

ABORIGINAL CARERS SUPPORT GROUP

October/November

Aboriginal Carer Support Group

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

Aboriginal Carer Support Group

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



Hope to see you there for a yarn and a cuppa.



Buckingham Arms/Botanical Gardens

Monday 29th October



Come along for a delicious smorgasbord lunch at the Buckingham Arms and a relaxing walk around the Botanical Gardens.

Continence Foundation of Australia

Monday 5th November

Presentation by Lisa Lawton who will be providing an information session on bladder and bowel health. Lisa will talk about the Continence Foundation Service; covering healthy bladder and bowel habits, bladder and bowel problems and risk factors, where to get help and product information.

Pampering Massage Monday 19th November

Carers can enjoy some well deserved pampering with a Massage Therapist who will be attending group on this day between 11.00am and 1.00pm.

There is **no cost** for carers who attend the Aboriginal Carer Support Group at Bower Cottages. Come along, join in and meet other carers. Contact **Sue on 8291 5600** for further information.

Funded by the Australian Government Department of Social Services.
Visit the Department of Social Services website (www.dss.gov.au) for more information

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