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...up now !

...is section and post or
...us with your details

...ou to telephone me to talk
...iday
...ested in attending and
...application form
...hear about Care 4 U

**Interpreter service
131 450**

**Advocacy contact
1800 657 961**

**Disability and Aged
Information Service
1800 800 340**

**Commonwealth
Carer Respite Centre
1800 052 222**

Contact Us:

P.O. Box 1411
KINGSCLIFF
NSW 2487

**Phone: (02) 6674 2267
Fax: (02) 6674 2019
Email: care4uholidays@tvrs.org.au
Web: www.tvrs.org.au**

Care
Holidays

The time-out
you both de



Tweed Valley Respite Service Inc. Tweed Valley Respite Service

PH : (02) 6674 2267

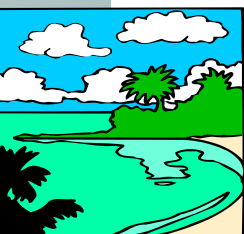
Care 4 U Holidays

to offer you a holiday.

Holidays are for carers of people who are frail aged, have a disability or related disorder.

For the Carer?

and that it is very stressful being a carer. We want to give you a break in a supportive environment and we want the person you care for to come along as well. We offer support to the person you care for, giving you some time-out, information and a chance to meet other carers in a similar situation.



The Holiday:

The atmosphere will be relaxed and informal. You can join in with the carers activity program as much or as little as you want.

Activities can include:

- ◇ Massage
 - ◇ Beach walks
 - ◇ Café lunches
 - ◇ Aromatherapy
 - ◇ Information sessions
 - ◇ Visits to local attractions
- and much more

Respite staff will provide 24 hour support and recreational activities for your relative or friend.

Care 4 U Holidays offer you 5 days and 4 nights (Mon-Fri) at a suitable resort. All breakfasts and dinners are provided.

Door to door transport is provided over the 5 days. We pick you up and drop you off from your home.

Care 4 U Holidays are coordinated by Tweed Valley Respite Service a part of the Department of Health & Ageing.

The full cost of the program is covered for the person. This will include accommodation, outings, meals and personal care.

You will only need to bring your own clothing. You buy your own lunch on the days you do personal shopping you might need.

For more information please contact:

Sue Trickey
Team Leader Care 4 U Holidays

Ph: 02 6674 2267
Email: care4uholidays@nsw.gov.au
OR suetrickey@nsw.gov.au

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