



Community  
Based  
Support

## 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: [kate.wadley@cbsaust.org.au](mailto:kate.wadley@cbsaust.org.au)

Address: 24 Sunderland Street, Moonah TAS 7009

Access more information on our **website**  
[www.cbsaust.org.au](http://www.cbsaust.org.au)



[www.facebook.com/communitybasedsupport](http://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



Community  
Based  
Support

## National Respite for Carers Program



## Events & Activities

January - June 2018

## Carer Support Services

Community Based Support (CBS) provides support to carers in southern Tasmania. 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 Kate or Taylah at CBS on **1800 052 222** or **03 6208 6600**.

## Pottery Experience with Jude Maisch

Join Jude in her cosy studio 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 item after it has been dried and fired (3 hours). The sessions will be three weeks apart.

There is no cost to attend this event, however registration is required. Please RSVP by Friday 6 April 18.

**June 2018**

Dates/times to be confirmed  
Lindisfarne

## The Program

### Settlement Secrets Historic Tour

Nestled in the centre of the Tasmanian Museum and Art Gallery are the earliest buildings still existing from the first European settlement of Hobart, 1804. "Settlement Secrets" is a theatrical journey amongst these buildings and more.

Step back in time and meet with the Lt Governor, Sir John Eardley-Wilmot, an escaped convict turned bushranger who.... "shouldn't really be here", and chat with James, a "ticket of leave" man who now tends the gardens at Government House.

"Settlement Secrets" is the best way to explore these amazing buildings and structures, preserved in their original state following settlement in 1804. The theatrical style in which this journey is presented brings the site to life in an entertaining and informative way.

Followed by lunch in The Commissariat Store, which is now home to the museum Courtyard Café.

### Tuesday 8th May 18

Time TBC

Meet at Tasmanian Museum and Art Gallery

Dunn Place

Hobart TAS 7000

#### January

Thu 25th Residential Aged Care Fees information session/afternoon tea with Josh Willie

#### February

Wed 7th Abseiling & Picnic Lunch Day Trip

Wed 21st Kayaking Day Trip

Wed 28th Eaglehawk Neck Fishing Getaway starts (2 nights)

#### March

Tue 6th Cradle Country Horseriding Getaway starts (3 nights)

Wed 14th Walk, Dine, Discover—Bushwalking Day Trip 1

Tue 20th Mersey River Whitewater Rafting Getaway starts (3 nights)

Wed 28th Walk, Dine, Discover—Bushwalking Day Trip 2

#### April

Fri 13th Ocean Retreat Getaway 1 starts (3 nights)

Mon 16th Ocean Retreat Getaway 2 starts (3 nights)

Thu 19th Ocean Retreat Getaway 3 starts (3 nights)

TBA Photography Day Course with Luke O'Brien

#### May

Tue 8th Settlement Secrets Historic Tour and Lunch TMAG

Fri 18th Ocean Retreat Getaway 1 starts (3 nights)

Mon 21st Ocean Retreat Getaway 2 starts (3 nights)

Thu 24th Ocean Retreat Getaway 3 starts (3 nights)

TBA Cheese Making Day Course with Sally Wise

#### June

Fri 15th Ocean Retreat Getaway 1 starts (3 nights)

Mon 18th Ocean Retreat Getaway 2 starts (3 nights)

Thu 21st Ocean Retreat Getaway 3 starts (3 nights)

TBA Pottery Day Course with Jude Maisch

## Residential Aged Care Fees Information Session & Afternoon Tea with Josh Willie MLC

Community Based Support (CBS) have arranged for a specialist aged care financial planner Jacqui Hayes from Strategic Financial Planning to conduct a session explaining how residential care fees are calculated and paid.

Jacqui makes this complicated and confusing process easy to understand, and dispels many of the myths surrounding entry into a care facility. There will be an opportunity to ask questions, however if, after the session, you require more information, or you wish to discuss your personal circumstances, you can make an appointment with Jacqui at her office.

After Jacqui's presentation, you are invited to stay and meet with The Hon Josh Willie MLC, Labour Member for Elwick, who has expressed a desire to be introduced to some Carers, in order to become more familiar with their experiences and what is needed to assist Carers in their role.

Attendance at this session is free, however registration is required.

**Thursday 25 Jan 18**

2pm—4.30pm

CBS Boardroom

24 Sunderland St Moonah

## Cheese Making Course with Sally Wise

Sally Wise is a bestselling cookbook author, a regular guest on ABC radio and the brains behind the Sally Wise Cooking School in Tasmania's Derwent Valley.

Join Sally to learn how to make a variety of simple cheeses and learn how to use them in everyday cooking.

Lunch, morning tea and afternoon tea included.

There is no cost to attend this event, however registration is required. Please RSVP by Friday 2 March 18.

**May 2018**

Date to be confirmed, 9am—4pm

Departing from CBS

24 Sunderland St Moonah

## Photography Course with Luke O'Brien

Join renowned Tasmanian photographer Luke O'Brien for some personalised and professional tuition to improve your photography—no minimum experience or ability required!

The morning will be spent undertaking classroom activities, followed by an afternoon of practical activities under Luke's supervision in the Royal Tasmanian Botanical Gardens.

Lunch, morning tea and afternoon tea included.

There is no cost to attend this event, however registration is required. Please RSVP by Friday 2 March.

### April 2018

Date to be confirmed, 9am—4pm

CBS Boardroom & Royal Tasmanian Botanical  
Gardens

24 Sunderland St Moonah

## Abseiling & Picnic Lunch Day Trip

Challenge yourself!

Registered Carers are invited to participate in an adventurous day of abseiling the picturesque 18 metre abseil over 'The Blowhole' in Blackmans Bay. There is a great rock face to scramble back up, or use the supplied caving ladder. There are fantastic beaches nearby for swimming and games.

All safety equipment will be provided, and we will be led by qualified abseiling instructors.

A picnic lunch on the beach will be provided.

There is no cost to attend this event, however registration is required. Please RSVP by Thursday 25 Jan 18.

### Wednesday 7 Feb 18

10am—2pm

Blackmans Bay

## Kayaking Day Trip

Discover the picturesque Storm Bay at the mouth of Hobart's Derwent River. Spend a relaxing day on the water and experience an astounding variety of scenery.

Paddle amongst tranquil bays and beneath the lichen covered Alum Cliffs, explore sea caves, enjoy views of Bruny Island and leave your footprints on idyllic sandy beaches.

For lunch, enjoy Tasmania's famous produce whilst relaxing on one of our many beautiful beaches.

Throughout your day, keep a look out for the abundant wildlife that calls this Tinderbox Marine Reserve home, including majestic white-bellied sea eagles, stingrays, seals and if we're lucky a pod of dolphins or a migrating whale.

This full-day paddle is operated in a one-way direction, depending on the forecast wind direction. It is a relaxed and easy paddle.

There is no cost to attend this event, however registration is required. Please RSVP by Friday 2 Feb 18.

**Wednesday 21 Feb 18**

9am—4pm

Taroona

## CBS Carers Peer Support Network

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

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, Kate on [6208 6600](tel:62086600) or [kate.wadley@cbsaust.org.au](mailto:kate.wadley@cbsaust.org.au)



## Walk. Dine. Discover. Bushwalking Day Trip

The sunlight dances off the leaves in a way that lets you relax in the cool, ferny glade. Stepping into another world leaves you refreshed and recharged.

A guided, gentle, easy walk will awaken your senses, bringing you into the moment and out of the mundane. Delight in the tranquil setting as you are guided to take in the sights around you.

The air is fresh and crisp. Listen to the unique bird song found nowhere else on earth. No phones. No distractions. Feast on the sights, sounds and scents of the wild in this authentic, unique nature experience tour, followed by a mouth watering meal of fresh Tasmanian produce.

There is no cost to attend these events, however registration is required. Please RSVP by Friday 23 Feb 18.

**Wednesday 14 Mar &  
Wednesday 28 Mar 2018**

11am—2pm  
South Hobart

## Eaglehawk Neck Fishing Getaway

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

Departing Wednesday 28th Feb, 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 attempting to land Silver Morwong Perch, Coral Perch, Deep Sea Cod, Blue Eye Trevalla, Rays Bream, Genfish, Blue Grenadier—and if we're really lucky Australian Salmon, Flathead 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 registration is required. Please RSVP by Friday 2 Feb 18.

**Wednesday 28 Feb—Friday 2 Mar 18**

Departing from CBS  
24 Sunderland St Moonah

## **Cradle Country Horse Riding Getaway**

Horse riding out of Kimberley, in the heart of Cradle Country, Tasmania's most scenic corner. It doesn't matter if you're a novice or an advanced horseperson – this 3 hour ride gives you the chance to live it up outdoors in the quintessential Australian experience.

Rides travel through undulating areas of old-growth eucalypt forest, historic farmland, forest plantations and rivers, all with spectacular forest, rural and mountain views, and it's likely you may spot a playful platypus during the ride. Experience a range of landscapes from the stunning agricultural hinterland of the Mersey Valley and there are views across to the distant waters of Bass Strait.

Carers will spend two nights in the 'Shearer's Quarters', followed by a third night in Devonport, which will include dinner at the wonderful Mrs Jones Restaurant (and a few other fun activities thrown in to ensure a memorable time!).

There is no cost to attend this event, however registration is required. Please RSVP by Friday 2 Feb 18.

## **Tuesday 6 Mar—Friday 9 Mar 18**

Departing from CBS  
24 Sunderland St Moonah

## **Monthly Carer Coffee Catchups**

Continuing from Friday 2nd February, drop in to the CBS boardroom for a coffee, a chat, a vent, a laugh, and update on anything that might be available to make your caring role easier—and most importantly, catch up with your Carer network.

There's no need to book, just come along.

## **First Friday of Every Month**

February—June 2018 2pm—4pm

CBS Boardroom

24 Sunderland St Moonah



## Dementia Information Sessions With Dr Jane Tolman

CBS has partnered with Dr Jane Tolman, Hobart's eminent Dementia expert, to bring you FREE monthly Dementia Awareness information sessions.

At these sessions, Dr Tolman will discuss the following:

What is Dementia?

Why is it so prevalent in the 21st century?

How do people get a diagnosis?

What are the 3 stages of Dementia?

How we can make a difference in the life of a person with Dementia?

How can we get the support we need as carers of a person with Dementia?

These sessions will be held in the CBS Boardroom, and are open to anyone who would like to learn more about this condition including carers, support staff and other interested community members.

**RSVPs** are essential, so please contact Taylah or Shanelle at Community Based Support on **03 6208 6600** if you would like to attend one or more of these sessions.

### Last Monday of Every Month

February —June 2018 1pm—4pm

CBS Boardroom

24 Sunderland St Moonah

## Mersey River White Water Rafting Getaway

Travelling to Devonport on Tuesday 20th March, Carers will travel to the Mersey River White Water Course the following morning for a day of adventure!

White water rafting is an ideal way to experience Tasmania's natural beauty. Sections of fast-flowing rapids will get hearts pumping, while lazier sections encourage relaxation (and water fights).

Suitable for all levels of experience, including novice—being able to swim is not a prerequisite.

Carers will spend three nights in Devonport, which will include dinner at the wonderful Mrs Jones Restaurant (and a few other fun activities thrown in to ensure a memorable time!).

There is no cost to attend this event, however registration is required. Please RSVP by Friday 2 Feb 18.

### Tuesday 20 Mar—Friday 23 Mar 18

Departing from CBS

24 Sunderland St Moonah

## Ocean Retreat Getaways

Primary Carers are invited to take time out from their caring role and enjoy a relaxing three night luxury break on the stunning East Coast of Tasmania, staying in the beautiful Ocean Retreat in Falmouth. The Carers that attended this location in November 2017 absolutely loved their trip, with many saying it was the best getaway CBS have ever provided.... It's your turn!

Travel the Great Eastern Drive, stop for morning tea, and arrive in Falmouth for a leisurely late lunch. Spend the break taking in the spectacular views, taking a dip in the heated plunge pool, or tour the local region—St Helens, Binnalong Bay, the Bay of Fires, and Scamander.

All meals and accommodation are provided, as is transport to and from Falmouth. The spacious rooms all have an ensuite, and accommodate 2 people in king single beds.

Group nominations are welcome, provided all individuals are eligible, with a maximum of 8 nominations per group.

Getaways are free for eligible Carers, expressions of interest for all getaways are open now.

## April, May & June 2018

Departing from CBS

24 Sunderland St Moonah

## Ocean Retreat Getaways 2018 Dates

### April 2018 (Please RSVP by 28 Feb 18)

1. Fri 13th to Mon 16 April
2. Mon 16th to Thu 19th April
3. Thu 19th to Sun 22nd April

### May 2018 (Please RSVP by 31 Mar 18)

1. Fri 18th to Mon 21st May
2. Mon 21st to Thu 24th May
3. Thu 24th to Sun 27th May

### June 2018 (Please RSVP by 30 Apr 18)

1. Fri 15th to Mon 18th June
2. Mon 18th to Thu 21st June
3. Thu 21st to Sun 24th June