

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

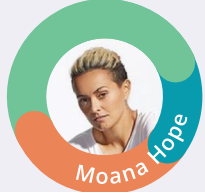
More than 25+ **online events!** From **Sunday Oct 11 to Saturday Oct 17.**

Sunday 11th

In Conversation with Moana Hope ✓
2:00 - 3:00pm

Free Virtual Q&A

[Registrations](#)



Key:

* Events marked with an asterisk are reserved for carers receiving support via that service.

• Events are capped at 100 carers per event.

✓ FREE Event.

▶ Event continues over multiple days of the week.

For information about any of these activities, please contact the organisation responsible.

Monday 12th

MERRI HEALTH: Online Workshop
Building Resilience in Lockdown

1:00pm

[Registrations](#)

ALFRED HEALTH CARER SERVICES: *

Movie Night
Mr Velvet Ears

7:30 - 9:30pm

[Information](#)

My Morning Matters
Connect & Energise Activities

Mon - Fri ▶

[Information](#)

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.

UNITING VIC.TAS: •

Live Comedy Event
Simon Kennedy

11:00 - 11:30am

trybooking.com/BLMVV

BENDIGO HEALTH:

Tai Chi

11:00am

[Tickets](#)

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.

Tuesday 13th

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.

BENDIGO HEALTH SERVICES:

Webinar: Welcome to Carer Gateway
(Loddon Mallee)

11:00am

[Registrations](#)

Mindfulness Workshop with Marion Miller

12:00 - 1:00pm

[Registrations](#)

Wednesday 14th

ALFRED HEALTH CARER SERVICES:

Celebrate Carers
Lunch and Laugh

1:00 - 2:00pm

[Information](#)

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.

UNITING VIC.TAS: •

Zumba Class
(Latin-inspired dance/workout routine)

10:00 - 11:00am

trybooking.com/BLMVV

Yoga Session

KB Movement

4:00 - 5:00pm

trybooking.com/BLMWA

CARER GATEWAY:

Virtual Magic Show
Magician Anthony De Masi

2:00 - 3:00pm

[Tickets](#)

Thursday 15th

CARER GATEWAY: Carers Week Online Trivia Night! ✓

7:00 - 8:30pm

Free event with prizes! Entertainment by Grape Vine Events.

[Tickets](#)

MERRI HEALTH: In Conversation with Christos Tsiolkas

1:00 - 2:30pm

[Tickets](#)



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.

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.

ALFRED HEALTH CARER SERVICES: *

Arabic speakers class
Make a Mosaic candle holder

2:00 - 3:00pm

Digital Dance Club,
all welcome, LGBTIQA+

4:00 - 6:00pm

[Information](#)

UNITING VIC.TAS: •

Live Musical Performance
Tom Harrington

3:00 - 4:00pm

trybooking.com/BLMWE



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.*

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.**

