



The Pathways for Carers walks offers carers of people with a disability or mental illness an opportunity to share walks together, connect with nature and to learn more about news, services and supports available to carers. We will be joined on the walk by representatives from local organisations.

**Free coffee and cake after each walk**



**Time and Day:** 9:30am the first Thursday of every month

**Start Location:** Meeting at the Mt Evelyn Community House, 50 Wray Crescent, Mt Evelyn

**For further information contact:** Nicky Condello at Mt Evelyn Community House: 9736-1177, [nicky@mtevelynch.com.au](mailto:nicky@mtevelynch.com.au)

**Dates for 2025:**

6 February	6 March	3 April	1 May	5 June	3 July
7 August	4 September	2 October	6 November	4 December	

**Please check out our Facebook page**  
[www.facebook.com/pathwaysforcarers](http://www.facebook.com/pathwaysforcarers)



Mt Evelyn & Districts  
**Community Bank** Branch **Bendigo Bank**



**Do I need to RSVP for the Pathways for Carers walks?**

No, you can just arrive on the day.

**Is there a cost to come on the walk?**

No, the walk and morning tea are FREE for carers.

**Will the walk still take place in wet or hot weather?**

Please dress for weather conditions on the day, walks might be cut short to accommodate rain or heat. However, on days Vic Emergency declare as extreme or catastrophic events, no walk or coffee chat will take place. Please do not come to the venue on these days. Carers are encouraged to check Facebook for any late updates, and carers will be contacted via text / email for any late changes (where possible).

**Are the walks suitable for everyone?**

The walks are suitable for all fitness levels and are approx. 4kms or 50mins-1hr in duration. They are on a mix of sealed and gravel paths, and are mostly flat.

Please speak with the contact person for questions regarding specific locations, especially for wheelchair or walking aid accessibility.

Please also notify us if you would like to skip the walk and meet the group at the Community House.

## Walks dates for other Councils

The Pathways for Carers walks operate all over the Eastern Region of Melbourne. Please see below for information regarding other locations and dates. You are welcome to attend walks at as many locations you like!

### YARRA RANGES HEALESVILLE WALK

**Time and Day:** 9:45am the fourth Wednesday of the month (except Dec)

**Start Location:** Beechworth Bakery, 316 Maroondah Hwy, Healesville

**Finish Location:** Enjoy a cuppa at the Healesville Community Link Room, River Street, Healesville

**Contact:** Amanda May, Yarra Ranges Council on 9294 6741 or a.may@yarraranges.vic.gov.au

### MAROONDAH WALK

**Time and Day:** 1:00pm the fourth Saturday of every month. January no walk.

**Start Location:** Realm Library, Eastland Shopping Centre (Ringwood Town Square), 179 Maroondah Hwy, Ringwood.

**Contact:** VMCH Carer Engagement on 03 8595 2405 or carersevent@vmch.com.au

### MONASH WALK

**Time and Day:** 10:00am the second Friday of every month

**Start Location:** Madeleine's at Jell's Park (please enter via Waverley Road)

**Contact:** Barb Wallace, City of Monash on barb.wallace@monash.vic.gov.au

### KNOX WALK

**Time and Day:** 10:00am – 4th Monday of the month (except Public Holidays)

**Start Location:** Coonara Community House, 22 Willow Rd Upper Ferntree Gully

**Contact:** Michelle Penney, Knox Council, on 9298 8000 or DisabilityInclusion@knox.vic.gov.au