.au

Bus Trip to Dayboro

When Thursday 21st May, 2015
Time 9.30am – 2.30pm

RSVP Expression of Interest: Date TBA

Freecall™ **1800 052 222** (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.