If you are Aboriginal and aged over 50, have a disability or who are caring for someone with a disability, Link Up is a great way to learn about how to make living at home easier and more enjoyable.

Help with cleaning, transport and meals are just some of the services you can find out about on the day.

Where will Link Up be held?

**Mindaribba**
Friday 6 March, 10–2 pm
Mindaribba Local Aboriginal Land Council
1A Chelmsford Drive
Metford NSW 2323
(near The Good Guys)

**Awabakal**
Tuesday 9 March, 10–2 pm
Ethnic Communities Council
2A Platt Street
Waratah NSW 2298
(opposite Waratah station)

**Biraban**
Thursday 12 March, 10–2 pm
Bolton Point Community Hall
68A Middle Point Road
Bolton Point NSW 2283
(next to Biraban LALC)

**Worimi**
Thursday 19 March, 10–2 pm
Murrook Culture Centre
2163 Nelson Bay Road
Williamtown NSW 2318
(Worimi LALC)

**Black Creek**
Tuesday 24 March, 10–2 pm
Cessnock City Scout Hall
284 Maitland Road Cessnock
NSW 2325
(cnr Henderson Ave)

**Karua**
Thursday 26 March, 10–2 pm
Karuah Local Aboriginal Land Council Hall
Muston Road Karuah
NSW 2324
(opp LALC 16 Mustons Ave)

**Wanaruah**
Tuesday 31 March, 10–2 pm
Singleton Youth Venue
Corner Pitt and Bathurst Street, Singleton NSW 2330

**Wanaruah**
(Muswellbrook)
Thursday 2 April, 10–2 pm
Red Door Kitchen
Uniting Church Hall
122 Bridge Street
Muswellbrook NSW 2333
(next to Muswellbrook Holden)

In our commitment to working together and with respect for Aboriginal culture, a number of ceremonial and cultural activities will be held at each Link Up event.

So come along, have a wander and a yarn, ask questions, and enjoy some lunch!

For more information contact Sue Shilcock on 0429 075 430 or email sue.shilcock@wesleymission.org.au

wesleymission.org.au