

# Join in, Join Up!

## Get Connected.

There's a community group out there waiting for your call

### CARERS



Looking after someone else is rewarding, but it can also be draining. Fixing the problems of people who can't do it for themselves – children, people with a disability, older people – can leave you feeling that you'd like a carer yourself. This can get you down.

It might be hard to remember at times that that's not all there is in life. You need to get out of the house and into the community. You need to participate – as a person and as a carer – in the workings of the groups that work for you, the groups where you help each other, and the groups that have nothing to do with your duties at all. Join a community group; it'll take a load off your shoulders.

Yes, it's hard to find time, it's hard to get away, it's hard to let go – but it's necessary. Unless you keep yourself healthy you're not going to be able to care for other people, and keeping yourself healthy involves participating in the life of the community: **all the studies say so.**

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

You can join the groups that fight for the rights of carers – Carers Australia, for example. They're concerned with having the voices of carers heard at the highest levels.

Or you can join a carers' group. You'll meet other people who are going through the same stresses and who can understand how you're feeling. Have a break, get information on coping strategies, and get support from others who know what it's like. Sharing ideas, feelings, worries, information and problems can help you feel less isolated.

There are local support groups that bring together carers in particular areas, sometimes under the guidance of a facilitator who's experienced in supporting carers. Carers Australia can help put you in touch with carer support groups in your area

**Look them up in the following pages.**

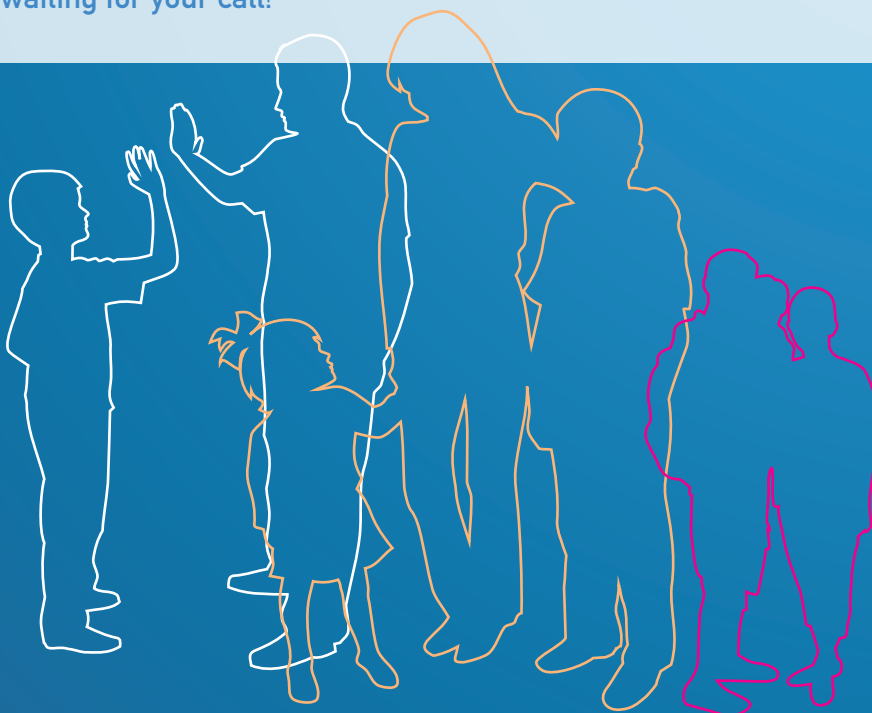
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

**Look on the Our Community website – [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) – for a group you can relate to.**

**Come on – Join in, Join up!**

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

**There's a community group out there waiting for your call!**



## National

Group	Telephone	Freecall	Website
Carers Australia	02 6122 9900		<a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>
Young Carers			<a href="http://www.youngcarers.net.au/">www.youngcarers.net.au/</a>
The Carers Network	03 9810 9350		<a href="http://www.carersnetwork.org">www.carersnetwork.org</a>
Alzheimer's Australia	02 6254 4233	1800 100 500	<a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a>
National Network of Adult & Adolescent Children who have a Mentally Ill Parent	03 9889 3095		<a href="http://nnaami.org">http://nnaami.org</a>
Children of Parents with a Mental Illness	08 8367 0888		<a href="http://www.copmi.net.au">www.copmi.net.au</a>
My Time - Supporting Parents of Children with Disabilities	03 8660 3555	1800 889 997	<a href="http://www.mytime.net.au/">www.mytime.net.au/</a>

## ACT

Group	Telephone	Freecall	Website
Centacare Canberra and Goulburn	02 6295 4300		<a href="http://www.centacare-canberra.org/centacare.php?sec=1">www.centacare-canberra.org/centacare.php?sec=1</a>
Carers ACT	02 6296 9900		<a href="http://www.carersact.asn.au/">www.carersact.asn.au/</a>
CyclopsACT	02 62322432		<a href="http://www.cyclopsact.org">www.cyclopsact.org</a>
Alzheimer's Australia ACT	02 6255 0722		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=20">www.alzheimers.org.au/content.cfm?categoryid=20</a>
Mental Health Foundation ACT Inc	02 6282 6658		<a href="http://www.mhf.org.au/mhf/default.aspx?">www.mhf.org.au/mhf/default.aspx?</a>
African Communities Council (ACC)	02 9558 0999		<a href="http://www.africancomcouncil.com/index.htm">www.africancomcouncil.com/index.htm</a>
Australian African Network			<a href="http://australianafricannetwork.org.au/">http://australianafricannetwork.org.au/</a>
Co.As.It - Italian Association of Assistance	02 9564 0744		<a href="http://www.coasit.org.au">www.coasit.org.au</a>
Australian Chinese Community Association	02 9281 1377		<a href="http://www.acca.org.au">www.acca.org.au</a>
Greek Orthodox Community of NSW	02 9740 6022		<a href="http://www.goc.com.au/gocweb/">www.goc.com.au/gocweb/</a>

## NSW

Group	Telephone	Freecall	Website
Carers NSW (Carers wanting emergency respite)	02 9280 4744	1800 242 636 1800 059 059	<a href="http://www.carersnsw.asn.au/">www.carersnsw.asn.au/</a>
Alzheimer's Australia NSW	02 9805 0100		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=21">www.alzheimers.org.au/content.cfm?categoryid=21</a>
Association of Friends & Relatives of the Emotionally & Mentally Ill	02 9332 0700	1800 655 198	<a href="http://www.arafmi.org/">www.arafmi.org/</a>
Centacare Sydney	02 9390 5377		<a href="http://www.centacare.org/Text/1124433619648-3726/Our-Services">www.centacare.org/Text/1124433619648-3726/Our-Services</a>
Working Carers Gateway	02 6622 8002		<a href="http://www.workingcarers.org.au/">www.workingcarers.org.au/</a>

## NT

Group	Telephone	Freecall	Website
Carers NT	08 8948 4877		<a href="http://www.ntcarers.asn.au/">www.ntcarers.asn.au/</a>
Mental Health Carers NT	08 89481051		<a href="http://www.mentalhealthcarersnt.org/">www.mentalhealthcarersnt.org/</a>
Alzheimer's Australia NT (Darwin)	08 8948 5228		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=22">www.alzheimers.org.au/content.cfm?categoryid=22</a>
(Alice Springs)	08 8952 9799		
Centacare NT	08 89442033		<a href="http://www.centacare-nt.org.au/ourservices.php">www.centacare-nt.org.au/ourservices.php</a>

## QLD

Group	Telephone	Freecall	Website
Carers Queensland	07 3843 1401		<a href="http://www.carersqld.asn.au/">www.carersqld.asn.au/</a>
ARAFMI Qld	07 3254 1881	1800 35 1881	<a href="http://www.arafmiqld.org/">www.arafmiqld.org/</a>
Alzheimer's Australia QLD (Brisbane)	07 3895 8200		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=23">www.alzheimers.org.au/content.cfm?categoryid=23</a>
(Gold Coast)	07 5538 8221		

## SA

Group	Telephone	Freecall	Website
Carers South Australia	08 8271 6288		<a href="http://www.carers-sa.asn.au/">www.carers-sa.asn.au/</a>
Alzheimer's Australia SA	08 8372 2100		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=24">www.alzheimers.org.au/content.cfm?categoryid=24</a>
COMIC - Children of Mentally Ill Consumers	08 8221 5160		<a href="http://www.howstat.com/comic/">www.howstat.com/comic/</a>

## TAS

Group	Telephone	Freecall	Website
Carers Tasmania	03 6231 5507		<a href="http://www.carerstas.org/">www.carerstas.org/</a>
Alzheimer's Australia TAS (Hobart) (Launceston)	03 6224 3077 03 6224 1752 03 6326 3488		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=27">www.alzheimers.org.au/content.cfm?categoryid=27</a>
Association of Relatives and Friends of the Mentally Ill (TAS) Inc	03 6224 7247	1800 808 890 ext 101	<a href="http://home.iprimus.com.au/rafmi/">http://home.iprimus.com.au/rafmi/</a>

## VIC

Group	Telephone	Freecall	Website
Carers Victoria	03 9396 9500		<a href="http://www.carersvic.org.au/index.htm">www.carersvic.org.au/index.htm</a>
Alzheimer's Australia VIC	03 9815 7800		<a href="http://www.alzheimers.org.au/content.cfm?categoryid=25">www.alzheimers.org.au/content.cfm?categoryid=25</a>
Association of Friends & Relatives of the Emotionally & Mentally Ill	03 9810 9300 03 9810 9314		<a href="http://www.arafemi.org.au">www.arafemi.org.au</a>
The Carers Network	03 9810 9350		<a href="http://www.carersnetwork.org/">www.carersnetwork.org/</a>
Reach Out Southern Mental Health Association	03 9585 5677		<a href="http://www.smha.org.au/site/">www.smha.org.au/site/</a>
Road Trauma Support Team Victoria	03 9877 7922	1300 367 797	<a href="http://www.rtstv.org.au">www.rtstv.org.au</a>

## WA

Group	Telephone	Freecall	Website
Carers WA	08 9444 5922		<a href="http://www.carerswa.asn.au/">www.carerswa.asn.au/</a>
Alzheimer's Australia WA	08 9388 2800		<a href="http://www.alzheimers.asn.au">www.alzheimers.asn.au</a>
Rocky Bay	08 9383 5111		<a href="http://www.rockybay.org.au/index.cfm">www.rockybay.org.au/index.cfm</a>
ARAFMI Mental Health Carers and Friends Association WA (Inc)	08 9427 7100		<a href="http://www.arafmi.asn.au/">www.arafmi.asn.au/</a>

## What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

## Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

## How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to [www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin) to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

## Who?

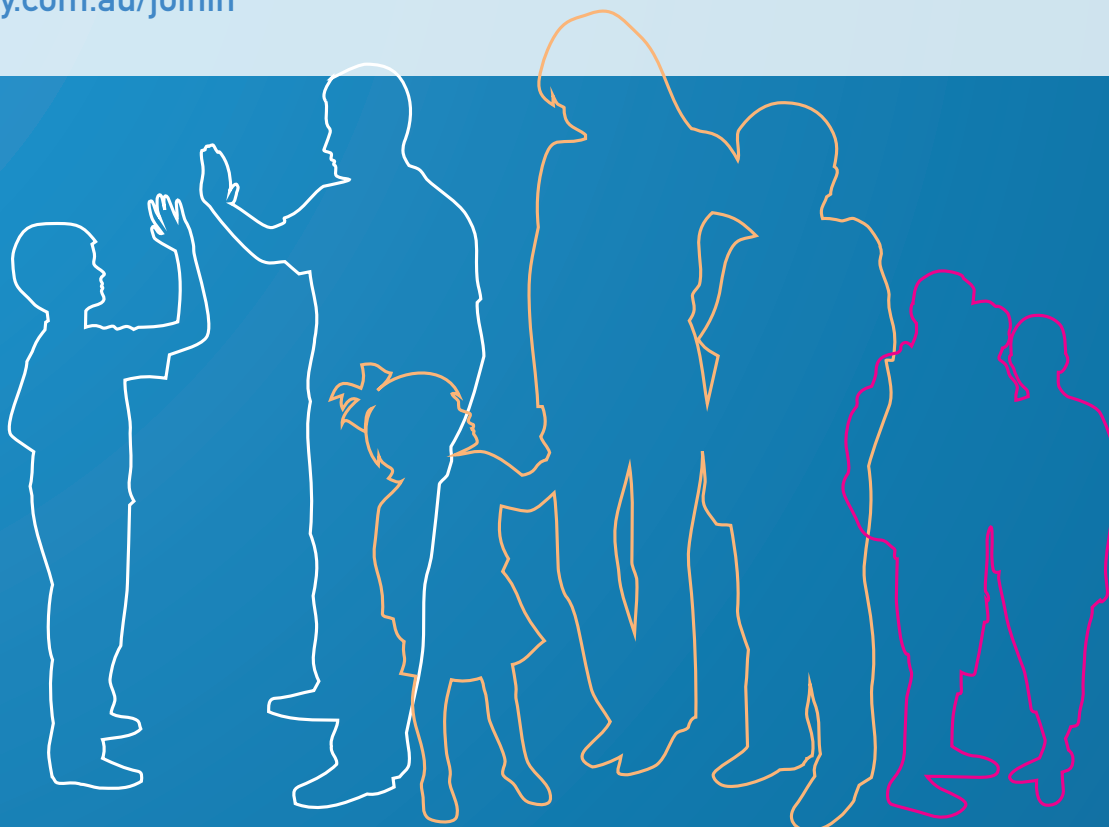
Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by Telstra and the Department of Families, Housing, Community Services and Indigenous Affairs.

## Join In, Join Up! Get Connected!

[www.ourcommunity.com.au/joinin](http://www.ourcommunity.com.au/joinin)

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health





The Pharmacy  
Guild of Australia

# *Join in Join up*

Helping Australians  
engage in community  
groups for better health.

We want to encourage you to  
*Join in Join up* - for better health.

For further information visit your  
local community pharmacy, or  
[www.ourcommunity.com.au](http://www.ourcommunity.com.au)

