



Come along

Hampton Park Carers Hub

A space for you to connect with other Carers, access Carer supports and look after your own wellbeing.

The Hub is open to you if you:

- Are supporting a person with a mental illness, autism or an intellectual disability.
- Live in the Council areas of Cardinia, Casey or Greater Dandenong.
- To register your attendance for a session
<https://www.research.net/r/SMR/CarerHubs>
- If we have your information already, please get in touch.
- Unfortunately, if you have a care recipient with an active NDIS plan, you are unable to attend.

Date

Every Tuesday during school terms

Time

10.30am–2.30pm

Venue

Uniting Place
1 Coral Drive, Hampton Park

Get in touch

T 1300 277 478

E lifessist.events@vt.uniting.org

Uniting

TERM 4 CALENDAR 2018

Tuesday **Informal Catch-up & Chill Out Session**

9 October Join us for an informal catch-up for the first session of the new term. Art, craft, puzzles and scrapbooking activities available.

Tuesday **Future Direction of Hampton Park Hub Planning Session (10.30am to 12.30pm)**

16 October Join us for a follow-up discussion about the future direction of the Carer Hub.

Tuesday **Informal Catch-up & Chill Out Session**

23 October Join us for an informal catch-up. Art, craft and scrapbooking activities available.

Tuesday **Independent Mental Health Advocacy (IMHA): Advance Statements and Nominated Persons (11am to 12pm)**

30 October

Join us for a presentation from IMHA about Advance Care Statements and Nominated Persons, to assist you in supporting and advocating for your loved one.

Tuesday 6 November **MELBOURNE CUP DAY (no session)**

Tuesday **Yoga for Carers (11am to 12pm)**

13 November Join us for a relaxing yoga session, to be held by a trained yoga instructor. Please be sure to bring a yoga mat/rug and light towel/sarong for the yoga session.

Tuesday **Informal Catch-up & Chill Out Session**

20 November Join us for an informal catch-up. Art, craft and scrapbooking activities available.

Tuesday **State Trustees: Future Planning for Carers (11am to 12pm)**

27 November Learn about how to prepare for your loved one's care when the time comes that you can no longer care for them.

Tuesday **Future Direction of Hampton Park Hub Planning Session (10.30am to 12.30pm)**

4 December Join us for a follow-up discussion about the future direction of the Carer Hub. Carers Victoria will join us to provide information about grants.

Tuesday **Informal Catch-up & Chill Out Session (Movie: Mamma Mia 2, 10.30am start)**

11 December Join us for an informal catch-up and a movie (Mamma Mia 2). Art, craft, puzzles and scrapbooking activities available.

Tuesday **Informal Catch-up & Chill Out Session (Festivities Celebration)**

18 December Join us for an informal catch-up and participate in end of year celebrations.
