

Being a Weaver is flexible around your schedule. By having cared for someone, **you have invaluable knowledge and skills** to then offer and help support a current carer.



“Our lived experience is enough to truly help someone else.”

- Robyn

*Caring is a learning curve, it helps to have someone show you through...
be that someone today.*

~~Weavers~~ program



GET IN TOUCH

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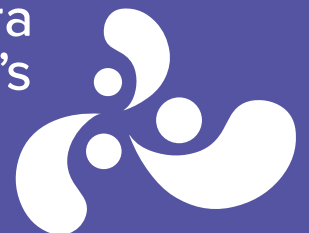


Calderwood
Valley



Illawarra
Women's
Health
Centre

Established 1986



WEAVERS

Weavers are women who have had experience caring for a loved one living with Dementia.

**They've been there.
They get it.**

They walk beside another woman to help support them with their journey of caring.

Illawarra Women's Health Centre train these women to support carers to:

- Deal with emotional challenges
- Navigate and negotiate services
- Sustain things for themselves
- Connect with family and friends

If you have had caring experience and would like to be involved in this rewarding volunteer role.

Get in touch today!

CARERS

Carers need help and support for both themselves and the person they are caring for.

It is often difficult to navigate the system of Aged Care and to find the right support. Being linked with a Weaver can help you negotiate through your caring pathway.

PROGRAM

Our program offers free support for women of all ages caring for someone living with dementia.

A woman to woman connection can provide support, friendship and a caring pathway companion.

Our local connector, Sharon, will facilitate monthly connection chats, provide helpful resources regarding local dementia specific groups and activities in our communities.



“The success of every woman should be an inspiration to another. We’re strongest when we cheer each other on”

Serena Williams

