

REACHING OUT

Keeping our Community Connected - Edition 17



FEEL GOOD NEWS...

More than 1,000 workers with intellectual disabilities are returning to work in Queensland for the first time since COVID-19 restrictions were imposed. Among them will be about 70 staff at the Endeavour Foundation in Bundaberg, where packing tonnes of potatoes for major supermarkets, harvesting rows of flowers, and putting popular soft drinks in cartons are all part of the job. Site manager Robert Campbell said the excitement among the staff was palpable. "It means a lot; they can be back with their teammates," he said.



"What our guys do every day is nothing short of amazing," Mr Campbell said. "When we told Woolworths that we were going to resume they said: 'Welcome back, we look forward to doing business again!'"

The Bundaberg facility supplies potatoes and onions to supermarkets in Maryborough, Hervey Bay, Bundaberg, and Rockhampton. An estimated 90 per cent of the Queensland staff will resume their roles after being stood down during lockdown. Mr Campbell said support from carers and families had been very strong, but nothing could replace workplace camaraderie. "They're all best mates when they are here," he said. "We make sure the whole team is looked after - the guys have a canteen where they can buy a pie, sausage rolls and chips for lunch, or a coffee when they have smoko."

HAPPY SNAP OF THE WEEK



For no other reason than...it's funny!

Dear Readers.

While we are in this latest phase of restrictions, we are unable to have Tony, John, Angel and Ian out on the road delivering the newsletters so we will be posting them to you. Sorry to say, this means they will be fortnightly until the rules change. Please be patient as the post is slower than normal - just know that they are on their way to you! If you would like to have them emailed during this time please email us at: armchairtravel@sandybeach.org.au
Take care all and stay connected!
xxx the REACHing Out Team

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 - Wrist Stretches (seated or standing)

- If standing, have legs shoulder width apart for stability.
- Extend right arm out with palm facing **upwards**
- With the fingers of the left arm, pull the fingers of the extended arm back towards the elbow as shown in the picture
- Hold the stretch for 10-20seconds
- Release the stretch then turn hand over so the palm is facing **downwards**
- With the fingers of the left arm pull the fingers of the extended arm back towards your body as shown in the picture.
- Hold the stretch for 10-20 seconds
- Swap arms and repeat
- Do two sets on both sides



EXERCISE 2 - Upper Back Stretch - (seated or standing)

- Start by clasping your hands with fingers interlaced and elbows bent
- Rotate your upper arms and bring your clasped hands towards your chest so that your thumbs are facing downwards
- Straighten your arms as you round your shoulders and reach forward allowing your hands to open up while keeping fingers clasped.
- Hold the stretch for 10-20 seconds
- Do two sets



Note: While doing this stretch, keep your back straight, your shoulders relaxed and breathe in deeply. Deepen your stretch slowly as you exhale. Don't lean forward and if you feel any pain or discomfort, discontinue the stretch.

A reminder, as winter is here please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this". Have a great week and stay safe. Angel Parker.

LET'S STAY HEALTHY WITH ELANA

Spiced Cauliflower Soup with Yoghurt

Ingredients

- 1 tablespoon of vegetable oil
- 1 brown onion, chopped
- 1 desiree potato, peeled and chopped
- 2 garlic cloves, chopped
- 1/2 teaspoon of ground turmeric
- 1 teaspoon of ground coriander
- 1 teaspoon of ground cumin
- 1/4 teaspoon of ground chilli
- 1/2 medium cauliflower cut into small florets
- 5 & 1/2 cups of vegetable liquid stock
- 1/2 cup of low-fat natural yoghurt
- Naan bread warmed to serve

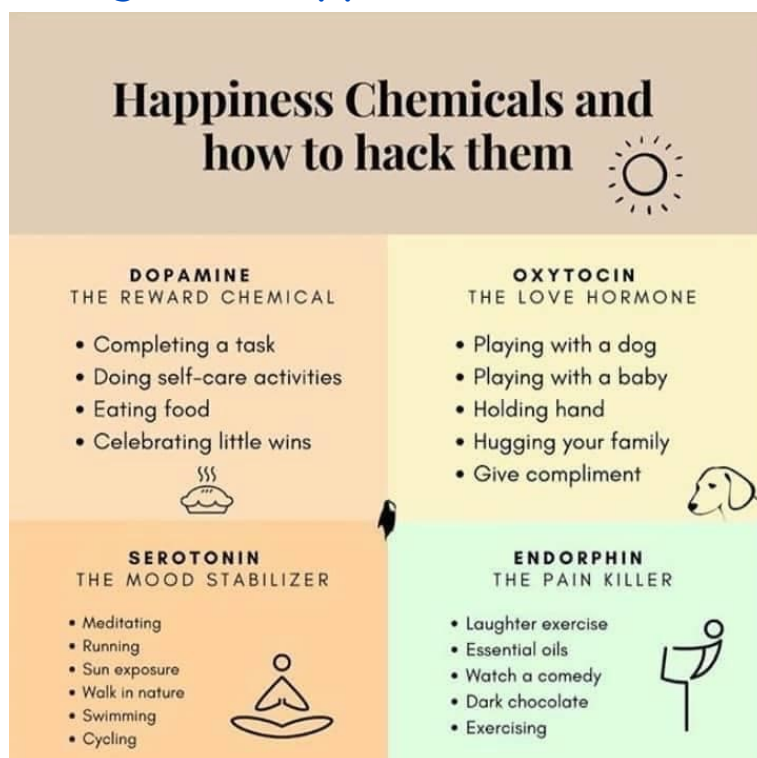
Method

1. Heat oil in a large saucepan over medium-high heat. Add onion, potato and garlic. Cook, stirring often, for 5 minutes or until onion is soft.
2. Add turmeric, coriander, cumin and chilli. Cook for 1 minute or until aromatic.
3. Add cauliflower and stock. Cover and bring to boil. Reduce heat to medium-low. Simmer, partially covered, for 15 to 20 minutes or until cauliflower is tender.
4. Set aside to cool slightly. Serve with warmed naan bread.



If you need a boost, grab a Happiness Hack and take charge

Image from
Robin Banks
on Facebook



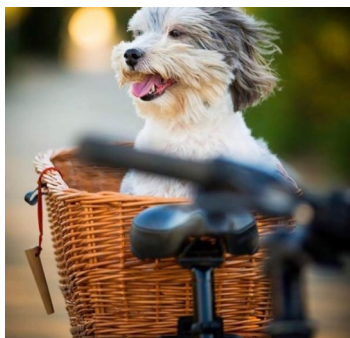
MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go?



GETTING TO KNOW YOU:

NAME: Paula Appelhans **PLACE OF BIRTH:** Wichita, Kansas USA

FAMILY: Husband: Lindsey, 2 Daughters: Adrienne Leichty and Tania Hickman, 1 Granddaughter: Audrey Appelhans (14 yo)



PETS: Milos (Mee-losh) 15 years old - a "bitsy". He is part Maltese and part Sheltie

HOBBIES: You can find us on the weekends cycling as a little family. Milos has his own wicker basket on Lindsey's bike. We used to all ride to the markets to do our shopping. I enjoy my motorcycle rides here and loved riding in the mountains of Vietnam.



FAVOURITES: Books: I am a fan of Isaac Asimov's short stories. The short stories are insanely hilarious, but poignant. Not really anything like the I Robot or Foundation series. I'll admit to a bit of a bias on this, but Milos also wrote a book, called "Even Dogs Go to Hospital." I'm pretty proud of him for sharing his health care journey for children to identify what they might go through or what their pets may go through.

Music: My musical tastes run from AC/DC, Metallica and other metal (when I'm writing a lot); to relaxing with R & B - Aretha Franklin; Country - Lady A (aka Lady Antebellum); and lots of "old school rock" with The Who, Rolling Stones. It really depends on what mood I need to be in or get out of. We went to see the Foo Fighters in Melbourne and it was one of the best shows.

Travelling: I didn't really start to travel until after my 40's, but I think I have made up for it since. I went to school in Essex, UK and lived in Singapore before moving to Melbourne. I most recently spent the last year in Hanoi, Vietnam working to revise the health care law, so I was able to travel a bit around Southeast Asia in ways I never would have thought. I visited remote villages, hiked, kayaked, and met amazing people.

HOW ARE YOU TAKING ADVANTAGE OF THE EXTRA TIME AT HOME? I feel I have become a "webinar queen". Trying to stay up to date with all the changes COVID has been bringing to businesses, human rights and not for profit law.

WHAT WAS YOUR FIRST JOB? My first job was working in a bingo hall for my high school marching band. Proceeds helped fund a lot of wonderful trips and competitions.

HOW LONG HAVE YOU LIVED IN SANDRINGHAM?

We've been here 3 years now. When we first arrived to Melbourne, we lived in St Kilda West. I remember we took our bikes on the train from Balaclava to Sandringham to ride back to St. Kilda. The moment we walked out of the Sandy train station, I immediately loved the village area and waterfront. Everyone was so good natured and friendly. We moved here a year later. I received my Australian Citizenship via online in July here, so Sandringham will forever be a special place. My first experience with Sandybeach Centre was shortly after we moved here. An organisation I was with used to hire the commercial kitchen at the Centre. Everyone was really helpful and friendly. I am currently a new Board Member (3 months). I also serve as the Secretary for the Board.

WHAT IS SOMETHING WE MAY BE SURPRISED TO LEARN ABOUT YOU?

I have lots of "toys." Marvel, DC, Star Wars toys and a massive collection of Marvel/DC movie theatre popcorn buckets from several countries.



RIDDLE AND PUZZLES



RIDDLE : The more you take, the more you leave behind. What am I?

WORDSEARCH: All of the words (all related to Sandybeach) are hidden in the grid below. They could be vertical, horizontal, diagonal, forwards or backwards.

H	L	Y	S	S	E	N	T	I	F	V	G	I	C	T
F	U	N	T	H	E	A	L	T	H	J	N	N	O	A
H	K	G	N	I	N	R	A	E	L	H	I	C	O	N
L	E	G	N	A	V	U	D	L	O	Y	E	L	K	D
T	D	A	N	C	E	I	N	J	T	Z	B	U	I	R
F	R	I	E	N	D	S	T	I	D	H	L	S	N	E
H	C	A	E	B	Y	D	N	A	S	W	L	I	G	A
T	R	J	C	C	P	U	T	W	E	L	E	V	U	G
R	E	B	X	U	M	E	R	L	I	R	W	E	C	A
O	T	J	O	M	R	I	C	K	F	H	C	A	S	M
P	H	R	O	A	T	O	S	U	C	Y	R	A	B	E
P	G	C	G	I	M	H	A	P	P	I	N	E	S	S
U	U	R	N	I	A	N	I	T	N	D	S	O	H	W
S	A	G	N	B	O	R	X	G	Y	U	E	U	T	X
M	L	G	C	X	D	K	T	Y	R	E	N	B	M	C

ANDREA	JOHN
ANGEL	LAUGHTER
ART	LEARNING
CARING	MARGARET
COMMUNITY	MUSIC
COOKING	SANDY
CREATIVITY	SANDYBEACH
DANCE	SKILLS
FITNESS	SUPPORT
FRIENDS	TINA
FUN	TONY
GAMES	WELCOMING
GROUP	WELLBEING
HAPPINESS	WRITING
HEALTH	
INCLUSIVE	

COMMON THREAD Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme. **THEME: VEGETABLES**

1 AGBABCE

--	--	--	--	--	--	--

2 GLAPGNTE

--	--	--	--	--	--	--	--

3 GASSUPRAA

--	--	--	--	--	--	--	--	--

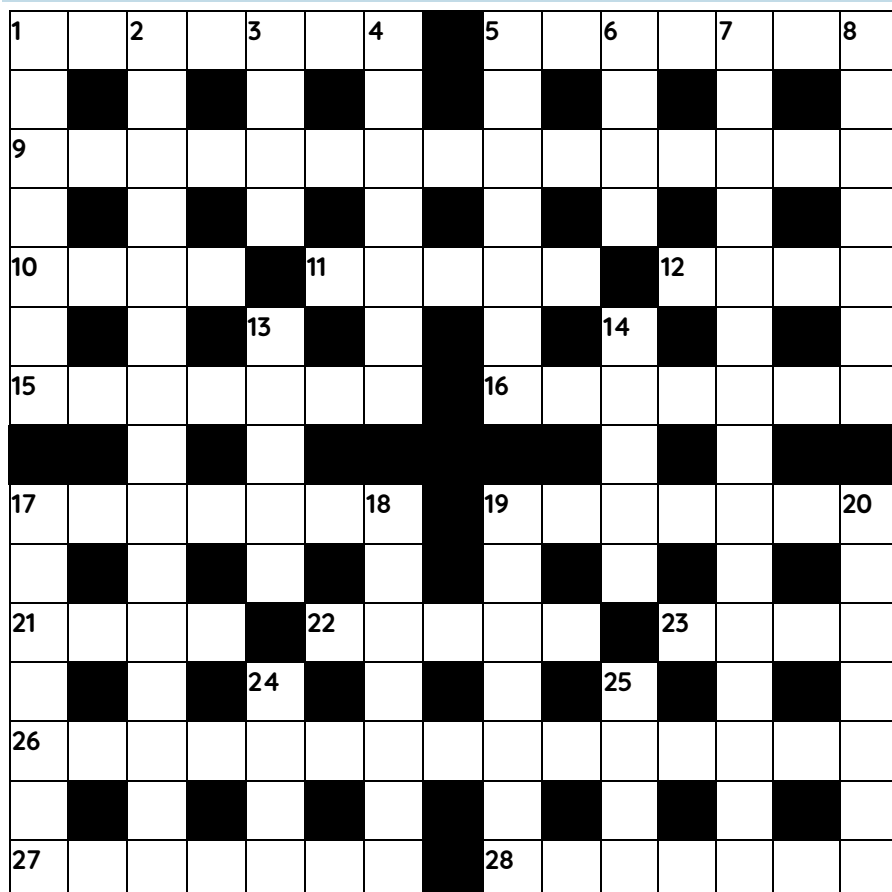
4 SNONIO

--	--	--	--	--	--

5 OSMOSRUHM

--	--	--	--	--	--	--	--	--

BIG CROSSWORD AND ????



Good one Tony!
Thanks for sharing
this gem.

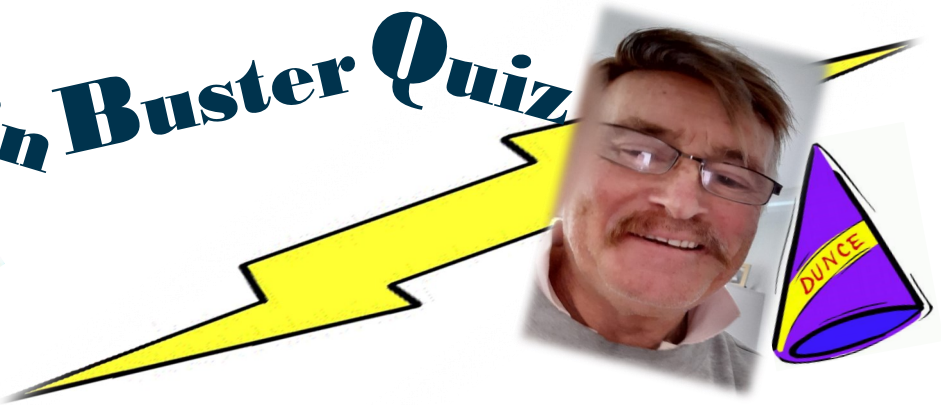
Across

- 1 hairy tropical fruit (7)
- 5 newspaper story (7)
- 9 to remind one of failings or wrongdoings (3,4,4,2,2)
- 10 vista (4)
- 11 facilities that make money (5)
- 12 Brazilian soccer star (4)
- 15 requiring (7)
- 16 comes from (a source) (7)
- 17 cynic (7)
- 19 seducer (7)
- 21 complain bitterly (4)
- 22 Blacksmith's tool (5)
- 23 a flash of lightning (4)
- 26 a mimic (2,13)
- 27 folklore sleepmaker (7)
- 28 emblem of Scotland (7)

Down

- 1 mobile home (7)
- 2 pay TV (5,10)
- 3 niche or opening (4)
- 4 rotating (7)
- 5 took into the family (7)
- 6 Elizabethan "you" (4)
- 7 environmentalist (15)
- 8 first courses (7)
- 13 a short, simple song (5)
- 14 a play for theatre, radio, or TV (5)
- 17 shrieks (7)
- 18 anxiety, worry (7)
- 19 matching cardigan and jumper (7)
- 20 rename (7)
- 24 processed meat or junk email (4)
- 25 desert spanning Mongolia and China (4)

Bill's Brain Buster Quiz



- Q 1** Following the break-up of his first marriage to Victoria Shaw - Roger Smith of stylish private eye series *"77 Sunset Strip"* fame, was married for 50 years to which beautiful, Swedish-American singer, actress and leggy dancer ?
- Q 2** Glenn Close played the wicked Cruella Deville in which Disney movie ?
- Q 3** He is a pioneer of Australian rockabilly music who has worked in the industry for over 60 years, with memorable lyrics like *"do da wop - do da wop"* for his No1 chartbuster *"Starlight Starbright"* and huge hits with *"I Found A New Love"* and *"Yes Indeed I do"* - Can you name him ?
- Q 4** Which popular alcoholic drink comprises vodka and fresh orange juice ?
- Q 5** "Spartacus" led the great slave revolt against Rome - Which leading box office actor starred in the role of the gladiator/slave Spartacus in the epic film of the same name ?
- Q 6** *"E Pluribus Unum"* (In God We Trust) is the National motto for which country ?
- Q 7** Can you name the song and the Aussie singer who's travelled to ...
"Moe, Tullamore, Seymour, Lismore, Mooloolaba, Kilmore, Nambour, Maroochydore, Murwillumbah, Birdsville, Emmaville, Wallaville, Cunnamulla, Ulladulla, Boggabilla, Kumbarilla, Narrabri, Boggabri, Augathella, Parramatta, Wangaratta, Coolangatta, Yarra Yarra," what's the matter ?
- Q 8** Ridden by jockey Jim Pike, which horse won the 1930 Caulfield and Melbourne Cups ?
- Q 9** Two teenage street gangs (*the Jets and the Sharks*) are at war in which movie musical?
- Q 10** *"Don't Cry For Me Argentina"* - written and composed by Andrew Lloyd Webber and first sung by Julie Covington - is about the life of which adored Argentine heroine ?
- Q 11** Elton sang about who ... *"that deaf, dumb and blind kid, sure plays a mean pin ball"* ?
- Q 12** Three literary sensations, sisters - Charlette, Emily and Anne are better known as ... ?
- Q 13** Irma, the carefree Parisian prostitute is played by Shirley MacLaine in the film *"Irma la Douce"* so who plays the dual roles of the naive 'Nestor' and Irma's pimp 'Lord X' ?
- Q 14** Who stars in the role of prize fighter Kid Galahad in the movie of the same name ?
- Q 15** Which Daphne du Maurier book featured a housekeeper called Mrs Danvers ?
- Q 16** Who said ... *"It takes only one drink to get me drunk ...
 The trouble is, I can't remember if it's the thirteenth or fourteenth drink"* ?





SHOWBIZ with Andrea



★ ★ ★ Who's on Stage Today ?

Dave McMillan

Dave was born with a 'little ukulele in his hand'! Growing up in Surrey, England he was given a 'uke' when he was four. Dave quickly learned to play and at the age of six became the proud owner of a full size steel string guitar which usually shared his bed. During his teens he realised he could also sing !!

After a short time he had a small repertoire and played at parties, clubs and coffee bars and by the age of nineteen, secured employment as an entertainer at a holiday resort on the Hampshire coast.

Dave formed 'Alice's Wonder Band' which travelled and played for two years and then he 'Pommegrated' as he calls it, to Australia and has been involved in music ever since. He is very much looking forward to performing at "Music Alive" in the near future.



Now Dave

Q. Name some of your favourite artists/bands.

A. The Beatles, Stones, Jose Feliciano and Cat Stevens to name just a few.

Q. Name a couple of your favourite songs.

A. Procol Harum's "Whiter Shade Of Pale", "Comfortably Numb" by Pink Floyd, Simon and Garfunkel's "Sound Of Silence" and "Here Comes The Sun" by The Beatles of course.

Q. I believe you work in a duo, can you tell us a little about that ?

A. Yes, I play occasionally with Andrew Farrell. For around thirty years now we've played throughout Australia, New Zealand and one trip to Canada. Andrew plays great piano and is known as 'The Wizard' because he looks like one.

Q. What would you say would be the best gig you ever played and why ?

A. The best gig was in New Zealand in a fruit packing shed in a little town called Katikati where we had around 150 people jammed into this small shed - the best atmosphere and so crowded that a guy in the front row had to hold my drink.

Q. You also play guitar as well as sing - do you have a favourite guitar ?

A. My favourite guitar is my black Takamine that I've had for 25 years. Great sound, so easy to play and never had to call the RACV to fix it.

Q. Who would be your favourite guitarist and why ?

A. Jose Feliciano - such an amazing bundle of soul, a pure class guitarist.

Q. What is it Dave that you love about performing ?

A. People love music, they love to listen, they are my soul mates !!



ARMCHAIR TRAVEL: Two days in Toronto - by Barbara Audas

Brett, my husband was doing the Emirates A380 flight from Dubai to Toronto and the flight was quite full - I was so lucky to get on!

Arriving late in the afternoon we settled into our room and headed downstairs for dinner and to book our excursion for the next day. We were up early and on the bus to Niagara Falls, filled with such delight as I have always wanted to see this bountiful waterfall.

Arriving in the township of Niagara we were given some time to walk around. We enjoyed wandering the back streets, looking at pretty Canadian homes and gently waving to some of the locals.

Back on the bus heading for the roar of the falls, we were entertained with a short video of past times when they used to have competitions where people would try to go over the falls in a variety of 'vessels' and hopefully land smoothly. One person went over in a barrel where he had a lot of padding inside to protect him from the fall, he survived, but sadly some didn't.



Arriving at the falls we boarded The 'Maid of the Mist' boat which took us right up to the edge of the fall. It was exhilarating and thrilling, the mist on our faces was cool and the roar and thunder of the falls was absolutely incredible and deafening. It truly is one of the most majestic and beautiful places in the world to see and experience.



Back on the bus we headed back into Toronto, a quick stopover to drop our day packs off and pick up our tickets to see the, wait for this - The Rolling Stones!

I was in my element as I have been a fan for such a long time. We grabbed a few beers and headed into the concert hall where we had great seats close to the stage.

We rocked and danced the night away with Start me up, I Can't Get No Satisfaction, Sympathy For the Devil and so many other wonderful hits, certainly a night I will never forget! As Tears Go By off to bed with Mother's Little Helper to Play with Fire, I fall asleep with Undercover of the Night. (Ha Ha)

The next morning off to Toronto central market to satisfy the culinary senses, tucking into seafood for lunch and purchasing some food items to take back to Dubai. We enjoyed walking around Toronto city, very clean and tidy, the locals very friendly. Jazz music streaming out the door of a bar tempting us to go inside, but alas we need to go back to our hotel to pack and get back on the plane for Dubai.

This brief interlude in Toronto was filled with such magical moments and excitement - two days I shall never forget!

Thanks for sharing Barb - you packed a lot in!!

POETRY

The Little Elf by John Kendrick Bangs

I met a little Elf-man once,
Down where the lilies blow,
I asked him why he was so small,
And why he didn't grow.

He slightly frowned, and with his eye
He looked me through and through
"I'm quite as big for me," said he,
"As you are big for you."



Rhymes with Reason by Emily Dickinson

Hours of Sleep

Nature needs five;
Custom takes seven;
Laziness takes nine;
And wickedness eleven.

The Difference

'Twixt optimist and pessimist
The difference is droll;
The optimist sees the doughnut;
The pessimist sees the hole.

Pedigree

The pedigree of honey
Does not concern the bee;
A clover, any time, to him
Is aristocracy.

Do you use Facebook? Do you love Music?

Search for Peter Sullivan on Facebook.

Every Tuesday and Friday at 5pm, Peter presents
"Sully's Piano Show" Peter (below) plays live and even takes requests! If you can't
make it at that time, you can still watch previous shows. Those of you who attend
Music Alive and Mentone Music will already be familiar with Peter's talents - we have
also featured him recently in REACHing Out on the
"Getting to Know You" page (edition 15)
In the famous words of Molly Meldrum..
"Do yourself a favour and check it out!"



All Along the Bay

An online art exhibition that takes us on an extraordinary voyage through the wonders of our Bayside area



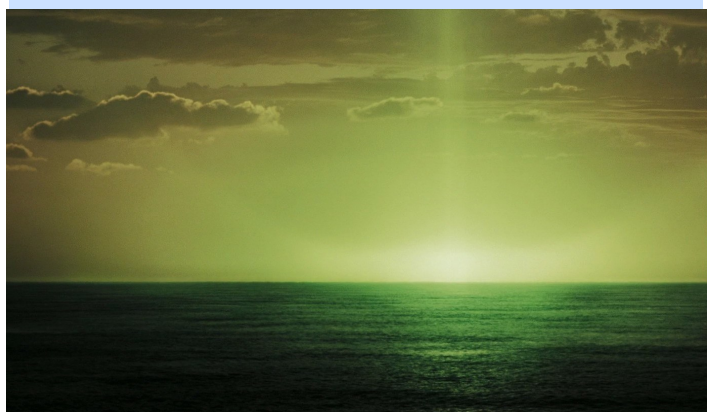
Call for Submissions

Entry fee:
\$15 (one artwork)
\$20 (two artworks)
Children's entry \$10
Due by Friday 28th August

**REGISTER
NOW**
[sandybeach.org.
au/events](https://sandybeach.org.au/events)

Enquiries: please email tinab@sandybeach.org.au

OUR AMAZING WORLD



The **green flash** and **green ray** are meteorological optical phenomena that sometimes occur transiently around the moment of sunset or sunrise. When the conditions are right, a distinct green spot is briefly visible above the upper rim of the Sun's disk; the green appearance usually lasts for no more than two seconds. Rarely, the green flash can resemble a green ray shooting up from the sunset or sunrise point.

Going 'live' in October

Peoples Choice Award

1st 2nd 3rd prizes (to be judged by panel)

Child Artist Award

Submissions information:

- Open to anyone with a connection to the Sandybeach Community: participants of any Sandybeach programs, carers, family members, Sandybeach volunteers and staff
- Maximum size 91.5cm x 91.5cm (36" x 36")
- All works **MUST** be created in 2020
- Children's category: We encourage entries from ages 3 -15.
- Subject matter can be anything to do with our lovely bayside area such as local fauna, flora, sunsets, sea views, sea creatures, local nostalgic buildings etc.
- Visit our website for further information
- **The online submission portal will be open from the 4th Sept - 18th Sept for you to start uploading a photo of your artwork. Further instructions on how to do this will follow.**

Brother and sister from Sandybeach are busy creating using materials from home.



Say
HI
To
"Mr. Puppet"

Be inspired by various subject matter for the 'All Along the Bay' online exhibition

There is so much to appreciate in our Bayside area. Here are some images to spark some ideas.

These images are available on <https://www.webfx.com/blog/web-design/sites-public-domain-images/>

Pixabay site

Be inspired by the beautiful artworks of **Amelia Alcock-White**

<https://ameliawhite.net/work/>

Her abstract patterns and highlighted surface reflections evoke a reverence for the mystery of water.



Run Wild

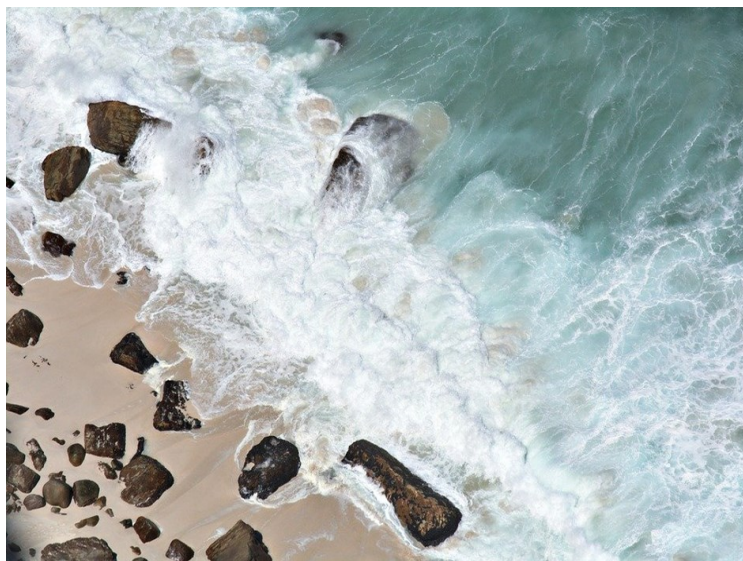


Mercurial

What's on our doorstep!

Our coastal shores and beautiful waterways serve as inspiration for countless paintings.

The water element is creative, and it has concerned artists for a long time. Some modern artists are trying not only to convey the beauty of each drop, but to teach us how to protect it.



Date extension:

Entry fee due by Friday 28th August.

Submission of artworks due 18th September

READER CONTRIBUTIONS

Each week, we are featuring contributions from our readers. We would love to hear from you!! Here are some suggestions :

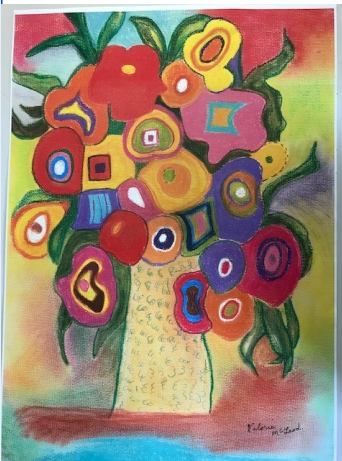
- A photo you have taken
- A piece of artwork you have created
- A short story or poem you have written
- Something uplifting or funny that you have seen or heard this week.
- A joke or a riddle
- Anything else you can think of!

If you have anything to share, please email it to us at

armchairtravel@sandybeach.org.au OR send to 2 Sims St Sandringham 3191

This week's contributions come from Val McLeod who does Artbeat with Tina on Thursday. Loving the vibrancy and versatility in your work Val!

Thanks for sharing ♥



QUIZ AND PUZZLES ANSWERS

CROSSWORD SOLUTION

Across

- 1 coconut
5 article
9 rub your nose in it
10 view
11 mints
12 pele
15 needing
16 derives
17 sceptic
19 tempter
21 rail
22 anvil
23 bolt
26 an impressionist
27 sandman
28 thistle

Down

- 1 caravan
2 cable television
3 nook
4 turning
5 adopted
6 thee
7 conservationist
8 entrees
13 ditty
14 drama
17 screams
18 concern
19 twinset
20 retile
24 spam
25 Gobi

RIDDLE ANSWER : FOOTSTEPS

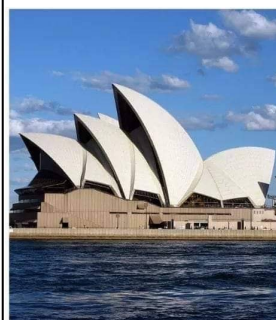
JOKE OF THE WEEK:

There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.



My holiday plan for 2020:

Expectation



Reality



COMMON THREAD (EXTRA WORD BEANS)

C	A	B	B	A	G	E		
E	G	G	P	L	A	N	T	
A	S	P	A	R	A	G	U	S
O	N	I	O	N	S			
M	U	S	H	R	O	O	M	S

ANSWERS TO THE BRAIN BUSTER

- Q1: Ann Margaret. Q2: 101 Dalmations. Q3: Lonnie Lee.
Q4: A Screwdriver. Q5: Kirk Douglas. Q6: United States of America.
Q7: "I've Been Everywhere" sung by Lucky Starr. Q8: Pharlap.
Q9: West Side Story. Q10: Eva Peron. Q11: Tommy.
Q12: The Bronte Sisters. Q13: Jack Lemmon. Q14: Elvis Presley.
Q15: Rebecca. Q16: George Burns.

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

Carer Gateway, an Australian Government website is a fantastic resource for all carers. A range of services and supports are delivered both in person and online:

Counselling – if you are feeling stressed, anxious, sad or frustrated, a counsellor can talk with you either in person or over the phone in the comfort of your own home.

Connect with other carers – you might like to meet with people like you who care for someone and share stories, knowledge and experience. You can do this with people in your area or you can join the carer forum online.

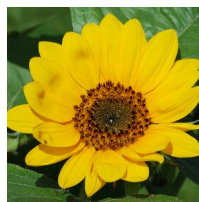
Respite Care – if you get sick or hurt and you cannot look after someone, emergency respite services can help you. Service providers will find ways to look after the person you care for while you have a break. Planned respite care can also help you plan for regular breaks to rest and recharge.

Self-guided coaching – you can work through interactive online coaching sessions at your own pace. You can find a range of topics to help you in your caring role.

Skills courses – there are short online courses to help you to learn new skills in caring for someone and yourself for example, Practical help and advice or information about financial support.

You don't have to know exactly what to ask for – you can just talk through any problems you are having, and Carer Gateway staff will try to match you with services that can help.

Source: carergateway.gov.au



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**.

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

CONVERSATIONS with



Carers Victoria's new videocast *Conversations with Carers Victoria* has now launched via Zoom

Every Monday, Wednesday and Friday at 2pm we'll be online talking with carers about ways to tend to their wellbeing and even learn something new.

The videocast is interactive and there will be the opportunity to communicate with the host via the chat function.



WE WANT TO HEAR FROM YOU!

Let us know if you have used the Carer Gateway and which services have been of use to you as a carer

armchairtravel@sandybeach.org.au

PH: 9598 2155