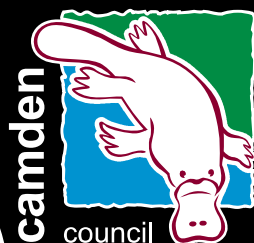




14 September - 20 October 2019

Carers Week

In celebration of National Carers Week, Council is offering a variety of activities and events throughout September and October to recognise the unsung heroes in our community who provide care and support to family, friends and the community.



FOR
55+
**CAFE
CONNECT
CAMDEN**

*Paper Daisy Spring Gentle Walk for people living with dementia and their carers.

Tuesday 3 September 2019, 10am - 1pm

Come along for a gentle guided walk through the spring wildflower display in the Connections Gardens, taking in the paper daisy display. You will also have an opportunity to plant a paper daisy and take some seeds home with you.

Café Connect will also be there with great food, refreshments and services providing the latest information about what is on offer in Camden.

**Australian Botanic Garden
Mount Annan**
362 Narellan Road, Mount Annan

Meet at: Connection Garden,
opposite the Melaleuca House Café

Cost: Free

Call: 4645 4110

Free Pool Entry to Mount Annan Leisure Centre and Camden War Memorial Pool

Sunday 13 to Saturday 19 October 2019

For Carers Week, Council is offering free pool entry to carers who live in the Camden LGA.

Mount Annan Leisure Centre
368 Welling Drive, Mount Annan
Opening hours: 5.30am to 9pm

Camden War Memorial Pool
Cnr Oxley and Mitchell Streets, Camden

Opening hours:
Monday to Friday 6am to 7pm
Saturday to Sunday 8am to 7pm

*"Bees in the garden" guided walk for people living with dementia and their carers.

Tuesday 24 September 2019, 10am - 1pm

Come along for a gentle guided walk and discover "Bees in the Garden" in springtime.

Café Connect will also be there with great food, refreshments and services providing the latest information about what is on offer in Camden.

**Australian Botanic Garden
Mount Annan**
362 Narellan Road, Mount Annan

Meet at: Connection Garden,
opposite the Melaleuca House Café

Cost: Free

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**A Macarthur Disability Services and Campbelltown, Wollondilly and Camden Councils partnership*

Carer Peer Connect Forum

Wednesday 25 September 2019, 10am to 2pm

Carers NSW Carer Peer Connect Forum will provide an opportunity for Carers to meet face to face and connect with other carers in their region. The Forum provides a structured program of support, education and carer wellbeing topics.

Camden Civic Centre

Oxley Street Camden

Lunch will be provided on the day.

Cost: Free

To book: please register at bit.ly/CPCForum19 or call 4645 5009.

Topics include:

- Understanding the new Integrated Carer Support Service (ICSS)
- Strengthening connections
- Looking after your health and wellbeing
- Caring and the community

Carers Pamper Day

Tuesday 15 October 2019, 11am to 2pm

Join us for a free day of pampering, fun and laughter. Enjoy a variety of relaxation activities for you to unwind. You are more than welcome to share your day and bring along a friend or family member.

Massage, essential oils, relaxation techniques and demonstrations, henna hand painting, art therapy, pamper workshops and movie ticket giveaways are just a few of what we have on offer to show our appreciation for carers in our community.

Café Connect will also be there from 11am with great food and services providing the latest information about what is on offer in Camden.

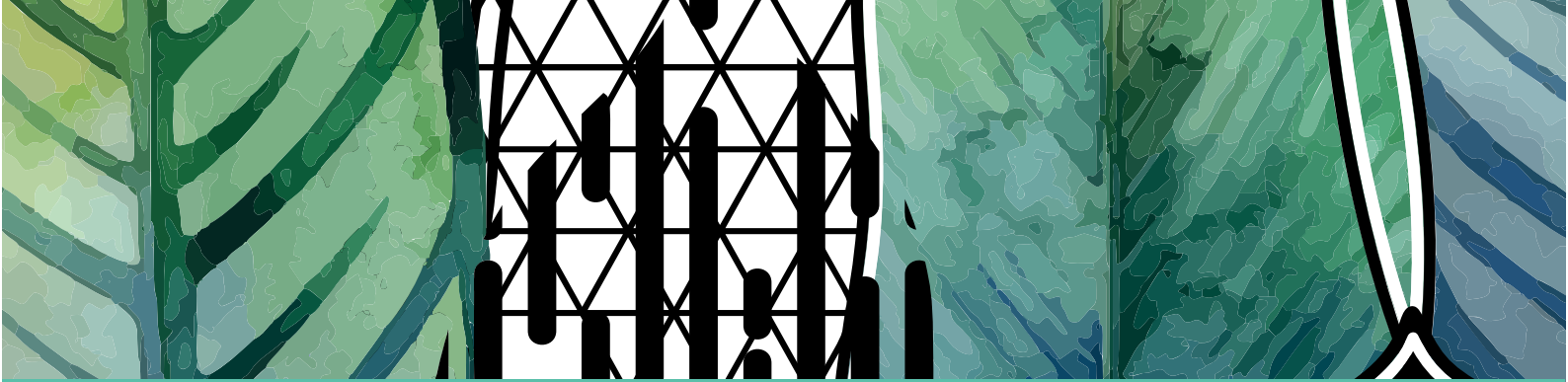
Camden Civic Centre

Oxley Street Camden

Cost: Free

Call: 4645 5009





Phone: 4645 5009
Email: access.mailbox@camden.nsw.gov.au



Camden Council supports an enriched and connected community

