



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/SMRCarerHubs>
- 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 03 9239 2500

E events@lifeassist.org.au

Uniting

TERM 3 CALENDAR 2018

Tuesday

Informal Catch-up & Chill Out Session

17 July 2018

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

Tuesday

Uniting NDIS Presentation (10.30am to 12.30pm)

24 July 2018

Learn about the NDIS and about how to get NDIS ready. We will discuss (i) eligibility and access to the NDIS, (ii) setting, reviewing and achieving your goals, (iii) NDIS terminology and experiences of working with the NDIS, and (iv) question time.

Tuesday

Future Direction of Hampton Park Hub (10.30am to 12.30pm)

31 July 2018

Join us for a discussion about the future direction of the Hampton Park Carer Hub and share your thoughts.

Tuesday

Centrelink Presentation

7 August 2018

Join us for an informal catch-up and a Centrelink presentation about the Carers Payment and Carers Allowance. Art, craft and scrapbooking activities available.

Tuesday

Dance Party (11am to 12.30pm)

14 August 2018

Bring your dancing shoes and join us for a morning of fun and laughter as we listen and dance to a mix of music.

Tuesday

Informal Catch-up & Chill Out Session

21 August 2018

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

Tuesday

CAT Team Presentation (1pm to 1.45pm)

28 August 2018

Join us for an informal catch-up and a presentation from the Crisis Assessment and Treatment (CAT) Team about what they do and how they can assist you and your loved one. Art, craft, puzzles and scrapbooking activities available.

Tuesday

Massages and Crafts (11am to 1pm)

4 September 2018

Join us for massages and arts and crafts. Bring along a treasured photo for scrapbooking. Origami, art, puzzle and craft activities also available.

Tuesday

Future Direction of Hampton Park Hub: Follow-up Session (10.30am to 12.30pm)

11 September 2018

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

Tuesday

Informal Catch-up & Chill Out Session

18 September 2018

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