



DEMENTIA NETWORK Sunshine Coast

2022 Schedule of Regular Events Updated 1.3.22

Other events will be organised, so please register to be on the email address list.

Bookings are essential for events and subject to Coronavirus rules.

CONTACTS:

Lorrae and Vince carersoutlook@gmail.com Or 0418 298 183 (Tues, Wed, Thur, 9am – 5pm)
Chrissy 0412 726 777; Vanessa 0473 797 777

DEMENTIA INFORMATION DAY (DID):

Bi-monthly, second Thursday of second month, 10 am – 12 noon

CWA Hall, 10 Short Street, Nambour. (Central Sunshine Coast & Hinterland)

For anyone involved in dementia and related disorders.

Education with guest speakers, networking, social with free morning tea, provided by Estia Health. Opal Health hired the hall.

CATCH-UP CUPPA: Look for tables decorated with purple roses.

Bi-monthly, at 3 venues, 10.15 am – 12 noon

For people with dementia and their family or paid support carers and post-carers. Not for staff or service providers.

Social gathering.

BYO Buy your own.

1. Nambour: RSL, 14 Mathew Street, Nambour

Bi-monthly, alternate month to DID, Second Thursday, 10.15 am
(doesn't open doors until 10 am) Undercover parking and lift.

2. Caloundra: RSL, 19 West Terrace, Caloundra.

Bi-monthly, Last Wednesday of month 10.15 am
(doesn't open doors until 10 am) Undercover parking and lift.

**3. Maleny: The Orangery Maleny, 4 Panarama Place,
Cnr Maleny-Landsborough Road and Mountain View Road, Maleny.**

Bi-monthly, Last Wednesday of month 10.00 am Morning Tea
12.30 pm Take-away Lunch

FAMILY CARER SUPPORT GROUP:

At **Carers Outlook**, 50 Savigilles Road, Nambour. 10 am – 12 noon.

Monthly, **first Thursday of month.**

Bi-monthly, **Saturdays** April 9; June 4; Aug 6; Oct 8; Dec 3.

For family carers only. Morning tea provided. Donation.

OTHER EVENTS WILL BE ORGANISED

September is Dementia Month when we organise an annual Dementia Conference.

PRESENTATIONS can be organised for organisations.

Topics include:

Dementia: What it is, the journey, prevention

Recreational activities

Aromatherapy

Communication

Behaviour

Spirituality in dementia and caring

Family carer's role

Navigating My Aged Care and NDIS

Local services and resources on dementia,

Choosing a nursing home

Respite

Please adhere to the current Qld Health Covid guidelines

As events are held in restricted venues, people who do not have evidence of 2 x Covid-19 vaccinations cannot attend in the (RSLs and the Orangery Maleny) We apologise to those who are unable to attend.

Non-vaccinated persons can attend the (DID in the CWA Hall and Carers Outlook).

If you have any symptoms of illness, please do not attend. Face masks are to be worn as required.

If these restrictions affect you and/or you would like to discuss alternative support like individual interviews, please contact Lorrae on 0418 298 183.

<https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions>

Dementia Network Sunshine Coast 2022 Schedule of Regular Events

JANUARY 2022		
Thursday, 13th 10.15 am	Catch-Up Cuppa Nambour RSL, 14 Mathew St	Buy your own
Wednesday, 19th 10 am Morning tea 12.30 pm Take-away Lunch Week earlier due to Aust Day public holiday	Catch-Up Cuppa The Orangery, Cnr Maleny - Landsborough Road and Mountain View Road, Maleny	Buy your own

FEBRUARY 2022		
Thursday, 3rd 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 10th 10 am – 12 noon	Dementia Information Day, CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 23rd 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own

MARCH 2022		
Thursday, 3rd 10 am - 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 10th 10.15 am	Catch-Up Cuppa Nambour RSL, 14 Mathew St	Buy your own
Wednesday, 30th 10 am Morning tea 12.30 pm Take-away Lunch	Catch-Up Cuppa The Orangery, Cnr Maleny - Landsborough Road and Mountain View Road, Maleny	Buy your own

APRIL 2022		
Thursday, 7th 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Saturday, 9th 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 14th 10 am – 12 noon	Dementia Information Day, CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 27th 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own

MAY 2022		
Thursday, 5th 10 am - 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 12th 10.15 am	Catch-Up Cuppa Nambour RSL, 14 Mathew St	Buy your own
Wednesday, 25th 10 am Morning tea 12.30 pm Take-away Lunch	Catch-Up Cuppa The Orangery, Cnr Maleny Landsborough Road and Mountain View Road, Maleny	Buy your own

JUNE 2022		
Thursday, 2nd 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Saturday, 4th 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 9th 10 am – 12 noon	Dementia Information Day, CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 29th 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own

JULY 2022		
Thursday, 7th 10 am - 12 noon	Carer Support Group Carers Outlook , 50 Savilles Rd, Nambour	Donation
Thursday, 14th 10.15 am	Catch-Up Cuppa Nambour RSL , 14 Mathew St	Buy your own
Wednesday, 30th 10 am Morning tea 12.30 pm Take-away Lunch	Catch-Up Cuppa The Orangery , Cnr Maleny - Landsborough Road and Mountain View Road, Maleny	Buy your own

AUGUST 2022		
Thursday, 4th 10 am – 12 noon	Carer Support Group Carers Outlook , 50 Savilles Rd, Nambour	Donation
Saturday, 6th 10 am – 12 noon	Carer Support Group Carers Outlook , 50 Savilles Rd, Nambour	Donation
Thursday, 11th 10 am – 12 noon	Dementia Information Day , CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 31st 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own

SEPTEMBER 2022	Dementia Month	
Thursday, 1st 10 am – 12 noon	Carer Support Group Carers Outlook , 50 Savilles Rd, Nambour	Donation
Thursday, 8th 10.15 am	Catch-Up Cuppa Nambour RSL , 14 Mathew St	Buy your own
Wed, 21 To be confirmed	Dementia Conference	
Wednesday, 28th 10 am Morning tea 12.30 pm Take-away Lunch	Catch-Up Cuppa The Orangery , Cnr Maleny Landsborough Road and Mountain View Road, Maleny	Buy your own

OCTOBER 2022	Seniors Month, Carers Month, Mental Health Week	
Thursday, 6th 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Saturday, 8th 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 13th 10 am – 12 noon	Dementia Information Day, CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 26th 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own

NOVEMBER 2022		
Thursday, 3rd 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 10th 10.15 am	Catch-Up Cuppa Nambour RSL, 14 Mathew St	Buy your own
Wednesday, 30th 10 am Morning tea 12.30 pm Take-away Lunch	Catch-Up Cuppa The Orangery, Cnr Maleny - Landsborough Road and Mountain View Road, Maleny	Buy your own

DECEMBER 2022		
Thursday, 1st 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Saturday, 3rd 10 am – 12 noon	Carer Support Group Carers Outlook, 50 Savilles Rd, Nambour	Donation
Thursday, 8th 10 am – 12 noon	Dementia Information Day, CWA Hall, 10 Short St, Nambour	No cost or Donation
Wednesday, 28th 10.15 am – 12 noon	Catch-Up Cuppa Caloundra RSL, 19 West Tce	Buy your own