

HIGHLIGHTS

Contact Us:

Illawarra

Commonwealth Respite
and Carelink Centre

Level 1, Unit 11c,

75 Cygnet Avenue

Shellharbour City Centre

NSW 2529

FREECALL TM1800 052 222

respite@scgcommunity.org.au

www.scgcommunity.org.au



**The Management and Staff of the Illawarra
Commonwealth Respite & Carelink Centre
Would like to wish all our carers and their
family a healthy and safe
Christmas Season.**

**Emergency Carer Support will be available over the
holiday period on 1800 052 222**



DO YOU CARE FOR A FAMILY MEMBER OR FRIEND?

THEN A CARER CHAT SESSION, INCLUDING MORNING TEA MAY BE FOR YOU

The Illawarra Commonwealth Respite and Carelink Centre is hosting a morning tea and information session for carers. Why not take a break and come and enjoy lunch and a chat with other carers and staff from ICRCC.

Upcoming dates are:

Wednesday 3 February 2016

- Kiama Pavilion

Thursday 25 February 2016

- Thirroul Community Centre

Bookings can be made by calling the centre on
4295 5532.



***Wrinkles
should merely
indicate where
smiles have
been”***

-

Mark Twain



Alzheimer's Australia — Memory Walk 2016

Alzheimer's Australia major fundraising and awareness raising events are the Memory Walks, which are nationally linked from 2016. The Illawarra Shoalhaven Walk kicks off the year on Sunday 28 February at Stuart Park in Wollongong.

Registrations are now open and the first 500 people to register will receive a free T-shirt. Local service providers are welcome to promote their service by wearing their own T-shirts with logos, messages or phone numbers.

See the website for more information about registration and pass on this link: www.memorywalk.com.au

Sensorium

Wollongong Art Gallery invites you to

SENSORIUM

An interactive exhibition of contemporary art devised to stimulate the five senses

To be officially opened by


John Monteleone, Program Director

Wednesday 2 December, 12-1pm

Finger food and refreshments provided.

Free, all welcome

Exhibition continues until 21 February 2016

 Wollongong Art Gallery. Ground floor, corner of Kembla and Burelli Streets Wollongong
Accessible venue

A Celebration of Ability at Wollongong Art Gallery

Sensory Touch Tours

1-2pm & 2-3pm

Take a touch tour with the artists as they discuss their ideas and ways of working with one of the five senses.

Suitable for people who are blind or have low vision

Auslan Interpreter available

For bookings and other access requirements phone 4227 8507

or email vvidulich@wollongong.nsw.gov.au

 Parking contact John Monteleone
jmonteleone@wollongong.nsw.gov.au

Image: Janet Tavener, *Victorian banquet* (installation photo), 2013, sugar paste, food colouring, dimensions variable

**WOLLONGONG
ART GALLERY**



Corner Kembla & Burelli sts Wollongong
phone 02 4227 8500
www.wollongongartgallery.com
www.facebook.com/wollongongartgallery
open Tues-Fri 10am-5pm
weekends 12-4pm

Wollongong Art Gallery is a service of Wollongong City Council and receives assistance from the NSW Government through Trade & Investment Arts NSW. Wollongong Art Gallery is a member of Regional and Public Galleries of NSW



Arts
NSW



WCC1409111

Free One-Off Health Workshops

Presented by Illawarra Shoalhaven Local Health

January & February 2016

**at Community Gateway's Nowra
Community Hub**

Topics:

Drug facts. 13th Jan 2016

How to reduce the harm of smoking. 27th Jan 2016

Do your drinks add up? 17th Feb 2016

Venue: 69 Berry Street Nowra (entry via Plunkett St)

Time: 11-12pm

Cost: Free

Bookings essential for all workshops call 44287300

info@communitygateway.net.au

www.facebook.com/communitygateway

www.twitter.com/commgateway



Do you have a disability, or care for someone who does?



FIND OUT HOW THE NDIS CAN HELP YOU!

The National Disability Insurance Scheme (NDIS) has the potential to transform peoples lives.

This FREE information session includes:

- guest speakers Andy Farrell, Sharon Holtz and Glenda Pearce, among others
- advice and information from NDIS representatives
- a BBQ lunch.

Who: People living with a disability and their carers

When: 10am-2pm
Thursday 3 December 2015

Where: Kiama Pavilion
Bong Bong Street Kiama

For more information or to register:
Blue Haven Care (02) 4232 0475

