



The Pathways for Carers project offers carers of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and supports available to carers. We will be joined on the walk by representatives from local organisations.

Stay after the walk for a coffee at a local café!

Yarra Ranges Walk

Start location: Mt Evelyn Community House, 50 Wray Cres, Mt Evelyn

Time and date: 9:30am, every first Thursday of the month

Maroondah Walks

Start locations: Torrente Café, 389 Maroondah Hwy, Ringwood

Times and dates: 9:30am Every second Tuesday of the month &

(Weekend walk!) 1:00pm every third Saturday of the month

Manningham Walk

Start location: Melissa Cakes Café, 65 Parker St, Templestowe Lower

Time and date: 10:00am, every third Thursday of the month

Boroondara Walk

Start location: Ashburton Pool and Recreation Centre, 8 Warner Ave, Ashburton

Time and date: 9:30am, every fourth Wednesday of the month.



Please see reverse for 2017 walk dates and FAQs

Follow us at www.facebook.com/pathwaysforcarers for regular updates



2017 Walk Dates



Yarra Ranges Walk

Thursdays: 2/2, 2/3, 6/4, 4/5, 1/6, 6/7, 3/8, 7/9, 5/10, 2/11, 7/12.

Maroondah Walks

Tuesdays: 10/1, 14/2, 14/3, 11/4, 9/5, 13/6, 11/7, 8/8, 12/9, 10/10, 14/11, 12/12.

Saturdays: 21/1, 18/2, 18/3, 20/5, 17/6, 15/7, 19/8, 16/9, 21/10, 18/11, 16/12.

Please note, no walk scheduled in April due to Easter long weekend.

Manningham Walk

Thursdays: 19/1, 16/2, 16/3, 20/4, 18/5, 15/6, 20/7, 17/8, 21/9, 19/10, 16/11, 21/12.

Boroondara Walk

Wednesdays: 22/2, 22/3, 26/4, 24/5, 28/6, 26/7, 23/8, 27/9, 25/10, 22/11.

Please note, no walk scheduled in December due to Christmas Holidays.

FAQ's

How long are the Pathways for Carers walks?

The Pathways for Carers walks are all approx. 5kms and take the group 1 hr to complete. After the walk, the group meets at a local café for morning tea and to hear more from our guest speaker.

Is there a cost to come on the walk?

No, the walk and morning tea are free for carers!

Do I need to RSVP to the Pathways for Carers walks?

No, you are welcome to just arrive on the day!

I have mobility restrictions, can I still attend?

Yes! The walks are suitable for all fitness levels and are on sealed or gravel paths. If you prefer not to walk, you are also welcome to meet us at the café afterwards. We arrive for morning tea approx. 1hr after the start time (please notify us prior to the walk so we know to expect you)

Do I need to live in the local council area to participate?

No, you are welcome to attend any walks you would like to.

Can I bring the person I care for?

Carers are encouraged to use the Pathways for Carers walks as an opportunity for time to themselves. Please contact the Commonwealth Respite and Carelink Centre on 1800 052 222 for respite enquiries.

Who are the guest walkers?

Our guest walkers are from various local organisations that can assist you or the person you care for. Follow our facebook page for regular updates! (www.facebook.com/pathwaysforcarers)

What do I need to bring?

Please bring anything you may need; water, sunscreen, umbrella etc.

Can I bring my dog?

For safety reasons, we request that you do not bring your dog.

For Enquiries, please contact Felicity at lifeAssist on 9239 2500 or felicity.preston@lifeassist.org.au