

Welcome to your Carer Hub: Gladstone

For everyone who supports someone else.

Drop in. Rest. Recharge. This space supports you.

You might be a carer and not even know it. A carer is anyone who looks after a family member or friend who has a disability, mental health issue, chronic health condition, terminal illness, or is frail aged.

The Carer Hub is a place to take time out for you. Connect with other carers, take a moment to unwind, join activities and workshops, relax in the massage chair or read a chapter of your favorite book.



When and Where:

When:
9am-5pm
Monday - Friday

Where:
1 Buller Street, South Gladstone, 4680

RSVP and additional info:

Please reach out to your
Carer Hub Navigator: Debbie King
E. GladstoneCGHub@wellways.org
M. 0419 484 713
or simply drop in for a chat.

To find out more about Carer Gateway visit carergateway.gov.au or call **1800 422 737** Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.