

Other *hope springs* Groups

Rosanna Carer Support Group

Support, information, new skills, friendship

Meets at 10.00 am, 1st Wednesday of month

Contact: David Tregear 9459 7350

Eltham Carer Support Group

Support, information, new skills, friendship

Meets at 8.00 pm, 2nd Thursday of month

Contact: Carolyn Banna 9439 1921

Jan Gill 9434 7642

Mind & Spirit

A Christian way of sharing in the recovery from illness

Meets at 8 pm, 1st & 3rd Wednesday of month

Sycamore Tree Coffee Shop, Heidelberg

Contact: Rev. Peter Sanders 9459 8859



A Uniting Church *hope springs* Program

THE SPRINGBOARD*

A *hope springs* Activity and Support Program

A group for all interested people

- * Going places together
- * Making new friends
- * Linking with other activities
- * Learning new skills
- * Caring for ourselves

Help with transport is available

September - December 2002

* AAA-rated (Access All Abilities)

THE SPRINGBOARD

Come along on Tuesdays

Sept 10 th	BBQ at Edwards Lake (Mel 18 E5) - \$3
Sept 17 th	10-Pin Bowling - \$4.45 (one game)
Sept 24 th	Tour of St Patrick's Cathedral - \$3 (train)
Oct 1 st	Video Day - \$2
Oct 8 th	Fish & Chips - \$5
Oct 15 th	Werribee Open Range Zoo - \$8
Oct 22 nd	*BBQ at Norris Bank Res (Mel 9 H11) - \$3
Oct 29 th	Picnic Day at Blue Lake (Mel 20 B3) - \$2
Nov 5 th	*Cup Day BBQ Cresswell Res (M 20 B) \$3
Nov 12 th	Manningham Art Gallery - Free
Nov 19 th	C.E.R.E.S Environment Park - \$3
Nov 26 th	*Lunch at Heidelberg RSL - \$7
Dec 3 rd	Federation Square/Southbank - \$3 (train)
Dec 10 th	*Christmas Break-up at Peter's - \$4

*** = 11 am Start**

2003 Program begins on January 28th

We meet on Tuesdays
10.00 am sharp (or 11 am as indicated)
at

The Drop-in Centre, behind
The Sycamore Tree Coffee Shop
185 Burgundy Street, Heidelberg

Cost: Fares and entry charges
as indicated (kept to minimum)

Help with transport is provided if required

For more information about this group
and Mail-out
phone

Peter Sanders 9459 8859
Philip Staff 9432 7009

