

GOLF DRIVING RANGE

If you would like to have a go at golf or would like to refine your skills, I would like to hear from you.

If you consider yourself an expert and wouldn't mind instructing some L platers, I would also love to hear from you. I will organise this activity to cater to all interested.

SUGGESTIONS

If you have any suggestions for future activities, day trips or if you would like to help coordinate something fantastic for other carers, please do not hesitate to contact me in the Tweed Office on 07 5524 8185.

This program is designed specifically for carers and any contribution you can make to make it a more effective program is certainly welcomed.

Look forward to seeing and hearing from you soon.

Cheers

Rose

LIFE CONNECTIONS

Connect U – Monthly Carer Focus and Support Meetings – Keep an eye out for the reminders.

Phone Connect – Discuss Caring Issues in an 8 week program with other carers via telephone in the comfort of your own home. For further info, contact Rose.

*Commonwealth Carer Respite Centre
1800 059 059*

*Disability and Aged Information Service
1800 800 340*

*Advocacy Contact
1800 657 961*

*NSW C'wealth Carer Resource Centre
1800 242 636*

For further information and bookings call:

Rose Vearing
Carer Support Services
Team Leader
(07) 5524 8185

LIFE CONNECTIONS

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**CONNECT
CREATIVELY**

**PROGRAM FOR
CARERS**



We are offering courses for Carers of people with a disability and for Carers of people who are frail aged or have dementia, living in the Tweed Shire.

This initiative is funded by NSW health under the NSW Carers Program

CONNECT CREATIVELY TERM 3 2006



Yoga

A choice of the Extra Easy for beginners and not so agile and a general course facilitated by professional and experienced Yoga Instructors

Where: The Ballet Factory
62 Greenway Dr Sth Tweed

Time: General Yoga 9:30 – 11:00am
EXTRA EASY 11:30 – 1:00pm

Duration: 10 weeks

Dates: 25th July to 26th September

Bring: Yoga Mat, Towel, cushion and water

Cost: \$3 per session



Basic Computer Skills

Would you like to learn how to use a computer or would you like to improve your skills?

We can organise a tuition session specifically for you at our Tweed

Office with the wonderful Denyelle. Please call Rose on 07 5524 8185 to make an appointment.

If you need assistance with respite or transport, please tell Rose when making your booking

AQUAEROBICS

Enjoy some low impact exercise that will make you feel energised and fitter, in the comfort of a heated pool

Where: Tweed Council Pool Cnr of Heffron St & Minjungbal Dr Sth Tweed Heads

Time: 9:15 to 10:15am

Duration: 10 weeks – Tues, Wed, Thurs & Fri

Dates: The weeks of 25th July to 26th September

Bring: Cotton sock, swimmers and drinks

Cost: \$3 per session

If you are feeling energised you can attend up to 4 times a week.

Mixed Media Arts Course

You are invited to tap into your creative potential. You do not have to have an artistic bone in your body as Kathryn will guide you through each week.

Facilitator: Kathryn

Where: Murwillumbah Seventh Day Adventist Church Hall Racecourse Rd

Time: 9:30 – 12:00

Duration: 10 Consecutive Thursdays

Dates: 27th July – 28th September

Cost: \$3

Cinemas and Chat

I have received a few requests for a Movie Club, that attends the cinemas around once a fortnight. I am considering a day session on a Tuesday and then a night session on alternate Tuesdays. This can be followed up with a cuppa and chat – group consensus.

I am planning that the first Tuesday will be the 25th July for the day movie and then 1st of August for the first evening movie.

The cost will depend on the amount of people who would like to attend. Certainly part of the cost will be payed by Life Connections, making for a cheap outing out.

If you would like to attend, please contact Rose on 07 5524 8185 to register your interest ASAP.

To attend these activities you do not have to obligate yourself to the full 10 weeks. You can just come along on the days that your timetable permits, pay your contribution, sign in and enjoy the experience. So even if you want to

