



What's On: SHARING THE CARE EXPO!



EMPOWERING YOUR INDEPENDENCE



TUESDAY
07 MAY
2024



10AM TO
3PM



PUNCHBOWL
CHRISTIAN
CENTRE

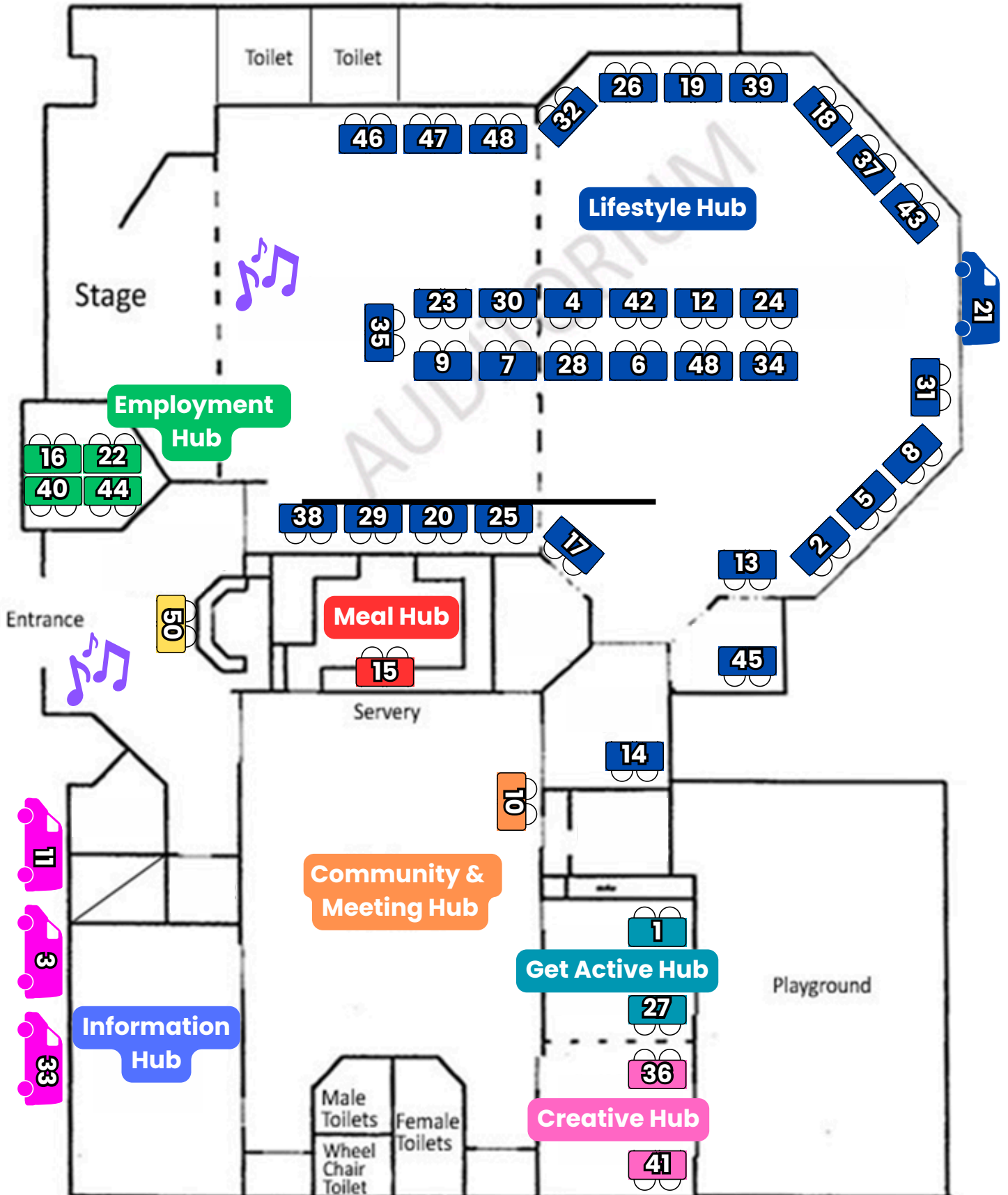
Your guide to all things on the day, from the floor plan, to a bit about who's coming, the entertainment, the food, presentations and everything in between!

MORE INFORMATION
WWW.CCT.ORG.AU

SHARING THE CARE EXPO 2024



Empowering Your Independence



SHARING THE CARE EXPO 2024

Empowering Your Independence



EVERYDAY INDEPENDENCE

EXHIBITORS

- 1 ADAPTCARE
- 2 ADVOCACY TASMANIA
- 3 AFGHAN BOLANI STALL
- 4 AMPLAR HEALTH
- 5 ANGLICARE TASMANIA
- 6 BAPTCARE NDIS
- 7 BE POSITIVE THERAPY
- 8 BLEYER LAWYERS
- 9 CARE2SERVE
- 10 CITY PARK RADIO
- 11 COFFEE GOT SOUL
- 12 COTA TASMANIA
- 13 COUNTRY CARE GROUP
- 14 COUNTRY CARE GROUP
- 15 COUNTRY WOMENS ASSOCIATION
- 16 CVGT
- 17 DEMENTIA AUSTRALIA
- 18 DIABETES TASMANIA
- 19 EUREKA VILLAGES
- 20 EVERYDAY INDEPENDENCE
- 21 HEARING AUSTRALIA
- 22 HESTA
- 23 INDEPENDENCE AUSTRALIA
- 24 LAUNCESTON VOLUNTEERS FOR COMMUNITY (LVFC)
- 25 LINK TECHNOLOGIES
- 26 MUSCULAR DYSTROPHY TAS
- 27 NEW HORIZONS
- 28 NIB THRIVE
- 29 PALLIATIVE CARE
- 30 RED CROSS
- 31 RELATIONSHIPS AUSTRALIA
- 32 RENT A GRANDSON
- 33 SAILOR FOOD TRUCK
- 34 SCORPION BUSINESS SERVICES
- 35 SERVICES AUSTRALIA
- 36 STARTING POINT NEIGHBOURHOOD HOUSE
- 37 ST LUKES
- 38 SUGAR N SPICE
- 39 TASMANIA FIRE SERVICE
- 40 TASTAFE
- 41 THE RAVENSWOOD MEN'S & COMMUNITY SHED (MACS)
- 42 VISABILITY
- 43 WELLWAYS
- 44 COMMUNITY CARE TASMANIA RECRUITMENT
- 45 CCT - NIGHTINGALE
- 46 CCT - COMMUNITY CARE CHAMPIONS & NURSING
- 47 CCT - HCP & CHSP
- 48 CCT - NDIS SERVICES
- 49 CCT - NDIS SUPPORT
- 50 EXPO INFORMATION



- CHOIR OF HIGH HOPES
- PETER VAN DEN BERG ON SAX
- UKULADIES



What's On:

Lifestyle Hub

- [Advocacy Tasmania](#) provides free, independent and confidential advocacy services to older people, those with disabilities and others. They've been working with Tasmanians to resolve rights based issues for over 30 years
- Talk to [Amplar Allied Health](#) a leading provider of allied health services, they deliver in-home physiotherapy, occupational therapy and virtual dietetic services
- [Anglicare Tasmania's](#) community support services can help provide financial counselling and even assistance with avoiding scams and keep you protected
- Need help understanding and navigating the NDIS? Talk to [BaptCare](#) your NDIS Local Area Coordinator, here to support people living with disability (PLWD)
- Have a chat with [Be Positive Therapy](#) about their home-based occupational therapy and positive behaviour support services supporting Launceston and NW Coast
- Looking for Legal Services? Chat to [Bleyer Lawyers](#) a small law firm who provide commercial, conservation, mitigation, wills, estates and conveyancing services
- Carer Gateway will be on hand to chat about [Care2Serve](#) services supporting Carers to get a wide range of help - from counselling and peer support groups, to respite care, home help and equipment
- Community Care TASMANIA's [Community Care Champions](#) are here to support you, whether recovering from an injury, changes to your lifestyle or for when you just need a little extra support. Check out their table to learn more
- Looking for personalised NDIS support? The NDIS team with [Community Care TASMANIA](#) will be onsite to help you get the most out of your NDIS plan. Their Support Coordination Team will also be there to chat with!
- Looking for a local provider to service your Home Care Package? Visit the Case Managers at [Community Care TASMANIA](#). Their new Clinical team will also be available, to chat about their newly established Nursing Services! Already a client? The Nightingale Team will be available for you to view their new client app!
- Talk to [COTA](#) about advancing the rights, interests and futures of older Australians
- Looking for innovative healthcare solutions? Check out [Country Care Group's](#) display and chat to their team about your needs
- Did you know [Dementia Australia](#) services about 400,000 Australians impacted by Dementia? Enabling EDIE, Dementia Australia's virtual reality technology will be setup so you can experience what the world looks like through their eyes
- Talk to [Diabetes Tasmania](#) about their locally and nationally delivered prevention services, including self management education and support programs for people with Diabetes
- Expect [Everyday Independence](#) to deliver more change than you imagined possible, by changing the way you think about NDIS funding options

What's On:

Lifestyle Hub continued...

- Want a great community feel? Talk to [Eureka Villages](#) about their affordable senior living options
- What did you say? Get a free 15 minute hearing test from [Hearing Australia](#)
- Chat to [Independence Australia](#) to see what this social enterprise supplying healthcare and medical supplies across Australia have on offer
- Looking for high-quality entry-level services? Talk to [Launceston Volunteers for Community \(LVFC\)](#) about their transport, shopping assistance and mowing services
- Looking for personalised cyber security options? Chat to the the [Link Technologies](#) team today
- There are 1,000 Tasmanians with some form of muscular dystrophy. Ask [Muscular Dystrophy Tasmania](#) how they can help on a case-by-case basis
- [Nib Thrive Peak Plan Management](#), your partner in navigating your NDIS Plan
- [Palliative Care Tasmania's](#) mission is to lead and influence policy, practice, advocate, educate and support people of all ages to access quality palliative care. Chat to their team about what that might look like for you
- Speak to [Red Cross](#) about their aged care program to support people over 65
- [Relationships Australia](#) are committed in working together to make a positive difference, supporting people in reshaping their lives, one relationship at a time
- Technology can be a struggle! [Rent a Grandson](#), is here for all your in home tech support needs and even offers further learning to keep you connected
- Looking for a NDIS Plan Manager? [Scorpion Business Services](#) makes plan management easy
- Talk to an Aged Care Specialist Officer from [Services Australia](#), who will be on hand to chat to you about your aged care matters
- Let the experts from local not-for-profit health insurer [St Lukes](#), help support you in making the right choice of cover for your life stage
- Chat to [Sugar'n'Spice](#) about their quality home cooked meal services delivered to your door! See their naughty but nice sweet treats available to take home today, or maybe buy some for mum for Mother's Day.
- Working smoke alarms save lives! Chat to [Tasmania Fire Service](#) about the burning issues to help make you safer through home and bushfire safety planning
- Visit [VisAbility](#), a local service provider offering therapy and technology solutions that supports Tasmanians with no or low vision to lead independent lives
- [Wellways to Recovery](#) is a free community-based support service for Tasmanians 16 years and older, experiencing mental health issues to set their own recovery goals and reach them



What's On:

Creative Hub

- Take a leap into the digital world and try virtual reality at the [Starting Point Neighbourhood House](#). Chat to them about their wide range of programs and support, including social and craft, fitness, education, food relief, and much more.
- When you whittle it down, [Ravenswood Men's and Community Shed \(MACS\)](#) is more than just woodwork, and it's not just for men

Get Active Hub

- Channel your dance moves at [adaptCARE's](#) silent disco, and learn first-hand how their approach is guided by your individual needs
- Find out how [New Horizons](#) is building inclusive communities through sport and recreation and take part in their AFL skill building sessions

Employment Hub

- Looking for a meaningful role supporting those in our aged and disability community? Ask [Community Care TASMANIA's](#) Service Delivery Team about what our support worker roles entail
- In the employment business [CVGT](#) kicked small sustainability goals to make a big difference. See what they can do for you
- Get your super working harder for you! Come meet a [HESTA](#) Super Specialist to learn more
- Providing vocational education and training that leads to jobs, [TasTAFE](#) knows all about working together to take control of the future, both theirs and yours

Meal Hub

- Devonshire teas and other tasty morsels are available from the [Country Women's Association \(CWA\)](#) in our Meals Hub. Pick up a handcrafted gift for Mum while you are there!

Community & Meeting Hub

- Local not-for-profit radio station, [City Park Radio](#), will be broadcasting live from the venue between 12.00-2.00pm



What's On:

Entertainment

- Hear the [Choir of High Hopes](#) as they unite in song and combat social isolation through the joy of singing
- Be stirred by the sound of the saxophone played by [Peter Vandenberg](#)
- Listen to the [Ukuladies](#) strum their stuff

Food Trucks

- Tantalizing aromas will guide you to the traditional foods on offer at the [Afghan Food Stall](#). Don't go home without trying a scrumptious bolani!
- Good ideas start with great coffee, so grab one on your way into the expo from the [Coffee Got Soul](#) van
- Taste chicken and fish street-food classics at the [Sailor Food Truck](#); you'll be glad you did

[Check out their delicious menus on the next page!](#)



MENUS

COFFEE GOT SOUL

Hot Drinks

Coffee, Tea, Chai, Hot Chocolate, Nutella hot chocolate, white hot chocolate
\$4.50. \$5.50 \$6.50
Syrups Vanilla, Caramel, Hazelnut .50c extra
Soy, Almond, lactose free, oat available 50c extra
Keep cups receive 50c off

Cold Drinks

Cold can variety \$3.00
Energy drinks, \$4.00-\$6.00
Milkshakes \$4.00-\$6.50
Chocolate, Caramel, Strawberry, Lime, Vanilla,
Iced coffee, chocolate with ice cream and cream \$7.50

Snacks

Chips, bags of mixed lollies
Cheese and biscuits, slices, biscuits
Banana bread, date and walnut bread, carrot and walnut bread.
*See vendor for pricing

Sandwiches/Rolls

Chicken and mayo
Beef and chutney
Silverside and pickles
Egg
Salami and mustard
Ham and mayo/ pickle
Salad and relish
Salad items
*See vendor for pricing

Hot Food

Bacon and egg rolls \$6.00
Chicken burgers w/ bacon cheese mayo \$7.00
Beef burgers w/ bacon cheese sauce \$7.00
Sausage rolls \$4.50
Pies \$5.00
Toasted sandwiches \$5.00



SAILOR FOOD TRUCK

Hot Food

Beer Battered Flathead with Chips & Tartare \$17.00
Small Fish'n'Chips \$10.00
Buttermilk Fried Chicken Tenders Large \$18.00
Buttermilk Fried Chicken Tenders Small \$10.00
Sailors Catch (Fisherman's Basket) \$20.00
Smoked Salmon Croquettes (serve of 2) \$12.00



AFGHAN BOLANI

Hot Food

Afghan Bolani \$10.00
Afghan Dumplings \$10.00 (Serve of 5)
Ashe Reshte (Vegetarian noodle soup) \$10.00
Chicken Biryani \$15.00



CWA

Devonshire Teas \$5.00
A collection of other delights will also be available





What's On: Talks and Entertainment

10:00am to 3:00pm - Roving Busker (Lifestyle Hub)

Peter Vandenberg, will be playing saxophone throughout the day

10:30am to 11:00am - Younger Onset Dementia (Information Hub)

Allison McMahon, Project Officer Primary Care Liaison, Dementia Australia

Dementia can happen to anyone, and at any age. If diagnosed under of the age of 65, it is called younger onset dementia, and as of 2024, this affected approximately 29,000 Australians. While the disease is the same, younger onset dementia comes with unique social, emotional, and financial challenges, and Allison will talk on its impact and the support available to you or your loved one

11:00am to 11:15am - The Choir of High Hopes (Lifestyle Hub)

Inspired by Melbourne's Choir of Hard Knocks, the Choir of High Hopes formed to overcome social isolation through the joy of singing. Sponsored by the Launceston City Mission, the Choir of High Hopes is open to everyone

11:15am to 11:45am - Understanding Grief and Loss and Navigating the Journey (Information Hub)

Anna Holliday, Manager - Strategic Projects and Partnerships, Relationships Australia, Tasmania

What is grief/loss? What does it look like? What can be some of the triggers? What does popular culture tell us is the 'right' way to grieve...and how do we support people who are grieving. Anna will help answer some of these questions and also provide an overview of a recent initiative Death over Dinner, and the evidence of why conversations about end of life whilst breaking bread, is helping us to have the important conversations, about what we want and how we want to be cared for at the end of our lives

11:45am to 12:00pm - The Choir of High Hopes (Lifestyle Hub)

Inspired by Melbourne's Choir of Hard Knocks, the Choir of High Hopes formed to overcome social isolation through the joy of singing. Sponsored by the Launceston City Mission, the Choir of High Hopes is open to everyone

12:00pm to 12:30pm - What Matters Most: Advance Care Planning (Information Hub)

Deborah Wilson, Community and Sector Engagement, Palliative Care

It is impossible to know what will happen in the future concerning your health. And you might have firm ideas about how you want to live the rest of your life, which is why an Advance Care Directive will help your loved ones and health professionals know what you would want if you can't tell them. Deborah will help you explore what matters most to you, and how to go about putting an advance care directive in place, which you can change at any time, but important to have

1:00pm to 1:30pm - The Ukuladies (Lifestyle Hub)

Come and listen to the Ukuladies make music that radiates joy and sunshine

1:30pm to 2:00pm - Avoiding Scams and What To Do If You Are Scammed (Information Hub)

Judy Hearn, Financial Counsellor, Anglicare Tasmania

As scammers proliferate and become more convincing/sophisticated, we all know the risk of being scammed is growing. So, what can you do to avoid being scammed? And what can you do if it has already happened? Let Judy tell you what to watch out for, and what actions you can take to protect yourself

2:15pm to 2:45pm - Fire Safety at Home (Information Hub)

Peter Middleton, Coordinator Home Fire Risk Mitigation & Community Education, Tasmania Fire Service with winter just around the corner, Peter's talk will help you identify fire hazards in and around the home, and act as a reminder of how you can eliminate or minimise risks to protect what is often irreplaceable.

Working smoke alarms save lives