

Join in, Join Up!

Get Connected.

There's a community group out there waiting for your call

CARERS



Looking after someone else is rewarding, but it can also be draining. Fixing the problems of people who can't do it for themselves – children, people with a disability, older people – can leave you feeling that you'd like a carer yourself. This can get you down.

It might be hard to remember at times that that's not all there is in life. You need to get out of the house and into the community. You need to participate – as a person and as a carer – in the workings of the groups that work for you, the groups where you help each other, and the groups that have nothing to do with your duties at all. Join a community group; it'll take a load off your shoulders.

Yes, it's hard to find time, it's hard to get away, it's hard to let go – but it's necessary. Unless you keep yourself healthy you're not going to be able to care for other people, and keeping yourself healthy involves participating in the life of the community: **all the studies say so.**

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

You can join the groups that fight for the rights of carers – Carers Australia, for example. They're concerned with having the voices of carers heard at the highest levels.

Or you can join a carers' group. You'll meet other people who are going through the same stresses and who can understand how you're feeling. Have a break, get information on coping strategies, and get support from others who know what it's like. Sharing ideas, feelings, worries, information and problems can help you feel less isolated.

There are local support groups that bring together carers in particular areas, sometimes under the guidance of a facilitator who's experienced in supporting carers. Carers Australia can help put you in touch with carer support groups in your area

Look them up in the following pages.

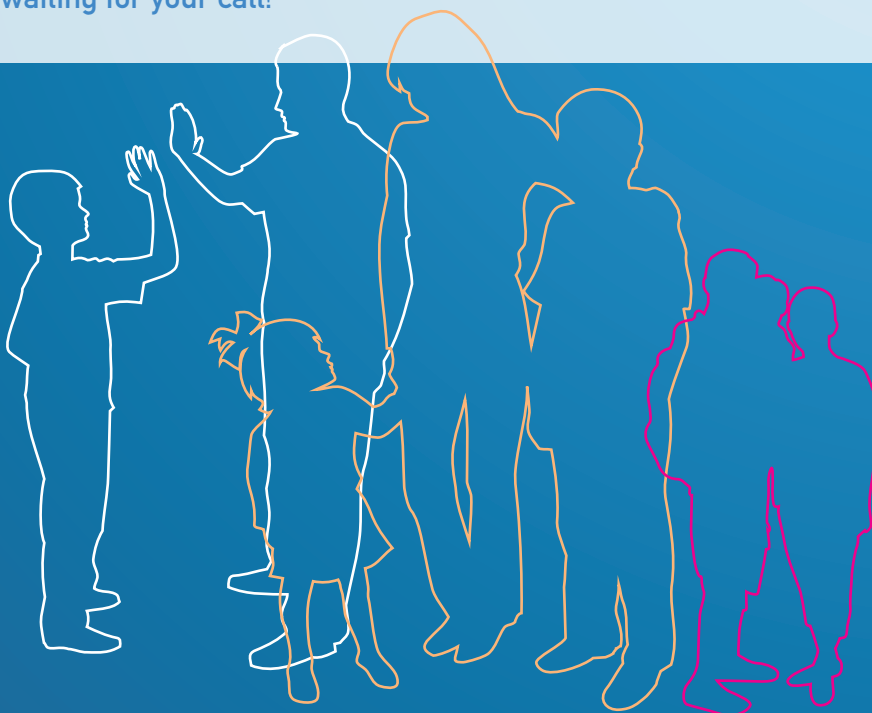
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

Look on the Our Community website – www.ourcommunity.com.au/joinin – for a group you can relate to.

Come on – Join in, Join up!

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

There's a community group out there waiting for your call!



National

Group	Telephone	Freecall	Website
Carers Australia	02 6122 9900		www.carersaustralia.com.au
Young Carers			www.youngcarers.net.au/
The Carers Network	03 9810 9350		www.carersnetwork.org
Alzheimer's Australia	02 6254 4233	1800 100 500	www.alzheimers.org.au
National Network of Adult & Adolescent Children who have a Mentally Ill Parent	03 9889 3095		http://nnaami.org
Children of Parents with a Mental Illness	08 8367 0888		www.copmi.net.au
My Time - Supporting Parents of Children with Disabilities	03 8660 3555	1800 889 997	www.mytime.net.au/

ACT

Group	Telephone	Freecall	Website
Centacare Canberra and Goulburn	02 6295 4300		www.centacare-canberra.org/centacare.php?sec=1
Carers ACT	02 6296 9900		www.carersact.asn.au/
CyclopsACT	02 62322432		www.cyclopsact.org
Alzheimer's Australia ACT	02 6255 0722		www.alzheimers.org.au/content.cfm?categoryid=20
Mental Health Foundation ACT Inc	02 6282 6658		www.mhf.org.au/mhf/default.aspx?
African Communities Council (ACC)	02 9558 0999		www.africancomcouncil.com/index.htm
Australian African Network			http://australianafricannetwork.org.au/
Co.As.It - Italian Association of Assistance	02 9564 0744		www.coasit.org.au
Australian Chinese Community Association	02 9281 1377		www.acca.org.au
Greek Orthodox Community of NSW	02 9740 6022		www.goc.com.au/gocweb/

NSW

Group	Telephone	Freecall	Website
Carers NSW (Carers wanting emergency respite)	02 9280 4744	1800 242 636 1800 059 059	www.carersnsw.asn.au/
Alzheimer's Australia NSW	02 9805 0100		www.alzheimers.org.au/content.cfm?categoryid=21
Association of Friends & Relatives of the Emotionally & Mentally Ill	02 9332 0700	1800 655 198	www.arafmi.org/
Centacare Sydney	02 9390 5377		www.centacare.org/Text/1124433619648-3726/Our-Services
Working Carers Gateway	02 6622 8002		www.workingcarers.org.au/

NT

Group	Telephone	Freecall	Website
Carers NT	08 8948 4877		www.ntcarers.asn.au/
Mental Health Carers NT	08 89481051		www.mentalhealthcarersnt.org/
Alzheimer's Australia NT (Darwin)	08 8948 5228		www.alzheimers.org.au/content.cfm?categoryid=22
(Alice Springs)	08 8952 9799		
Centacare NT	08 89442033		www.centacare-nt.org.au/ourservices.php

QLD

Group	Telephone	Freecall	Website
Carers Queensland	07 3843 1401		www.carersqld.asn.au/
ARAFMI Qld	07 3254 1881	1800 35 1881	www.arafmiqld.org/
Alzheimer's Australia QLD (Brisbane)	07 3895 8200		www.alzheimers.org.au/content.cfm?categoryid=23
(Gold Coast)	07 5538 8221		

SA

Group	Telephone	Freecall	Website
Carers South Australia	08 8271 6288		www.carers-sa.asn.au/
Alzheimer's Australia SA	08 8372 2100		www.alzheimers.org.au/content.cfm?categoryid=24
COMIC - Children of Mentally Ill Consumers	08 8221 5160		www.howstat.com/comic/

TAS

Group	Telephone	Freecall	Website
Carers Tasmania	03 6231 5507		www.carerstas.org/
Alzheimer's Australia TAS (Hobart) (Launceston)	03 6224 3077 03 6224 1752 03 6326 3488		www.alzheimers.org.au/content.cfm?categoryid=27
Association of Relatives and Friends of the Mentally Ill (TAS) Inc	03 6224 7247	1800 808 890 ext 101	http://home.iprimus.com.au/rafmi/

VIC

Group	Telephone	Freecall	Website
Carers Victoria	03 9396 9500		www.carersvic.org.au/index.htm
Alzheimer's Australia VIC	03 9815 7800		www.alzheimers.org.au/content.cfm?categoryid=25
Association of Friends & Relatives of the Emotionally & Mentally Ill	03 9810 9300 03 9810 9314		www.arafemi.org.au
The Carers Network	03 9810 9350		www.carersnetwork.org/
Reach Out Southern Mental Health Association	03 9585 5677		www.smha.org.au/site/
Road Trauma Support Team Victoria	03 9877 7922	1300 367 797	www.rtstv.org.au

WA

Group	Telephone	Freecall	Website
Carers WA	08 9444 5922		www.carerswa.asn.au/
Alzheimer's Australia WA	08 9388 2800		www.alzheimers.asn.au
Rocky Bay	08 9383 5111		www.rockybay.org.au/index.cfm
ARAFMI Mental Health Carers and Friends Association WA (Inc)	08 9427 7100		www.arafmi.asn.au/

What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to www.ourcommunity.com.au/joinin to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

Who?

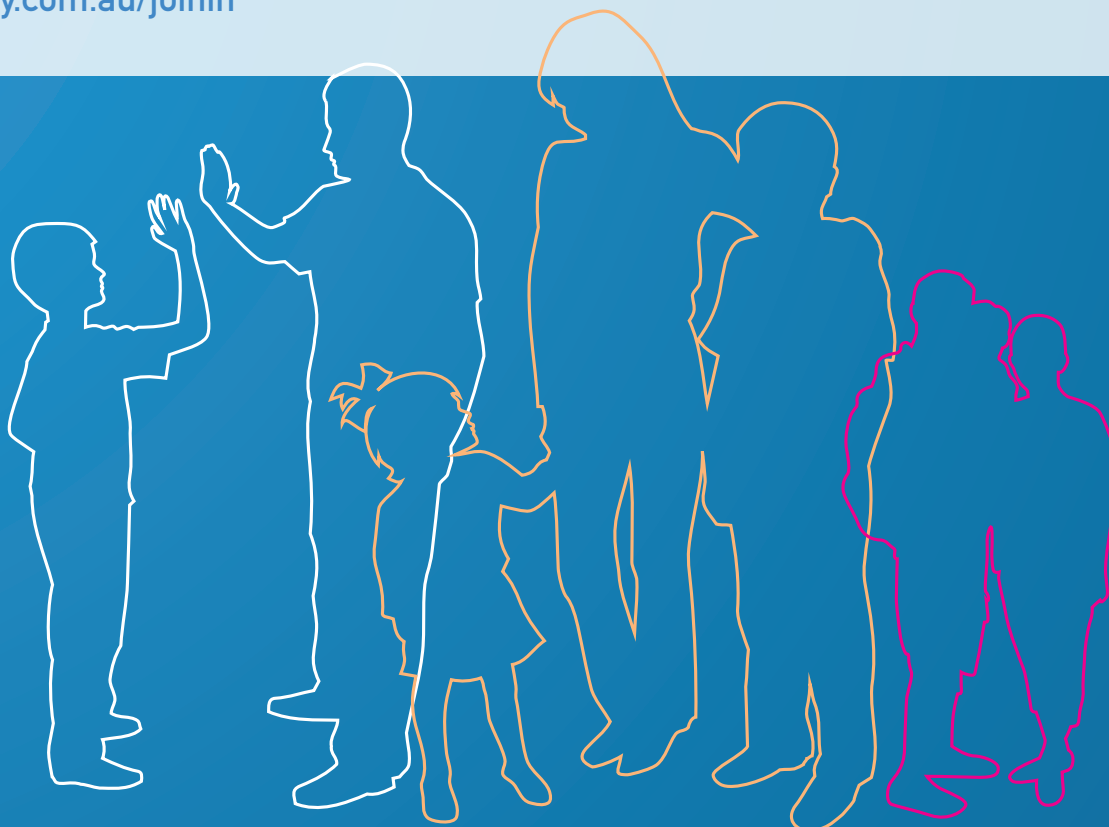
Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by Telstra and the Department of Families, Housing, Community Services and Indigenous Affairs.

Join In, Join Up! Get Connected!

www.ourcommunity.com.au/joinin

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health





The Pharmacy
Guild of Australia

Join in Join up

Helping Australians
engage in community
groups for better health.

We want to encourage you to
Join in Join up - for better health.

For further information visit your
local community pharmacy, or
www.ourcommunity.com.au

