Link Up

Bringing you choice to make life a bit easier

Link Up is a day where you can find out about services for those in your local community who 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 connect with services in your community, and get practical advice about how these services can make living at home easier and more enjoyable. These services are flexible so that you can choose the assistance you need, in the way that will suit you best.

Some of the services you can find out about include:

- hearing tests
- home help for cleaning, maintenance and personal help
- social stuff
- transport
- home modifications
- help to get around
- shopping
- help for carers
- nutrition
- podiatry
- meals
- interest groups
- how to get involved with activities in the community
- aids to help you see
- counselling.

Do all the good you can because every life matters
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 including a local elder performing Welcome to Country and performances by local Aboriginal youth dance troops at some locations.

### Where will Link Up be held?

<table>
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<tr>
<th>Location</th>
<th>Date</th>
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<th>Venue and Address</th>
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| 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) |
| Karuah   | 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) |

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

*Do all the good you can* because every life matters