

CARERS EVENTS OCTOBER-DECEMBER



These activities are free for carers under 25

SCHOOL HOLIDAY ACTIVITIES FOR YOUNG CARERS

The below activities are free and open to registered carers under the age of 25.

Tuesday
1
OCTOBER

Waterfront Café Mini Golf
17A Devonport Rd, Devonport

10:30am - Noon

Wednesday
2
OCTOBER

Rock It Rock Climbing
54 Bathurst Street, Hobart

2pm - 4pm

Thursday
3
OCTOBER

Tasmania Zoo
Riverside
1166 Ecclestone Rd, Riverside

12pm - 2:30pm

Friday
4
OCTOBER

Zoo Doo
620 Middle Tea Tree Rd, Tea Tree

1:30pm - 3:30pm

Monday
7
OCTOBER

Picnic and Paint
(under the Richmond Bridge)
Wellington Street, Richmond

1pm - 3pm

Wednesday
9
OCTOBER

Bowling
Launceston Lanes
20 Innocent Street, Kings Meadows

12:30pm - 1:30pm

Wednesday
9
OCTOBER

Escape Room
Launceston Lanes
20 Innocent Street, Kings Meadows

2pm - 3pm

Thursday
10
OCTOBER

Wing's Wildlife Park
Ulverstone
137 Winduss Rd, Gunns Plains

10:30am - 12:30pm

Friday
11
OCTOBER

Tool Skool Woodworking
Trevallyn Sea Scouts Hall
Tailrace Park, West Tamar Highway

2pm - 4pm

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 87,000 Tasmanians who provide unpaid care and support to someone close to you, you may be eligible to attend the following free events and activities.

You can register your interest by:

- Calling our team at 03 6144 3700
- Emailing: events@care2serve.com.au
- Visiting: care2serve.com.au/event-list/

Eligibility criteria apply and spots are limited.

 **Carer Gateway**
An Australian Government Initiative

 **care2serve**
YOU'RE ALWAYS FIRST
PART OF THE CARERS TASMANIA GROUP

CARER SUPPORT GROUPS

Enjoy 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. Some of these sessions may also have guest speakers, educational and mindfulness based activities.

- ◆ 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.

SOUTH

▲ Hobart Carers Group

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

▲ Glenorchy Carers Group

Fortnightly on Tuesday mornings
10am - 11:30am

▲ Nubeena Carers Group

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

▲ Blackmans Bay Carers Group

Fortnightly on Friday mornings
10am - 11:30am

▲ Huonville Carers Group

Monthly on Wednesday mornings
10am - 11:30am

▲ Eastern Shore Carers Group

Geilston Bay
Fortnightly on Friday mornings
10am - 11:30am

▶ LGBTIQ+ Carers Group

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

★ South Hobart Mental Ill Health Carers Group

First Thursday of every month
10am - 11:30am

★ North Hobart Mental Ill Health Carers Group

First Tuesday of every month
10am - 11:30am

■ Moonah Dementia Carers Group

West Moonah and online via ZOOM
First Thursday of every month
10am - 11:30am

■ Kingston Dementia Carers Group

Kingston
Monthly on Wednesday mornings
10am - 11:30am

■ Dementia Carers Group

South Hobart
Last Friday of every month
10:30am - 11:30am

▶ LGBTIQ+ ONLINE Carers 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 of every month
2pm - 3:30pm

▲ Northern Midlands Carers Group

Second Monday of every month
11:30am - 1pm

▲ Kingsmeadows Carers Group

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

◆ Male Carers Group

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

▲ Scottsdale Carers Group

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

▲ Newnham Carers Group

Last Monday of every month
11:30am - 1pm

* Mental Health/Dementia

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

▲ Beaconsfield Carers Group

Second Tuesday of 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 - 2:30pm

NORTH WEST

▲ Burnie Carers Group

Second Friday of every month
1pm - 2:30pm

▲ Wynyard Carers Group

Fourth Thursday of every month
2:30pm - 4pm

▲ Devonport Carers Group

First Monday of every month
1pm - 2:30pm

☺ Burnie (YP) Carers Group

First Wednesday of every month
1pm - 2:30pm

▲ Ulverstone Carers Group

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

STATEWIDE

◆ Online Carers Group

Second Thursday of every month
7pm - 8pm

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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.



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 with Carer Gateway. Booking is essential as spots are limited.

GENERAL CARERS RETREAT

29 Oct - 1 Nov (TBC)

East Coaster Resort
2 Louisville Road, Orford

GENERAL CARERS RETREAT

10 - 13 December

Grindelwald Resort
7 Waldhorn Drive, Grindelwald

GENERAL CARERS RETREAT

26 - 29 November

Gateway Hotel
16 Fenton Street, Devonport

GENERAL CARERS RETREAT

17 - 20 December

Grand Chancellor
1 Davey Street, Hobart

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

Register your interest by calling our team at **03 6144 3700** or emailing us at events@care2serve.com.au or by visiting our website care2serve.com.au/event-list/

WORKSHOPS



Our workshops are funded by the Tasmanian Government Home and Community Care (TAS HACC) Program.

SOUTH

Care2Relax

Glenorchy Football Club Rooms

22 October

10:00am - 12:00pm

Care2Cook

West Moonah

Neighbourhood House

25 October

10:00am - 2:00pm

Effective Boundaries & Communication

Glenorchy Football Club Rooms

12 November

10:00am - 12:00pm

Yoga

Rowallan Park

Kingston Uniting Church

17, 22, 31 October

7 November

12:00pm - 1:00pm

NORTH

Care2Relax

Blackstone Heights Christian Centre

31 October

10:00am - 12:00pm

Effective Boundaries & Communication

Blackstone Heights Christian Centre

13 November

10:00am - 12:00pm

Mosaic Workshop

Blackstone Heights Christian Centre

26 November

10:30am - 1:30pm

Yoga and Head & Shoulder Massage

Blackstone Heights Christian Centre

23, 30 October

6, 13 November

10:30am - 12:30pm

NORTHWEST

Mosaic Workshop

Hive Tasmania, Ulverstone

12 November

10:30am - 1:30pm

Effective Boundaries & Communication

UTAS Cradle Coast Campus, Burnie

15 November

10:00am - 12:00pm

Yoga and Head & Shoulder Massage

UTAS Cradle Coast Campus, Burnie

21, 28 October

5, 11 November

10:30am - 12:30pm

Care2Relax

TBC

24 October

10:00am - 12:00pm

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 or by visiting our website care2serve.com.au/event-list/

National Carers Week 13 - 19 October

Tasmania is lighting up for
NATIONAL CARERS WEEK



To recognise and highlight the incredible contribution of Tassie carers to their family, community, economy and State, the following venues will light up in blue.

11 - 18 October

Devonport - paranaple Convention Centre

13 - 17 October

Hobart - Wrest Point Casino

13 - 19 October

Hobart/Clarence - Tasman Bridge
Launceston - Launceston Town Hall
Central Coast - Leven River Bridge
Circular Head - CHC's Awareness Tree

14 - 20 October

Hobart - Hobart City Council
Landmarks (Mawson Place, Doone Kennedy Hobart Aquatic Centre, Elizabeth Street Mall, Franklin Square Fountain, Kennedy Lane, Rose Gardens Bridge)

15 - 21 October

Burnie - Burnie City Council Building

 **Carers TAS
Australia**

Free Film Screening

This National Carers Week, join us for the screening of the documentary film 'Unconditional'. Written, directed and produced by Carer Dalanglin Dkhar. The film showcases stories of four carers Craig, Deborah, Megan and Razi - real carers with stories of devotion, challenges and unconditional love.

From navigating the complexities of caring for loved ones with special needs to confronting societal invisibility, their journeys are both inspiring and eye-opening. Supported by Carers ACT and Charles Sturt University, 'Unconditional' is more than a film, it's a call for our nation to recognise and support over 3 million carers across Australia who make invaluable contributions to our communities.

"It's more of a full time job, being a carer. Part time is the rest of your life."



Unconditional



Village Cinema
Glenorchy
11am - 12pm



Village Cinema
Launceston
12pm - 1pm



Reading Cinema
Devonport
11am - 12pm

Spots are limited. Please RSVP to marketing@care2serve.com.au or call us on 03 6144 3700 to secure your spot at the screening.

Carers Expo (South)

Friday 18 October 10am-2pm

Carers Tasmania invites you to the National Carers Week 'Carers Expo', where you can discover available support, services, and connect with other carers.



- Trade tables
- Guest speakers
- Activities
- Freebies
- Free Cuppa with a Carer

C3 Convention Centre
64 Anglesea Street,
South Hobart

Open to the public.
Free admission and parking.



**NATIONAL
CARERS
WEEK**



**MILLIONS
OF REASONS
TO CARE**