

Carers Week Program

10 -16 October 2021



We are proud to be Companion Card Affiliates



Image: Rachel Tully

Contents

Foreword by the Mayor.....	5
How to participate in activities online	6
Calendar of events	8
Snap shot of Events	22
Useful websites	24
Useful phone numbers.....	25
Partners and Sponsors	26

Front cover image:

Blue Mountains Carers Week 2021 Ambassadors Keith Davies and Peter Swindell

Please RSVP to all events by Friday 8 October, 2021.

Please email your name, the name of the event you would like to attend, the date and time of the event, to the RSVP email listed on each page.

Carers can be young and old



Foreword

Dear Resident,

National Carers Week is about recognising and celebrating the outstanding contribution that unpaid carers make to our nation.

There are over 2.7 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, dementia, chronic condition, terminal illness or who is frail. In the Blue Mountains alone there are 8718 carers (13% of the population) providing unpaid assistance to a person with disability, long term illness or old age, (2016 Census). In 2016, the Blue Mountains Nepean Local Health District, indicated that over 34,000 residents were involved in unpaid work. It is a great testament to locals here in the Blue Mountains as we have a higher proportion of unpaid carers looking after family members, friends or neighbours than the Greater Sydney area.



For many, caring is a 24 hour-a-day job with emotional, physical and financial impacts that can also affect their participation in employment, education and community activities. In this current pandemic, the demands on carers has doubled and with many families in lock down, carers have been unable to seek respite be it informal or formal. Anyone at any time can become a carer.

National Carers Week is an opportunity to thank carers, educate and raise awareness among our Blue Mountains community about the diversity of carers and their caring roles. The National 2021 Carers week theme developed by Carers Australia, Millions of Reasons to Care, is an apt theme given the millions of carers around the country and those in the Blue Mountains community that provide outstanding care and support to their loved ones.

I would like to acknowledge the hard work of contributing Blue Mountains community organisations and businesses in developing this program of 30 individual events along with 200 carer pamper bags. These activities are provided for carers to give them a break and some further information.

I am confident that the Carers Week program will provide something for carers of all ages.

Councillor Mark Greenhill OAM
Mayor of the City of Blue Mountains

Tips for getting online!

If you are not familiar with using online programs please see the following instructions. Alternatively if you have family or friends who may be able to assist you please ask them.

Things to Consider Before Joining a Meeting

Before you use Zoom you need to be aware that it requires more data than normal online browsing does. For people not on an unlimited data plan with their internet/phone provider, using Zoom may mean that your data usage is higher than usual. One hour of video connection on Zoom will use approximately 1GB of data from your plan. This can sometimes incur extra costs. Please check your data plan before agreeing to join the Group. Please note you can also access Zoom meetings by audio only, which will reduce your data usage. Please contact your loved ones or a neighbour to assist you if there is any inconvenience.

When you join the Zoom Meeting

The group facilitator will email an invitation to join the meeting to those who have registered their interest for the session. Details for the meeting will not be made publicly available.

When you join the session, you may be automatically on Mute or have your Video turned off. You will still be able to see and hear the facilitator (providing your speakers are on). If you want to be heard or seen in the session, you can click on the Mute button and/or Video button in the bottom left corner of your Zoom screen.

Zoom Etiquette

Before joining a Zoom meeting do what you can to minimise any background noise or possible interruptions. Once the meeting has started:

- When you do not wish to speak, please mute your microphone. This helps cut down on background noise and makes it easier to hear people.
- When you do wish to speak, unmute yourself, and then mute yourself again.
- You can still participate in the group with your video turned off if you prefer. It is often helpful for the facilitator to see you though, depending on the type of group.

The Waiting Room...

If the organizer has set-up a 'waiting room' for the session, you will see a message that says 'Please wait for the host to let you in'. The organizer will get a notification that you are waiting and when they let you in, you will automatically enter the session.

How to Join the Zoom Session from a Smartphone or Tablet

You can join a Zoom session on a Smartphone or Tablet by using the Zoom App or by going to the Zoom website on your internet browser. If it is the first time you've used Zoom on your Smartphone or Tablet.

- Download the free 'Zoom Cloud Meeting' app from Google Play or the Apple Store
- When you open the App it you will see this screen
- Click on 'Join Meeting'
- When prompted, enter the Meeting ID Number provided by the organiser
- When prompted, enter the Passcode Number provided by the organiser
- You will then appear in the Zoom session.

Using Zoom on a Computer

If it is the first time you've used Zoom

It is a good idea to set up Zoom before your first session...

- The first thing you need to do download the 'Zoom Client' – this is safe and very quick https://zoom.us/download?_ga=2.15468341.264553811.1590652386-1966739780.1582497608.
- You only need to do this once.
- You may be asked you to enter your name. This is the name that will appear on screen in your Zoom session. It can be just your first name. It is helpful for the group facilitator to be able to see everyone's names on screen.
- You can also test your video and audio by joining a 'Test Meeting' at this link <https://zoom.us/test> just follow the prompts. This asks you to 'Join a Meeting' but it will not connect you with anyone, it will just allow you to test your video and audio.
- The Zoom help centre has some good information on trouble shooting. Just type your problem into the 'How can we help' box at this link: <https://support.zoom.us/hc/en-us>
- Note: You do not need to sign up to Zoom to join a session.

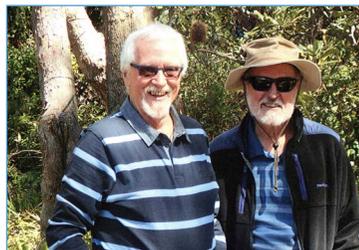
How to Join the Zoom Session from a Computer

Then, to join a Zoom Session, after downloading the 'Zoom Client'...

- Click on the link for the session provided by the organiser
- You will be taken to the Zoom website and will see a pop-up box
- Click on 'Open Zoom Meetings'
- You will then see a video preview of yourself (no-one else can see you yet so this is a good time to check your position and get comfortable). When you are **ready click** on 'Join with Video' or choose to 'Join without Video'. If you join without Video, your screen 'box' in the session will appear black, just showing your name.
- You will then be asked to 'Join with Computer Audio' – click on this.
- You will then appear in the Zoom session.

Monday 4 October

Interview with local 2021 Carer Ambassadors for the Blue Mountains Peter Swindle and Keith Davies



Time 10am after the news. Join Marlene on Radio Blue Mountains 89.1FM, The Voice, Heart & Soul of the Blue Mountains to hear live from Peter and Keith, the local Ambassadors for next week's National Carers Week. Hear their personal carer story and be amazed by some of the exciting things a group of local service providers and the Blue Mountains City Council have planned for the online 2021 Carers Week program.

Host - Radio Blue Mountains 89.1FM or stream online at www.rbm.org.au

Thursday 7 October

Interview with Cr Mark Greenhill Mayor



Time 8am after the news. Join Mayor Councillor Mark Greenhill OAM to thank carers and share the Carers Week program with over 30 activities planned across the Blue Mountains. **Host - Radio Blue Mountains 89.1FM or stream online at www.rbm.org.au**

Monday 11 October

Hands Heart & Feet - Groove

Time 11am - 12pm. Bring a pot or a pan to this uplifting, fun percussion workshop, using everyday kitchen utensils, body percussion and voice percussion.

RSVP session date and times send via email to: emily@handsheartfeet.com

Please RSVP to all events by Friday 8 October, 2021.



Monday 11 October

Diversional Therapy

Activities to enhance and develop skills for positive behaviour

Time 1-1.30pm. Therapy to enhance, develop and achieve skills, goals, independence, communication, and cognitive functioning through leisure and recreation. **RSVP to: tkilkelly@wellways.org**



Employment Ready

Time 2-2.30pm. Pathways to employment, skills development, tips and tricks to help you achieve your goals when seeking employment. **RSVP to: tkilkelly@wellways.org**



The Great Race-ONLINE GAME SHOW

Time 3-4.15pm. It's super, fun and fully interactive. We play all your favourites like Wheel of Fortune, Spicks and Specks, Amazing Race and Family Feud. **RSVP to: tkilkelly@wellways.org**



Kahoot Quiz

Time 4-5pm. This quiz is fun, educational and will connect you with other young people. **RSVP to: mburgos@wellways.org**



Movie Time: Last Vegas

Time 5-6.30pm. Bring your snacks and drinks and we will provide the MOVIE! Last Vegas sees three retirees travel to Las Vegas to have a bachelor party for their last remaining single friend. **RSVP to: mburgos@wellways.org**



Please RSVP to all events by Friday 8 October, 2021.

wellways

 Carer Gateway
An Australian Government Initiative

Monday 11 October



Listen to Radio Blue Mountains 89.1FM or stream online at www.rbm.org.au

Interview with Services Australia

Time 10am after the news. Services Australia's Financial Information Service Officer Justin Bott will be talking about the eligibility requirements for Carers Payment and Carers Allowance. He'll also be discussing other some other support services available through Services Australia, including the Financial Information Service, Indigenous Service Officers, and Social Workers.

Interview with Carer Grace Said

Time 2.30pm after the news. National Carers Week has commenced and we are lucky to share with you some insights into a the daily life of Grace Said who is a carer herself and to share some exciting information about the Carers Weeks activities in the Blue Mountains. Gain an insight into her daily life as a carer, the rewards, how hard it can be at times and how Carer Gateway offered different services to make a big difference in Grace's life. You may even find out you are a carer yourself, and did not even know. Grace is a carer with Wellways now using the new Carer Gateway program. Gain an insight into her daily life as a carer, the rewards, how hard it can be at times. **You may find out you are a carer yourself, and did not even know.**

Interview with Michael Farrell-Whelan

Time 3.30pm after the news. Michael Farrell-Whelan is a Grief and Loss Counsellor with many years of experience working and volunteering in the community. Michael is an active carer and care partner with his wife Wendy. Wendy and Michael have been and still are advocates, counsellors and educators in the community across a broad range of areas. Michael will be sharing some of their combined experiences and what they have learnt along the way. Join us in a conversation around being a Carer, ideas on how to take a break and look after yourself and ways to look for formal and informal supports and connections.





Tuesday 12 October

Laughter workshop with comedian Anthony Ackroyd

Time 11am-12pm. Stress less, laugh more with a Laughter workshop. Laughter helps us access vitality and creativity, improves our communication, reducing stress whilst having fun. This helps us connect with each other to express who we are and make life a joy experience!

RSVP to: marlenec@belongbm.org.au



Learning self-care techniques you can practice in a carers busy life

Time 12-1pm. Mindfulness: Caring for the carer. Relationships Australia group workshops learning self-care techniques you can practice in your busy schedules.

RSVP to: halea@ransw.org.au



Your Story Matters

Time 2-2.30pm. Join a Q&A session and find out about the free counselling and supports made available for those with any connections to people involved in the current Disability Royal Commission.

RSVP to: halea@ransw.org.au



Jo's Blue Mountains Trivia - Join us and test your general knowledge!

Time 1-2pm. Virtual Trivia Belong Blue Mountains are hosting a trivia hour as part of our Carers Week celebrations. Carers, family and friends are welcome to join in the fun! Overall winner \$50 Voucher.

RSVP to: jnewton@belongbm.org.au



Please RSVP to all events by Friday 8 October, 2021.

Tuesday 12 October

Acknowledgement to Country With Uncle Lex, Dharug Elder

Time 10-11am. Listen to a pre-recorded interview with Uncle Lex Dadd, Dharug Elder, talk about his experiences of what it is like to be a carer. Uncle Lex chats about the many roles of a carer from an Aboriginal perspective with insight, wisdom, and compassion. It a must for all carers non indigenous and indigenous to listen to.

<https://zoom.us/j/96862568221?pwd=VjdTSU5mWXh2Z2ZkrYU6RTZ5dG1RQT09.>

Meeting ID: 968 6256 8221 **Passcode:** 041927



Carer Gateway

Free services for carers

Time 3-4pm. Carer Gateway gives carers access to a range of free services and supports to help them when they are caring for someone else.

Services include support planning, counselling, peer support groups, coaching, financial packages and emergency respite. If you support a family member or friend who has a disability, mental health condition, chronic health condition, dementia, terminal illness or is frail aged, this presentation will guide you through these services.

RSVP to: dcameron@wellways.org

Grounding & Movement

Using grounding meditation, positive affirmation and gentle stretching to focus on Mind, Body, Heart & Soul.

Time 4-4.30pm. This session will focus on 3 key areas; mind, body and heart-centeredness. We will focus the busy mind with a grounding meditation experience then move through a gentle yoga and stretch flow (with or without a chair!)

Then complete the practice with a heart-centred affirmation activity.

RSVP to: tkilkelly@wellways.org

Wednesday 13 October

Check in & Chat

Time 10-11am. Bring a Cuppa & Snacks. Get connected and beat the isolation, with others for a relaxed, fun conversation with other carers in the community.

RSVP to: tkilkelly@wellways.org



Sydney Drag Queen Trivia

Time 3-4pm. First prize \$100 Voucher 2nd Prize \$50 Voucher. Limited 100 spaces. Have fun with Drag queens for a general knowledge and pop culture.

RSVP to: dcameron@wellways.org



Roots Yoga Life

Time 4-5pm. Roots Yoga Life welcomes you to join a fun, rhythmic session of experimental percussion with your body and common household items.

RSVP to: mburgos@wellways.org



Movie Time: Looney Tunes "Space Jam: A New Legacy"

Time 5.45-7pm. Bring your snacks and drinks and we will provide the MOVIE! A rogue artificial intelligence kidnaps the son of famed basketball player LeBron James, who then has to work with Bugs Bunny to win a basketball game.

RSVP to: mburgos@wellways.org



Please RSVP to all events by Friday 8 October, 2021.

Wednesday 13 October

Your Story Matters

Time 12-1pm. Join a Q&A session and find out about the free counselling and supports made available for those with any connections to people involved in the current Disability Royal Commission.

RSVP to: halea@ransw.org.au

Relationships Australia.
NEW SOUTH WALES

Services Australia (Centrelink) Carer Payment and Carer Allowance

Time 11am-12pm. Join us online in a MS Teams presentation to find out your eligibility for either or both payments; payment rates; supplements; income and asset thresholds, respite/hospital provisions; Age or Carer Payment, which one is better for me? Q&A time **Instructions** will be sent to you via email on how to access Microsoft Teams presentation.

RSVP to: CARERSEXPO@servicesaustralia.gov.au

Services Australia (Centrelink) Digital Services

Learn how to connect to Services Australia, set up your My Gov account, link Centrelink, Vaccination Proof and Medicare accounts.

Time 2-3pm. Join us online in a MS Teams presentation to find out how to connect to Services Australia digitally; how to set up your My Gov account; how to link Centrelink and Medicare; how to access, view and update your details online; Q&A time.

Instructions will be sent to you via email on how to access Microsoft Teams presentation.

RSVP to: CARERSEXPO@servicesaustralia.gov.au

Please RSVP to all events by Friday 8 October, 2021.

Thursday 14 October

Diversional Therapy - activities to enhance & develop skills for positive behaviour

Time 10-10.30am. Therapy to enhance, develop and achieve skills, goals, independence, communication and cognitive functioning through leisure and recreation.

RSVP to: tkilkelly@wellways.org



Cooking Demonstration with Nicole from Blue Mountains Food Services Greek Salad with Dijon Chicken and Passionfruit Tart

Time 1-2pm. Watch Nicole as she teaches us in less than 25 minutes how to prepare a Greek salad with Dijon chicken, followed up by a passionfruit tart for dessert. *Sounds delicious!* Nicole is a qualified chef who teaches NDIS participants and older Blue Mountains residents on how to prepare simple and delicious meals as well and preparing meals for the Lawson Community Restaurant run by Blue Mountains Food Services. **RSVP to:** mburgos@wellways.org or **check out the video here** <https://youtu.be/UFZGQNj1QME>



wellways

Carer Gateway

An Australian Government Initiative

Thursday 14 October

Hands, Heart & Feet (Gentle Moves)

Time 11am-12pm. Wellbeing Workshop. When we move, we feel good. This workshop will include gentle Tai-Chi-like movement, simple yoga stretches and some light-hearted, easy-to-follow-along dance moves. **RSVP to:** emily@handsheartfeet.com

Learn self-care techniques you can practice in a carers busy life

Time 2-3pm. Mindfulness: Caring for the carer. Relationships Australia group workshops learning self-care techniques you can practice in your busy schedules.

RSVP to: halea@ransw.org.au

Grounding & Movement

Using grounding meditation, positive affirmation and gentle stretching to focus on Mind, Body, Heart & Soul

Time 3-3.30pm. This session will focus on 3 key areas; mind, body and heart-centeredness. We will focus the busy mind with a grounding meditation experience then move through a gentle yoga and stretch flow (with or without a chair). Then complete the practice with a heart-centred affirmation activity. **RSVP to:** tkilkelly@wellways.org

Carer Gateway

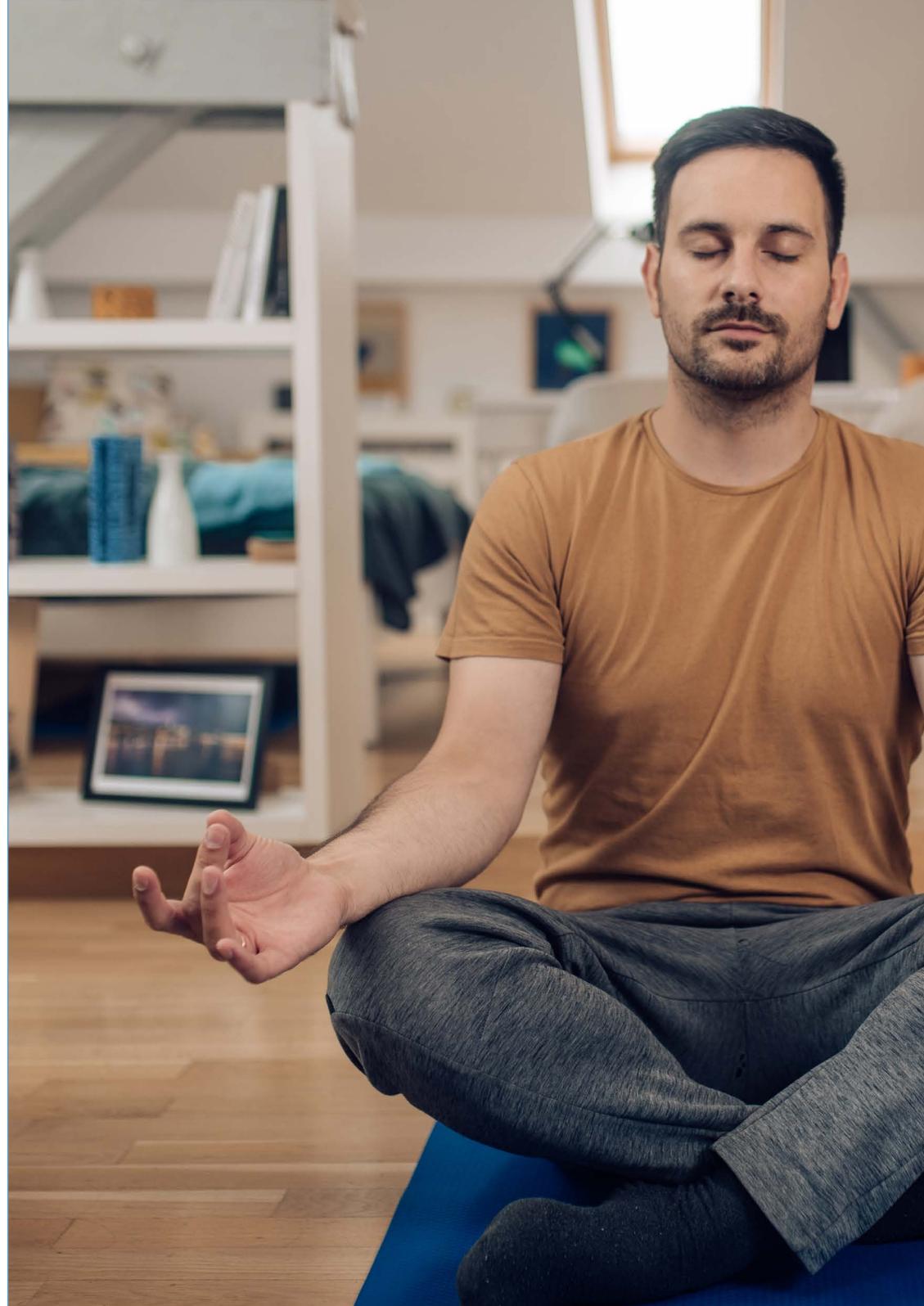
Free services for carers

Time 4-5pm. Carer Gateway gives carers access to a range of free services and supports to help them when they are caring for someone else.

Services include support planning, counselling, peer support groups, coaching, financial packages and emergency respite. If you support a family member or friend who has a disability, mental health condition, chronic health condition, dementia, terminal illness or is frail aged, this presentation will guide you through these services.

RSVP to: dcameron@wellways.org

Please RSVP to all events by Friday 8 October, 2021.



Friday 15 October

Check in & Chat

Time 10-11am. Bring a Cuppa & Snacks. Get connected and beat the isolation, with others for a relaxed, fun conversation with other carers in the community. **RSVP to: tkilkelly@wellways.org**



Employment Ready

Time 1-1.30pm. Pathways to employment, skills development, tips and tricks to help you achieve your goals when seeking employment. **RSVP to: tkilkelly@wellways.org**



Kahoot Quiz

Time 4-5pm. This quiz is fun, educational and will connect you with other young people. **RSVP to: mburgos@wellways.org**



Movie Time: Wonder

Time 5-6.30pm. Bring your snacks and drinks and we will provide the MOVIE! August, a boy with a rare facial abnormality, enters the fifth grade in a private school where he befriends Jack. The two form a strong bond while facing the bullies in their class.



RSVP to: mburgos@wellways.org

Please RSVP to all events by Friday 8 October, 2021.

wellways

 Carer
Gateway
An Australian Government Initiative

Friday 15 October

Laughter workshop with comedian and laughter expert Anthony Ackroyd



Time 11am - 12pm. Stress less, laugh more with a Laughter workshop. Laughter helps us access vitality and creativity, improves our communication, reducing stress whilst having fun. This helps us connect with each other to express who we are and make life a joy experience!
RSVP to: marlenec@belongbm.org.au

Cooking Demonstration with Nicole from Blue Mountains Food Services Greek Salad with Dijon Chicken and Passionfruit Tart



Time 2-3pm. Watch Nicole as she teaches us in less than 25 minutes how to prepare a Greek salad with Dijon chicken, followed up by a passionfruit tart for dessert. *Sounds delicious!* Nicole is a qualified chef who teaches NDIS participants and older Blue Mountains residents on how to prepare simple and delicious meals as well and preparing meals for the Lawson Community Restaurant run by Blue Mountains Food Services. **RSVP to: mburgos@wellways.org or check out the video here <https://youtu.be/UFZGQNj1QME>**



Carers Week Program

10-16 October 2021

Snapshot of Events



	10-11am	11am-12pm	12-1pm	1-2pm	2-3pm	3-4pm	4-5pm	5-6pm
Monday 11 October	Radio Blue Mountains 89.1FM - Interview with Services Australia 10am	Hands Heart and Feet (Groove)Fun percussion workshop, using everyday kitchen utensils, body and voice percussion		Diversional Therapy - Using activities to enhance & develop skills for positive behaviour.	Employment Ready: tips and tricks to help you achieve your goals when seeking employment. Radio Blue Mountains 89.1FM - Interview with Grace Said 2.30pm	The Great Race - super, fun and fully interactive. Radio Blue Mountains 89.1FM - Interview with Michael Farrell-Whelan 3.30pm	Kahoot quiz is fun, educational and will connect you with others	Bring your snacks and drinks and we will provide the MOVIE; unwind and laugh. "Last Vegas: the movie" coming to a small screen near you.
Tuesday 12 October	Acknowledgement to Country session with Uncle Lex as he talks about what it is like to be a carer from an indigenous perspective.	Stress Less Laugh More Laughter workshop with Anthony Ackroyd	Learning self-care techniques you can practice in a carers busy life Relationships Australia	Jo's BMTs Trivia - Join us and have testing your genral knowledge	Your Story Matters – Information with Q & A. Free counselling and supports re: current Disability Royal Commission. Relationships Australia	Free services for carers from Carer Gateway. You can access support planning, counselling, peer support, financial packages and emergency respite to support your caring role.	Grounding & Movement - Using grounding meditation, positive affirmation and gentle stretching to focus on Mind, Body, Heart & Soul.	
Wednesday 13 October	Check in & Chat - Bring a Cuppa & Snacks. Get connected with others to enjoy fun, relaxed conversation.	Services Australia - Carer payments, entitlements, Q&A MS Teams	Your Story Matters – Information with Q & A. Free counselling and supports re: current Disability Royal Commission. Relationships Australia		Services Australia (Centrelink) Carer Payment and Carer Allowance 11am-12pm Services Australia (Centrelink) Digital Services 2-3pm	Sydney Drag Queen Trivia- First prize \$100 prepaid credit card and 2nd Prize \$50. Only 100 spaces, so get in quick. Have fun with Drag queens for a pop culture and general knowledge trivia games.	Roots Yoga Life - Rhythmic session of experimental percussion with your body and common household items	Bring your snacks and drinks and we will provide the MOVIE; unwind & laugh with the antics in Loony Tunes. "Space Jam: A New Legacy" coming to a small screen near you.
Thursday 14 October	Diversional Therapy - Using activities to enhance & develop skills for positive behaviour.	Hands Heart and Feet (Gentle Moves) - This workshop will include gentle Tai-Chi movements, simple yoga stretches and easy to follow dance moves			Learning self-care techniques you can practice in a carers busy life - Relationships Australia	Grounding & Movement - Using grounding meditation, positive affirmation and gentle stretching to focus on Mind, Body, Heart & Soul.	Free services for carers from Carer Gateway. You can access support planning, counselling, peer support, financial packages and emergency respite to support your caring role.	
Friday 15 October	Check in & Chat - Bring a Cuppa & Snacks. Get connected with others to enjoy fun, relaxed conversation.	Stress Less Laugh More Laughter workshop with Anthony Ackroyd		Pathways to employment, skills development, tips and tricks to help you achieve your goals when seeking employment.	Cooking Demonstration with Nicole from Blue Mountains Food Services - Preparing a Greek salad with dijon chicken and followed up by a Passionfruit Tart for dessert.		Kahoot quiz is fun, educational and will connect you with others	Bring your snacks and drinks and enjoy the inspirational movie, Wonder. "It's not enough to be friendly. You have to be a friend." Coming to a small screen near you.

Useful links

- 24 hour support Life Line [lifeline.org.au](https://www.lifeline.org.au)
- For counselling support visit
 - www.sane.org/counselling-support/sane-support-services
 - www.beyondblue.org.au/get-support/get-immediate-support
- For carer payments and claiming payments visit www.servicesaustralia.gov.au
- For carer support and information www.carersnsw.org.au
- For suicide support visit www.suicidecallbackservice.org.au
- My Aged Care www.myagedcare.gov.au

Carers can also access practical information and advice, online supports, and free local services including emergency respite via Carer Gateway.

Call **1800 422 737** or visit www.carergateway.gov.au for more information.

Useful phone numbers

- 1800 Mental Health Access Line 1800 636 825 (24 hours)
- Beyond Blue's Support Service 1300 22 46 36
- Beyondblue info line 1300 224 636
- Carer Gateway 1800 422 737
- For respite contact the Commonwealth Respite and Carelink Centre (CRCC) Nepean on 1800 052 222.
- Greater Western Mental Health Service 1800 011 511
- Kids Helpline (aged 5 - 25 yrs) 1800 551 800 (24 hours)
- Lifeline 24-Hour Telephone Crisis Support 13 11 14 (24 hours)
- Mensline 1300 789 978 (24 hours)
- My Aged Care 1800 200 422
- NSW Rural Mental Health Support Line 1800 201 123 (24 hours)
- Parent line NSW 1300 130 052 (24 hours)
- Salvo Care Line 02 9331 6000
- Salvo Crisis Line (suicide prevention) 02 9311 2000
- SANE mental health information 1800 187 263
- Suicide Call Back Service's 24 hour telephone counselling service 1300 659 467

Partners and Sponsors

Aboriginal Cultural and Resource Centre

Belong Blue Mountains Community and Neighbourhood Services

Belong Blue Mountains Katoomba Neighbourhood Centre

Big W (Katoomba)

Blue Mountains Food Services

Blue Mountains Radio 89.1FM

Hands Heat and Feet

Katoomba & Upper Blue Mountains Community Bendigo Bank Branch

Relationships Australia

Services Australia

Wellways Carer Gateway



Acknowledgment to Country with Uncle Lex

<https://zoom.us/j/96862568221?pwd=VjdTSU5mWXh2Z2krYUp6RTZ5dG1RQT09>

Meeting ID: 968 6256 8221

Passcode: 041927

Blue Mountains City Council acknowledges the traditional owners of this land, the Darug and Gundungurra people.



The information in this program was compiled in September 2021 and to the best of our knowledge, was correct at the time of printing.

If you would like additional information and/or services added to this guide for future editions, please contact Blue Mountains City Council's Aged & Disability Services Officer, Prue Hardgrove, on 4780 5546.