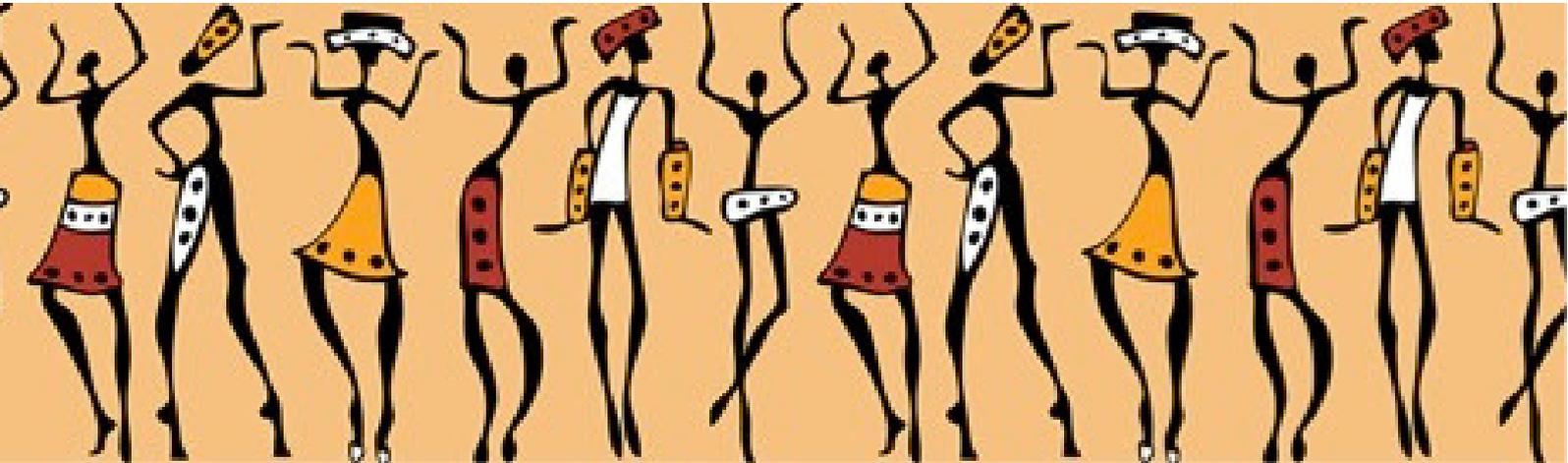




**Carers of Africa Inc.**

www.carersofafrica.org.au

# DECEMBER NEWSLETTER



## VISION

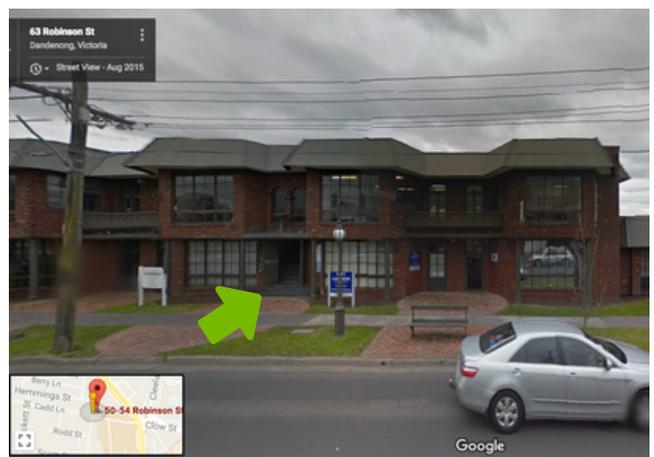
Carers of Africa (CoA) is a not-for-profit organisation committed to supporting disadvantaged people of culturally and linguistically diverse backgrounds (CALD) both locally and internationally. We strive to empower individuals in achieving optimal life outcomes.

Our international projects include sourcing and shipping of medical supplies to developing nations and our Wheelchairs for Kids and Days for Girls. Other programs include Sleep Well and Computer Refurb.

## MISSION

Carers of Africa works to improve access to health services for disadvantaged persons from diverse backgrounds experiencing health issues, family and domestic violence and unemployment. Services offered include counselling, art therapy, mentoring, legal and other referrals, and individualised personal and professional development programs.

## NEW PREMISES



**FIND OUT MORE BY LIKING US ON FACEBOOK AND FOLLOWING US ON TWITTER AND INSTAGRAM**

CARERS OF AFRICA - HEAD OFFICE: SUITE 8A 50/54 ROBINSON ST, DANDENONG VIC 3175  
CONTACT 03 9706 9887  
HOURS: MONDAY - FRIDAY 8AM - 6PM



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# PROJECTS & OPPORTUNITIES TO GET INVOLVED

## SLEEP WELL

Turning Plastic Bags Into Sleeping Mats For The Homeless

Transform all of those unwanted plastic shopping bags into something useful! By crocheting strips of plastic bags together, we can make a plastic sleeping mat, which can be distributed to homeless shelters. The plastic mats repel parasites are moisture resistant, durable, lightweight, easy to store, and make a great temperature barrier.

This is a wonderful project where people of all ages can combine their creativity, talents and labor to provide sleeping mats for individuals and organizations in need of protection from the elements, all by using plastic yarn made from plastic bags.

At Carers of Africa we collect and sort the donated bags. Our Volunteers carefully fold and cut the bags into strings called PLARN. This is then made into a ball of plarn which we use to crochet into a sleeping mat.

It takes roughly 600-700 plastic bags to make a single mat.  
Please donate your plastic bags today!



*Volunteers making a plarn ball to be crochet into a mat.*

## COMPUTER REFURB

Job seekers are taught to repair and rebuild old and recycled computers. They will learn the basics and foundations of computer diagnosis and repair. They also have the opportunity to source parts and be involved with the installation of software to the computers prior to donation to people in need.

## COMMUNITY CHOIR

Is music your passion?  
Join our community choir.  
Monday 5:30- 7:30pm  
155 Lonsdale Street, Dandenong  
Call 9706 9887 for more information





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[www.carersofafrica.org.au](http://www.carersofafrica.org.au)

# PROJECTS & OPPORTUNITIES TO GET INVOLVED

## WALKING THE WALK

Dreams can become reality with the right guidance and assistance. Our "Walking the Walk" program helps people achieve their goals in all aspects of life, including career advancements, relationships, health, leadership skills, education and training and culture.

We are excited to announce that Walking the Walk was recently approved by the Department of Employment. The 40 hour program requires 4 hours of participation a day and will commence shortly.

For more information please contact:  
Reception on 9706 9887 or via email  
[info@carersofafrica.org.au](mailto:info@carersofafrica.org.au)

## DAYS FOR GIRLS

Days for Girls is an ongoing project committed to helping young girls in rural Africa. Feminine hygiene products are difficult to get in rural parts of Africa. Without access to them, girls often missed out on 2 months of education every year.

**Sewing Group:** If you are interested and enjoy sewing, come along and join our sewing group at either our Dandenong or Ringwood offices.

We train all volunteers. Fabric donations are also welcome, and volunteers are encouraged to bring sewing machines if they have one.

## WHEELCHAIR FOR KIDS

Our Wheelchair For Kids Project is an initiative that aims to provide disabled children in developing countries with greater freedom of mobility. Earlier this year, Bright Chinganya traveled from Melbourne to Zambia to deliver an initial 10 wheelchairs to their new owners. We would like to thank the Perth based organisation, Wheelchairs For Kids, for making the wheelchairs available to us. We are excited to announce that we will be collaborating again soon.

Please consider changing a life and supporting our initiative as well as our generous partner organisation through donations, fundraising and volunteering.

Find out more by visiting the following websites:  
[wheelchairsforkids.org](http://wheelchairsforkids.org) and  
[www.carersofafrica.org.au](http://www.carersofafrica.org.au)





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## MAROONDAH FESTIVAL



We recently participated in the Maroondah Festival. We would like to thank the event organisers for the opportunity to participate in this years event. (Pictures courtesy of Maroondah Festival website)

### DONATION FROM AVOCARE

We would like thank AVOCARE for their generous donation of pillows.



# HELP US NOW BY DONATING

**A SMALL DONATION GOES A LONG WAY.**

All Donations over \$2 are tax deductible  
as Carers of Africa is DGR registered

[www.carersofafrica.org.au/donatenow/](http://www.carersofafrica.org.au/donatenow/)

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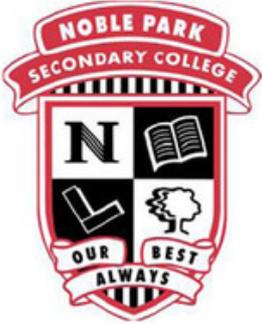


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# SPONSORS

We would like to thank all our Donors for their generosity.



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Bags | Labels | Printing | Packaging



We would also like to acknowledge the wonderful work and support of our volunteers and individual donors