

Quote From Carer

'We are a part of a family at Carers and Disability Link. It's the support, the friendship, the breaks that we can have and it gives me time for myself to do what I want to do without worrying about my husband'.

Quote From a Care Recipient

'Attending Carers and Disability Link programs has been a real life saver to me.

I can't remember all of the details....but I got very down when I got my diagnosis, I started to become a recluse.

At the very beginning I didn't want to go....I didn't think there was anything wrong with me and why would

I want to go? Through Carers and Disability Link' I have a new lease of life by finding a group of like minded people who

understand what I am going through. I look forward to attending the groups each week. We're in a society where every-one is in the same boat, whether they are a carer or being cared for. Everyone is identical and we're all good mates'.

Caring Coffee Club has a cost of \$10.00 per session, which includes lunch and an activity. If you are just coming for lunch the fee is \$7.50.

Transport assistance: \$4.00 return or \$2.50 single trip.

Invoices are distributed monthly for payments.

If you would like to attend the 'Caring Coffee Club' please call Carers and Disability Link or contact the 'My Aged Care' Contact Centre on 1800 200 422 or website www.myagedcare.gov.au & make a referral to the 'Carers and Disability Link, Barossa - Social Support Group'.

For assistance with your referral please call our office on 8562 4000.

15 Second Street
NURIOOTPA, SA 5355

Phone: (08) 8562 4000

E-mail: barossa@cadl.support



Caring Coffee Club

*Coffee tastes better
with a Friend*

**WEDNESDAYS
9:30AM - 1.30PM**



Left: Caring Coffee Club Choir

'Carers and Disability Link' support people who are caring for a family member or friend who has a disability, illness or is frail aged.

**Caring Coffee Club is held at the:
The Reusch Community Centre
24A Murray Street
NURIOOTPA**

The Caring Coffee Club is an accepting environment where Carers and their 'cared for' can feel supported by other people experiencing similar 'life issues and challenges'. Every Wednesday a Carer Support Worker is present to offer support. Friendships are nurtured and developed in a safe and positive environment.



Inter-generational activities with local schools

Activities are conducted by a qualified Lifestyle Coordinator with the support and assistance of Contractors and Volunteers.

Activities Include:

- Social games and quizzes
- Bus Trips
- Music and entertainment
- Cooking and crafts
- Indoor bowls
- Fun and reminiscence
- Theme days
- Guest Speakers
- PLUS we provide activities based on 'your suggestions and requests.....'



**Car parking available behind the Vine Inn Hotel/Motel.
Access from Murray Street is via either the driveway for the bottleshop or the lane between the Vine Inn and the Village Green**



Scottish Day at CCC for the 'Lads and Lasses'

If you are over 65 and would like to meet new friends and enjoy quality activities then why not give 'Caring Coffee Club' a go!!