

National Carers Week

SEE OUR EVENTS HERE: www.bit.ly/carergatewaycarersweek

National Carers Week is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles. Check out this calendar of Carers Week activities and events hosted by **Carer Gateway** providers within Victoria. For more activities, visit Carers Australia's *Carers Week website* carersweek.com.au

— More than 25+ **online events!** From **Sunday Oct 11 to Saturday Oct 17.** —

Sunday 11th	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
<p>In Conversation with Moana Hope 2:00 - 3:00pm Free Virtual Q&A Registrations</p> 	<p>MERRI HEALTH: Online Workshop Building Resilience in Lockdown 1:00pm Registrations</p>	<p>BALLARAT HEALTH SERVICES: Magic Show 1:30 - 3:00pm RSVP Before October 8 PH (03) 5333 7104 and Tracey and Linda will put your name on the list.</p>	<p>ALFRED HEALTH CARER SERVICES: Celebrate Carers Lunch and Laugh 1:00 - 2:00pm Information</p>	<p>CARER GATEWAY: Carers Week Online Trivia Night! 7:00 - 8:30pm Free event with prizes! Entertainment by Grape Vine Events. Tickets</p>	<p>CARER GATEWAY: Webinar: Inside the Carer Gateway 1:30 - 2:30pm Information</p>
<p>Key:</p> <ul style="list-style-type: none"> *Events marked with an asterisk are reserved for carers receiving support via that service. ● Events are capped at 100 carers per event. ▶ Event continues over multiple days of the week. <p>For information about any of these activities, please contact the organisation responsible.</p>	<p>ALFRED HEALTH CARER SERVICES: Movie Night Mr Velvet Ears 7:30 - 9:30pm Information</p>	<p>BENDIGO HEALTH SERVICES: Webinar: Welcome to Carer Gateway (Loddon Mallee) 11:00am Registrations</p>	<p>BALLARAT HEALTH SERVICES: Caring for yourself (health and well-being) 1:30 - 3:00pm RSVP Before October 8 PH (03) 5333 7104 and Tracey and Linda will put your name on the list.</p>	<p>MERRI HEALTH: In Conversation with Christos Tsiolkas 1:00 - 2:30pm Tickets</p> 	<p>MERRI HEALTH: Paolo's Healthy cooking at home Registrations</p>
	<p>My Morning Matters Connect & Energise Activities Mon - Fri Information</p>	<p>Mindfulness Workshop with Marion Miller 12:00 - 1:00pm Registrations</p>	<p>UNITING VIC.TAS: Zumba Class (Latin-inspired dance/workout routine) 10:00 - 11:00am trybooking.com/BLMVY</p>	<p>BALLARAT HEALTH SERVICES: \$\$ On the Money \$\$ (Financial Counselling) 10:30am - 12:00pm RSVP Before October 8 PH (03) 5333 7104 and Tracey and Linda will put your name on the list.</p>	<p>BALLARAT HEALTH SERVICES: Memory Mingle Support Group - Music Workshop 1:30 - 3:00pm RSVP Before October 8 PH (03) 5333 7104 and Tracey and Linda will put your name on the list.</p>
	<p>BALLARAT HEALTH SERVICES: Write Your Cares Away 1:30 - 3:00pm RSVP Before October 8 PH (03) 5333 7104 and Tracey and Linda will put your name on the list.</p>	<p>UNITE VIC.TAS: Live Comedy Event Simon Kennedy 11:00 - 11:30am trybooking.com/BLMVV</p>	<p>Yoga Session KB Movement 4:00 - 5:00pm trybooking.com/BLMWA</p>	<p>CARER GATEWAY: Virtual Magic Show Magician Anthony De Masi 2:00 - 3:00pm Tickets</p>	<p>FAMILY CARE: Carer Health & Wellbeing - Tips for practicing self-care 10:30am - 12:00pm Please register via Eventbrite by Tuesday 13th October 4pm. Contact Jason on 0429 963 164 or Kylie on 0409 086 366.</p>
	<p>BENDIGO HEALTH: Tai Chi 11:00am Tickets</p>	<p>BENDIGO HEALTH: Writing Competition* Mon - Thur *Tell us in as many or as few words as you like how Carer Gateway or Carer Support Services may have brightened your day recently. Entries open on Mon Oct 12 and close on Thurs Oct 22. The first 100 entries WIN a hamper of goodies! Send entries to carersupportservices@bendigohealth.org.au; reply paid envelope or via the Bendigo Health Facebook page.</p>	<p>CARER GATEWAY: Arabic speakers class Make a Mosaic candle holder 2:00 - 3:00pm</p>	<p>ALFRED HEALTH CARER SERVICES: Digital Dance Club, all welcome, LGBTIQA+ 4:00 - 6:00pm Information</p>	
			<p>UNITE VIC.TAS: Live Musical Performance Tom Harrington 3:00 - 4:00pm trybooking.com/BLMWE</p>		

Carer Gateway:

Through **Carer Gateway**, the Australian government provides in-person, phone and online services and support to carers. In Victoria, these services are delivered by a group of seven health and social support providers, led by **Merri Health**. They are *Alfred Health, Ballarat Health Services, Barwon Health, Bendigo Health, FamilyCare, and Uniting (Victoria and Tasmania) Ltd.*

  Carer Gateway
An Australian Government Initiative
A network led by Merri Health supporting carers across Victoria
Carer Gateway 1800 422 737
www.carergateway.gov.au

 @merrihealth

Carers are people who provide **unpaid care and support** to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged – **anyone at any time can become a carer.**

