

CARERS NT

CARERS NEWS
NEWSLETTER OF CARERS NT



OCTOBER | 2017

CELEBRATING CARERS WEEK

15 - 21 October

HIDDEN WORKFORCE TAKES OUT TRAINING AWARD

Industry collaboration rewarded



CEO's Report – Steve Vitone



You will notice a change in style, content and branding from previous years – all of which overtly demonstrate how much change we have been undertaking. Through genuine consultation, some changes are due to feedback from carers and other stakeholders. I would like to thank everyone who has provided

feedback it is critical that we continue to listen to our members and drive the business forward positively.

As National Disability Insurance Scheme (NDIS) rolls out in the Northern Territory (NT), Carers NT is committed to supporting Carers through all the change in the sector and is hopeful individuals with disabilities and their carers are going to be truly better off.

It is my hope that with the support of the sector and supporters we will see our impact strengthen, continue to drive development, grow and transform digitally so that we may support carers more effectively and efficiently.

Looking forward, we are excited by the opportunities presented by the changing landscape and believe

that Carers NT is well positioned to respond in a timely manner to both obstacles and opportunities as they arise.

I would like to acknowledge and thank all volunteers, staff and board members for their continued support, commitment, and I look forward to another challenging but rewarding year.

President's Report



The Board of CarersNT has continued to address the further development of the Association. We have finalised our moves to become a Company Limited by Guarantee, which will give us a lot more flexibility. Being flexible is crucial in this time of change that is occurring within the disabilities space with the rolling out of the NDIS.

We have also taken some national leadership in the further development of the Network of Carer Associations across Australia. One of our Board members, Steve Balch is our nominee on the board of Carers Australia, and recently he was appointed as the Treasurer for that organisation, and therefore a member of the executive. This is a great outcome for Steve but also for us as an organisation.

We are continuing to look for opportunity to expand our services to carers across the Northern Territory and beyond. In this, we have begun several initiatives, based on our recently approved Strategic (imperatives) Plan for CarersNT.

We are a member based organisation, serving our members but also reliant upon our members. We encourage you to take an active

interest in CarersNT. We are always interested to hear from members and carers so please if you have ideas or if you would like to get involved in any way let us know or drop in and have a chat with us.



ANYCAT forum in Canberra – KN John Jusuf



In June this year, I was privileged to attend the Australian National Young Carers Action Team (ANYCAT) forum in Canberra as the NT representative with Ellie Julings, a wonderful Carers NT Respite Advisor. The forum provides a unique experience where the ANYCAT members from across Australia were given the opportunity to meet, build strong relationships and share remarkable experiences of their passion for community wellbeing.

On the first day of the forum, Carers Australia presented sessions on key topics including the comprehensive range of services available to carers across the network. We also met with representatives from the Department of Social Services informing us on NDIS and the “Try, Test and Learn” program. After lunch, we commenced our “most needed” media and leadership training sessions with Amber Daines, an experienced journalist and Director of Bespoke Communications.

Media and leadership training are two essential skills for ANYCAT members to raise awareness in their community and at the government level about the issues impacting young carers. The training empowered us with the necessary

knowledge and skills to confidently discuss and share our experiences of being young carers.

In the middle of training on day two, we went for morning tea and lunch at Parliament House. What an honour it was to speak directly with politicians, decision makers at the Government level and journalists. The ACT ANYCAT representative and myself were selected to talk to the Minister for Social Services Mr Charles Christian Porter about our experiences of receiving the young carer bursary and on how it assists us in our academic journey. The training played a vital role in delivering our key messages during the meeting.

On day three, we visited ABC in Canberra where we got to explore and experience first hand being on live television and radio. The tour was fascinating and informative, we had a mock interview and asked lots of questions on media tips.

Since the trip, I have given two interviews for radio. The training has empowered me to share my story and experiences of young carers in the NT with the wider community and to continually raise awareness on the importance of accessing respite and support services.

As representatives from the Territory, Ellie and I received a special treat from our federal member for Solomon, Mr. Luke Gosling and his advisor Dom Gomez who took us on a private tour of Parliament House and invited us to tea in his office. During the meeting we discussed various issues in relation to NT young carers, current and upcoming programs and services at Carers NT.

My thanks go to each and every individual who made our trip to the forum in Canberra a remarkable experience. I am looking forward to working closely with Carers NT in collaboration with other organisations for the next eight months as the ANYCAT member. I am excited in reaching out to inspiring young carers across the NT, hearing their concerns and further raising awareness for young carers’ wellbeing. Carers are people who look beyond themselves and have taken the lead to provide help for others. We need more caring people in the community.

Pensioner and Carer Concession Scheme Review

In July, the Northern Territory Government released a discussion paper regarding the Government provided Pensioner and Carer Concession Scheme (NTPCCS) with the objective of making the scheme fairer and more accessible. The scheme currently provides financial subsidies as concessions to members for a range of goods and services, which helps those on the scheme access important services such as water, energy and transport at a reduced rate.

Carers NT has been an active participant in the review process and has provided executive representation on the expert panel advocating for carers; facilitation of two consultative forums at the Darwin office and one consultative forum with carers at the Alice Springs office as well as a comprehensive written submission to the review by Carers NT CEO Steve Vitone.

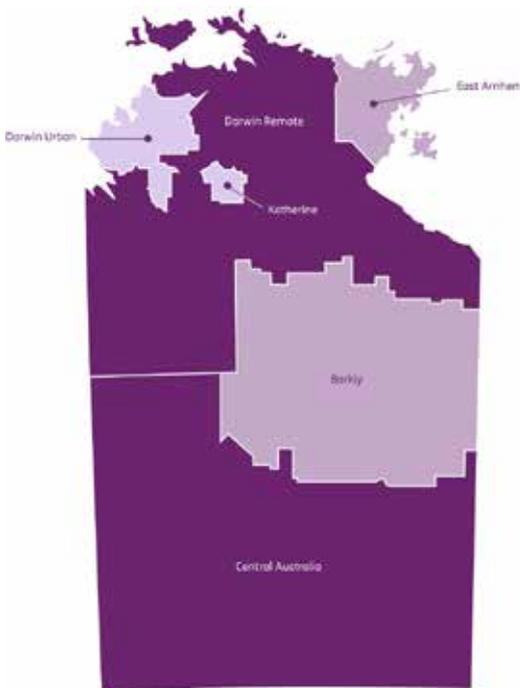


What happens next?

The consultation process has now concluded. All feedback and survey responses will be collated and analysed and incorporated into a consultation report to the Northern Territory Government, along with recommendations about how to reform the scheme.

A final decision will be announced by the NT Government and implementation plans developed by Territory Families. We are advised that any changes to the scheme will be advertised and communicated to scheme members. The feedback received and survey results will also be compiled into a public report which will be published on www.haveyoursay.nt.gov.au

NDIS “Full Scheme Ahead” Workshops



The NDIS is now available in the Katherine and Darwin Remote area of the Northern Territory. Eligible people in supported accommodation, including Commonwealth Residential Aged Care, in Katherine and Alice Springs will now also begin to move to the NDIS.

Carers NT are running NDIS “Full Scheme Ahead” Workshops to support carers to understand the NDIS, build their capacity to support the people they care for and to ensure the best outcomes within an individual NDIS package of supports.

This workshop was created by Carers Queensland as a Carers Guide to the National Disability Insurance Scheme. Carers and the person they care for can learn the basics about the NDIS, plan, prepare and learn how the scheme may affect their family’s future.

The workshops are carer focused, interactive and practical. Topics include:

- Your future with the NDIS
- The NDIS pathway
- Caring beyond the now

Call Carers NT on 1800 242 636 and speak to Noelene or Carmen in the Mental Health Team to register for a workshop. The first workshop will be held on Thursday, 19 October 2017 from 9am to 1pm in the Carers NT Bayview office. Future dates will be announced on our website soon. Respite is also available upon request and subject to approval.



‘Like’ our facebook page (Carers NT) and get updates on events, view photos and leave comments for the Carers NT Staff.

Industry collaboration rewards “The Hidden Workforce”

Three organisations supporting the community services sector have proven that the power of three delivers results, receiving the Industry Collaboration Award at the recent NT Training Awards.

Carers NT, Crest NT and Response Employment and Training (RET) received the Award for a collaborative training project known as “The Hidden Workforce”.

The Award recognises exemplary skills development collaboration between an employer/industry body and at least one organisation delivering nationally recognised training.

“Imagine trying to enter or re-enter the workforce after providing long-term care for a loved one. Your qualifications may be out of date or your employment direction changed due to your experiences as a carer,” explained Carers NT CEO Steve Vitone.

“This project recognises the unique knowledge, skills and life experience of carers and provides a tangible qualification opportunity and potential subsequent employment,” he said.

The first of its kind in Australia to be delivered in Darwin, the program has been developed to assist carers gain

a qualification that will prepare them for employment or to advance them in their current employment.

“Carers are an untapped and hidden workforce which can provide a solution to the sector’s workforce shortages. “The Hidden Workforce” aims to address the disadvantages faced by many carers, the lack of services and supports for their carer role and the difficulty they experience in gaining education and training and entering the paid workforce.”

The three organisations came together through the roll out of the National Disability Services (NDS) workforce planning project in which RET and Crest NT provided training to disability service providers. Through this process, Carers NT identified the need to provide formal recognition for the skills and knowledge carers acquire in their roles as unpaid carers.

“All parties had significant roles in the success of the project,” said Mr Vitone.

“Carers NT worked closely with the carers that were identified to be part of the program and provided support for the carers to attend the training in a safe and supportive environment. Crest NT provided the support of project

management along with mentoring and support for the participants. RET provided the flexible learning environment for the participants to gain a qualification to assist them to enter or re-enter the workforce.

“The project demonstrated how the different service providers can work together to deliver very productive and successful results, we are looking forward to ongoing collaborations and building this relationship further.”



17 carers graduated from the program in October 2016, a number of which have moved into paid employment as a direct result of the training.

The NT Training Awards were held in Darwin on 23 September 2017, Award recipients will go onto the National Awards in November.



New Carers NT Working Group

Carers NT has made a commitment to establish and maintain an organisational culture built on respect for Lesbian, Gay, Bisexual, Transgender, Intersex and Queer / Questioning Territorians.

The new LGBTIQ working group will work towards establishing inclusive service provision for all LGBTIQ carers.

The following activities will be carried out by the working group:

- Undertaking an audit of current practice to gauge how well current practice is meeting the needs of LGBTIQ carers in the Northern Territory.
- Undertaking carer and stakeholder consultations to support this work.
- Taking the necessary steps, based on the finding of the audit, to move towards inclusive practice in all areas of operation and service provision.
- Communicating with staff of Carers NT, and the wider community about progress toward the above objectives.

Membership of the working group will be:

- Carers NT Staff representative as Chair of the meetings
- Carer Representatives with lived experiences of LGBTIQ issues.
- Carers NT Staff representatives - any staff members who have an interest in LGBTIQ inclusive practice.
- Stakeholder representatives - representatives from LGBTIQ organisations who are able to share specialist knowledge of LGBTIQ experience in the Northern Territory.

Details are available on the website at carersnt.asn.au or contact Carers NT on 1800 242 636 and speak with Ellie.



What's on in National Carers Week

Sunday 15 October 10:00 am - 1:00 pm:

Free Family Fun Day at the Leanyer Aquatic Park with a free jumping castle, water slides, face painting, DJ Kev Disco, giant board games and sausage sizzle. All welcome

Monday 16 October:

Carer Friendly Business Awards and celebration of 25 years of service to carers in the Northern Territory - Parliament House. This event is by invitation only.

Tuesday 17 October 10:00 am - 1:30 pm:

National Carers Week barbecue at Royal Darwin Hospital, where carers, patients, doctors, nurses, hospital staff and visitors can enjoy a free sausage sizzle and information stall, to celebrate and raise awareness of the important role carers play in our community.

Tuesday 17 October:

Carers Week Reception - Government House. This event is by invitation only.

Thursday 19 October 10:00 am:

Palmerston and Rural Seniors Club Morning Tea at Palmerston Sports Club.

Friday 20 October 10:00 am to 1:30 pm:

Free sausage sizzle and information stand - Raintree Park, Darwin CBD

Sunday 22 October:

Special fundraising screening for National Carers Week at Darwin's Deckchair Cinema of Guardians of the Galaxy 2, to book tickets visit www.deckchaircinema.com.au



Carer Friendly Business Awards 2017

While nominations have now closed for this year's Carer Friendly Business Awards, we would like to thank everyone who nominated a business or employee for the Awards. We received nominations from Darwin, Katherine and Alice Springs, which is great.

The Carer Friendly Business Awards recognise outstanding service that has made a positive impact and difference to someone in their caring role or for employers who demonstrate an understanding of the needs of a carer.

It may be as simple as an employer who understands the role a carer has and provides greater flexibility for their staff member to attend to the person they care for. Or it could be a dentist who goes that extra step to accommodate a child with special needs to have their appointments after hours when it is quieter and less stressful.

By recognising carer friendly businesses and individuals, Carers NT aims to encourage all businesses in the Northern Territory to do more for carers – to be more understanding, more accommodating, and

more flexible than they are in their normal day-to-day operations.

These Awards focus on the businesses and people that provide employment support or service to CARERS.

There are three categories in the Northern Territory Carer Friendly Business Awards:

- **Carer Friendly Employer** is for a business that employs a carer (usually the person nominating them)
- **Carer Friendly Service** is a business (eg banks, mechanics, florists, pharmacies, doctors) OR a registered service provider or not-for-profit organisation that may be directly associated with the health and community care services sector.
- **Carer Friendly Employee** is for employees of a company or service provider who go above and beyond standard business practice in helping carers.

Award recipients will be announced at a Ceremony at Parliament House on 16 October.

CARERS NT FAMILY FUN DAY

JUMPING CASTLE, FACE PAINTING, DJ KEV, PHOTOBOOTH,
GIANT GAMES, WATER SLIDES, FREE SAUSAGE SIZZLE.

SUNDAY 15 OCTOBER

10am – 1pm FREE | Leanyer Aquatic Park, Vanderlin Drive

ALL WELCOME



For more info call 1800 242 636



NATIONAL **CARERS** 15-21 OCTOBER
WEEK 2017

Successful Charity Golf Day

Carers NT hosted their annual Charity Golf Day on 26 August 2017 at the Darwin Golf Club. The nine-hole Ambrose with 18 teams, was a fun day with everybody enjoying themselves and raising money for a great cause. Carers NT would like to thank sponsors for supporting the golf day. Overall winners on the day were once again Bridge Toyota.

Our major sponsor this year was NT Work Safe, Silver sponsor A.J Gallagher, and the hole sponsors were Bendigo Bank, Bridge Toyota, Able Finance, Hays recruitment and Landbridge Group.



Student debut into the world of caring

My name is Ash Sharma I am a student at CDU currently undertaking a degree in social work.

I had an amazing time participating in a social work placement at Carers NT. These last four months were full of new learning and incredible experiences. The organisation is a fantastic place to work and participate in a student placement. The staff are highly qualified and experienced. A lot of emphasis is given to training and development of staff members and carers. There is a multicultural atmosphere to the organisation where everyone is very supportive of each other. I never felt like a "newbie" or a student, I was always treated as part of the organisation by every one.

I am very thankful to my field educators who, on top of their busy schedule, also accepted me as a student. I had some wonderful opportunities to be involved with various programs including observation of counselling sessions, facilitating group activities,



attending various health expos and events. I worked with the Young Carers program and attended a couple of intensive training sessions as part of the mental health program e.g. Mental Health First Aid training and suicide prevention training. The training was very informative and provided me with skills to work in the Mental Health area. I feel so privileged to have this opportunity to work with the mental health team and have learnt that people with a mental illness deserve to

be treated with dignity and respect, just like everyone else.

It has also been a great experience working with the Young Carers throughout my journey. After working closely with them, I realise that caring for someone can be a very challenging role and understand the need for this program in the community. At last, I would like to pay my gratitude to my two wonderful field educators, Toni and Ellie, who made my experience extremely productive by sharing their knowledge, skills, experience and time throughout my placement. My confidence has increased through their constant encouragement, which helped me to step outside of my comfort zone and try new things. Overall, this placement has been a huge period of professional and personal growth.

Thank you once again to everyone at Carers NT for your immense support and great memories!

Introduction to Mindfulness



Carers NT recently began facilitating a Mindfulness Course, specifically designed for carers.

The first course was facilitated in Darwin on 9 and 16 June; and the second in Alice Springs on 22 and 23 June.

There are a range of facilitation methods and learning materials included in each course, including professional articles, videos, facilitated presentations, and discussions. Each participant receives a workbook, and a certificate of completion at the end

of the course. There are numerous mindfulness techniques practiced throughout the course including Mindful Eating, Sitting Meditation, Body Scan, and other useful tools.

The term "mindfulness" refers to a psychological state of awareness. Mindfulness is a moment-to-moment awareness of one's experience (thoughts, sensations and feelings), without judgment. Instead of life, passing you by, it means living and fully experiencing the present moment.

There is significant research outlining the benefits of mindfulness in:

- stress reduction
- increased cognitive flexibility
- improved relationship satisfaction
- decreased emotional reactivity
- reduced rumination
- effective pain management
- improved memory and focus

Participant feedback

"Today for the first time, I paid attention, relaxed, and forgot about what was happening in my life. I want to transform and I believe this course will make it happen for me. Thank you."

"I will be recommending mindfulness to my friends, and family to help with stress, anxiety, and to feel happier".

"I believe this course helped me a lot in dealing with anxiety and stress. I am a lot more relaxed."

For more information regarding the next Mindfulness Course, please contact Carers NT on 1800 242 636.

What's been happening in Katherine?

Well it has been a busy time in the Katherine office over the past three months. We have changed our support group to fortnightly as some of the group thought monthly was too long and the group is helping organise the Carers Week Dinner, please contact us if you would like to buy a ticket.

On 2 October, we enjoyed meeting our guest speaker Greg Kelly. Greg is riding around Australia to raise awareness and funds for Australians living with Dementia and is one of 25,000 Australians living with younger onset Dementia. This event was arranged for carers and service providers at the Katherine Office.

Our respite beds are still in great demand if you are requiring respite contact the Katherine office on 89712766 or email respite@carersnt.asn.au



Alice Springs – Interview with Desert Diva



Alice Springs carer Natasha Clarke, aka Tash, was recently involved with the Desert Divas musical program displaying her and other local 'divas' musical prowess to audiences around The Alice. Music is an outlet for many carers and Tash admits it "feeds my soul and re-energises my spirit," a very important aspect of self-care for family carers.

Self-care is a topic that Tash and Carer Advisor Fiona Betteridge discuss regularly when Tash drops into the Carers NT office at Helm House. Tash commented, "Carers NT is a good place to stop and think, conversations lead me to what's next for me and my family and that helps me set goals for the future".

"I just like hanging out there," says Tash who finds the office space "welcoming and home like." The monthly support group meets at the Carers NT office every second month for guest speakers to talk about carer related topics (including self-care) and afterwards hosts a morning tea for the carers offering peer support. Every other month carers meet outside the office

in different community locations to provide carer peer support. Tash joins the group when her busy life permits, "It's nice to know people are going through similar issues and stages with the person they care for".

Carers NT does not deliver respite services in Central Australia but the office refers carers to the Australian Rural and Remote Community Services (ARRCS) – Respite Centre. Tash states, "connecting my daughters to the ARRCS Young Carer program has helped my daughters in their individual caring roles for their brother".

For more information about carer support in Central Australia, please contact the Alice Springs office direct on 8953 1669 or Carers NT Darwin on 8944 4888.

Young Carers

The young carer program has certainly had a busy dry season!

Since you last heard from us, we've been in Canberra raising the voices of young carers as part of the Australian National Young Carers Action Team. John, our NT representative made an impact at Parliament house, speaking to ministers about the benefits of the young carer bursary.

We began term two with visits to health expos at schools across Darwin and Palmerston. It was wonderful to connect with so many students across Darwin, Palmerston and beyond.

Our fortnightly peer support group for young carers 13 and up had a great time at Mayfair Gallery creating graffiti boards with David Collins, and our last session before the holidays saw us bouncing around at Flip Out.

Young carers, aged five to nine, enjoyed a great day out at Catholic Care in Malak learning about bush tucker from local Larrakia elder Leslie Gordon. Did you know the Larrakia word for crocodile? It's danggalaba!



We spent an afternoon in beautiful Katherine, with an open day for young people to find out about young carer support, and take part in an art workshop with local artist Amelia Batchelor. Thanks to the NT Government Youth Vibe grants for supporting this event!

We've been spreading the word about the young carer bursary, which could see young carers receiving \$3000 to help with their education. A fantastic workshop led by Amy

Hetherington gave applicants tips and tricks to make their applications shine. Want to join in the fun? Call the office and ask for Ellie.

STOP PRESS!!! We send out young carer updates once per term via email. If you're a young carer and haven't received one recently, please check your spam filter, or get in touch to make sure you don't miss out. And don't forget to find us on Facebook at facebook.com/NTYoungCarers

Flexible Respite

Carers NT Flexible Respite Camp Program provides culturally appropriate respite on country. The program is delivered in communities on request from participants during the dry season and aimed at providing support to low care, frail aged indigenous women. The respite provides the carer with an opportunity to take a break from their caring role whilst the person they care for is being supported on country. The women get to spend time doing activities they enjoy with a focus on wellness and enablement.

In August, Carers NT visited the Gunbalanya community in West Arnhem Land and took a group of women camping at Big Waterfall. This place is mesmerising with its large number of bird-life in and around the nearly dry plunge pool.

The women enjoyed some lazy time here amongst the shade of



the trees after day trips collecting pandanus and digging for yellow colour. Despite their age, these women sure know how to do the

hard work required to prepare the pandanus for weaving. It was clear that this is a craft that requires a lot of practice and expertise and as it happened there was a couple of very accomplished weavers amongst them.

It would not be a camp without the fishing, regardless of where we go, we all love to fish. The women from this camp had a particularly successful afternoon and a good feast on fish that evening. The week went quickly as always, and the women said how much they particularly enjoyed the quiet time in the bush with peaceful sleeping. Other area camps held this dry season include Palumpa, Mataranka, Beswick and Nauiyu.

Volunteers are champions



Carers NT's volunteers are champion's in their own field.

This program assists socially isolated people with disability by introducing volunteers who commit to enhancing the lives of individuals. Volunteers support the person to identify and engage in activities where they

are valued and connected to their community.

Carers NT are supported by Volunteers with administration support and at social and fundraising events. Volunteers prepared an amazing BBQ lunch at the Charity Golf Day this year and will support

the organisation at several Carers Week events.

If you would like more information about how you can volunteer with Carers NT please contact Carers NT on 1800 242 636 and speak with Birodh.

Creative Ways to Care

Strategies for carers of people living with dementia

Carers NT are running a FREE creative program over seven weeks. Each session will be for three hours. These workshops have proven effective in helping carers improve the wellbeing, relationships and the quality of everyday life, for people living with dementia.

We are looking to start the course in late October. Please contact Carers NT on 1800 242 636 or email carersnt@carersnt.asn.au



Calendar of Events 2017-2018

	EVENT	DATE	TIME	LOCATION
OCTOBER	Carer Peer Mentoring Program	October	TBA	TBA Darwin Carers interested in being Mentors
	Creative Ways To Care	October	TBA	Carers NT, 59 Bayview Blvd, Bayview For carers of people living with dementia
	Volunteer Social Support - Crusie Ride	13 October	11.30 am- 12:40 pm	Collen bay Only clients of Volunteer Services
	NDIS Full Scheme Ahead	19 October	9 am to 2 pm	Carers NT, 59 Bayview Blvd, Bayview Carers
	Volunteer Social Support Craft Class - Melbourne Cup Jockey shirt making	21 October	10am - 1pm	Carers NT, 59 Bayview Blvd, Bayview Open for clients and Carers
	Volunteer Social Support Computer Classcraft Class - Computer Class	28 October	10am - 1pm	Carers NT, 59 Bayview Blvd, Bayview Open for clients and Carers
NOVEMBER	Carer Peer Mentoring Program	November	TBA	TBA Darwin Carers interested in being Mentors
	Creative Ways To Care	November	TBA	Carers NT, 59 Bayview Blvd, Bayview For carers of people living with dementia
	Volunteer Social Support - Melbourne Cup Lunch	7 November	12:00 - 2 pm	Carers NT, 59 Bayview Blvd, Bayview Open for all
	Volunteer Social Support Craft Class - International Day of People Living with Disability making of wrist bands	November	10 am - 2 pm	Carers NT, 59 Bayview Blvd, Bayview Open for clients and Carers
	Volunteer Social Support - Visit to Cocosaurus Cove	November	9 am - 11 am	Darwin CBD Only for client of Volunteer Services
	Youth Mental Health First Aid	28 November - 1 December	9 am to 12:30 pm	TBA (Katherine, NT) Carers
DECEMBER	Carer Peer Mentoring Program	December	TBA	TBA Darwin Carers interested in being Mentors
	Creative Ways To Care	December	TBA	Carers NT, 59 Bayview Blvd, Bayview For carers of people living with dementia
	Volunteer Social Support - Graduation Ceremony of Craft and Computer class	2 December	10 am to 1 pm	Carers NT, 59 Bayview Blvd, Bayview Open for all
	International day for Volunteers	5 December	TBA	Carers NT, 59 Bayview Blvd, Bayview Open to all the volunteers
	Volunteer Social Support - Christmas Lunch	16 December	11 am to 2 pm	Carers NT, 59 Bayview Blvd, Bayview Open to clients of volunteer services, music therapy and young carers

Contact Details

If you want further information on our services please call: **1800 242 636**

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