

CARERS EVENTS

APRIL - JUNE



These activities are free for carers under 25

ACTIVITIES FOR YOUNG CARERS

Whether it is an hour of non-stop laser tag, challenging yourself at rock climbing, getting creative at pottery or testing your skills at bowling, we have something for everyone during the school holidays.



Pottery @ Artosaurus

2pm - 4pm

2/23 Negara Crescent, Goodwood



Laser Tag @ In the Zone

2pm - 3pm

10 Wilson St, Burnie



Bowling + Pizza

2pm - 4pm

Zone Bowling
162 Main Rd, Moonah



Bowling + Pizza

2pm - 4pm

Launceston Lanes
20 Innocent Street, Kings Meadows



Laser Tag @ Zone 3

1pm - 2pm

181 Collins St, Hobart



Rock Climbing

11am - 12pm

Beta Park
47 Forster St, Invermay



Bowling + Snacks

2pm - 3.30pm

Devonport Ten Pin Bowl
103/105 William St, Devonport

Care2Serve is the Tasmanian provider of the Australian Government Carer Gateway program which provides free support and services to unpaid family and friend carers. If you are one of over 80,000 Tasmanians who provide unpaid care and support to someone close to you, you might be eligible for the following free events and activities. Eligibility applies.

Booking is essential as spots are limited.

Register your interest by calling our team at

03 6144 3700

or email us at

events@care2serve.com.au

or by visiting our website

care2serve.com.au/event-list/



PEER SUPPORT

Enjoy free tea and coffee surrounded by friends with others who know the ups and downs of the caring role. Make new, lasting friendships in a warm, welcoming and inclusive environment supported and facilitated by Care2Serve.

- ▲ This a group for all carers
- ◆ This a group for male carers
- * This is a group for carers of people with mental ill health and/or Dementia
- ☺ This is a group for carers of young people
- ▶ This is a group for carers who identify as LGBTIQA+
- ★ This is a group for carers of people with mental ill health
- This is a group for carers of people with Dementia

NORTH

▲ My Time Carers Group

Launceston
Third Tuesday of every month
11:30am - 1pm

▲ St Helens Carers Group

Fourth Tuesday every month
2pm - 3:30pm

▲ Northern Midlands Carers Group

Third Monday every month
11:30am - 1pm

▲ Kingsmeadows Carers Group

South Launceston
Third Wednesday every month
11:30am - 1pm

◆ Male Carers Group

Launceston
First and third Thursday every month
12pm - 1:30pm

* Mental Health/Dementia Carers Group

Launceston
Last Thursday every month
11:30am - 1pm

▲ Scottsdale Carers Group

Dorset
Meets once per month on Mon/Tues
12pm - 1:30pm

▲ Georgetown Carers Group

Second Thursday every month
12pm - 1:30pm

▲ Beaconsfield Carers Group

Second Tuesday every month
1pm - 2:30pm

▲ Newnham Carers Group

Last Monday every month
11:30am - 1pm

NORTH WEST

▲ Burnie Carers Connections

Monthly on Friday afternoons
1:30pm - 3pm

▲ Wynyard Carers Connections

Monthly on Thursday afternoons
2:30pm - 4pm

▲ Devonport Carers Connections

Monthly on Monday afternoons
1pm - 2:30pm

☺ Burnie (YP) Carers Connections

Monthly on Wednesday afternoons
1pm - 2:30pm

▲ Ulverstone Carers Connections

Monthly on Monday afternoons
2:30pm - 4pm

SOUTH

▲ Hobart Carer Support Group

South Hobart
Fortnightly on Monday mornings
10am - 11:30am

▲ Glenorchy Carer Support Group

Fortnightly on Tuesday mornings
10am - 11:30am

▲ Kingston Peer Support

Fortnightly on Tuesday
12pm - 1:30pm

▲ Blackmans Bay Peer Support Group

Fortnightly on Friday mornings
10am - 11:30am

▲ Nubeena Peer Support

First Wednesday of the month
12pm - 1:30pm



▲ Huonville Peer support

Monthly on Wednesday mornings
10am - 11:30am

▲ Eastern Shore Peer Support

Geilston Bay
Meets fortnightly on Friday mornings
10am - 11:30am

▶ LGBTIQA+ Peer Support Group

North Hobart
First Thursday of the month
10am - 11:30am

★ Mental Ill Health Peer Support

South Hobart
Fortnightly on Wednesday mornings
10am - 11:30am

■ Dementia Peer Support

West Moonah and online via ZOOM
First Thursdays of the month
10am - 11:30am

All registered carers are welcome to join. As these sessions include light refreshments, please RSVP before attending so we can cater to your requirements.

You can contact our Peer Support Coordinators at peersupportgroups@care2serve.com.au to find a group near you.



RETREATS

CARERS RETREAT

9th - 12th April

Gateway Hotel
16 Fenton Street, Devonport

CARER RETREAT - CARING FOR CHILDREN WITH ADDITIONAL NEEDS

28th - 31st May

Tamar Valley Resort
7 Waldhorn Drive, Grindelwald

CARERS RETREAT - CARING FOR SOMEONE WITH MENTAL ILL HEALTH

25th - 28th June

Tamar Valley Resort
7 Waldhorn Drive, Grindelwald

CARERS RETREAT

30th April - 3rd May

East Coaster Resort
1 Louisville Road, Orford

CARERS RETREAT - CARING FOR CHILDREN WITH ADDITIONAL NEEDS

14th - 17th May

Hotel Grand Chancellor
1 Davey Street, Hobart

CARERS RETREAT - CARING FOR SOMEONE WITH MENTAL ILL HEALTH

11th - 14th June

Hotel Grand Chancellor
1 Davey Street, Hobart

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All retreats: Check in 10:30am - Check out 11am

Join us for a three-night/four-day all-expense paid retreat that aids in nourishing your body, mind, and spirit. Retreats include facilitated information sessions, wellness activities, wholesome food, and an opportunity to connect with other carers. Retreats are open to all carers registered through Carer Gateway.

Booking is essential as spots are limited. Register your interest!

WORKSHOPS

NORTH

YOGA & RELAXATION WORKSHOP, BLACKSTONE HEIGHTS

19th, 26th April & 3rd May

10:30am - 11:30am

CARE TO COOK / NUTRITION & GUT HEALTH, EVANDALE

8th May

10am - 2pm

POTTERY WORKSHOP, LAUNCESTON

14th May

12:30pm - 2:30pm

ART THERAPY, BLACKSTONE HEIGHTS

28th May

10am - 12pm

CARING FOR THE CARER, BLACKSTONE HEIGHTS

5th June

10am - 12pm

NORTH WEST

YOGA AND RELAXATION WORKSHOP, BURNIE

17th, 24th April & 1st May

11:30am - 12:30pm

ART THERAPY, BURNIE

7th May

10am - 12pm

POTTERY WORKSHOP GLAZED AND CONFUSED, DEVONPORT

16th May

2pm - 4pm

CARING FOR THE CARER, BURNIE

4th June

10am - 12pm

SOUTH

POTTERY WORKSHOP GLAZED AND CONFUSED, HOBART

7th May

12:30pm - 2:30pm

CARE TO COOK / NUTRITION & GUT HEALTH, WEST MOONAH

23rd May

10am - 2pm

YOGA AND RELAXATION WORKSHOP, KINGSTON

5th, 12th & 19th June

10:30am - 11:30am

CARING FOR THE CARER, GLENORCHY

6th June

10am - 12pm

FELTING WORKSHOP, SOUTH HOBART

26th June

10am - 1pm

Booking is essential as spots are limited. Register your interest by calling our team at **03 6144 3700** or email us at events@care2serve.com.au or by visiting our website care2serve.com.au/event-list/

SOCIAL RESPITE



ACTIVITIES



Need a break? Head along to one of our free social respite activities.

Note - These activities are separate from events run by Carer Gateway. The social respite activities are funded by the Department of Premier and Cabinet (DPAC), and are open to Kin carers, too. To find out more, please contact our events team at 03 6144 3700 or events@care2serve.com.au or visit care2serve.com.au/event-list/



NORTH

TAMAR RIVER LUNCH AND CRUISE, LAUNCESTON

11 April & 1 May

9:30am - 2pm

Join us for a 4-hour cruise down the Tamar River and enjoy beautiful views of the river. A light lunch will be provided.



LAVENDER FARM LUNCH & TOUR, NABOWLA

21st May

11:30am - 2pm

Enjoy a guided tour of the Bridestowe Lavender Estate, followed by a light lunch.

PAINT AND SIP, LAUNCESTON

14 June

10:30am - 1pm

Put your creativity to the test, with a 2.5 hour paint and sip session! No experience necessary - all skill levels welcome! Please note, alcohol will not be provided at this event.

NORTH WEST

PAINT AND SIP, DEVONPORT

30 April

11am - 2pm

Join us for a relaxing afternoon of guided art in a beautiful garden setting. No experience necessary - all skill levels welcome! Please note, alcohol will not be provided at this event.

BIRD WATCHING CRUISE, WEST ULVERSTONE

22 May

10am - 1pm

Join us for a cruise down the River Leven. See the beautiful sights of the river while keeping a watchful eye on some of Tasmania's unique birds and wildlife.

WILDERNESS TRAIN RIDE AND LUNCH, STRAHAN

24 May

9:45am - 12:30pm

Enjoy a uniquely Tasmanian menu while you travel through the beautiful Tasmanian wilderness.



SOUTH

OUTDOOR ADVENTURE EXPERIENCE, NUGENT

17th & 24th April

1pm - 4:30pm

Test your skills at archery, axe throwing, slingshots, golf, air rifle and clay target shooting. No experience necessary.

PEPPERMINT BAY LUNCH AND CRUISE, HOBART

19 April & 26 April

10:30am - 3:30pm

Experience the best Hobart has to offer while you cruise the River Derwent to Peppermint Bay, where you will enjoy lunch before a cruise back to the city.

HIGH TEA AT HADLEY'S, HOBART

21 June

1pm - 3pm

Enjoy an afternoon in the city being treated to a delicious High Tea at the beautiful Hadley's Hotel.

HIGH TEA AT GLEN DERWENT, NEW NORFOLK

25 June

11:30am - 1:30pm

Join us for High Tea at the picturesque Glen Derwent.

IMPORTANT: As places are limited and expressing your interest does not guarantee your spot. Our staff will contact you to confirm your spot.