



# The Brolly

UMBRELLA DEMENTIA CAFÉS NEWSLETTER

2024 EDITION

## Making A Difference

By Kirsty Porter  
- CEO & Founder

**As Umbrella Dementia Cafés enters its 8th year, the impact we've had on each other's lives is truly profound. This impact wouldn't be possible without the 45 incredible people who volunteer ever week and cultivate positive connections for every person who walks through our doors.**

This edition of The Brolly celebrates our achievements and our exciting new direction, highlighted by our newest café in Burwood. We'll recap recent fundraising events and share familiar faces from all

our cafés, including Blackburn, Box Hill South, Rosebud and Sorrento.

With the growing demand for dementia cafés in Australia, the question isn't 'if' but 'how' we can expand our reach. This issue explores how we're strengthening our five existing cafés and extending our impact even further. As an enthusiastic speaker at many Rotary & Lions clubs, I've been fortunate to engage new supporters in our 'how' mission while raising awareness about the vital role socialising plays to live well with dementia.

Thank you to the incredible individuals and organisations who've made Umbrella Dementia Cafés the organisation it is today. On behalf of all Cafe Members, thank you to every volunteer, team member and funding partner for your unwavering support and commitment. Together, we're making a real difference in the lives of those living with dementia.

xx Kirsty Porter, CEO



Kirsty, Leon & Robyn, Rotary District 9810 Conference, Warrnambool.



Xmas in July at the Friendship Café.

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This Newsletter has been proudly designed and printed by our funding partner Phil Taylor Foundation.



Acknowledgement of Country Umbrella Dementia Cafés meets on the lands of the Wurundjeri Woi-wurrung and the Boon Wurrung (Bunurong) people of the Kulin Nation, the traditional custodians of the land on which our cafés meet. We pay our respects to their Elders past, present and emerging.

# PUT ON YOUR DANCING SHOES

## DANCE AGAINST DEMENTIA

### this September



**Dance, donate or sponsor a team.**

Join our virtual fundraising event and support Umbrella Dementia Cafés help more families living with dementia.

# 1

#### Pick your date

Choose a date to host your own dance-athon fundraiser event.

# 2

#### Register

Register as a fundraiser, create a team or join an existing team.

# 3

#### Invite Friends

Invite friends to reach your fundraising goal together!

# 4

#### Get sponsored

Share your team page to help get your team sponsored!

**#DanceAgainstDementia**



[danceagainstdementia.au](http://danceagainstdementia.au)



THE PHIL TAYLOR FOUNDATION



**REGISTER  
OR DONATE  
TODAY!**

**Host your own event**  
anytime between now and  
September.  
See website for details.

# One Café, Every Community



**850**  
Dementia Cafés  
and counting!

## It Matters To Every Australian

**With over 421,000 Australians currently living with dementia and 70% of these individuals seeking community-based support (a number projected to double by 2050) the demand for dementia cafés is expected to surge dramatically.**

Our 8 years of experience, facilitating over 850 dementia cafés, has established us as industry leaders. Leveraging our unique Type 1 charity, Social Enterprise Organisation structure, we've developed an ambitious new strategy to broaden our reach and impact. This multifaceted approach includes strengthening local support for our five existing cafés, creating a national network of dementia cafés and empowering café leaders across the country to adopt best practices.



### Our 2024-2027 Strategy: Expanding Our Reach and Impact

#### 1. Enhanced Support & Local Focus:

Our five cafés offer comprehensive support to people living with dementia, their families and care-givers. We provide welcoming, dementia-friendly environments, engaging programs led by trained volunteers and localised funding that strengthens community connections. In each cafe, we invest in continuous improvement, pilot new programs and measure impact.



#### 2. National Network:

We're establishing a national network of 'affiliate' dementia cafés, network existing cafés, facilitate funding partnerships and empower affiliate cafés to maximise their local impact.

UDC's become a nationally recognised resource hub; offering mentorship, training and links to essential funding.



A UDC established cafe, The Mudbrick Cafe, Diamond Creek.

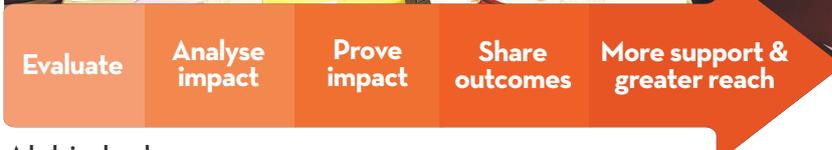
#### 3. Building Capacity:

Our network provides access to best practices, peer mentoring and evidence-based programs. We develop accessible resources and workshops for our cafés and national affiliate dementia cafés. Together, we advocate for dementia cafés to be recognised as a vital part of Australia's social health and economic landscape.



# 2023 Impact Surveys

**After 8 years of facilitating over 850 Umbrella Dementia Cafés, we are proving our social health and well-being model works.**



Last November, we conducted comprehensive surveys in each café, including people with dementia, their care-partners and volunteers to assess the impact of our five dementia cafés. The results, gathered from 72 participants, were incredibly positive and serve as a testament to the effectiveness of our café model. This valuable feedback not only demonstrates our impact but also helps attract new funding partners to support our mission.

### A helping hand.

Of the three café cohorts we surveyed, we learnt people in the caring role are more susceptible to loneliness than their partners with dementia. Our volunteers reported high levels of social connectedness, and some confess that without the cafés, their mental health would be affected.

**Net Promotor Score:**

**100%**  
for Volunteers.

**84%**  
for Members.

The net promoter score is a measure of customer satisfaction and loyalty. Scores above 80 is considered world class.

**Yay to us!**

**93%**  
of people feel a sense of belonging after attending a Café.

**86%**  
feel more socially connected after attending a Café.

 **114,768**  
Volunteer hours donated since 2016.

**375**  
Number of children under the age of 18 who have visited our cafés to learn about dementia.

**178**  
Number of CEO awareness and public speaking events advocating for UDC.

**1,607**  
Number of people who've attended an Umbrella Dementia Café or an affiliated café.

These positive outcomes validate our approach and have quite literally resulted in attracting crucial funding, enabling us to expand our reach & impact. With our new support, we're enhancing services at each café (such as the Carers Support Program), revamping our website, elevating our Dance Against Dementia campaign and cultivating a robust national dementia café network.

*Thank you to everyone who participated in our 'game changing' 2023 measurement and impact surveys!*

# The Cafés



Eileen, Lyn, Pat and Jess.

## Umbrella Café, Blackburn

One Church, 184 Surrey Road, Blackburn **By Jess Hose | Interim Café Facilitator**



**Stepping into the Umbrella Café mid-2023, I was struck by the warmth and acceptance radiating from the volunteer team. They embraced me, a newcomer, as family. I quickly realised this café was a well-oiled machine creating an amazing experience for everyone!**

St. Patrick's Day Café was a highlight for me. The room was a sea of green, with shamrocks and leprechauns galore. Even the food had a green tinge, though thankfully edible! We sang Irish songs, chuckled at terrible jokes, and learned surprising facts about St. Patrick. I haven't laughed that much in a long time!

Our ANZAC commemoration was another significant Café. The room, adorned with Australian and New Zealand flags, was a fitting tribute. Lyn and Doug read emotional letters and diary entries from family who were soldiers at Gallipoli. We paused to honour those who fell, then Ray lightened the mood with some two-up. Lauren, a music teacher, led us in singing war-era songs on the piano.

Our Christmas in July and Olympic Café, continued our love of celebration themed cafés, and so I look forward to more fun and laughter as we move into the footy Grand Final and Spring Carnival seasons.



Cheers Jo!

**Umbrella Café, Blackburn is proudly supported by**



Contact us to support Umbrella Café, Blackburn in 2025

### Café Schedule

**January:** No cafés  
**February - December:** Meet every 1st & 3rd Tuesday each month, 10am - 12noon



# Café of Connections

Box Hill South Neighbourhood House, 47 Kitchener Street, Box Hill South  
By Jess Hose | Interim Café Facilitator

**Café of Connections feels like one big happy family, and their support and love for one another is indicative of the bond they've developed over the years. In June 2023, I became the interim Café Facilitator, and now I'm proud to be supporting new Cafe Facilitator, Jane King, in the role.**

As well as a place of compassion and support, this café certainly knows how to have a good time! One of my favourite moments was the Footy Fever Café, where we adorned a bunting of AFL teams and played "Guess the Club Song". Our balloon

footballs were a hit (pun intended) and erupted in a hilarious game of "keepy-uppy." Needless to say, balloon tennis is our favourite game and we're all itching to get the bats out as soon as Care & Share starts.

Another highlight during school holidays, seeing my 3 children be enveloped as new additions of our Café. My girls Layla (5) and Emily (7), lead the cafe in building the tallest Jenga tower in history! Cooper (9) enthusiastically led the balloon tennis and quoits competition, whereby going home meant 'rest time'. The joy we all got with kids at our café was beautiful beyond words.



Gamers Bob & Jim.



Our Volunteer Team.

Café of Connections is proudly supported by



Contact us to support Café of Connections in 2025

### Café Schedule

**January:** No cafés  
**February - December:** Meet every 2nd & 4th Tuesday each month, 10am - 12noon



Burwood Brickworks.

# Burwood Chatworks



Burwood Brickworks Shopping Centre, The Hollows, Level 1, 70 Middleborough Rd, Burwood East **By Jess Hose | UDC Cafés**

**In January 2024, we teamed up with Frasers Property Australia to create something special: a dementia café right in the heart of Burwood Brickworks Shopping Centre. We merged our Koonung Café, in Blackburn North with this fantastic new space, giving even more people a chance to join in the fun and the support we offer.**

Inspired by the close-knit bonds of village life, we've built a space where folks can connect, share stories and create lasting memories, while taking advantage of the beautiful shopping precinct.

Our grand opening on May 15th was a full house, packed with laughter, chatter and even a sing-along! Together, we brainstormed a name for our new group, and "Burwood Chatworks" was the unanimous winner.

Burwood Chatworks is more than just a place to grab a cuppa; it's a hub for connection, shopping, support and co-operation. It's a testament to the power of community and we're thrilled to have Frasers Property Australia, and now Whitehorse City Council, as our major partners for this exciting venture!

While my primary role is UDC's Cafés Coordinator supporting all 5 Cafés, I'm delighted to be extending my duties as the permanent Cafe Facilitator for this extraordinary Café!

**Burwood Chatworks is proudly supported by**



**BURWOOD BRICKWORKS**  
Shopping Centre



Contact us to sponsor Burwood Chatworks in 2025



Ethan, Kirsty & Bill.



Don & Norma.

### Café Schedule

**January:** No cafés  
**February - December:** Meet every 2nd & 4th Wednesday each month, 1.30 - 3.30pm



Colleen and The Sprukes.

# Friendship Café

Seawinds Community Hub, 11A Allambi Ave, Capel Sound  
By Colleen Mackay | Café Facilitator



**Our Friendship Café has been growing as people hear about how caring and welcoming our group is. Hugs and laughter are our theme, and this year has been no different as we welcome new couples.**

As the new Café Facilitator this year, we've a whole bag of exciting new activities, including our favourite - Noodle Ballooning! Judy and Duncan are our champions, hitting the balloons with amazing accuracy and force! But we need to watch out for fun Fred and Faye who joyfully donk anyone within reach - followed by explosions of laughter!

Toni is the King of Gnudies dough balls (yes you read that right - haha). He rolls, kneads and slices the dough with expertise that excites us all. His lifelong kitchen skills and 'insider' chef knowledge came in handy as our gnudies recipe improved significantly!

Friendship Café is vibrant and joyful! Our longest-running café on the Mornington Peninsula, is fortunate to have dedicated volunteers Bruce, Sue and our gardening guru, Mary, who've been with us since the early days when they first attended as members supporting their

spouse. We wouldn't be without them and our gorgeous new volunteers, Merrin, Annie and Deb, who together support 10 couples every fortnight.



Barbara showing us how it's done.

Friendship Café is proudly supported by



## Café Schedule

**January:** No cafés  
**February - December:** Meet every 2nd & 4th Thursday each month, 10am - 12noon

Contact us to support Friendship Café in 2025

# Navigator Café

Sorrento Community Centre, 860-868 Melbourne Rd, Sorrento  
**By Colleen Mackay | Café Facilitator**



**An exciting new year for our Navigator Café, as we welcomed new members and volunteers! Last year I was a carer, supporting dear Rose and was even part of the original volunteer team at Friendship Café! So, needless to say, I was warmly welcomed as the facilitator at both Peninsula cafés.**

We started our brilliant year with a fabulous BBQ hosted by our local Men's Shed, with music by a very talented young musician, Dylan Walker. And with a new year, comes

new activities! Our 'old boys' hilariously celebrate each other at every café! Ernesto was our ping pong champion straight of the bat, hitting a full tray of sockets in only one minute. And our most recent champion; Derek, is the titleholder of giant Snakes & Ladders. Our group laugh and rib each other the moment they arrive.

We've had an incredible year so far and look forward to the remaining cafés! Welcome Merrin and Ellie who join our very special existing volunteer team; Helen, Sandra, Elspeth and Shelley.



Colleen & Shelley



Colleen & Shelley



Jan, Sandra, Colleen & Helen

## Vale Brian Quirk

Brian, a long time and loved member of our café passed away peacefully on the 25th July, in the comforts of his own home, with his wife Mary and his daughter, Amy beside him.

Brian was a firm favourite in our café, with his cheeky, dry and hilarious Dad jokes! Brian was a very talented sportsman and could easily recall his legendary stories when he was a footballer, cricketer and basketballer! Brian was profoundly loved and a dedicated father; a legacy that will last generations.

Resting In Peace Brian, free from Alzheimer's. His spirit and joy won't soon be forgotten.



### Navigator Café is proudly supported by



Contact us to support Navigator Café in 2025

### Café Schedule

**January:** No cafés  
**February - December:** Meet every 1st & 3rd Thursday each month, 10am - 12noon

# Inside Our Cafés



Jan, Mary & Lyn Navigators Alumni.

## The Care & Share Program

**Care & Share is our peer-support program, designed to support the family care-partners during each café. We offer a safe meeting space for the carers to meet confidentially and chat about the realities of being a carer. Care & Share has a long history of forging very strong friendships and bonds in the group and we wouldn't be without this very important program.**

Our amazing Care & Share facilitators, Helen, Yupin, Marlaine, Christine, and Jenny, are all lived experienced family carers themselves. They bravely listen, encourage and guide the group to open up, to share stories, offer practical care-giving ideas, solutions and share their experiences with local services. Together, they build a supportive pathway for each other on their care-giving journey.

Care & Share happens during each café for 45-60 minutes, while their partners or parents are safely supported in the next room. Though unfunded, our determined UDC team and dedicated volunteers ensure every café offers this essential support. We welcome new funding partners to help us develop & continue this vital program in 2025.



### Care & Share's Guiding Principles

- We Invite** Thoughts, experiences and feelings.
- We Choose** To participate equally and considerately.
- We Listen** With respect and kindness.
- We Support** Open heartedly and without judgement.
- We Respect** Our differences and new ideas.
- We Share** Our stories and keep others confidential.



Yupin.



Whitehorse Cafes Volunteers.

# Our Volunteer Team

By Kirsty Porter | CEO

**A huge thank you to all our volunteers who embody the spirit of Umbrella Dementia Cafés and give so much of themselves every week.**

We're incredibly proud of our 45 Umbrella Volunteers who support over 82 members across five cafés every fortnight! Since 2016, over 80 volunteers have generously donated a whopping 114,768 hours to Umbrella Dementia Cafes. They are truly the heart and heroes of our organisation.

Last year, with the support of Rotary Club Box Hill Central, Community Bank Blackburn South, and Jasmine Malki, we successfully launched our Volunteer Training and Induction Program. This bespoke 2-day, 13-hour program focuses on empathy, communication, café environments, and positive team cultures. An abbreviated version of the program was repeated in January, welcoming

five new volunteers on the Mornington Peninsula, and will be delivered again to our new Burwood team in October. Last year, the program also benefited our friends at the new Mudbrick Café at Diamond Valley Baptist Church.

The enthusiasm and warmth of our volunteers exemplify the loving community our Umbrella Dementia Cafés are known for. We couldn't be prouder of this wonderful group who lovingly support café members every week!



Volunteers 2024.



Program Facilitators Jasmine Malki & Kirsty Porter.

**Thank you to our funding partners for their ongoing support. We're now adapting this program to help other affiliate dementia cafés in 2025**

Proudly supported by  
Community Bank  
Blackburn South  
**Bendigo Bank**



# Fundraising

## Dancing Through the Decades: A Fundraising Success!

By Jess Hose

Last September, we kicked off our first annual Dance Against Dementia fundraiser with a bang!

Over 200 people joined us at Box Hill Town Hall for a multi-generational, four-hour dance-a-thon, grooving through eight decades of music. Thanks to your amazing support and the energy of our dancers, we raised a phenomenal \$42,296!

A huge shoutout to our INCREDIBLE sponsors, supporters (Lets Tap, Dance Richards, Lunar Entertainment, Rutherford & Street Dance Studios) and volunteers who made the night unforgettable. It would not have been possible without all your involvement!

There are so many photos and video that captured the night. You can see and watch them all on the website, [DanceAgainstDementia.au](http://DanceAgainstDementia.au)



No Lights, No Lycra Team.

### Host Your Own This September in 2024

This year, Dementia Against Dementia invited people all over Australia to "Host Your Own" event fundraiser to help us reach our \$50,000 target. Check out the website and our social media pages to see how people from Brisbane, to Perth, from the ACT to country Victoria, have responded! Mark your calendars for Saturday 20th September 2025, when Dementia Against Dementia returns to Box Hill Town Hall!



[DanceAgainstDementia.au](http://DanceAgainstDementia.au)



Disco Dinosaurs Team.



Rotary Club of Emerald Dance Team



The Dance Crowd.

Thank you to our MARVELLOUS 2023 Dance Against Dementia funding partners.

Proudly supported by  
Community Bank  
Blackburn South  
Bendigo Bank



THE PHIL TAYLOR FOUNDATION

# Golfing for Good in Rosebud



**Umbrella Dementia Cafés was thrilled to be selection as the 2024 charity of choice for the Rosebud Country Club Women’s Golf Members.**

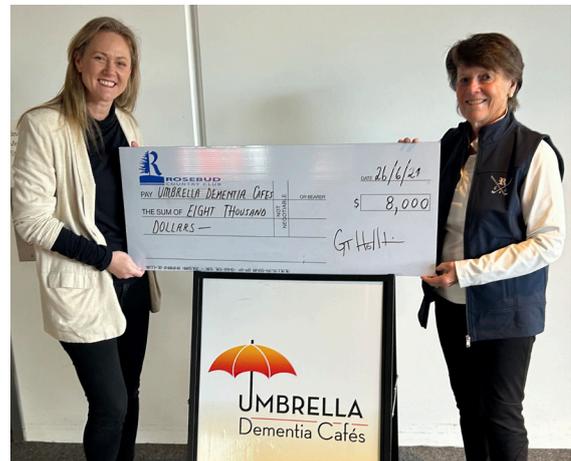
Over 250 members participated in two successful fundraising events, raising an impressive \$7,500. The Rosebud Country Club generously rounded up this amount to \$8,000, which will be used to support the essential work the Friendship and Navigator dementia cafés do on the Peninsula. Umbrella Dementia Cafés would like to express our deepest gratitude to Val Mackintosh and Nola Geary for their advocacy and commitment to raise dementia awareness through these events.

## Local community businesses and clubs, leave with a better understanding of dementia.

New funding partnerships are often born from likeminded organisations who visit our Cafés and see our impact first hand. Their generosity allows UDC to continue our work, while also raising local awareness and the importance of being socially plugged in to a dementia-friendly support group. We are deeply grateful to our new local café partners and delighted to promote their organisations in return. Together, we are creating aware, supportive and inclusive communities.

If you, your club or organisation would like to be represented at your local dementia café, please contact Kirsty at enquiries@umbrelladementiacafes.com.au to find out how.

## Locals Supporting Locals



Kirsty & Val from Rosebud Country Club.

## Comedy Night Success!

Every ticket sold equals a new pair of shoes for a disadvantaged local family and an offer of support for those families experiencing dementia.

# Comedy for a Cause

**Wednesday 18 September 2024**

**Doors: 5.30pm / Show: 7pm / 18+**

Featuring comedians from **Sydney & Melbourne International Comedy Festivals**

**Sponsors:** Bendigo Bank, Community Bank Southern Peninsula, BLAIRGOWRIE YACHT SQUADRON

Blairgowrie Yacht Squadron  
2900 Point Nepean Road, Blairgowrie

Book your tickets at: [comedyforacause.net/MSPN](http://comedyforacause.net/MSPN)

**TICKETS \$40**

During Dementia Action Week, the Point Nepean Men’s Shed Association hosted 65 people for their popular “Comedy for a Cause” event at the Blairgowrie Yacht Squadron on the 18th September. Everyone enjoyed a night of hilarious entertainment! This successful FUNraiser, sponsored by the Community Bank Southern Peninsula and Blairgowrie Yacht Squadron, raised funds to support our Peninsula cafés. A special thanks goes to Colleen Mackay, Terry Phippen, and Maria Rigbye for their dedication in organising such a terrific event at a stunning location!

Presented by:



In support of:



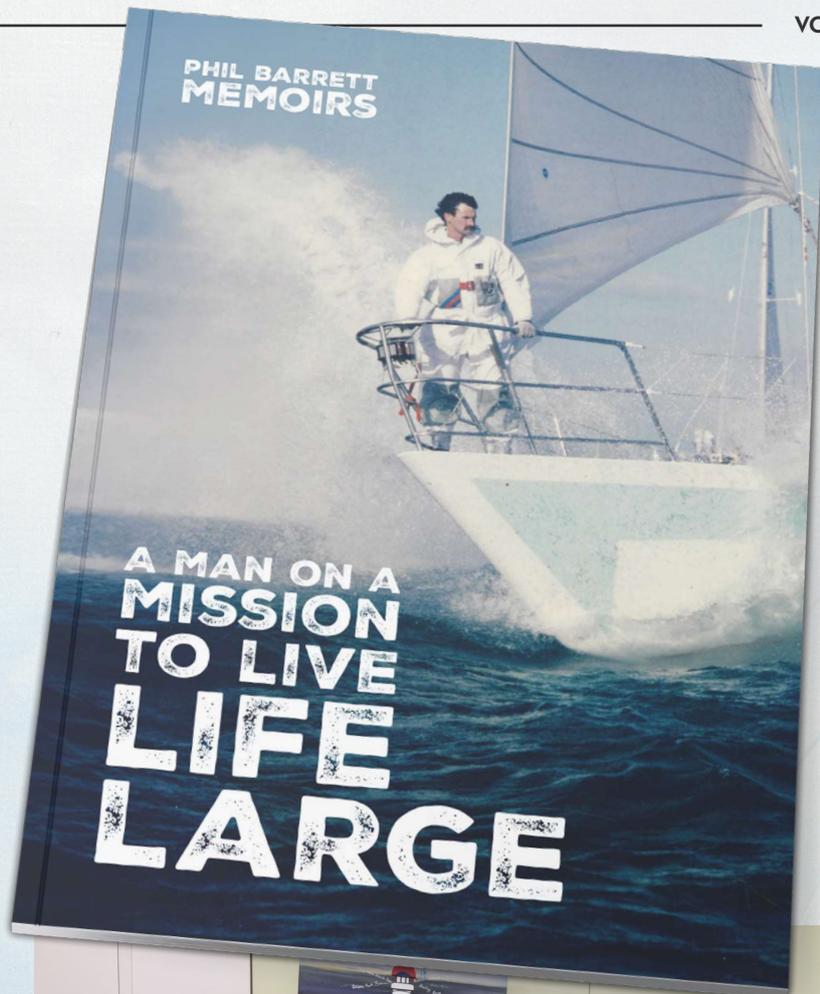


Phil and Mary Barrett Author, Rob Walker, and Kirsty Porter, convener of the Navigator Café

## Celebrating Phil Barrett's Biography at Navigator Café Sorrento

The Pressroom Biography Service is a unique and innovative way to celebrate and preserve the lives of older Australians. The Navigator Café, on the Mornington Peninsula, has been the focus of the Pressroom Biography initiative in its early stages and has produced two biographies for its regular attendees in the last two years.

The Navigator Café gathered on the 1st August for the presentation of one such biography to Phil Barrett, a man of considerable repute in the world of yachting. Phil has been living with Alzheimer's disease and was a regular at the Navigator Café prior to going into full time care. Over the last 12 months, Phil and his family recounted stories to Pressroom Philanthropy's amateur biographer Rob Walker who presented his memoirs to Phil and his wife, at what would



Navigator Café attendees at Sorrento gather around Phil and Mary Barrett at the presentation of 'A Man on a Mission to Live Life Large' the memoirs of Phil Barrett. At left in the back row is Claudio Sabbatini, who was the first beneficiary of the biography service.

be his last visit to the Café.

Mary Barrett's gratitude at this opportunity was most apparent at the presentation, when she told the group what the memoir had meant to Phil and the family. Not only had it been a real positive for Phil as he copes with the affects of his disease, but it had also meant so much for family and close friends. It had also resulted in

Phil's carers developing a rare insight into the man they were caring for and an enhanced level of respect for a life well lived.

It was an emotional time for all assembled, particularly Phil himself, as the memories captured in his biography came flooding back.

# Join Our Funding Partners



THE PHIL TAYLOR FOUNDATION



HAZEL PEAT PERPETUAL CHARITABLE TRUST



Phil Taylor & Kirsty Porter

## Amplifying Our Impact

A big THANK YOU to all our supporters – individual donors, corporate partners, Foundations, and private family Trusts, who have all contributed to UDC’s overall success. Their partnership has allowed UDC to continue investing in the social health programs that positively impact the lives of the people who attend our Cafés every week. Their continued involvement and contribution allows UDC to grow, improve and have greater reach.

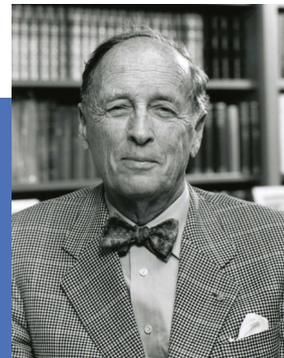
Building on the success of our localised café funding approach, Umbrella Dementia Cafés is shifting focus to drive a broader systematic impact. Now more than ever, we need all hands-on deck.

Umbrella Dementia Cafés exists without government funding and with the rising demand and limited resources, we’re inviting like-minded individuals

and corporate funders to join us, expand our reach, amplify our impact and create lasting social change for those affected by dementia nationwide. Please contact Kirsty Porter through our website or email her at [enquiries@umbrelladementiacafes.com.au](mailto:enquiries@umbrelladementiacafes.com.au).



Support Umbrella Dementia Cafés



Thank you Mr. Myer

Reflecting on the last 8 years, we extend our deepest gratitude to the Yulgilbar Foundation and the late Baillieu Myer, whose unwavering support and personal encouragement were instrumental in our survival during the pandemic. His legacy provided us with a solid foundation and a vision for continued growth and impact.

Umbrella Dementia Cafés is a registered charity with the Australian Charities and Not for Profits Commission, with Deductible Gift Receipt (DGR) status. All donations over \$2 are tax deductible.



# Quick National Help Numbers

Service	Contact	Description
<b>National Dementia Help Line</b>  Federally funded and operated by Dementia Australia	<b>1800 100 500</b>  www.dementia.org.au 24 hours, 7 days a week, 365 days a year	The National Dementia Helpline is a free confidential phone and email information and support service which provides: <ul style="list-style-type: none"><li>• Information about dementia and memory loss.</li><li>• Information on how you may be able to reduce the risk of getting dementia.</li><li>• Information about government support services &amp; services local to you.</li><li>• Emotional support to help you manage the impact of dementia.</li></ul>
<b>Dementia Behaviour Management Advisory Service</b>  Federally funded and operated by Hammond Care	<b>1800 699 799</b>  Available 24/7 www.dementia.com.au	Clinical support for people caring for someone with dementia who is demonstrating behavioural and psychological symptoms of dementia (BPSD), which are impacting on their care. Their role includes education, assessment and short-term case management, clinical supervision and monitoring, and modelling of behavioural management techniques.
<b>Carers Support Victoria</b>  State funded	<b>1800 514 845</b>  Available 24/7 reception@carersvictoria.org.au	Carers Victoria is the state-wide voice for family carers, representing and providing support to carers in Victoria. Carers Victoria staff will listen and advise you on services available to assist you in your caring role. They can give you information about practical supports, offer advice about navigating systems and refer you to education and counselling sessions.
<b>Lifeline</b>  State & Federally funded	<b>13 11 14</b>  Available 24/7 www.lifeline.org.au	Lifeline is a national charity providing all Australians experiencing a personal crisis and suicide prevention services. (The statistics for suicidal & homicidal thoughts are very high for people in a caring role).
<b>My Aged Care</b>  Federally funded	<b>1800 200 422</b>  Mon-Fri: 8am - 8pm Sat: 10am - 2pm www.myagedcare.gov.au	My Aged Care is the government agency to receive federally funded aged care packages. You must register with My Aged Care before you are eligible to receive aged care benefits.
<b>Carers Gateway</b>  Federally funded	<b>1800 422 737</b>  Mon- Fri: 8am - 5pm www.carergateway.gov.au	Provides phone counselling, an online peer support community forum, online skills courses and free publications, carer support planning, carer directed packages, emergency respite care, in person peer support, counselling and carer coaching.



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