



Active Living, Health & Lifestyle

Are you one of Australia's 2.65million carers?

Carers are those who provide unpaid care to family members, friends or loved ones who are elderly, or who might have a disability, terminal illness, chronic condition, mental illness, or substance abuse issues. These dedicated and compassionate people are the backbone of society.

Caring for someone can cover a broad range of tasks, but often involves support in daily activities, such as personal care and hygiene, preparing meals, transport, and household tasks. Carers may also be required to offer social, emotional and financial assistance. During Covid-19 lockdowns the role and importance of carers has become even more intensive and has highlighted the additional support all carers require and deserve.

"I think Covid-19 has made it harder not only for my husband and son, who I care for, but also more intense for me. I have to work harder to keep my head above water, I'm eating more because of the stress and exercising less because of lack of motivation," says dedicated and loving carer Jo.

Are you one of Australia's 2.65million carers?

Do you regularly look after a family member or friend who is elderly, ill or has disability?

Carer Gateway, in partnership with *The Benevolent Society & Your Side*, is here to support you.

Carer Gateway can reduce your stress and support you on your caring journey. Getting help early can make a big difference to your life by helping to reduce emotional and physical strain, and improving your overall health and wellbeing.

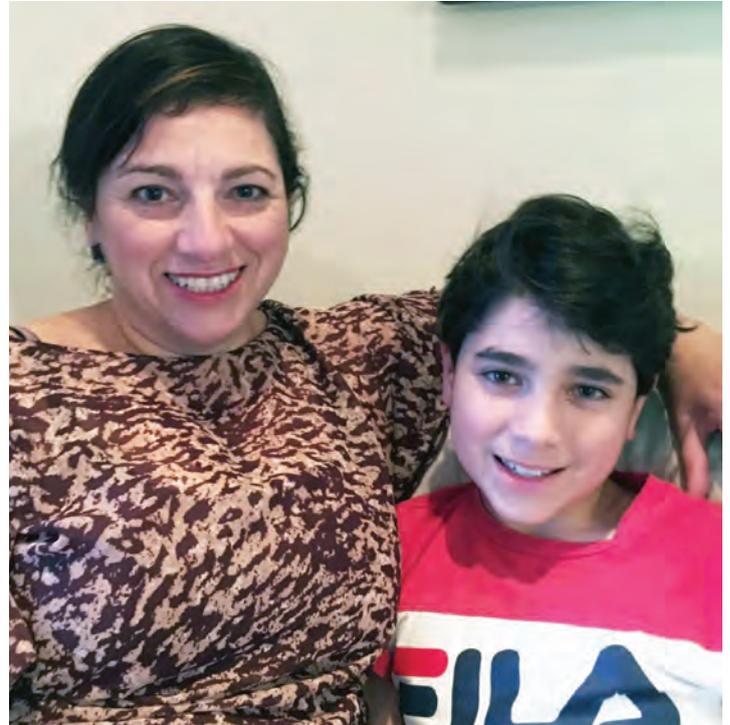
Carers can now access new dedicated services and supports to help you manage daily challenges, improve your health and wellbeing and plan for the future.

These include: Counselling ... Coaching ... Peer support ...Emergency respite ... Carer-directed funding packages

You can call our team on **1800 422 737** between 8am - 5pm Monday -

Friday or visit www.carergateway.gov.au

Photo right: Carer Jo & her son



Berowra Health & Wellness Studios

Offering classes in

- Dance • Pilates • Karate
- Yoga Class

Shop 2, 18 Kita Road, Berowra Heights
(parking in Berowra Marketplace)

For more information visit:
berowrahws.com.au

Sara Balmer
PSYCHOLOGY FOR KIDS

HORNSBY

- *Assessments * Behaviour
- *Anxiety * & more
- *Preschool to High School ages

0408 771 600
kids@sarabalmer.com.au

EyeQ OPTOMETRISTS

David Hendry

APPOINTMENTS NOW AVAILABLE*
(*waiting list applies)

OUR PRACTICE CORONAVIRUS PROCEDURES
To enable social distancing and keep staff and patients safe, we have amended our procedures for entering the practice:

1. Infra-red Temperature checks at the door
 2. Hand sanitising on arrival
 3. Masks and gloves for patients in test room
 4. Eye tests shorter than normal to minimise face time in enclosed space
 5. Telemedicine consultation prior to practice visit
 6. Constant cleaning of exposed surfaces by staff
 7. Gloves and masks for optometrists
 8. Only one test room in operation at a time
 9. Appointments spread over longer opening hours from 8am to 6pm Mon - Wed; 9am - 9pm Thurs; 9am - 6pm Friday; 9am - 5pm Saturday.
 10. Spectacle frames sanitised after being worn
- Eye examinations by appointment only, but emergency visits are available every day.**

Phone 9456 1545

1A Turner Road Berowra Heights

RETIREINVEST
Retirement Advice Specialists

RetireInvest has been helping people like you make smart financial decisions since 1979. We'd like to help you too!

Mark Robinson*
Authorised Representative
CFP, Adv.Dip, FS (FP), MBA, Bsc Econ (Hons)*

Your first discussion comes at no cost, so if you feel now is the time to take some of the worry out of your life, please call RetireInvest Hornsby on 02 9477 3340 or Castle Hill on 02 9680 8153.

Starting to think about retiring or already retired?
Separating or divorcing?
Not feeling in full control of your finances?

www.rihornsby.com.au

*Mark Robinson is an Authorised Representative of RI Advice Group Pty Limited ABN 23 001 774 125, AFSL 238429. The information in this document is of a general nature only and neither represents nor is intended to be personal advice. RetireInvest suggests that no person should act specifically on the basis of the information in this document, but should obtain appropriate professional advice based on their own personal circumstances including personal financial advice from a licensed financial adviser.

