

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Kew (Holstep Health) Yarra Bend Walking Group	3 Norlane (Barwon Health) Northern Carer Support Group Wangaratta (Uniting Vic Tas) Carer Connect Program	4 Greensborough (Holstep Health) Banyule Lunch and Peer Support Group Ivanhoe (Holstep Health) Banyule Coffee Group
7	8 Glenroy (Holstep Health) Carers Coffee Catch Up Whealers Hill (Uniting Vic Tas) Carers Cuppa	9 Geelong (Barwon Health) Dementia Carer Peer Support Group	10 Cobram (FamilyCare) In-Person Peer Support Group Keilor East (Holstep Health) Valley Lake Carers Walking Group Melton (Holstep Health) Carers Morning Tea at Djerriwarrh	11 Glenroy (Holstep Health) Dementia Peer Support Group
14 Geelong (Barwon Health) Geelong Carer Support Group	15 Bendigo (Bendigo Health) Men's Carer Support Group Maribyrnong (Holstep Health) Maribyrnong River Carers Walk	16 Colac (Barwon Health) Colac Carer Peer Support Group Down Memory Lane	17 Ballarat (Grampians Health) Pathways for Carers	18
21	22 Whealers Hill (Uniting Vic Tas) Carers Cuppa Mt. Beauty (Uniting Vic Tas) Mt. Beauty Carer Connect	23 Geelong (Barwon Health) Carespace Coburg (Holstep Health) Gardening Peer Support Group	24 Cobram (FamilyCare) In-Person Peer Support Group Keilor East (Holstep Health) Valley Lake Carers Walking Group Melton (Holstep Health) Carers Morning Tea at Djerriwarrh	25 Craigieburn (Holstep Health) Hume Carers Group
28 Boronia (Uniting Vic Tas) Knox Leisureworks Carer Exercise Group	29 Diamond Creek (Holstep Health) Carers Craft n Cuppa	30		

May 2025

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IN PERSON

Current Groups

BARWON HEALTH

For carers living in Geelong and South-West regions of Victoria only

APR
16

MAY
21

CONTINUES MONTHLY

COLAC CARER PEER SUPPORT GROUP

Colac

Where?

To be confirmed.

When?

10:00am-12:00pm

For Whom?

Open to all carers with Barwon Health

How often does the group run?

Monthly, 3rd Wednesday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

APR
23

MAY
28

CONTINUES MONTHLY

CARESPACE

Geelong

Where?

Newcomb Community Health Centre, 104-108 Bellarine Hwy, Newcomb

When?

6:00pm-8:00pm

For Whom?

Support group for those caring for a young person, who is experiencing mental illness.

How often does the group run?

Monthly, 2nd Wednesday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

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MAY
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CONTINUES MONTHLY

DOWN MEMORY LANE

Colac

Where?

Legacy House, 45 Gellibrand Street, Colac

When?

11:00am - 12:30pm

For Whom?

People caring for a person with dementia

How often does the group run?

Monthly, 3rd Wednesday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

APR
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MAY
1

CONTINUES MONTHLY

NORTHERN CARER SUPPORT GROUP

Norlane

Where?

Norlane Community Centre, 39A Rose Lane, Norlane

When?

10.00am-12.00pm

For Whom?

Open to all carers with Barwon Health

How often does the group run?

Monthly, 1st Thursday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

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MAY
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CONTINUES MONTHLY

GEELONG CARER SUPPORT GROUP

Geelong

Where?

Newcomb Community Health Centre, 104-108 Bellarine Hwy, Newcomb

When?

Contact group organisers.

For Whom?

Open to all carers with Barwon Health

How often does the group run?

Monthly, 2nd Monday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

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CONTINUES MONTHLY

DEMENTIA CARER PEER SUPPORT GROUP

Geelong

Where?

Newcomb Community Health Centre, 104-108 Bellarine Hwy, Newcomb

When?

10.00am-12.00pm

For Whom?

People caring for a person with dementia

How often does the group run?

Monthly, 2nd Wednesday of the month

How do I sign up?

If you are interested in attending, please RSVP prior to the day by emailing cs.events@barwonhealth.org or phone (03) 4215 7600.

IN PERSON

Current Groups

BENDIGO HEALTH

For carers living in Bendigo and regional North-Western Victoria only

MAY
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CARER CONNECTION Robinvale

Carers are invited to take a well-deserved break and enjoy a complimentary lunch while connecting with other carers.

Where?

Euston Club Resort – Station 46 Bistro, Nixon St, Eusto

When?

12noon - 2pm, Wednesday 7 May

For Whom?

Open to all carers with Bendigo Health.

How do I sign up?

Register by Tuesday 29 April. Please call **(03) 5454 7719** or email our service at carersupportservices@bendigohealth.org.au.

MAY
2

MAY
9

FIVE SESSIONS IN MAY

GUIDED ART SESSIONS Mildura

enjoy a FREE five-part guided art series with Lisa from Red Earth Arts. Relax and connect with other carers while mindfully painting.

Where?

Location in Mildura to be confirmed.

When?

May 2nd, 9th, 16th, 23th and 30th

For Whom?

Open to all carers with Bendigo Health. **Carers must be available for all five (5) sessions.**

How do I sign up?

RSVP by Wednesday 30 April. Please call **(03) 5454 7719** or email our service at carersupportservices@bendigohealth.org.au.

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CONTINUES MONTHLY

MEN'S CARER SUPPORT GROUP Bendigo

Meet other male carers and enjoy a complimentary meal at a local pub.

Where?

Venue to be advised.

When?

6pm - 8pm on the third Tuesday of every month.

For Whom?

Open to male carers with Bendigo Health.

How do I sign up?

Registration essential. Please call **(03) 5454 7719** or email our service at carersupportservices@bendigohealth.org.au.

MAY
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MAY
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FOUR SESSIONS IN MAY

YOUNG CARER EQUINE ASSISTED LEARNING Ballarat

Equine Assisted Learning (EAL) offers physically and psychologically safe experiences with horses.

Where?

Hamer Equine Assisted Learning (HEAL), Woodend.

When?

Varied time. Group meets bi-monthly (limited sessions.)

For Whom?

Open to young carers aged 13 – 18 years. **Young carers must be available for all four free sessions.**

How do I sign up?

Registration essential by 4pm, 7th May. Please call **(03) 5454 7719** or email our service at carersupportservices@bendigohealth.org.au.

IN PERSON

Current Groups

FAMILYCARE

For carers living in Central and Northern regional Victoria only

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APR
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CONTINUES FORTNIGHTLY

IN-PERSON PEER SUPPORT GROUP Cobram

Where?

Contact FamilyCare for details.

When?

10th & 24th April. 8th & 22nd May

For Whom?

Open to all carers with FamilyCare.

How do I sign up?

Contact Angie Spiewak at ASpiewak@familycare.net.au to express interest

GRAMPIANS HEALTH

For carers living in Ballarat and Western regional Victoria only

APR
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MAY
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CONTINUES MONTHLY

PATHWAYS FOR CARERS Lake Wendouree

A relaxed social walking event followed by a free morning tea together.

Where?

Meet in front of Pipers by the Lake, 403 Wendouree Pde, Lake Wendouree

When?

Meet monthly at 9:45am for a 10am start. Usually finishes at noon.

For Whom?

Open to all carers with Grampians Health.

How do I sign up?

Please contact **Tracy Leach** on (03) 5333 7104 or email our service at carers@gh.org.au.

CONTINUES BI-MONTHLY

MEMORY MINGLE Ballarat

A social support group for carers caring for a person with a memory impairment.

Where?

Meet locally in Ballarat for lunch or to go on outings.

When?

Varied time. Group meets bi-monthly (limited sessions.)

For Whom?

Registered carers in the Grampians Health areas and the person they care for with a progressive memory impairment.

How do I sign up?

Please contact **Tracy Leach** on (03) 5333 7104 or email our service at carers@gh.org.au.

IN PERSON

Current Groups

HOLSTEP HEALTH

For carers living in Melbourne's Northern and Western metropolitan areas only

APR
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MAY
13

CONTINUES MONTHLY

CARERS COFFEE CATCH UP

Glenroy

A group for carers to get to know other carers and gain peer support.

Where?

Glenroy Neighbourhood House, 5B Cromwell St, Glenroy (free parking)

When?

1:30pm

For Whom?

Open to all carers with Holstep Health.

How often does the group run?

Second Tuesday of every month (ongoing).

How do I sign up?

For more information, please contact Sandra Leone on **0439 396 896** or email sandra.leone@merrihealth.org.au.

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MAY
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CONTINUES MONTHLY

DEMENTIA PEER SUPPORT GROUP

Glenroy

Meet other carers & problem solve dementia care issues in a friendly environment.

Where?

Sussex Neighbourhood House, 7 Prospect St, Pascoe Vale

When?

10:am-12:00pm

For Whom?

Open to all carers of a person living with dementia.

How often does the group run?

Second Tuesday of every month (ongoing).

How do I sign up?

For more information, please contact Sandra Leone on **0439 396 896** or email sandra.leone@merrihealth.org.au.

APR
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MAY
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CONTINUES MONTHLY

YARRA BEND WALKING GROUP

Kew

In collaboration with Parks Victoria, this walking group promotes connection between carers while enjoying the nature of Yarra Bend.

Where?

Yarra Bend Park

When?

11:00am-12:30pm. First Wednesday of each month.

For Whom?

Open to all carers with Holstep Health.

How do I sign up?

[Click here to register](#)

APR
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APR
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CONTINUES FORTNIGHTLY

VALLEY LAKE CARERS WALKING GROUP

Keilor East

Where?

Perry's (Peregrine Social Club), 45 Valley Lake Boulevard, Keilor East

When?

10:15am – 12:00pm

For Whom?

Open to all carers with Holstep Health.

How often does the group run?

Fortnightly sessions on Thursdays

How do I sign up?

[Click here to register](#)

APR
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MAY
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CONTINUES MONTHLY

CARERS MORNING TEA AT DJERRIWARRH

Melton

Where?

Djerriwarrh Neighbourhood House, 239 Station Road, Melton

When?

9:30am - 11:00am

For Whom?

Open to all carers with Holstep Health.

How often does the group run?

Monthly, Thursday's

How do I sign up?

[Click here to register](#)

IN PERSON

Current Groups

HOLSTEP HEALTH

For carers living in Melbourne's Northern and Western metropolitan areas only

APR
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MAY
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CONTINUES MONTHLY

GARDENING PEER SUPPORT GROUP

Coburg

Where?
Kevin Heinz Grow, 2A Station Street Coburg, VIC 3058

For Whom?
Open to all carers registered with Holstep Health.

How often does the group run?
3rd Wednesday of the Month (ongoing).

How do I sign up?

[Click here to register](#)

APR
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MAY
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CONTINUES MONTHLY

BANYULE LUNCH AND PEER SUPPORT GROUP

Greensborough

Where?
Cinnamon Grove Cafe & Catering, 249 Para Road Greensborough, VIC 3088

When?
12:00pm - 2:00pm

For Whom?
Open to all Holstep carers who are parents of Neurodivergent children.

How do I sign up?

[Click here to register](#)

APR
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MAY
2

CONTINUES MONTHLY

BANYULE COFFEE GROUP

Ivanhoe

Where?
Ivanhoe Library and Cultural Hub, 275 Upper Heidelberg Road Ivanhoe

When?
10:00am-11:30am.

For Whom?
Carers either registered with Holstep OR Banyule Council who are 60+ in Banyule LGA

How do I sign up?

[Click here to register](#)

APR
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APR
10

MARIBYRNONG RIVER CARERS WALK

Maribyrnong

Where?
Jensen Reserve Playground, 74 Cumberland Drive Maribyrnong

When?
9:45am – 11:45am

For Whom?
Open to all carers registered with Holstep Health.

How do I sign up?

[Click here to register](#)

APR
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MAY
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CONTINUES MONTHLY

CARERS CRAFT N CUPPA

Diamond Creek

Where?
Living & Learning Nillumbik, 119 Cowin Street, Diamond Creek

When?
7:00pm - 9:00pm

For Whom?
Open to all carers registered with Holstep Health.

How do I sign up?

[Click here to register](#)

APR
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MAY
30

CONTINUES MONTHLY

HUME CARERS GROUP

Craigieburn

Where?
United Cinemas Craigieburn (movie)

When?
10am to 2pm, last Friday of each month

For Whom?
Open to all carers registered with Holstep Health.

How do I sign up?
Please register your interest by emailing meg.yarlagadda@holstephealth.org.au or call 0437 537 258.

IN PERSON

Current Groups

UNITING

For carers living in Melbourne's Eastern metropolitan and Victoria's Eastern regional areas only

APR
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APR
22

CONTINUES FORTNIGHTLY

CARERS CUPPA Wheelers Hill

Where?

MGA Cafe (next to the Wheelers Hill library)

When?

10.00am-12.00pm

For Whom?

Parents of neurodivergent children/teenagers (but all carers welcome)

How often does the group run?

Fortnightly on Tuesdays

How do I sign up?

No registrations required, carers encouraged to turn up on the day. Run in conjunction with Different Journeys. For enquiries, call **0490 774 068**.

APR
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MAY
1

CONTINUES MONTHLY

CARER CONNECT PROGRAM Wangaratta

Where?

10 Rowan Street, Wangaratta, Victoria 3677

When?

10:00am-12:00pm

For Whom?

Open to all carers with Uniting.

How often does the group run?

Monthly, 1st Thursday of the month

How do I sign up?

[Click here to register](#)

APR
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CONTINUES MONTHLY

MT BEAUTY CARER CONNECT Mt. Beauty

Where?

1 Tennis Court Avenue, Mt Beauty Victoria 3699

When?

10:00am-12:00pm

For Whom?

Open to all carers with Uniting.

How often does the group run?

Monthly on the last Thursday of the month.

How do I sign up?

Register via email cgenquiries@vt.uniting.org.

APR
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MAY
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WEEKLY DURING SCHOOL TERMS

KNOX LEISUREWORKS CARER EXERCISE GROUP Boronia

Where?

Knox Leisureworks, 35 Tormore Rd, Boronia VIC 3155

When?

12:30pm - 1.15pm

For Whom?

Open to all carers with Uniting.

How often does the group run?

Weekly every Monday during school term.

How do I sign up?

To register, contact rsoutham@belgravialeisure.com.au.