PROGRAM

Rovin' Respite

Leongatha

Powered by VICTORIA State Government | Carers Victoria

Tuesday, November 10, 2026 | 9:30AM - 3:00PM
Space 47
47 McCartin Street, Leongatha VIC 3953

COFFEE & MORNING TEA 09:30AM

10:00AM - 10:15AM

Acknowledgment of Country & Housekeeping

10:15AM – 10:20AM

South Gippsland Mayor Nathan Hersey

10:20AM - 11:20AM

Carers Victoria Self Awareness Session

11:20AM – 11:25AM

Icebreaker Game - Heads and Tails

11:25AM – 12:20 PM

Services Australia Session

LUNCH & MINGLE 12:20PM - 1:10PM

1:10PM - 1:25PM

VicPol Disability Liaison Session

1:25PM - 2:00PM

Sarah Rosse, Gippsland Author - Interactive Group Session

2:00PM – 3:00PM

Wellbeing and Pamper Session

COFFEE AND MINGLE
2:30PM – 3:00PM

DETAILED PROGRAM

Coffee & Morning Tea (9:30AM – 10:00AM)

Start your day with a cuppa, enjoy some morning tea and connect with fellow carers before the day's activities begin.

Acknowledgement of Country & Housekeeping (10:00AM – 10:15AM)

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.

Mayoral Address (10:15AM – 10:20AM)

South Gippsland Mayor Nathan Hersey - Acknowledging the work of unpaid carers

Morning Session 1 (10:20AM – 11:20AM)

10:20AM – 11:20AM

Carers Victoria

Self-Awareness Session

This workshop explores why looking after your own health and wellbeing matters for you 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.

11:20AM - 11:25AM

Carers Victoria

Icebreaker - Heads and Tails

Enjoy a quick fun game of Heads and Tails before our next session.

Morning Session 2 (11:25AM – 12:20PM)

11:25AM – 12:20PM

Services Australia

Carer Supports

In this session, Services Australia will talk you through the difference between Carer Payment and Carer Allowance. These payments provide financial support to eligible individuals who provide ongoing care to someone with a disability, medical condition or who is frail aged. These payments help recognise the time, responsibilities and additional costs involved in caring for another person.

Lunch & Mingle (12:20PM - 1:10PM)

Enjoy a delicious buffet-style lunch, catch up with fellow carers and explore information from local service providers.

DETAILED PROGRAM

Afternoon Session 1 (1:10PM – 2:00PM)

1:10PM – 1:25PM

Victoria Police

Disability Liaison Session

This session outlines what a Disability Liaison Officer's role entails and the barriers carers face when reporting crime or navigating the criminal justice system.

1:25PM – 2:00PM

Sarah Rosse
Gippsland Author

Interactive Group Session

This is an interactive group session with Sarah Rosse. This activity is designed to encourage meaningful conversations, connection and curiosity as part of her 100 Conversations: One Question countless stories.

Each table will receive a conversation card featuring a question: The question encourages participants to explore their identity beyond the roles and responsibilities they hold, recognising that everyone has experiences, interests and stories worth sharing. Participants will be invited to reflect on the question and share their responses with others at their table.

Wellbeing & Pampering (2:00PM – 3:00PM)

2:00PM – 2:30PM

Wellbeing Session

Take a moment for yourself and enjoy a relaxing wellbeing session. This is an oppurtunity to slow down, reconnect and focus on your own health and wellbeing.

2:00PM - 3:00PM

The Laser Room
Leongatha

Mini Pampering Sessions

Relax and unwind with a little well-deserved self-care. Enjoy a soothing head, shoulder or hand massage, thoughtfully offered by the team at The Laser Room Leongatha.

Coffee & Mingle (2:30PM - 3:00PM)

Enjoy an afternoon cuppa, continue connecting with fellow carers and reflect on a wonderful day together.

Leongatha

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SCHEDULE

09:30AM - 10:00AM	Morning Tea, Coffee & Check-in
10:00AM - 10:15AM	Acknowledgement of Country & Housekeeping
10:15AM - 10:20AM	Mayoral Nathan Hersey Address
10:20AM - 11:20AM	Carers Victoria - Self-Awareness Session
11:25AM - 12:20PM	Services Australia - Carer Supports
12:20PM - 01:10PM	Lunch & Mingle
01:10PM - 02:00PM	VicPol Disability Liaison Session Sarah Rosse - Gippsland Author Interactive Session
02:00PM - 03:00PM	Wellbeing & Pampering Sessions
02:30PM - 03:00PM	Coffee, Mingle & End of Day