



Individual and Group Services

Carer Event Program

March - June Program 2019

Central Office

8118 2678

Level 1, 560 North East Road
Holden Hill, 5088

Southern Office

8187 6085

Suite 1, 455—457 Morphett Road
Oaklands Park, 5046



Event Information for Carers

The following events are provided to support you to maintain your wellbeing whilst caring for someone living with a mental illness or disability. Engaging in unique social opportunities in a safe and supportive environment will help you to build friendships and develop new interests.

Spaces are limited in most events and fill up fast!

Ensure you register your interest as soon as possible, as limited spaces are available.

Confirmation and event information will be provided to Carers two weeks before the event.

Due to funding constraints, we are unable to provide free transport to and from events as provided previously. Please discuss with Coordinators if you would like any further information.

- Carers will be required to pay the contribution fee on arrival at the event.

Please discuss on Registration any dietary or other requirements and advise of any support needs you require to attend the event

NDIS Information and Support

AnglicareSA has been providing NDIS support to the community for over 4 years. We will be providing NDIS information sessions for Carers and the people they care for.

These sessions are available via appointment at our Holden Hill or Oakland's Park offices where you will be able to discuss your NDIS application and support needs with AnglicareSA Customer Service Officers or with one of the Individual and Group Services Program Coordinators.

Contact 1800 953 001 to book now!

**Holden Hill
Office
Level 1/560 North East
Road, Holden Hill**

**Oaklands Park
Office
457 Morphett Road,
Oaklands Park**



Good Morning Comedy @ Adelaide Fringe

Wednesday 6th March 2019

10:30am for 11am show

Mercury Cinema

13 Morphett Street, Adelaide

Ignite your mid-week with a Wednesday morning of laughter in the comfort of one of Adelaide's best venues. We've picked a selection of the Fringe's favourite comedians to give you a gala experience, while you're still on your first coffee. Featuring a showcase of different comedians each week!

Enjoy catching up with your friends afterwards whilst you have a coffee at a local café.

Carers to purchase coffee at own cost

Activity Cost: \$12 per person

Respite Opportunity For Carers

Care Recipient 3 Day Adventure Camps at Mylor

These camps offer adults living with mental illness an opportunity to meet new friends, build independence skills, have fun and find new interests in a safe and supportive environment. The camps enable Carers to have some time out of their caring role, visit relatives, relax or have some me time.

The next scheduled camps are:

Friday 22nd - Sunday 24th March

Friday 31st May - Sunday 2nd June

Please contact 1800 953 001 to discuss registration and camp costs

Carer Craft and Catch Up

Come and join other Carers for a fun and creative craft sessions

Activity Cost: Gold coin donation per person

North—St Cuthberts

9:30am—12:30pm

Every second Monday
starting 11th March

South—Oaklands Park
Office

1:00pm—4:00pm

Every second Monday
starting 25th March

Easter Craft @ Christchurch



April 11th

10am - 2pm



Join your friends for a relaxed day of socializing whilst creating Easter gifts and chocolates

Light lunch provided



Activity Cost \$10.00pp

Office of the Public Advocate Guest Speaker



St Cuthbert's Hall

30th April 2 to 3:30pm



Elie Nitschke from the OPA will provide information on:

The rights of people with impaired decision making
Care and treatment of people with impaired decision making
Enduring powers of attorney
Being a guardian of an adult

Enjoy a light afternoon tea and catch up with other Carers.

No cost

Carer Walking Group and Catch Up

Join other Carers for a leisurely walk through local scenery.

Carers can meet after the walk and enjoy a coffee at a local café.



Monday 15th April

10am - 12pm

North - Morialta Falls

South - Hallett Cove Boardwalk

Please bring a water bottle, hat and wear enclosed shoes.

No cost

ANGLICARESA

Services Expo

Thursday 23rd May

2pm - 5pm

St Cuthbert's Hall

Carers are invited to bring friends and family along to an AnglicareSA information session.

Do you want to know more about other AnglicareSA services?

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Do you want to know how Support Coordinators can assist the person you care for to maximize their NDIS funding?

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Do you want to know how you or the person you care for can access community housing?

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Do you or the person you care for need support with financial planning?

Come along to an information session with a customer engagement officer, a support coordinator, community housing coordinator and a financial counsellor.

No cost

Mental Health Respite: Carer Support events are funded by the Australian Government Department of Social Services

1800 953 001

Contact us for more information regarding your NDIS access, eligibility or available services



Centrelink Community Engagement Officers



Wednesday 12th June

2pm—4pm

St Cuthbert's Hall



Community engagement officers are available
at from the local Centrelink service centers.
Come along and hear about the services that
they can provide in addition to payments.

No cost

BOOK NOW!

*Don't
Miss
Out!*

To book in for any events
please call 8187 6085

The Impact of a Carer...

AnglicareSA asked people who experience mental illness and disability how their loved ones who support them in their day to day life impact their lives. Here's what they said;

Who is your Carer and what do they help you with?

Our Carers are mothers, fathers, brothers, sisters, neighbors, friends, sons, daughters, husbands, wives, partners and everything in between.

Our Carers support us with personal care, budgeting, appointments, cooking, cleaning, shopping, social outings, getting out in to the community, medication and helps when I am not doing too well.

How has your Carer impacted your life?

Our Carers have kept us on the right track, helped with the hard times, made it easier to go to appointments, been someone we can rely on, makes our week easier, and most of all has helped me be more independent.

What is one message you would like to share with other Carers?

Without you we wouldn't be able to live independently and we would have issues with accessing the community

You have a positive impact on our lives

It's great to have a Carer who helps with day to day living

Without Carers, we wouldn't success

We wouldn't be who we are without you

Thank You!