



Horsham

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State Government

 Carers
Victoria

Tuesday, 20 October 2026 | 9:00AM - 4:00PM

Horsham Golf Club

304 Golf Course Road, Haven VIC 3401

COFFEE & MORNING TEA 09:00AM

09:45AM – 10:00AM

Acknowledgment of Country & Housekeeping

10:00AM – 11:00AM

Caring for Self Workshop

Tabletop Craft

11:15AM – 12:15PM

Goat Relaxation & Cuddles

12:15PM – 12:45PM

Service Providers Presentation

Group Puzzles

LUNCH & ACTIVITIES 12:45PM - 1:30PM

Service Provider Stalls

1:30PM – 03:00PM

Art Journalling

Mandala Canvas, Rock & Pot Painting

3:00PM – 4:00PM

Coffee & Mingle

PROGRAM

DETAILED PROGRAM

Check in, Coffee & Morning Tea (9AM – 9:45AM)

Start the day with a warm welcome, coffee and morning tea. Take some time to settle in, connect with other carers and enjoy a relaxed start to the day before the program begins.

Acknowledgement of Country & Housekeeping (9:45AM – 10:00AM)

We'll begin with an Acknowledgement of Country, followed by a brief welcome and an overview of the day's activities, including some important housekeeping information to help everyone feel comfortable and ready for the day ahead.

Group Puzzle (9:45AM – 12:00PM)

Foyer • Visit our quiet space, where a group puzzle will keep you engaged and give you a laugh or two as you piece the puzzle together throughout the course of the day.

TableTop Craft (9:00AM - 11:15AM)

Decking • Small tabletop crafts will be displayed on tables for carers to take a moment and connect through a variety of small wooden decorations, mandalas, bookmarks and other creative activities.

Morning Session 1 (10:00AM – 11:00AM)

10:00AM - 11:00AM

Carers Victoria
Room 1

Caring for Yourself

This workshop explores why looking after your own health and wellbeing matters for yourself and the person your care for. Together, we'll unpack common barriers that make self-care difficult and share practical strategies you can use in your everyday life. You'll leave with simple tools and ideas to help you feel more supported and better equipped in your caring role.

Goat Relaxation & Cuddles (11:15AM – 12:15PM)

11:15AM - 12:15PM

Tiny Goats & Co
Grassed Area

Take some time out to meet and cuddle the goats from Tiny Goats & Co. Drop in, unwind and enjoy a relaxed moment with these very cute visitors.

Service Provider Presentations (12:15PM – 12:45PM)

12:15PM – 12:45PM

Room 1 (Divider Open)

Hear from local service providers as they share information about the services and support available to carers in your community.

Presenters

- Lisa Hennessy – VMCH
- Kristy McGennicken – Wimmera Community Options Grampians Health
- Kayla Hobbs – Grampians Health
- Caeleb Warren – Mental Health and Wellbeing Connect



DETAILED PROGRAM

Lunch and Service Provider Expo (12:45PM - 1:30PM)

Lunch & Service Provider Expo

Rooms 1 & 2

Enjoy lunch while connecting with local service providers and learning more about the supports and services available in your community.

Afternoon Session (1:30PM – 3:00PM)

Concurrent sessions – Please choose one

1:30PM – 3:00PM

Jodie Matthews - Art to Art Therapy

Room 1

Limited to 20 places.

Art Journalling

Join Jodie for a creative and relaxing art journaling session where you will have the opportunity to explore your creativity through colours, images, words and personal expression in a calm and supportive environment.

No artistic experience needed- just come along, have a go and enjoy some time to create, connect and unwind.

1:30PM – 3:00PM

Carers VIC - Deb Stearman

Room 2

Limited to 24 places per activity.

Mandala Canvas, Rock & Pot Painting

Carers can enjoy a relaxing afternoon of creativity with your choice of mandala canvas colouring or rock and pot painting. Experiment with colours and patterns, unwind and create something unique to take home as your very own keepsake.

Coffee & Mingle (3:00PM – 4:00PM)

Room 1 & 2

Wind down the day over a coffee and enjoy some time to chat and connect with other carers before the day concludes.



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	FOYER	ROOM 1	ROOM 2	DECKING	GRASSED AREA
09:00AM	Registrations	Morning Tea	Morning Tea	Tabletop Craft	
09:45AM	Group Puzzle	Welcome	Welcome		
10:00AM	Group Puzzle	Caring for Self		Tabletop Craft	
11:15AM	Group Puzzle				Goat Relaxation
12:15PM	Group Puzzle	Provider Presentations	Provider Presentations		
12:45PM		Lunch & Expo	Lunch & Expo		
01:30PM		Art Journalling	Mandala & Rock Painting		
03:00PM		Coffee & Mingle	Coffee & Mingle		



Roving Respite

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HORSHAM ROVING RESPITE

A carers day out - a time to connect, learn and be nurtured!

Join us for a special and inspiring day created just for carers.

You will have the opportunity to connect, learn and be nurtured.

Stay for the day, or pop in for a session or two, enjoy lunch and meet with other carers who understand your journey.

Connect with other carers who understand the caring journey over a delicious lunch, enjoy some laughs and learn new strategies to support your wellbeing.

Information sessions, wellbeing experiences and a space to pause and recharge your batteries will be the theme of the day.

A time for 'you' to be cared for, so you can unwind, relax and be uplifted.

This event is FREE for carers but you do need to register to attend.

 events@carersvictoria.org.au

 **1800 514 845**

 www.carersvictoria.org.au/events

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9:00AM to 4:00PM

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304 Golf Course Road
Haven VIC 3401

Registrations Close: 13/10/26

Stay tuned for opportunities to take a break, build connections and access local supports.

Scan to register your interest



<https://carersvictoriaEV1439.eventbrite.com.au>



Carers Victoria acknowledges the Traditional Owners of Country throughout Victoria and acknowledges their continuing connection to land, waters and community. We pay our respects to the people, the cultures and the Elders past and present.