

# CARERS EVENTS

## JULY - SEPTEMBER



These activities are free for carers under 25

### ACTIVITIES FOR YOUNG CARERS

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 to attend the following free events and activities. If you need support to attend any of these activities please contact us.

Eligibility criteria apply.

**Booking is essential as spots are limited.**

Register your interest by calling our team at

**03 6144 3700**

or emailing us at

[events@care2serve.com.au](mailto:events@care2serve.com.au)

or by visiting our website

[care2serve.com.au/event-list/](http://care2serve.com.au/event-list/)

Whether it is an hour of challenging yourself at hyperdrive, getting creative at pottery or watching a movie, we have something for everyone during the school holidays. All activities are free and open to registered carers under the age of 25.



#### Painting for Young Carers

West Moonah Neighbourhood House  
130-132 Springfield Ave, West Moonah

3pm - 4:30pm



#### Graffiti Art

Blackstone Centre  
8 Neptune Drive, Blackstone Heights

10:30am - 12pm



#### Movie - Despicable Me 4

Metro Burnie  
4-22 Wilmot Street, Burnie

10:30am - approx 12pm



#### Graffiti Art

Devonport Community House  
10 Morris Avenue, Devonport

10:30am - 12pm



#### Pottery

Glazed and Confused  
4 Quadrant Mall, Launceston

12:30pm - 2:30pm



#### Bounce Party

Bounce  
1 Linear Court, Derwent Park, Hobart

2pm - 3pm



#### Hyperdrive

Hyperdrive Kart Racing  
22-24 Mertonvale Circuit, Kingston

12pm - 2pm



# WORKSHOPS

Carers are invited to join us for free workshops designed to build knowledge and skills in a warm and welcoming environment. These workshops are open to all carers registered through Carer Gateway.

## SOUTH

### Making a Mosaic

45 Henry Street, Dulcote

**1 August**

10am - 3pm

During this in-person workshop, you'll learn various mosaic techniques. On the day you will be provided with all the necessary materials, you just need to bring your enthusiasm and eagerness to learn. If you like, you can bring along that special bead, shell or piece of china to add in!

Don't worry if you've never tried mosaic art before – this workshop is designed specifically for beginners. It's a fantastic opportunity to explore your artistic side, meet like-minded people, and have a fun-filled day of creativity.

### First Aid Training

St John Ambulance,

177 Main Road, Moonah

**7 & 8 August**

8:45am - 4pm

Train to become a certified First Aider and learn skills to handle emergency situations, including supporting the unconscious, performing CPR, controlling bleeding, and managing other life-threatening scenarios.

### Mindfulness

C3 Convention Centre

64 Anglesea Road, South Hobart

**8, 15, 22 or 29 August**

10:30am - 12:30pm

This workshop introduces a range of self-care tips, tools and strategies to assist carers in managing their thoughts and actions to enable them to deal with daily challenges.

## NORTH

### Mindful Creativity

The Tramsheds Function Centre,

4 Invermay Road, Invermay

**9, 16, 23 or 30 August**

10:30am - 12:30pm

Join us for "Mindful Creativity" to deepen your present-moment awareness, unlock your creativity, and enhance your overall well-being. In this session, you will be able to understand your mental processes and practice self-compassion while engaging in guided relaxation exercises to soothe your mind and body. You will also get to create unique, personal art pieces with expert guidance.

### Air-dried Clay

Potters House Launceston,

2 Hobart Road,

South Launceston

**6 September**

10:30am - 12:30pm

*Cultivating Gratitude Through Clay Workshop* - Join us for a hands-on workshop where you'll nurture gratitude and creativity by crafting your own 'Gratitude Chest' from clay.

### First Aid Training

St John Ambulance,

330 Invermay Road, Invermay

**11 & 12 September**

8:45am - 4pm

Train to become a certified First Aider and learn skills to handle emergency situations, including supporting the unconscious, performing CPR, controlling bleeding, and managing other life-threatening scenarios.

## NORTHWEST

### Mindful Creativity

Burnie Library, 30 Alexander Street,

Burnie

**6, 13, 20 or 27 August**

10:30am - 12:30pm

Join us for "Mindful Creativity" to deepen your present-moment awareness, unlock your creativity, and enhance your overall well-being. In this session, you will be able to understand your mental processes and practice self-compassion while engaging in guided relaxation exercises to soothe your mind and body. You will also get to create unique, personal art pieces with expert guidance.

### First Aid Training

St John Ambulance,

126 Best Street, Devonport

**11 & 12 September**

8:45am - 4pm

Train to become a certified First Aider and learn skills to handle emergency situations, including supporting the unconscious, performing CPR, controlling bleeding, and managing other life-threatening scenarios.

### Air-dried Clay

Devonport Community House,

10 Morris Avenue, Devonport

**20 September**

10:30am - 12:30pm

*Cultivating Gratitude Through Clay Workshop* - Join us for a hands-on workshop where you'll nurture gratitude and creativity by crafting your own 'Gratitude Chest' from clay.

# RETREATS

Join us for a three-night/four-day all-expenses 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!

## SOUTH

**Carers Retreat for Carers caring for someone with Dementia**

**20 - 23 August**

Grand Chancellor  
1 Davey Street, Hobart

**Carers Retreat for all Carers**

**9 - 13 September**

ibis Styles Hobart  
173 Macquarie Street, Hobart

## NORTH

**Carers Retreat for Carers caring for someone with Dementia**

**2 - 5 July**

Tamar Valley Resort  
7 Waldhorn Drive, Grindelwald

**Carers Retreat for all Carers**

**6 - 9 August**

Tamar Valley Resort  
7 Waldhorn Drive, Grindelwald

## NORTHWEST

**Carers Retreat for all Carers**

**30 July - 2 August**

The Gateway Hotel  
16 Fenton Street, Devonport

## EAST COAST

**Carers Retreat for all Carers**

**24 - 27 September**

Eastcoaster Resort  
1 Louisville Road, Orford

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



Register your interest now!



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# PEER SUPPORT

Enjoy free tea and coffee surrounded by 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 is an online group for all carers
- ▲ This is a group for all carers
- ◆ This is 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 LGBTIQ+
- ★ This is a group for carers of people with mental ill health
- This is a group for carers of people with Dementia
- ◆ This is a group for parents/grandparents caring for children who has special needs.

## STATEWIDE

- ◆ **Online Carers Connections**  
Second Thursday of every month  
7pm - 8pm

## 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
- ▲ **Nubeena Peer Support**  
First Wednesday of the month  
12pm - 1:30pm
- ▲ **Blackmans Bay Peer Support Group**  
Fortnightly on Friday mornings  
10am - 11:30am
- ▲ **Huonville Peer Support**  
Monthly on Wednesday mornings  
10am - 11:30am
- ▲ **Eastern Shore Peer Support**  
Geilston Bay  
Meets fortnightly on Friday mornings  
10am - 11:30am
- ▶ **LGBTIQ+ Peer Support Group**  
North Hobart  
First Thursday of the month  
10am - 11:30am
- ★ **Mental Ill Health Peer Support**  
South Hobart  
Last Thursday of every month  
10am - 11:30am

- **Dementia Peer Support**  
West Moonah and online via ZOOM  
First Thursday of the month  
10am - 11:30am
- **Dementia Peer Support Group**  
Kingston  
Monthly on Wednesday mornings  
10am - 11:30am

- **Dementia Peer Support Group**  
Hobart  
Last Friday of the month  
10:30am - 11:30am

- ▶ **LGBTIQ+ ONLINE Peer Support Group** - Online via ZOOM  
Second Tuesday of every month  
5pm - 6pm

## 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
- ▲ **Scottsdale Carers Group**  
Dorset  
Meets once per month on Mon/Tues  
12pm - 1:30pm

- ▲ **Newnham Carers Group**  
Last Monday every month  
11:30am - 1pm

- \* **Mental Health/Dementia Carers Group** - Legana  
Last Thursday of every month  
11:30am - 1pm

- ▲ **Beaconsfield Carers Group**  
Second Tuesday every month  
1pm - 2:30pm

- ▲ **George Town Carers Group**  
Low Head/George Town  
Second Thursday of every month  
12pm - 1:30pm

- ◆ **Parents Caring for Children with Special Needs Carers Group**  
Door of Hope, Launceston  
Third Monday of every month  
11:30am - 1pm

- ▲ **Meander Valley Carers Group**  
Deloraine  
Fourth Wednesday of every month  
12pm - 2pm

## 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**  
Second Monday of every month  
2:30pm - 4pm

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

