

Am I a carer?

A carer is someone of any age who looks after a family member or friend with a disability, a medical condition, mental illness, health condition or someone who is frail due to age.

Carers Monthly Morning Tea Cowra.

Carer Gateway invites carers from Cowra and surrounding towns to a morning tea. Come share light refreshments, chat with other carers, and learn ways to reduce carer stress.

WHEN: Thursday, May 21, 2026. Thursday, September 24, 2026.
Thursday, July 23, 2026. Thursday, November 26, 2026.

WHERE: LiveBetter office, 6/119 Kendal St, Cowra.

TIME: 11.00 am - 12.30 pm

RSVP: RSVP by calling **1800 422 737** by Cob the day before the Morning tea. Please inform of any Dietary Requirements when you RSVP.

