

How to contact us

Ph: 1800 052 222

Monday to Friday 8:30am to 5:00pm
except public holidays

Carer Support Services

Community Based Support Inc.

Ph: 03 6208 6600

Fax: 03 6208 6699

Email: meegan.doyle@cbsaust.org.au

Address: 24 Sunderland Street, Moonah TAS 7009

Access more information on our **website**
www.cbsaust.org.au



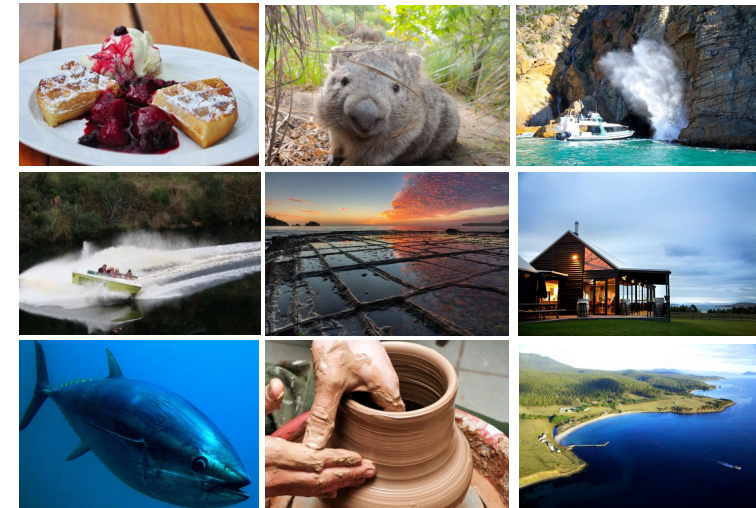
www.facebook.com/communitybasedsupport

Commonwealth Respite and Carelink Centre
Australian Government

FREECALL™ 1800 052 222*

* Calls from mobile phones are charged at applicable rates.

Auspiced in Southern
Tasmania by



Mental Health Carer Support

Free Support Program
March—June 2018

Carer Support Services

Community Based Support (CBS) provides support to carers in the community. The type of support available is varied and can be tailored to suit individual needs.

Some of the ways CBS may be able to support you include, but are not limited to:

- Organising respite (time out) so you can have a break;
- Providing practical assistance in your home;
- Providing carer specific education and training courses;
- Organising counselling services;
- Accessing support groups and activities that connect you with other carers.

If you are interested in any of the above, or if you have any other ideas about training, education or courses that you would like to attend please contact us to discuss your options.

Registering your interest in the following events is essential.

To register your interest in one or more of the events listed in this booklet, please call Meegan or Taylah at CBS on

1800 052 222 or (03) 6208 6600.

Community Based Support is here to support you

CBS will continue to provide information and education sessions, and we'd love your feedback on what sessions would be of most value to you.

We know how much Carers need useful information and a bit of a rest, but we also know that Carers sometimes don't have an opportunity to try something new or have an adventure, and we'd like to change this.

Trying new things, challenging ourselves and succeeding is a fantastic feeling!

We are always keen to hear your suggestions on how we can improve our service to Carers and receive feedback on what works and what doesn't.

Get in touch by phone, email, letter or Facebook and let us know how we can best support you.

Yours Sincerely,

Meegan Doyle
Mental Health Carer Support Program Coordinator

CBS Mental Health Carers Peer

CBS now has a Private Group on Facebook and we welcome you to join.

This group is for people who care for someone with a mental illness and / or disability.

The purpose of this group is to provide a safe space for Carers to ask questions, keep up to date with what's happening, share information and stories, give and receive support and keep in contact with CBS and other Carers socially.

To be a part of this online Facebook group please contact, Meegan on **6208 6600** or meegan.doyle@cbsaust.org.au



The Program

Health and Wellbeing Program

Redbanks Day Trip	Friday 2nd March 2018
Orford / Maria Island Tour Getaway	Wednesday 21st March— Friday 23rd March 2018
Eaglehawk Neck Fishing Getaway	Wednesday 11th April— Friday 13th April 2018
Bonorong Wildlife Sanctuary	Tuesday 8th May 2018
A day in the Huon Valley	Thursday 24th May 2018
Pottery Course	Friday 9th June 2018 Friday 29th June 2018
Pamper Day	Thursday 21st June 2018

Redbanks Day Trip

A day of adventure and trying new things!

We will arrive at Redbanks lodge at 9am, enjoy a cuppa and biscuit whilst being briefed on the days activities before starting our morning adventure!

Activities include: Air Rifle Target Shooting, Archery, Axe Throwing, Clay Target Shooting, Rifle Shooting, Sling Shot.

Once completed we will head up to the lodge for a 3 course meal whilst enjoying the sunshine, a game of table tennis or pool before departing.

There is no cost to attend this event, however spaces are limited.

Expressions of interest for this event are required by Friday 23rd February 2018.

Friday 2nd March 2018

Choose your departing location, Moonah 8am, Cambridge

8:15am or Sorell 8:30am.

Returning Sorell 3:30pm, Cambridge 3:40pm, Moonah 4pm.

(times are approx.)

Pottery Experience

Join Jude Maisch in her cosy studio in Lindisfarne to create your own special item of tableware to take home.

This activity will run over two sessions, the first to create your piece (3 hours) and the second to decorate your piece after it has been dried and fired (3 hours).

There is no cost to attend this event, however spaces are limited. Expressions of interest for this event are required by Friday 18th May 2018

1st Session: Friday 8th June 2018

2nd Session: Friday 29th June 2018

Pamper Day

Enjoy a day of pampering at Hidden Cove Day Spa & Retreat. Personalised to suit the individual, choose from a number of treatments along with full usage of the spa that overlooks the beautiful River Derwent whilst indulging in a delicious high tea.

There is no cost to attend this event, however spaces are limited. Expressions of interest for this event are required by Friday 18th May 2018

Thursday 21st June 2018

Departing CBS, Moonah 9:00am

Arriving back at CBS, Moonah 4:00pm.

Enjoy a day in the Huon Valley

Experience Tasmania's wild rivers and stunning scenery.

Departing CBS, we will travel to the Huon Valley, first stop visiting The Wooden Boat Centre for a guided tour, gaining an understanding of the rich background of Australia's premier wooden boat centre as well as Franklin's maritime history, tour the workshop where boats are currently under construction and restoration.

Then arrive at the Boat Shed Café for lunch along with an enjoyable Huon Jet Boat ride along the riverbank, weaving in and out of the forest canopy, over exciting rapids and through 360 degree spins.

There is no cost to attend this event, however spaces are limited.

Expressions of interest for this event are required by Friday 27th April 2018.

Thursday 24th May 2018

Departing CBS, Moonah 9:00am

Arriving back at CBS, Moonah 3:30pm.

Orford / Maria Island Tour Getaway

An unforgettable day tour of Maria Island!

Departing Wednesday 21st March, Carers will enjoy a two night stay at Eastcoaster Resort on the beautiful East Coast of Tasmania, take advantage of the many facilities including: relaxing in the sun on the sea view decks, outdoor & indoor swimming pool, spa, gym, tennis court, squash court, bike riding, beach and fishing jetty along with new restaurant, bar & lounge.

Thursday will be spent exploring Maria Island by boat and land, enjoy a 4 hour scenic cruise around the entire Maria Island coastline & 2 hours on Maria Island, enjoy one of the many walks, explore the convict settlement heritage or sit back & relax on the beach.

There is no cost to attend this event, however spaces are limited.

Expressions of interest for this event are required by Friday 23rd February 2018.

Wednesday 21st March—Friday 23rd March 2018

Choose your departing location, Moonah 10:30am, or Cambridge 10:50am.

Returning Sorell 3pm, Cambridge 3:15pm, Moonah 3:40pm.
(times are approx.)

Eaglehawk Neck Fishing Getaway

A full day of game, deep sea reef and bay fishing awaits!

Departing Wednesday 11th April, Carers will spend two nights at The Lufra Apartments, Eaglehawk Neck. Heading off early Thursday morning with Force 10 Fishing Charters for a full day of game fishing along with deep sea reef & bay fishing attempting to land a Yellowfin, Albacore or Bluefin Tuna, Silver Morwong Perch, Coral Perch, Deep Sea Cod, Blue Eye Trevalla, Rays, Bream, Genfish, Blue Grenadier and if we're really lucky Australian Salmon, Flat-head and Stripey Trumpeter.

After a fun day on the water, return to the Lufra to share stories of the one that got away.

There is no cost to attend this event, however spaces are limited.

Expressions of interest for this event are required by Friday 2nd March 2018

Wednesday 11th April — Friday 13th April 2018

Choose your departing location, Moonah 10:45am, Cambridge 11:10am or Sorell 11:30am.

Returning Sorell 2:30pm, Cambridge 2:45pm, Moonah 3:10pm.
(times are approx.)

Bonorong Wildlife Sanctuary

Enjoy a day at Bonorong Wildlife Sanctuary.

A visit at Bonorong is a chance to come closer than ever to something wild and fragile. You'll come face to face with animals that went extinct long ago in other parts of Australia.

Enjoy a tour of the park whilst learning about the many animals and Bonorong's story.

Afterwards enjoy lunch at the Bonorong Food Hut. The newly opened Food Hut serves environmentally friendly and delicious food.

There is no cost to attend this event, however spaces are limited.

Expressions of interest for this event are required by Friday 13th April 2018.

Tuesday 8th May 2018

Departing CBS, Moonah 09:30am

Arriving back at CBS, Moonah 3:30pm.