



October/November 2019 Aboriginal Carer Support Group



The Aboriginal Carer Support Group continue to meet on the **first** and **third** Mondays of the month at 200 Bower Road Semaphore Park from 10.30am to 2.00pm. Light snacks, tea and coffee are provided. Come along, join in and meet other carers.

Carers are involved in a variety of arts and crafts, painting, mosaics and macramé. From time to time we have guest speakers. At the Aboriginal Carer Group, you will have the opportunity to meet with other carers, while giving you a break from your caring role.

There is **no cost** for carers who attend the Aboriginal Carer Support Group at Bower Cottages. Contact **Sue on 8291 5600** for further info.

Carers Week Op Shopping Day & Reepham Hotel Lunch Monday 14th October

We will leave the office at 9.30am and will be visiting several Op Shops in the local region. It might be a great idea to find that unusual item to decorate for group?

Or a treat for yourself.
Look forward to seeing you.

Carers SA will contribute \$5.00 to the cost of the \$12.90 specials lunch menu.

*Good things
come to those
who op shop*

October & November Carer Groups

Hi everyone, as you might recall from previous newsletters there are changes being introduced to support the transition to the new

Integrated Carer Support Services. We are continuing to hold the Aboriginal Carer Support Group through October and November. For more details see the Oct/Nov Newsletter

If you haven't had the chance to pop into visit us, please take up the opportunity and come and have a yarn with us.



Facebook

Feel free to visit Carers SA Facebook page for further photos of the activities which all Carers SA regions are involved in.

