



Sutherland
Shire
Carer
Support
Service Inc

Sutherland Shire CARERS AND CONSUMERS FORUM

WHEN: Tuesday 25th August 2015
WHERE: Stapleton Ave Community Centre
3a Stapleton Ave, Sutherland NSW 2232
TIME: 10:30am – 2:00pm

Note: Forum
meetings
return to
Tuesdays in
2015 !

GUEST SPEAKERS -

Dale Shaddick, Support Co-ordinator,
Carers NSW Older Parent Carer Program
and
Michelle Ramanauskas from Forever Active
will lead us in some fun chair based exercises -
Chair Zumba and Active Class

Meet other Carers and Service Users in the Shire
Gain information about topics that relate to your health & wellbeing
Raise issues that concern you

Please contact
Leonie or Pippa on
9542 6292 if you
require transport

2 hour parking
close by
Lunch provided

Please RSVP by
Thurs 20 Aug
on 9542 6292

Our quarterly Forums are specifically for those currently using or eligible for Home and Community Care (HACC) and Community Care Support Program (CCSP) services. This includes people with disabilities, frail older people and carers of both groups.

Representatives of organisations that provide services do not attend unless by invitation as guest speakers, to allow for open discussion of issues and concerns.

