

REACHING OUT

Keeping our Community Connected - Edition 44



GOOD NEWS STORY:

BLIND LEADING THE BLIND

Mick Curran and Jamie Teh were childhood friends who bonded over their love of music and technology.

As their friendship grew, so did their idea to transform the world for people just like them. Mick and Jamie are both blind.

The pair first met at braille music camp in NSW aged 9 and 10 and reconnected six years later.

These two teenage computer nerds were frustrated that they had to buy expensive screen-reading software to make their computers accessible. "Why should a blind person have to pay an extra thousand dollars in order to use a computer?", asks Mick.

They set about changing that by creating a piece of screen-reading software and giving it away for free. "It was absolutely life changing because it meant that people could suddenly access everything that the internet has to offer, for free", says Jen Teh, Jamie's wife.

The software is now used by some 275,000 people in over 150 countries



Jamie (left) and Mick hard at work

and has been translated into 50 languages. The pair might have made money out of their product, but they've resisted the temptation to commercialise it.

"There needs to be a free, open-source screen reader for blind people around the world. And we are never, ever going to sacrifice that", insists Mick Curran. "Blind people have the capacity to help our own kind. I don't think we always need to rely on sighted people."

A REMINDER ABOUT DATES:

Last day of Term 2, 2023

Friday 23 June

First day of Term 3, 2023

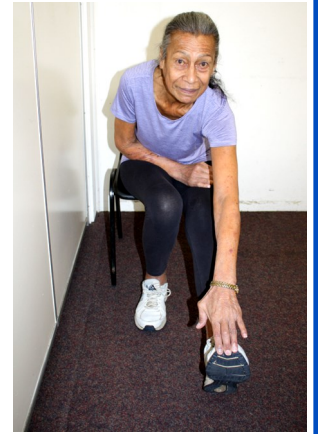
Monday 3 July

KEEP MOVING WITH ANGEL

EXERCISE 1 - CALF STRETCH

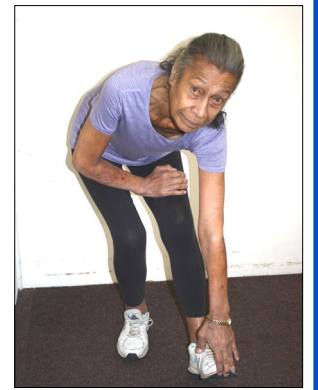
Seated

- Come forward on the chair with legs hip width apart.
- Extend the right leg out in front with heel on the floor and toes pointing upward.
- Bend the upper part of the body towards the thighs and at the same time gently pull the foot towards the knee, hold the pose for the count of 10 and release.
- Repeat on left leg (see picture).
- Do 2 sets of 10 repetitions.



Standing

- Standing with legs hip width apart, extend right leg out in front with heel on the floor and toes pointing upward.
- Bring upper body over towards the thighs and at the same time gently pull the toes towards the knee.
- Hold pose for the count of 10 and release,
- Repeat on the left leg.
- Do 2 sets of 10 repetitions



Do you want to keep fit, improve wellbeing and build social connections? Then **Strength Training** is for you! Led by experienced instructor, Angel Parker, these classes are great for strengthening, balance, falls prevention and core strength. Stay on for a cuppa and a chat. **Thursday 11am - 12.30pm.** Ph: 9598 2155 to enrol.

EXERCISE 2 - BICEP STRETCH

Seated

- Extend right arm across the body and support the arm with left hand under the wrist.
- Gently bring arm towards the body.
- Hold the pose for the count of 10 and release.
- Repeat the stretch with the left arm (see picture).

Standing

- Standing with legs hip width apart, repeat the stretch as shown above.



*Remember to do the stretches gently.
You will thank me for it!!!!*



LET'S STAY HEALTHY WITH ELANA

Cheese Scones

Ingredients

- 4 cups of plain flour
- 5 teaspoons of baking powder
- 2 teaspoons of salt
- 1/4 of a teaspoon of cayenne pepper
- 150 grams of melted butter
- 4 cups of grated cheese
- 500 ml of milk
- Grated parmesan cheese to top

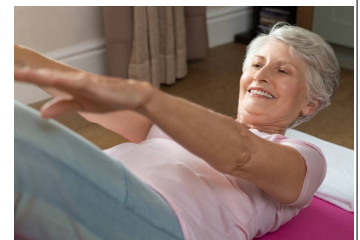
Method

1. Preheat oven to 170°C fan forced.
2. Mix the flour, baking powder, salt, cayenne pepper with a whisk in a bowl. Add the melted butter and cheese. Fold in with a spoon. Slowly add the milk until it all just comes together.
3. Turn mixture onto a floured board. Shape and cut into equal sizes.
4. Place scone mixture close together in a greased deep baking tray or use baking paper. You could also use a greased muffin tray.
5. Brush each with milk and top with parmesan cheese. Bake for 40 minutes. Enjoy!



WHAT'S HAPPENING IN FIT AND FABULOUS?

1. Sit ups - we started the exercise lying on the mat with our arms by our sides. We then tried to sit up without using our hands to assist us. Some could do this exercise while others needed to push with their elbows to get up. We then would lean forward reaching for our toes and then lower slowly to the floor and repeat this sit up a number of times. In the beginning only a few participants could do the whole exercise but with time and practice now most participants can do the exercise without using their elbows. What a wonderful achievement!



2. What muscles do we work in this sit up exercise? - we work our abdominal muscles and our hip flexors when doing these sit ups.

3. Try new ways to exercise - we are now working on our ankle and lower leg strength and abdominals to gain enough power to stand up from a cross legged seated position. This will take some training and effort but like the sit ups, I'm sure we can get there!

WHY NOT JOIN US IN FIT AND FABULOUS? Tuesday: 9.15am - 10.15am

This class is suitable for all fitness levels and is designed to help you improve your strength, balance, flexibility and mobility.

Work at your own ability level and enjoy a supportive and encouraging environment as you move to music that benefits both your physical and mental health.

Call 9598 2155 for more information and to enrol.

WHAT'S HAPPENING AT SANDYBEACH?

FEELING CREATIVE?

Would you like to get creative, express yourself and try something new? Then why not try one of our friendly art groups led by professional artist and teacher Heidi Wolfenden? Visual arts practice can lead to improvements in mental health and wellbeing. We have classes for different levels of ability and interests. All levels of skill are welcomed! We currently have some spots available in:

Artbeat: Monday 1.30pm - 4pm

Introduction to Watercolours: Monday 11am - 1pm (6 week course starts 10 July)

Still Life and Interiors Mondays 11am - 1pm (4 week course starts 21 August)

Refreshments provided

Please call reception to book in for a free trial on 9598 3191



PADSIP = Positive Ageing Digital Storytelling Intergenerational program



The Intergenerational PADSIP program is now well underway!

Each week a group of REACH participants head up to Sandringham College to meet with a lovely group of Year 12 students. We are joined by the local Sandringham Lions Club who provide support and a delicious lunch. The project is facilitated and filmed by Swinburne University's PADSIP team.

The first few weeks were all about getting to know each other through storytelling, laughter and fun activities. The students are learning about film making and the end result will be a storytelling film all about 'Turning Points'.

CARERS SUPPORT GROUP

Are you interested in gathering regularly with a group of like-minded local carers? Join our new carers support group! This is an opportunity to come together in a friendly and relaxed environment for support, information sharing, friendships, time out and fun. Our group meet face to face once a month.

Sessions will include:

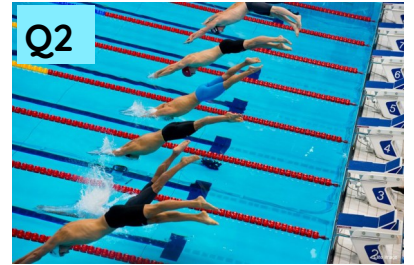
- 'Getting to know you' activities
- Facilitated discussions to share common issues and support each other
- Presentations by guest speakers on a variety of topics as chosen by the participants
- Opportunities to pursue shared interests such as walking or arts and crafts
- Lunches and coffee mornings

Call us on 9598 2155 for more information and to enrol



TRICKY TRIVIA

1. What does “www” stand for in a website browser?
2. How long is an Olympic swimming pool (in metres)?
3. What countries made up the original Axis powers in World War II?
4. What geometric shape is generally used for stop signs?
5. What is ‘cynophobia’?
6. Who named the Pacific Ocean?
7. What is the name of the biggest technology company in South Korea?
8. Which animal can be seen on the Porsche logo?
9. Which monarch made Valentine’s Day a holiday in 1537?
10. Who was the first woman to win a Nobel Prize (in 1903)?
11. Worship of Krishna is observed by which Religious Faith?
12. What is the name of the World’s largest ocean?
13. Demolition of the Berlin wall separating East and West Germany began in what year?
14. What is the common name for dried plums?
15. What is the name given to Indian food cooked over charcoal in a clay oven?
16. What is the most consumed manufactured drink in the world?
17. Which is the only edible food that never goes bad?
18. What was the first feature-length animated movie ever released? (Hint: It was a Disney Movie)
19. What TV series showed the first interracial kiss on American network television?
20. What awards has an EGOT winner won?



ARMCHAIR TRAVEL: North Island of New Zealand

by Mary Gates

Our friend Chris in New Zealand is the lead singer and saxophonist in a Bob Dylan tribute band called the Zimmermans. On hearing that he had a gig in Palmerston North we hatched a plan to tour the North Island by car and attend the Zimmermans gig in mid May. Our eldest daughter, Pia, joined us.

On 5 May we landed in balmy Auckland. The highlight of our stay here was a day trip by ferry to the holiday island of Waiheke. Waiheke is a haven of beautiful vineyards, olive groves and beaches, all just a 40 minute ferry ride from downtown Auckland. Whilst on the island our daughter shouted us a sumptuous fine dining meal at the Mudbrick winery perched on a hill overlooking the vineyards and holiday baches.



Bay of Islands

On day four we headed north by hire car to Russell, a four hour drive from Auckland. Russell, accessed by car ferry, is located on the very pretty Bay of Islands. Although it was raining we still managed to explore Russell and its surrounds. We spent a day at the award winning Waitangi Treaty Grounds. The Waitangi Treaty Grounds is considered New Zealand's most important historic site as it is where in 1840 New Zealand's founding document was signed: the Treaty of Waitangi. This was the first accord between the British Crown and the Maori people. Whilst there we walked through the highly interactive museum learning of New Zealand's history of settlement.

We left Russell and drove over 450 kms south to the Waitomo Caves. Although I'm a bit reticent about entering caves, they did not disappoint. There are three caves that make up the Waitomo caves network, each with it's own unique experience. They are famous for their abundance of glow worms, extensive underground river system and stunning stalactite and stalagmites formations.

Rotorua was our next stop. Rotorua is renowned for its geothermal activity and Maori culture. In Te Puia's Whakarewarewa Valley, we saw bubbling mud pools and the 30m tall Pohutu Geyser, which erupts many times daily. On the outskirts of Rotorua is the Redwoods Treetop Walk which features 28 suspension bridges through redwood trees that are over 120 years old. We were in awe of this ancient forest, delighting in the sculptural lights that illuminated the trees as night fell.



Waimangu Volcanic Valley

(Continued on page 7)



View of Lake Taupo from Turangi

A relatively short 1.5 hour drive took us to Turangi on Lake Taupo. The expansive views from our lakeside chalet were breathtaking. We took several day walks around the active stratovolcano Mount Ruapehu at the southern end of the Taupo Volcanic Zone. The snow capped mountains throughout the Tongariro National Park were majestic.

On day 13 of our travels we drove north to Ohakune where we met up with our New Zealand friends for a days bike ride. Alarm bells should have rung when the tour company rolled out large heavy mountain bikes. The ride was extremely challenging up and down hills through muddy gullies and along rocky trails. I managed to collide with a tree, slide in the mud and pushed the bike along 2km of the 20km trail. I'm definitely hanging up my bike shorts!



Walking at the base of Mt Ruapehu

Central to our trip was the Zimmermans gig in Palmerston North. We were not disappointed. Dylan's songs brought back youthful memories and the arrangements included the

full sound of a brass section and talented backing singers. It was very special to be seeing and hearing our friends skilful performance. Not bad for a 70 year old!

We returned our car in Wellington after a nights stay with friends and a hill top walk to view the city. On the flight home we reflected on what a scenic and friendly island nation New Zealand is. We will return but our future visits will definitely not involve mountain biking.



Ohakune mountain bike trail





Who am I?

Name: Heidi Wolfenden

Job title: Creative Arts Tutor & Art Coordinator

Tell us about your family.

I have been with my husband for 25 years. He is an Architect and runs his own business from home. We have two beautiful children together. My daughter is almost 16 years old, and my son is 14. We also have a cute fluffy dog named Milo. He is a Maltese Shih Tzu.

Have you always taught Art?

No. However, I have always worked in creative professions. When I left school, I completed a degree in Visual Communication and worked as an Art Director in advertising for about ten years. After that, I was employed as a University Design Lecturer. In 2015, I returned to university as a student and trained to become a fully qualified Art Teacher. I really enjoy learning new things and I am currently studying Art Therapy.

What do I like to do in my spare time?

I enjoy heading out of the city and reconnecting with nature, whether it be the beach, mountains, or bush. I love visiting art galleries, exploring historical towns and quirky vintage shops. I always try to carve out time to continue with my own artistic practice, whether it be painting, drawing, taking photos or messing around with clay.

Tell us something about yourself that we may find surprising.

I come across as quite extroverted, but I also enjoy quiet time to recharge.

What are your biggest strengths?

Creativity, empathy and compassion for others.

What do you like most about working at Sandybeach Centre?

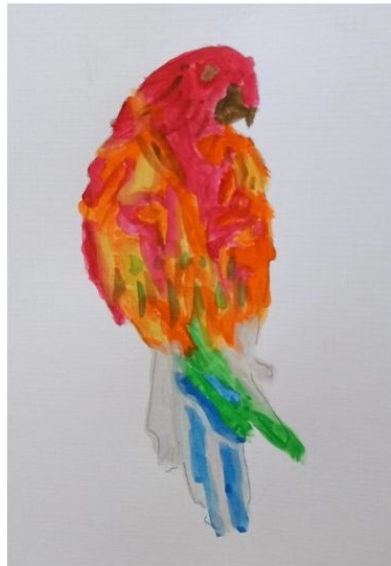
The staff at Sandybeach Centre have been so warm and welcoming. They made me feel comfortable from the minute I walked in the door! I love sharing my passion for the Arts, building strong connections with my students, having a good laugh, and making a positive contribution to the community.



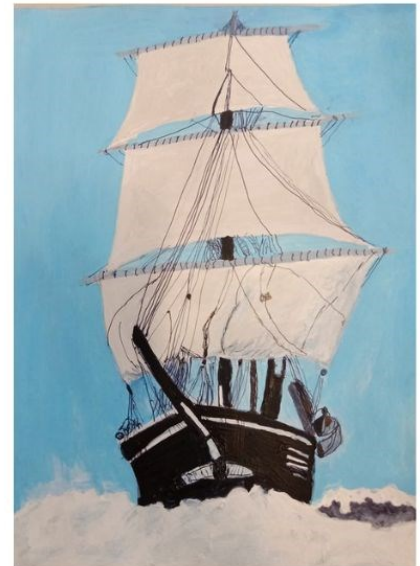
Art Beat

with Heidi Wolfenden

I am excited to join the wonderful team at Sandybeach Centre and have really enjoyed getting to know the lovely participants of the Art Beat program. The group have enjoyed expressing themselves through their art and have chosen subject matter which reflects their personal interests and aesthetic. They have created beautiful artworks using a variety of mediums including watercolours, acrylic, pencil and collage. I look forward to supporting the group to further develop their artistic skills, increase wellbeing and maintain strong social connections.



Artist: Sean Horwood



Artist: Jill Remnant



Artist: John Hunt



RIDDLES AND PUZZLES

RIDDLE:

In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.

<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>								Young tree
<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>							Concerning back	
<table border="1"><tr><td></td><td></td><td></td><td></td><td></td></tr></table>						Unadorned		
<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					Agony			
<table border="1"><tr><td></td><td></td><td></td></tr></table>				Short sleep				
<table border="1"><tr><td></td><td></td><td></td><td></td></tr></table>					Back of neck			
<table border="1"><tr><td></td><td></td><td></td><td></td><td></td></tr></table>						Jury		
<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>							World	
<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>								Scattered seeds

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: BONES

1. TURNS ME	<table border="1"><tr><td></td><td></td><td style="background-color: #d9e1f2;"></td><td></td><td></td><td></td><td></td><td></td></tr></table>													
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3. AVERT BEER	<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="background-color: #d9e1f2;"></td><td></td><td></td></tr></table>													
4. CALL VICE	<table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td style="background-color: #d9e1f2;"></td></tr></table>													
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SWITCH: Change one letter in each word to find five new words related to a single theme.

C	L	A	S	S

F	L	A	M	E

L	O	D	G	E

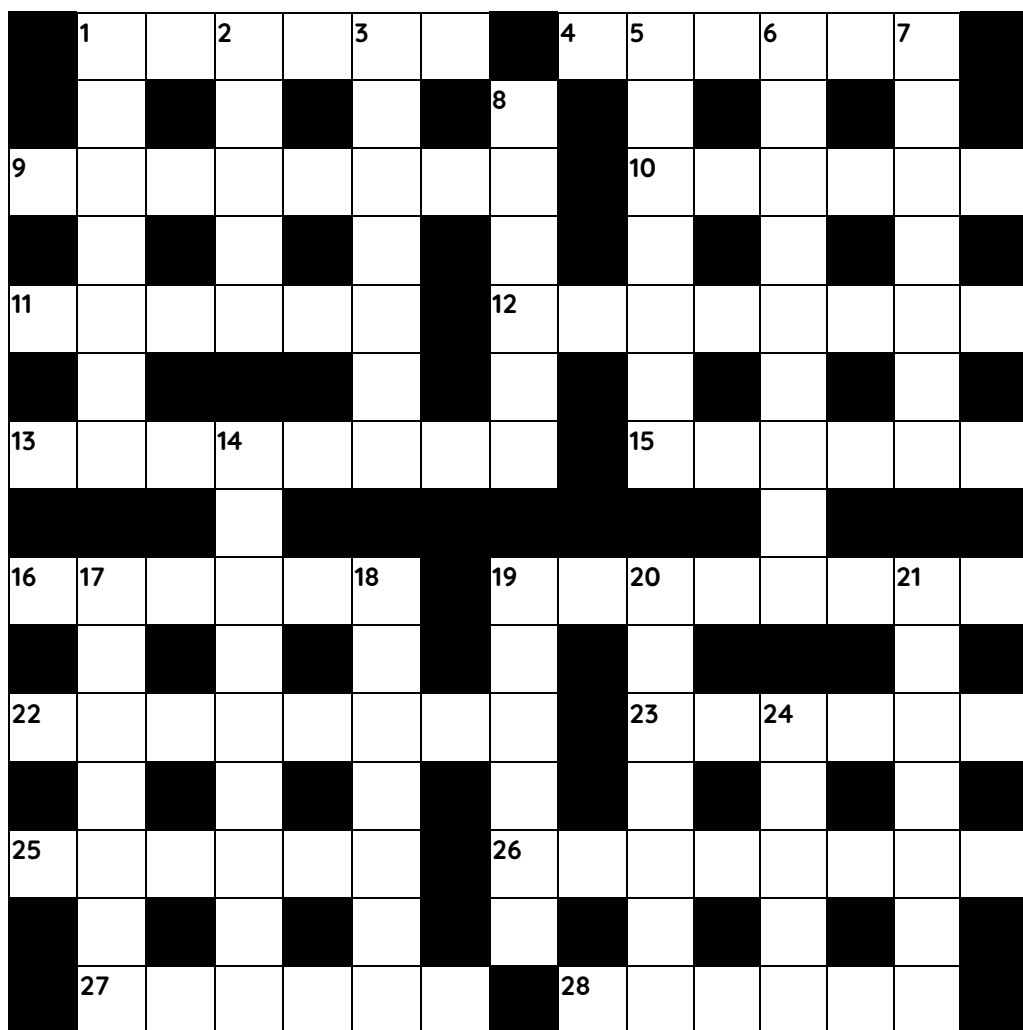
P	A	N	T

C	E	R	T	A	I	N

ANAGRAM SQUARE: Rearrange the letters in each square to form a new word. Write your answers in the blank grid. The first letter from each word will spell the mystery word

1	A	V	I	E	W
2	M	Y	L	I	P
3	D	Y	R	N	E
4	H	C	C	N	O
5	O	E	H	R	D
1					
2					
3					
4					
5					

BIG CROSSWORD!



Across

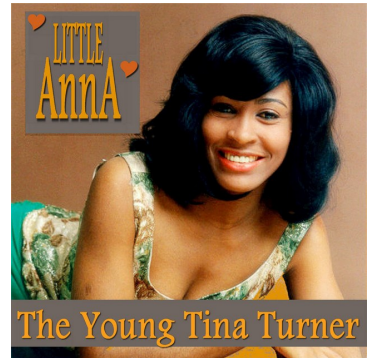
- 1 Pictures (6)
- 4 Pitfalls, traps (6)
- 9 Waves on the shore (8)
- 10 Involve (6)
- 11 Old Spanish currency (6)
- 12 Stumbled, wavered (8)
- 13 Spell incorrectly (8)
- 15 Cruel person (6)
- 16 Moon mission or Greek God (6)
- 19 Horse feed (4,4)
- 22 Produce, make (8)
- 23 Sloping letter (6)
- 25 Hit with tax (6)
- 26 Pragmatists (8)
- 27 Machine, motor (6)
- 28 Towards back of boat (6)

Down

- 1 From Tel Aviv (7)
- 2 Wide open (5)
- 3 Lift or rise up (7)
- 5 Syringes or sewing tools (7)
- 6 Netherlands city (9)
- 7 Splinters, shards (7)
- 8 Helpful (6)
- 14 Bonding with metal (9)
- 17 To go before (7)
- 18 No sign of stopping (2,3,2)
- 19 Blurred, unfocused, filmy (6)
- 20 Beasts (7)
- 21 Love struck (7)
- 24 Nimble (5)



Hi everyone, sadly the world has just lost another great in the music industry. The amazing Tina Turner, the “*The Queen of Rock ‘n’ Roll*”. Tina was born Anna Mae Bullock, in November 1939 in Nutbush Tennessee. When her parents separated in the early 1950’s, she and her two sisters went to live with their grandmother. Tina’s first foray into music was when she sang in the church choir at Nutbush’s Spring Hill Baptist Church. As a teenager she worked as a cleaner and upon leaving school as a nurses aide. It was



when Tina and her sister began to frequent nightclubs in St. Louis that she first saw Ike Turner perform with his band the *Kings of Rhythm*. She has recalled that she “almost went into a trance” watching him and after some convincing he allowed her to get up on stage with him to sing. After a period of singing backup, she had the opportunity to sing lead when the booked artist failed to turn up for the recording session of *A Fool in Love*. The song was a hit that went to number 2 on the Hot R&B charts, and Tina’s career was underway. After the release of *A Fool in Love*, more success was to follow and the couple wed in 1962. Ike created the *Ike & Tina Turner Revue*, which embarked on a rigorous touring schedule across the United States, performing 90 days straight in venues around the country. The *Ike & Tina Turner Revue* built a reputation as “one of the hottest, most durable, and most explosive of all R&B ensembles” and between 1963 and 1965, the band toured constantly. Tina’s first credited single as a solo artist, *Too Many Ties That Bind/We Need an Understanding*, was released in 1964 and her profile was further raised after several solo appearances on shows such as *American*



Bandstand and *Shindig!*. Between 1966 and 1976 the band achieved mainstream success and recorded major hits such as *River Deep Mountain High* and *Proud Mary*.

By the mid 1970s, Ike was heavily addicted to cocaine, which hindered his relationship with Tina and after flying to Dallas for a gig, they got into a physical altercation on the way to the hotel. Shortly after arriving at the hotel, Turner fled from Ike with only 36 cents and a Mobil gas card and hid at the Ramada Inn across the freeway. Tina ended up divorcing Ike after severe instances of spousal abuse. Tina left the music industry for a while before returning to rebuild her career as a solo artist . In 1976 and 1977, she earned income by appearing on TV shows such as *Hollywood Squares*, *Donny & Marie*, *The Sonny & Cher Show* and *The Brady Bunch Hour*.

After her separation from Ike, lawsuits were mounting for cancelled *Ike & Tina Turner* gigs and Tina resumed touring to pay off her debts.

In 1977, she re-emerged with a sexier image and costumes. She headlined a series of cabaret shows at Caesars Palace in Las Vegas and took her act to smaller venues in the United States. Later that year, she embarked on her first solo concert tour in Australia. Although achieving success over the next 6 years, Tina was considered a nostalgia act, performing mostly at hotel ballrooms and clubs in the United States.

In November 1983, she released her cover of Al Green's *Let's Stay Together*. It reached several European charts, including No. 6 in the UK. In the US, the song peaked at No. 26 on the Billboard Hot 100, No. 1 on the Hot Dance Club Songs, and No. 3 Hot Black Singles. Following the single's surprise success, Capitol Records approved a studio album. Tina had two weeks to record her *Private Dancer* album, which was released in May 1984. It reached No. 3 on the Billboard 200 and No. 2 in the United Kingdom. *Private Dancer* was certified 5x Platinum in the United States, and sold 10 million copies worldwide, becoming her most successful album and launching what became known as "one of the greatest comebacks in music history". Following the album's release, Turner joined Lionel Richie as the opening act on his tour. Also in May 1984, Capitol issued the album's second single, *What's Love Got to Do with It* which was to become Tina's first and only No. 1 on the Billboard Hot 100. The follow-up singles *Better Be Good to Me* and *Private Dancer* were both U.S. top 10 hits.



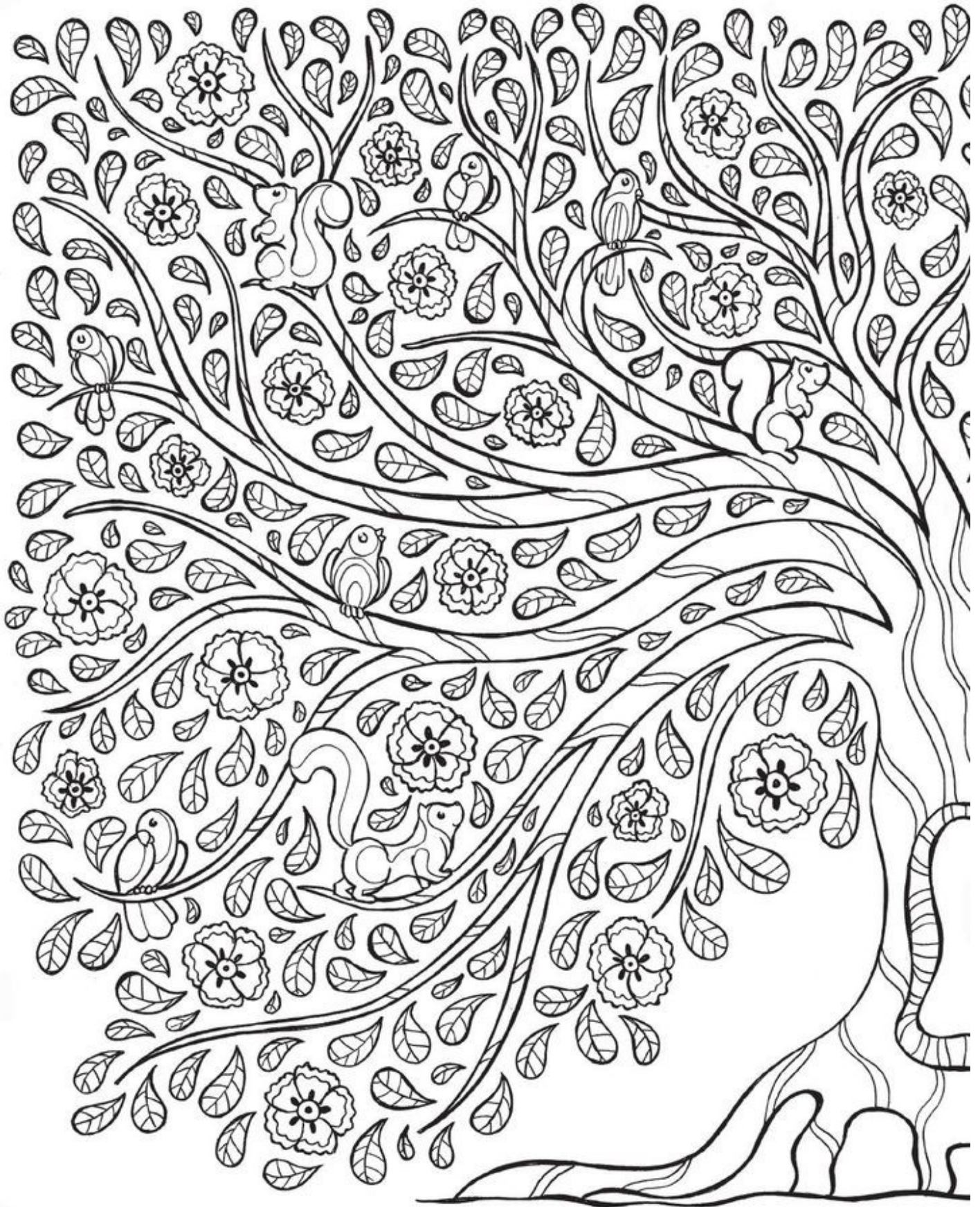
Tina's success also led to film roles, beginning with the role of Acid Queen in the film *Tommy*. Tina appeared in *Sgt Pepper's Lonely Hearts Club Band* and starred opposite Mel Gibson in *Mad Max, Beyond Thunderdome*. The song from that film, *We Don't Need another Hero* became a hit single. In 1993 the biopic of her life, *What's Love Got to Do with It*, brought her story to even more fans. During her career, Tina sold over 100 million records, earned 12 Grammy Awards nominations, three Grammy Hall of Fame awards, and a Grammy Lifetime Achievement Award. She was also the first black artist and the first female to be on the cover of Rolling Stone.

Tina retired in 2007 after her last tour, telling Gayle King in June 2019, "I got on that plane, I took a deep breath, and I said, it's over. I really feel like it's over - and I'm glad it's over. And I went home." Tina has spent the last 37 years with the 'light of her life', Erwin Bach whom she married in 2013.



Well what a life, what a career!. From rags to riches, from a cleaner to a star - Tina passed away at the age of 83. RIP our beautiful Tina Turner, you are 'simply the best'. A legend, a star. Gone but never forgotten ♥

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



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWER :

It is because it's 1995-1990 B.C.!

WORD CASTLE ANSWER

S	A	P	L	I	N	G
S	P	I	N	A	L	
P	L	A	I	N		
P	A	I	N			
N	A	P				
N	A	P	E			
P	A	N	E	L		
P	L	A	N	E	T	
P	L	A	N	T	E	D

SWITCH SOLUTION: Theme Windows

C	L	A	S	S
G	L	A	S	S

F	L	A	M	E
F	R	A	M	E

ANAGRAM SQUARE SOLUTION

L	O	D	G	E
L	E	D	G	E

P	A	N	T
P	A	N	E

C	E	R	T	A	I	N
C	U	R	T	A	I	N

W	A	I	V	E
I	M	P	L	Y
N	E	R	D	Y
C	O	N	C	H
H	O	R	D	E

CROSSWORD SOLUTION

Across

- 1 Images
- 4 Snares
- 9 Breakers
- 10 Entail
- 11 Peseta
- 12 Faltered
- 13 Misspell
- 15 Sadist
- 16 Apollo
- 19 Bran Mash
- 22 Generate
- 23 Italic
- 25 Levied
- 26 Realists
- 27 Engine
- 28 Astern

Down

- 1 Israeli
- 2 Agape
- 3 Elevate
- 5 Needles
- 6 Rotterdam
- 7 Slivers
- 8 Useful
- 14 Soldering
- 17 Precede
- 18 On and On
- 19 Bleary
- 20 Animals
- 21 Smitten
- 24 Agile

COMMON THREAD SOLUTION: HIDDEN WORD - TIBIA

S	T	E	R	N	U	M			
M	A	N	D	I	B	L	E		
V	E	R	T	E	B	R	A	E	
C	L	A	V	I	C	L	E		
M	E	T	A	C	A	R	P	A	L

TRICKY TRIVIA ANSWERS

1. World Wide Web
2. 50 metres
3. Germany, Italy, and Japan
4. Octagon
5. Fear of dogs
6. Ferdinand Magellan
7. Samsung
8. Horse
9. Henry VIII
10. Marie Curie
11. Hinduism
12. Pacific Ocean
13. 1989
14. Prunes
15. Tandoori
16. Tea
17. Honey
18. Snow White and the Seven Dwarfs
19. Star Trek
20. An Emmy, Grammy, Oscar, and a Tony

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

DEMENTIA AUSTRALIA



About Dementia Australia

Dementia Australia provides high quality services and support to meet family and carer needs. They recognise, promote and value carers and care relationships and recognise the different needs of people in care relationships.

Support for families and carers

Family members and friends often find themselves in the role of a carer when a loved one is living with dementia. While caring for your loved one can be rewarding, it can also have its tougher days. As you care for someone with dementia, you may not be taking as much care of your own emotional, mental or physical wellbeing.

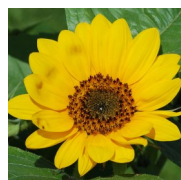
Whether you're the husband, wife, partner, daughter, son, brother, sister or friend of the person, your relationship will change.

Dementia Australia offers support for families and carers so you don't feel alone.

Services offered through Dementia Australia can help you:

- support the person to live well at home, for as long as possible
- support the person to continue with their hobbies, activities and interests
- learn about dementia, so you're better equipped to manage changes
- access support services and programs to maintain your health and wellbeing

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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**

How to access support for families and carers

Joining a carer support group is a great way to share knowledge, tips and strategies with others who are going through a similar experience.

To find a group near you:

Call the National Dementia Helpline on free call **1800 100 500** or

Use the online service enquiry/referral request form found on the website:

dementia.org.au

You can also call the National Dementia Helpline to book in professional counselling. Alternatively, Dementia Australia regularly run several education programs specifically designed for families and carers. Browse the website and register for an upcoming session.



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