



CarerLinks North



Merri Health
Healthcare that moves with you

CarerLinks North Activities Calendar

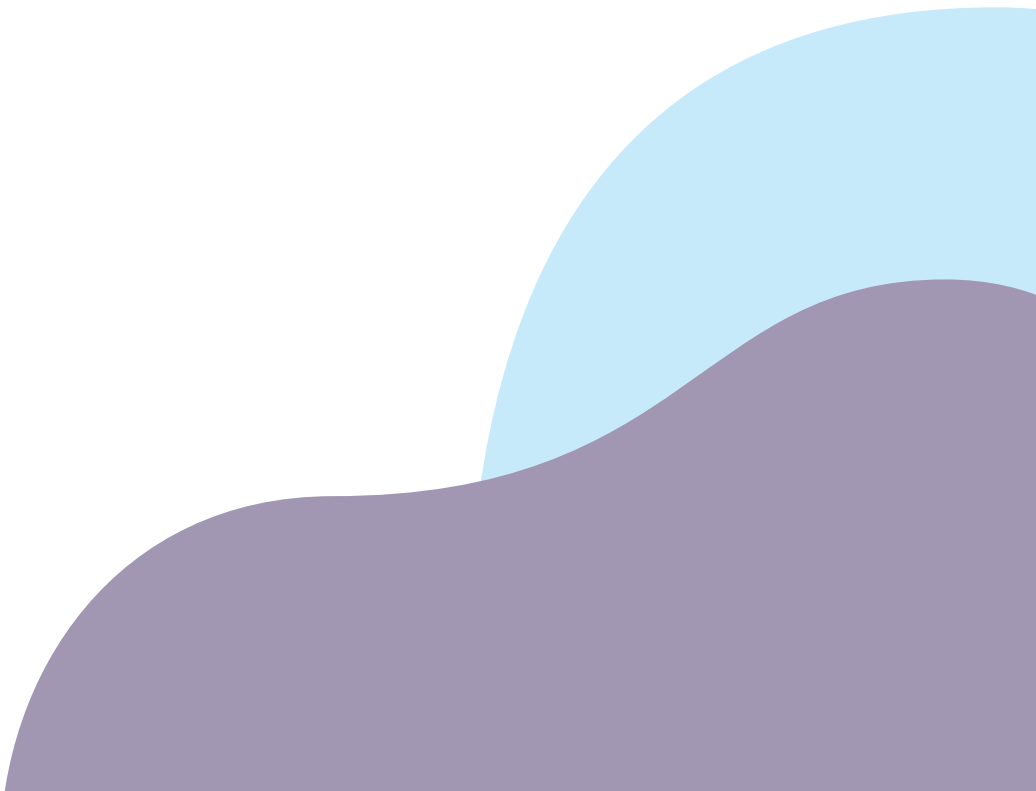
February - June 2019



merrihealth.org.au

**We know how hard it is
to take time out and the
feelings that may come
with it.**

**CarerLinks North is here
to support you.**



This booklet contains information about activities, groups and recreation for carers living in the Northern Region of Melbourne (residents of Banyule City Council, City of Moreland, City of Yarra, City of Darebin, Shire of Nillumbik, Hume City Council or City of Whittlesea). If you would like any more information, please contact CarerLinks North on 03 9495 2500.

Are you a carer?

CarerLinks North supports carers of all types in their roles and gives them the flexible, individualised help they need.

We make things easier for people who look after family or friends that need help managing at home or in the community. We work with you to help you with the supports you tell us you want and need. We can help with things like practical strategies to assist you in everyday life, respite to give you a break, and peer support groups and events to connect you with other carers.

As part of Merri Health, our support goes beyond help for carers. We can also connect you and your family with our broad range of Merri Health services to support your other health needs, all through our one local network.

Αυτό το φυλλάδιο περιέχει πληροφορίες σχετικά τις δραστηριότητες και τις ομάδες για φροντιστές που κατοικούν στη Βόρεια Περιφέρεια της Μελβούρνης (κάτοικοι των Δήμων Banyule, Moreland, Yarra, Darebin, Επαρχία του Nillumbik, Hume ή Whittlesea). Αν θέλετε περισσότερες πληροφορίες, παρακαλούμε επικοινωνήστε με την υπηρεσία CarerLinks North στο 03 9495 2500.

Είστε φροντιστής;

Η υπηρεσία CarerLinks North υποστηρίζει φροντιστές όλων ειδών στο ρόλο τους και τους δίνει την ευέλικτη, εξατομικευμένη βοήθεια που χρειάζονται.

Κάνουμε τα πράγματα ευκολότερα για άτομα τα οποία φροντίζουν για μέλος της οικογένειας ή φίλους που χρειάζονται βοήθεια για να τα βγάλουν πέρα στο σπίτι ή στην κοινότητα. Συνεργαζόμαστε μαζί σας να σας βοηθήσουμε με την υποστήριξη που μας λέτε ότι θέλετε και χρειάζεστε. Μπορούμε να βοηθήσουμε με πράγματα όπως πρακτικές στρατηγικές για την καθημερινή σας ζωή, φροντίδα ανάπαυλας για να κάνετε ένα διάλειμμα και ομάδες ομότιμης υποστήριξης και εκδηλώσεις για να σας συνδέσουμε με άλλους φροντιστές.

Questo opuscolo contiene informazioni sulle attività e sui gruppi per i badanti residenti nella Northern Region di Melbourne (residenti nei Comuni di Banyule, Moreland, Yarra, Darebin, nella Contea di Nillumbik, nei Comuni di Hume e Whittlesea). Se desidera ulteriori informazioni, la preghiamo di contattare CarerLinks North al numero 03 9495 2500.

Lei è un badante?

CarerLinks North sostiene tutti i tipi di badanti nel loro ruolo ed offre loro l'assistenza flessibile e individuale di cui hanno bisogno.

Facilitiamo le cose per chi si prende cura di familiari o di amici che hanno bisogno di aiuto a casa e nella comunità. Lavoriamo con lei per aiutarla con l'assistenza che vuole e di cui ha bisogno. Possiamo aiutarla con strategie pratiche per assisterla nella vita quotidiana, nel ricovero di sollievo per darle una pausa e con gruppi di sostegno ed occasioni d'incontro con altri badanti.

Оваа книшка содржи информации за активности и групи за негуватели кои живеат во северното подрачје на Мелбурн (жители на општините Бањуле, Морленд, Јара, Даребин, Нилумбик, Хјум и Витлси). Ако ви требаат повеќе информации, ве молиме јавете се на CarerLinks North на 03 9495 2500.

Дали сте негувател?

CarerLinks North им дава поддршка на сите категории негуватели во нивните улоги и им дава флексибилна потребна помош приспособена на нивните потреби.

Ние им помагаме на луѓето кои негуваат роднини или пријатели на кои им е потребна помош дома и надвор од дома. Ние соработуваме со вас за да ви помогнеме со поддршка која вие велите дека ја сакате и ви е потребна. Можеме да помогнеме со нешта како што се практични совети за да ви се помогне во секојдневниот живот, со одмена (respite) за да се одморите, и со групи за поддршка и настани за да се поврзете со други негуватели.

本手册包含关于墨尔本北部地区（即Banyule、Moreland、Yarra、Darebin、Nillumbik、Hume或Whittlesea市区）照顾者的活动和团体信息。如果您想了解更多信息，请致电03 9495 2500联系CarerLinks North。

您是照顾者吗？

CarerLinks North为各种照顾者提供支持，并提供他们所需的个性化灵活帮助。

我们让人们更加轻松地照顾在家庭或社区中需要帮助的家人或朋友。我们与您合作，帮助您获得自己想要且需要的支持。我们能提供多种帮助，如协助您日常生活的实用策略，让您能得到休息的喘息照护，以及帮助您与其他照顾者建立联系的同伴支持小组和其他活动。

Bu kitapçık, Melbourne'un Kuzey Bölgesi'nde (Banyule Kent Belediyesi, Moreland Kenti, Yarra Kenti, Darebin Kenti, Nillumbik İlçesi, Hume Kent Belediyesi veya Whittlesea Kenti) yaşayan bakıcılar için etkinlikler ve gruplar içerir. Daha fazla bilgi istiyorsanız, lütfen 03 9495 2500 numaralı telefondan Carers Link North ile ilişkiye geçin.

Bir bakıcı mısınız?

Carers North her tür bakıcıyı görevlerinde destekler ve ihtiyaç duydukları esnek, bireysel yardımı onlara sağlar.

Evde veya toplumdaki yönetimde yardıma ihtiyacı olan aile veya arkadaşlara bakan insanlar için işleri kolaylaştırırız. Bize istediğinizi ve ihtiyaç duyduğunuzu söylediğiniz destekleri sağlayarak size yardımcı olmak üzere sizinle birlikte çalışırız. Günlük yaşamda size yardımcı olmak üzere pratik stratejiler, size dinlenmeniz için mola ve diğer bakıcılarla ilişki kurmanız için akran destek grupları ve etkinlikleri gibi şeylerle size yardımcı olabiliriz.

Trong tập sách này có thông tin về các sinh hoạt và nhóm dành cho người chăm sóc đang sống trong Vùng Phía Bắc của Melbourne (cư dân của các Hội đồng Thành phố Banyule City Council, City of Moreland, City of Yarra, City of Darebin, Shire of Nillumbik, Hume City Council hoặc City of Whittlesea). Nếu quý vị muốn biết thêm bất kỳ thông tin nào, xin liên lạc với CarerLinks North qua điện thoại số 03 9495 2500.

Quý vị có phải là người chăm sóc?

CarerLinks North hỗ trợ người chăm sóc thuộc mọi thành phần, trong vai trò của họ và cung ứng giúp đỡ linh hoạt, cá nhân, thích ứng với nhu cầu của họ.

Chúng tôi giúp cho mọi việc dễ dàng hơn cho người chăm sóc thân nhân hay bạn bè đang cần giúp đỡ để sinh hoạt tại nhà hay trong cộng đồng. Chúng tôi cộng tác với quý vị để giúp quý vị những gì quý vị cho chúng tôi biết là đang muốn và cần thiết. Chúng tôi có thể giúp những việc như gợi ý các phương cách thực tiễn để giúp quý vị trong sinh hoạt hàng ngày trong đời sống, giúp tạm thay thế chăm sóc để quý vị nghỉ ngơi, và các nhóm hỗ trợ người cùng cảnh ngộ cùng các dịp hội họp để kết nối quý vị với những người chăm sóc khác.

اس پوسٽڪا ميں ميلبورن كے اوتتري كطेत्र ميں رهرے والے (Banyule City Council, City of Moreland, City of Yarra, City of Darebin, Shire of Nillumbik, Hume City Council يا City of Whittlesea كے نرّواسی) دےك-بھالكرّانوں كے نلے گنرّنवनياں اور سموھوں سے سمبستري جارّكاري شانمل هے. يناد آپكو اور انكي جارّكاري كيا اباوشكرا هے، رّو كطيا CarerLinks North سے 03 9495 2500 पर سंपكن كرّے.

كيا آپ اءك كيرر (دےكبھالكرّا) هے?

CarerLinks North هر پركار كے دےكبھالكرّانوں كيا اركيا بھنمكاوں ميں سمرنرّ كرّا هے اور انھے اركے نلے اباوشك اركولري، وياسٽگيرّ رّو سے رّيار مدد پردارّ كرّا هے.

هم ارك لورّو كے نلے كام ااسارّ برّارے هے جو اركے ارك پررّجرو يا نامترو كيا دےكبھال كرّے هے نجنھے رّرّ پر يا سموداي ميں پرّبي كرّے ميں سهايارّ كيا اركولرّ هوري هے. هم ارك سمرنرو ميں آپكيا مدد كرّے ميں آپكے سارّ كام كرّے هے نركے بارے ميں آپ هم برّارے هے اور نركي آپكو اباوشكيارّ هے. هم رّوآمران كے ارك ميں آپكيا مدد كرّے كے نلے وياواهاررّك كايارنري نريّا رّيار كرّے، آپكو نبرام دےرّ كے نلے رارّ، اور انري دےكبھالكرّانوں كے سارّ آپكا سंपكن سرانپرّ كرّے كے نلے سمككط سمرنرّ سموھوں و سماروھوں جيسے كاياروں ميں آپكيا سهايارّ كرّ سكرّے هے.

اس كئابچے ميں ميلبرن كے نادرن ريجن (City of Yarra, City of Moreland, Banyule City Council) كيا ارك ريبے والے (City of Whittlesea يا Hume City Council, Shire of Nillumbik, City of Darebin) كيا ارك (كسي كو سنهالنے والے افراد) كے ليے سرّكريميون اور رّورّوں كے بارے ميں معلومات دي گئي هين. اكرّ آپ مزيد معلومات ليئا چاهين تو براه مبرّاني 03 9495 2500 پر CarerLinks North سے رابطه كريين.

كيا آپ اءك كيرر هين؟

CarerLinks North هر قسم كے كيرر كو ان كے كردار كے ليے سهارا ديتا هے اور انهيں انكي ضرورت كيا اركدار، انفرادي مدد ميا كرتا هے.

هم اپنے رسته داروں يا دوستوں كيا ديكه بهال كرنے والے ان لوكون كے حالات آسان بناتے هين جنهيں رّهر ميں يا كميونتي ميں اپنے معاملات سنهالنے كے ليے مدد كيا ضرورت هو. هم آپكے ساهه كام كرتے هونے اس سهارے كے ليے آپكيا مدد كرتے هين جس كيا اباوش اور ضرورت كے بارے ميں آپ همين بنائين. هم رّومره زندگي ميں آپكيا مدد كے ليے عملی تدابير، آپكو وقفه دلانے كے ليے ريسپانسيو كا انتظام اور دوسرے كيرر سے آپكا رابطه كروانے كے ليے كيرر كيا مدد كے رورّوں اور پروگراموں وغيره كے ضمن ميں مدد كرّ سكرّے هين.

يحتوي هذا الكتيب على معلومات حول الأنشطة والمجموعات لمقدمي الرعاية الذين يعيشون في المنطقة الشمالية من ميلبورن (سكان المناطق التابعة لبلدية مدينة بانول، مدينة مورلاند، مدينة يارا، مدينة داربين، ناحية نيلومبيك، بلدية مدينة هيوم أو مدينة ويتلسي). إذا كنتم ترغبون في الحصول على مزيد من المعلومات، يرجى الاتصال بمنظمة CarerLinks North على الرقم 03 9495 2500.

هل أنت مقدّم رعاية؟

تدعم منظمة CarerLinks North مقدمي الرعاية بمختلف أدوارهم وتقدم لهم المساعدة الفردية المرنة التي يحتاجونها.

إننا نسهل الأمور على الأشخاص الذين يعتنون بأفراد العائلة أو الأصدقاء الذين يحتاجون إلى المساعدة في تدبّر أمورهم في المنزل أو المجتمع. نحن نعمل معكم لمساعدتكم من خلال تقديم الدعم الذي نخبروننا أنك تريده وتحتاجونه. يمكننا المساعدة في أمور مثل الخطوات العملية لمساعدتكم في الحياة اليومية، والرعاية البديلة لإعطائكم فترة راحة، ومجموعات دعم الأقران والمناسبات لخلق روابط مع مقدمي الرعاية الآخرين.

Services

Health & Wellbeing Coaching

Carer Health and Wellbeing Coaches work with carers to focus on being as healthy as possible. They assist carers to identify and prioritise their health and wellbeing needs. Areas a coach can work on include nutrition, physical activity, stress/mood, fatigue, sleep and management of chronic disease.

Peer Support

Opportunities for carers to meet, share their experiences and learn from each other. We provide a range of activities for carers to connect and build support networks. The group can provide emotional support, and strategies for managing day-to-day in your caring role.

Dementia

Dementia Carer Consultants provide support, advice and education to build carer skills and confidence. We can assist with information about dementia, strategies to help with behaviour changes, planning for the future and links to other dementia services. Group sessions are also available.

Education and Training

Gain skills and knowledge to help you in your caring role.

Through face-to-face workshops and seminars, carers will:

- Learn new skills to apply immediately in your caring role
- Learn techniques for carer health and wellbeing, and the person being cared for
- Meet other carers, share experiences and learnings, and opportunities for mentoring.

Young Carers

Support for school aged carers, who may be caring for a parent, sibling, other relative or a friend. We support young carers to manage their caring responsibilities and assist with daily tasks, helping them to stay in school and connected with other young carers and the community.

We provide educational and emotional support. Our team also offer a variety of programs, events and activities.

Bookings

All events and activities are FREE unless otherwise noted as SELF-FUNDED.

To book:



03 9495 2500 or 1800 052 222 (Free call except from mobile phones)



carerlinksnorth@merrrihealth.org.au

In-home respite and/or a contribution towards the cost of transport may be available upon request when you RSVP.

If you would like to help us develop and plan carer services including carer events and activities and provide feedback, join our **carer engagement register!**



03 9495 2500

February, 2019

Movie peer support group*

Enjoy a movie and coffee catch up while making new friends.

Monday 4th, from 10am

**Nova Carlton
380 Lygon Street, Carlton**

Walk & Talk North West

A light exercise group focusing on physical health and wellbeing.

Tuesday 5th, 10am-12pm

**Merri Health, Glenroy
5D Cromwell Street, Glenroy**

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 6th, 4pm-7pm

**Northland Youth Centre
Northland Shopping Centre, 2-50 Murray Road, Preston**

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 6th, 6:30pm

**Newlands Community House
20 Murray Road, Coburg North**

Dementia support group North West

Support group for North West carers looking after someone living with dementia.

Thursday 7th, 10am

**Bookmark 3047 Café
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows**

Lunch support group*

Enjoy a meal or coffee and make new friends.

Tuesday 12th, 12pm

**Watsonia RSL
6 Morwell Avenue, Watsonia**

Dementia education: virtual dementia experience

An interactive session that uses technology to enable you to 'walk in the shoes' of a person living with dementia.

Tuesday 12th, 10:30am-12:30pm

155 Oak Street, Parkville

Walk & Talk, Be Merri Festival

A light exercise group focusing on physical health and wellbeing.

Wednesday 13th 10am-11:30am

CB Reserve, Fawkner

*Self-funded

CarerLinks North

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 14th, 10am

**Merri Health, Preston
Level 2, 110 Chifley Drive, Preston**

Dementia support group North East

Support group for North East carers looking after someone living with dementia.

Thursday 14th, 10am

**Mill Park Library
394 Plenty Road, Mill Park**

Meet & Greet

Connect with other carers while enjoying a relaxing morning tea, learn about existing carer groups or discuss one you'd like to create.

Tuesday 19th, 10am

**Kathleen Syme Library Café
251 Faraday Street, Carlton**

Art therapy Coburg

Opportunity for carers to explore Art therapy in a safe, supportive environment.

Wednesday 20th, 1pm-3pm

**Art studio @ Merri, Vic Place Coburg
21 Victoria Street Coburg**

February, 2019

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 20th, 6:30pm

**Newlands Community House
20 Murray Road, Coburg North**

Craigieburn carers support group

Connect with other carers living in Craigieburn, share experiences and information or just take the opportunity to connect socially!

Thursday 21st, 10am

**Highland Retirement Village
236-238 Waterview Blvd, Craigieburn**

Pop-Up information stall Fawkner

Information session on CarerLinks North support services.

Monday 25th, 1pm

Moreland Library, Fawkner

Pop-Up information stall Coburg

Information session on CarerLinks North support services.

Monday 25th, 6pm

Moreland Library, Coburg

Carer respite dinner

An opportunity for mental health carers to meet other carers and enjoy a meal together in a contemporary dining space.

Tuesday 26th, 6pm

**Stix & Stones Of Lower Plenty
410 Main Rd, Lower Plenty**

Carer Health and Wellbeing Coaching workshop

One day interactive workshop to empower carers to prioritise their health and wellbeing, through education and goal setting activities.

Tuesday 26th, 9.45am-2.30pm

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

Art therapy Sunbury

Opportunity for carers to explore Art therapy in a safe, supportive environment.

Wednesday 27th, 1pm-3pm

**Sunbury Neighbourhood House
531 Elizabeth Drive, Sunbury**

March, 2019

Movie support group*

Enjoy a movie and coffee catch up whilst making new friends.

Monday 4th, 10am
Nova Carlton
380 Lygon Street, Carlton

Walk & Talk North West

A light exercise group focusing on physical health and wellbeing.

Tuesday 5th, 10am-12pm
Merri Health, Glenroy
5D Cromwell Street, Glenroy

Dementia education: managing changed behaviours

In this session we will look at how mood and behaviour can change for someone living with dementia and then explore approaches for management.

Tuesday 5th, 9:30am-1pm
Darebin North East Community Hub
35 Copernicus Crescent, Bundoora
(Parking at rear of building)

Young Carer program

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Wednesday 6th, 4pm-7pm
Northland Youth Centre
Northland Shopping Centre, 2-50 Murray Road, Preston

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 6th, 6:30pm,
Newlands Community House
20 Murray Road, Coburg North

Dementia support group North West

Support group for North West carers looking after someone living with Dementia.

Thursday 7th, 10am
Bookmark 3047 Café
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows

Lunch support group*

Enjoy a meal or coffee and make new friends.

Tuesday 12th, 12pm
Old England Hotel
459 Lower Heidelberg Road, Heidelberg

March, 2019

Caring, Mood & Food

Learn how food and nutrition can affect your mood and mental health.

Wednesday 13th, 2pm-4pm

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 14th, 10am

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

Dementia support group North East

Support group for North East carers looking after someone living with dementia.

Thursday 14th, 10am

**Mill Park Library
394 Plenty Road, Mill Park**

Meet & Greet

Connect with other carers while enjoying a relaxing morning tea, learn about existing carer groups or discuss one you'd like to create.

Tuesday 19th, 10am

**Degani Café
Shop 11 / 224 Plenty Road, Bundoora
University Hill**

Young Carer program

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Wednesday 27th, 1pm-3pm

**Sunbury Neighbourhood House
531 Elizabeth Drive, Sunbury**



April, 2019

CarerLinks North - Active April

Join the CarerLinks North team for a range of activities during the month of April.

Monday 1st - Thursday 31st

Movie peer support group*

Enjoy a movie and coffee catch up while making new friends.

Monday 1st, from 10am

**Nova Carlton
380 Lygon Street, Carlton**

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 3rd, 6:30pm

**Newlands Community House
20 Murray Road, Coburg North**

Walk & Talk North West

A light exercise group focusing on physical health and wellbeing.

Tuesday 9th, 10am-12pm

**Merri Health, Glenroy
5D Cromwell Street, Glenroy**

Dementia education: virtual dementia experience

An interactive session that uses technology to enable you to 'walk in the shoes' of a person living with dementia.

Tuesday 9th, 10:30am-12:30pm

155 Oak Street, Parkville

Lunch support group*

Enjoy a meal or coffee and make new friends.

Tuesday 9th, 12pm

**Greensborough RSL
111 Main St, Greensborough**

Carer Health and Wellbeing Coaching workshop

One day interactive workshop to empower carers to prioritise their health and wellbeing, through education and goal setting activities.

Wednesday 10th, 9.45am-2.30pm

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

***Self-funded**



Dementia education: using technology to engage

This workshop is both informative and practical! It will talk about meaningful engagement through activities and explore how technology can be used. It is a great session for carers to bring along extended family - particularly those who enjoy being creative.

Wednesday 10th, 1:30-3:30pm
Shop 48 The Harmony Centre, West Heidelberg

Dementia support group North West

Support group for North West carers looking after someone living with Dementia.

Thursday 11th, 10am
Bookmark 3047 Café
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows

Dementia education: supporting meaningful engagement

This session gives you the opportunity to look at ways to engage with the person living with dementia that enhances meaning for them. We will explore ideas such as photobooks, music, technology, memory boxes and more.

Tuesday 16th, 9:30am-1pm
Darebin North East Community Hub
35 Copernicus Crescent, Bundoora
(Parking at rear of building)

Young Carers' school holiday activity for little young carers

School holiday activity for young carers.

Tuesday 16th, 11am
Latitude Melbourne
590 Waterdale Rd, Heidelberg

Dementia support group North East

Support group for North East carers looking after someone living with dementia.

Thursday 18th, 10am
Mill Park Library
394 Plenty Road, Mill Park

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 18th, 10am
Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston

Art therapy Coburg

Opportunity for carers to explore Art therapy in a safe, supportive environment.

Wednesday 24th, 1pm-3pm
Art studio @ Merri, Vic Place Coburg
21 Victoria Street Coburg

April, 2019

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 24th, 6:30pm

**Newlands Community House
20 Murray Road, Coburg North**

Craigieburn carers support group

Connect with other carers living in Craigieburn, share experiences and information or just take the opportunity to connect socially!

Friday 26th, 10am

**Highland Retirement Village
236-238 Waterview Blvd, Craigieburn**

Evening support group for carers*

Carers meet for a meal or relax over a coffee.

Friday 26th, from 6pm

**The Groove Train, Northland
50 Murray Road, Preston**

Carers Active April celebration

Join CarerLinks North at Fairfield Boathouse to celebrate all the achievements of Active April.

Monday 29th, 10:30am-2:30pm

Fairfield Boathouse

Meet & Greet

Connect with other carers while enjoying a relaxing morning tea, learn about existing carer groups or discuss one you'd like to create.

Tuesday 30th, 10am

**Lux Foundry,
21 Hope Street, Brunswick**

May, 2019

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 1st, 6:30pm
Newlands Community House
20 Murray Road, Coburg North

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 1st, 4pm-7pm
Northland Youth Centre
Northland Shopping Centre, 2-50 Murray Road, Preston

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 2nd, 10am
Merri Health, Preston
Level 2, 110 Chifley Drive, Preston

Carers movie support group – Craigieburn*

Enjoy a movie and/or coffee catch up while making new friends.

Friday 3rd, from 10am
340 Craigieburn Rd, Craigieburn

Movie peer support group*

Enjoy a movie and coffee catch up whilst making new friends.

Monday 6th, from 10am
Nova Carlton
380 Lygon Street, Carlton

Walk & Talk North West

A light exercise group focusing on physical health and wellbeing.

Tuesday 7th, 10am-12pm
Merri Health, Glenroy
5D Cromwell Street, Glenroy

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 8th, 6:30pm
Newlands Community House
20 Murray Road, Coburg North

Dementia support group North West

Support group for North West carers looking after someone living with dementia.

Thursday 9th, 10am
Bookmark 3047 Café
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows

*Self-funded

May, 2019

Carers movie support group – Mill Park*

Enjoy a movie and/or coffee catch up while making new friends.

Friday 10th, from 10am

**Westfield Plenty Valley
415 McDonalds Rd, Mill Park**

Lunch support group*

Enjoy a meal or coffee and make new friends.

Tuesday 14th, 12pm

**Olympic Hotel
31 Albert Street, Preston**

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 15th, 4pm-7pm

Northland Youth Centre, Northland Shopping Centre, 2-50 Murray Road, Preston

Dementia support group North East

Support group for North East carers looking after someone living with dementia.

Thursday 16th, 10am

**Mill Park Library
394 Plenty Road, Mill Park**

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 16th, 10am

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

Meet & Greet

Connect with other carers while enjoying a relaxing morning tea, learn about existing carer groups or discuss one you'd like to create.

Tuesday 21st, 10am

**Bookmark Café 3047
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows**

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 22nd, 6:30pm

**Newlands Community House
20 Murray Road, Coburg North**

***Self-funded**

CarerLinks North

Carer family outing

An opportunity for carers and their loved ones to come and recharge for an enjoyable day out.

Friday 24th

Contact us for details and to RSVP

Evening support group for carers*

Carers meet for a meal or relax over a coffee.

Friday 24th, from 6pm

**The Groove Train, Northland
50 Murray Road, Preston**

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 29th, 4pm-7pm

**Northland Youth Centre
Northland Shopping Centre, 2-50 Murray
Road, Preston**

Dementia education: managing changed behaviours

In this session we will look at how mood and behaviour can change for someone living with dementia and then explore approaches for management.

Thursday 30th, 9:30am-1pm

**Eltham Community & Reception Centre
801 Main Road, Eltham**

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 30th, 10am

**Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston**

Carers day out - Trentham Falls

Join CarerLinks North for a fun day out to Trentham Falls!

Friday 31st, 9.30am - 4.30pm

Contact us for details and to RSVP.

June, 2019

Movie peer support group*

Enjoy a movie and coffee catch up whilst making new friends.

Monday 3rd, from 10am
Nova Carlton
380 Lygon Street, Carlton

Walk & Talk North West

A light exercise group focusing on physical health and wellbeing.

Tuesday 4th, 10am-12pm
Merri Health, Glenroy
5D Cromwell Street, Glenroy

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 5th, 6:30pm
Newlands Community House
20 Murray Road, Coburg North

Dementia support group North West

Support group for North West carers looking after someone living with dementia.

Thursday 6th, 10am
Bookmark 3047 Café
Hume Global Learning Centre, 1093 Pascoe Vale Road, Broadmeadows

Lunch support group*

Enjoy a meal or coffee and make new friends.

Tuesday 11th, 12pm
Ivanhoe Hotel
120 Upper Heidelberg Road, Ivanhoe

Dementia education: supporting meaningful engagement

This session gives you the opportunity to look at ways to engage with the person living with dementia that enhances meaning for them. We will explore ideas such as photobooks, music, technology, memory boxes and more.

Tuesday 11th, 9:30am-1pm
Eltham Community & Reception Centre
801 Main Road, Eltham

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 12th, 4pm-7pm
Northland Youth Centre
Northland Shopping Centre, 2-50 Murray Road, Preston

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 13th, 10am

Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston

Carers movie support group – Craigieburn*

Enjoy a movie and/or coffee catch up while making new friends.

Friday 14th, from 10am

340 Craigieburn Rd, Craigieburn

Carer Health & Wellbeing Coaching workshop

One day interactive workshop to empower carers to prioritise their health and wellbeing, through education and goal setting activities.

Tuesday 18th, 9.45am-2.30pm

Merri Health, CarerLinks North
Level 2, 110 Chifley Drive, Preston

Meet & Greet

Connect with other carers while enjoying a relaxing morning tea, learn about existing carer groups or discuss one you'd like to create.

Tuesday 18th, 10am

Bookmark Café 3047
The Chairman Café + Foodstore
Francis Street, Heidelberg Heights (opposite McDonald's)

Art & craft outing

Opportunity for carers to explore the beautiful surrounds and art galleries of Montsalvat.

Wednesday 19th, 11am

Montsalvat
7 Hillcrest Ave, Eltham

Singing group

Start a new hobby or discover a hidden talent. Connect with other carers and be involved in a fun group.

Wednesday 19th, 6:30pm

Newlands Community House
20 Murray Road, Coburg North

Dementia support group North East

Support group for North East carers looking after someone living with Dementia.

Thursday 20th, 10am

Rivers of Yarrambat Cafe
28 Kurrak Road, Yarrambat

Carers movie support group – Mill Park*

Enjoy a movie and/or coffee catch up while making new friends.

Friday 21st, from 10am

Westfield Plenty Valley
415 McDonalds Rd, Mill Park

June, 2019

Carers family outing

Join CarerLinks North for a fun day!

Friday 28th

Please contact us for details and to RSVP

Young Carer program

High school aged young carers come along, have fun, relax, and learn with new and old friends! Combination of recreational and fun activities, art, games and wellbeing activities, as well as discussions and skill sharing about young carer issues.

Wednesday 26th, 4pm-7pm

Northland Youth Centre

Northland Shopping Centre, 2-50 Murray Road, Preston

Evening support group for carers*

Carers meet for a meal or relax over a coffee.

Friday 26th, from 6pm

The Groove Train, Northland
50 Murray Road, Preston

Walk & Talk North East

A light exercise group focusing on physical health and wellbeing.

Thursday 27th, 10am

Merri Health, Preston

Level 2, 110 Chifley Drive, Preston

Craigieburn carers support group

Connect with other carers living in Craigieburn, share experiences and information or just take the opportunity to connect socially!

Thursday 27th, 10am

Highland Retirement Village

236-238 Waterview Blvd, Craigieburn

Contact us

Contact details:



03 9495 2500 or 1800 052 222 (Free call except from mobile phones)



carerlinksnorth@merrrihealth.org.au



www.merrrihealth.org.au

Office hours:

Monday-Friday, 9:00am-5:00pm

Address:

Level 2, 110 Chifley Drive, Preston VIC 3072

Privacy:

Information collected is kept in accordance with the information privacy laws. Merri Health/CarerLinks North will only release information when legally obliged to do so.


Cancellation:

All event details were correct at the time of printing. Merri Health, CarerLinks North reserves the right to cancel booked events due to lack of registrations or by factors beyond our control. Should an event be cancelled, those who have registered will be notified.

Service eligibility:

- Carer must live in Northern Metropolitan Region of Melbourne
- Ongoing caring role, or likely to be ongoing for 6 months or longer
- Carer provides significant support with everyday living to allow the person to remain living at home

*No citizenship, residency or visa requirements



**Remember, you are
human and doing
your best.**

Be kind to yourself.



CarerLinks North is part of the Commonwealth Respite and Carelink Centres nationally and is funded by the Australian and Victorian Governments

