

Best Foot Forward - Foot Care for Carers

Thursday 17 October, 1.30 - 3pm

Multifunction Room, Warringah Mall Library
(near Hoyts Cinemas),
145 Old Pittwater Road, Brookvale

Caring for a loved one can mean you spend a lot of time on your feet. This is an opportunity to hear from local podiatrist Ian Murphy about podiatry, common foot problems and foot care guidelines. Relax with a free foot massage. Light refreshments will be available.

Free
Bookings essential: 9976 1526 or email
communityagedservices@northernbeaches.nsw.gov.au

Movie for Carers at Warringah Mall 'Maleficent: Mistress of Evil'

Friday 18 October, 10.30am film start
(10am arrival time)

Hoyts Warringah Mall,
145 Old Pittwater Road, Brookvale

Take some time out to share a movie with other carers. You can also enjoy a free ice cream, drink or choc top.

Free
Bookings: Call Carers Support Program on 9931 7777
or email robynb@norbeachconnect.com.au

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Eligibility

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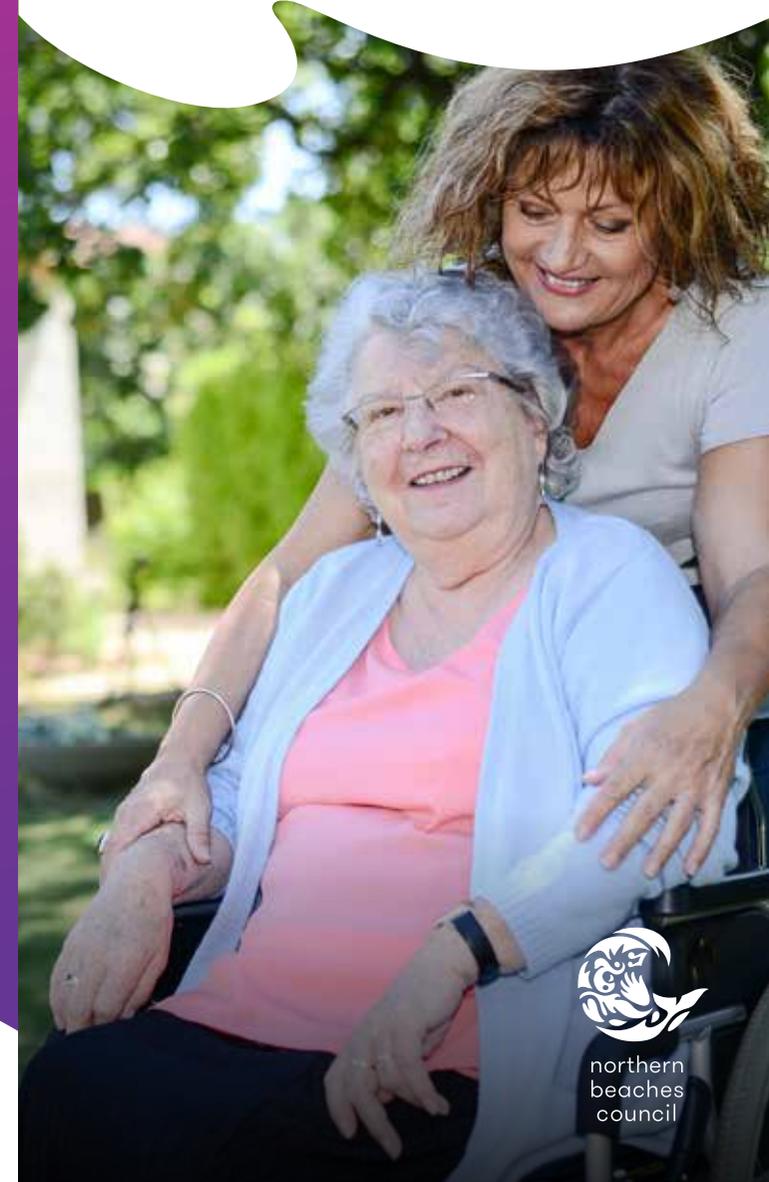
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Enquiries: 9942 2393 or email
homelibraryservice@northernbeaches.nsw.gov.au.

National Carers Week 2019

13 - 19 October



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Free events for local carers on the Northern Beaches

National Carers Week recognises and celebrates the outstanding contribution Australia's 2.7 million unpaid carers make to our nation.

Anyone at any time can become a carer and National Carers Week is an opportunity to raise community awareness about the diversity of carers and their caring roles.

Carers make an enormous contribution to our communities as well as our national economy. If all carers stopped performing their caring role, it would cost the country \$60.3 billion per year to replace those supports - that is over \$1 billion per week.

National Carers Week 2019 includes a range of FREE activities focused on getting together and having fun.

Northern Beaches Council, local service providers and residents thank all carers for the vital role they play in the community.

High Tea for Carers

Monday 14 October, 2.30 - 4pm

Manly Town Hall, 1 Belgrave Street, Manly

Carers are invited to a delicious high tea at the historic Manly Council Chambers in the heart of Manly. A presentation from historian Virginia Macleod will bring to life the colourful history of Manly and its surrounds.

Free

Bookings essential: 9976 1526 or email communityagedservices@northernbeaches.nsw.gov.au

Big Day Out for Carers - Redfern (Pick up from Cromer and Dee Why)

Tuesday 15 October

Carers NSW invites family and friends of carers for a fun day out filled with relaxation, wellness activities, information sessions, a BBQ lunch and live entertainment.

Bus pick up from:

9.15am - Cromer Community Centre

9.30am - Dee Why main bus stop
(heading South to city)

Return approx. 2.30 - 3.00pm

Free

Bookings: Carers Support Program on 9931 7777 or email robbyn@norbeachconnect.com.au



Exhibitions Explored - Gallery Tour

Wed 16 October, 10.30am - 12pm

Manly Art Gallery & Museum,
West Esplanade Reserve, Manly

Carers are invited to a guided tour of three unique exhibitions at Manly Art Gallery & Museum. Includes a morning tea of scones with jam and cream!

Wendy Sharpe: Wanderlust

Specially curated for MAG&M, Wendy Sharpe's travelling exhibition evokes experiences of the artist's world travels, and reflections upon her time growing up on the Northern Beaches. Her globetrotting explorations over the past 10 years are portrayed in a wide range of paintings, works on paper and artist books.

Mick Glasheen - Garigal Country: Drawing on the Land

For the past 25 years living on the Northern Beaches, Mick Glasheen has been drawing and painting the Hawkesbury sandstone landscape of Ku-ring-gai Chase National Park with a vision of creating art that becomes an immersive 360-degree experience.

Stu Spence: Unclear, becoming clearer

Stu Spence's photographs are ambiguous in meaning; they wait for interpretation. This exhibition illustrates the storytelling possibilities of the photographic medium with original interpretations from writers, poets, and some of Australia's most celebrated songwriters, all inspired by a Stu Spence image.

Free

Bookings essential: Phone 9976 1526 or email communityagedservices@northernbeaches.nsw.gov.au

