

# AD HOC LUNCHEES FOR CARERS

Are you a carer or friend of someone with dementia? *Come and meet a group of friends and carers who understand your issues!*

**AD HOC** is a small voluntary group, offering carers and the people for whom they care a monthly Saturday lunch in a warm, happy atmosphere (see page 2 for more).

- **You won't have to plan or cook your meal!**
- **You'll be offered** drinks and appetisers upon your arrival, followed by your main meal, then dessert, then tea or coffee with slices—all in a comfortable, home-like environment, and with lucky door prizes each month.
- **You'll meet others** who can offer you good company and support.
- **You can bring** the person for whom you care, your friends, and/or your family—or just bring yourself! We'd love to see you.

**WHEN:** Usually the fourth Saturday of each month, with only occasional variance: please see the 2019 dates in the calendar below.

**TIME:** 12.30 to 2.30 p.m.

**WHERE:** The Vincent Fairfax Family Resource Centre (VFFRC), 120 Coxs Road, corner of Norton and Coxs Road, North Ryde, in the grounds of Macquarie Hospital.

**BOOKINGS:** For catering purposes please call VFFRC Reception, Dementia Australia 9888 4268, or call Penny Martin on 0410 570 707.

DATES IN 2019	TIME	EVENT	COST
Saturday <b>23<sup>rd</sup> February</b>	12.30 for 1.00 p.m.	Welcome back for 2019	\$10.00
Saturday <b>23<sup>rd</sup> March</b>	12.30 for 1.00 p.m.	Celebrating Autumn lunch	\$10.00
Saturday <b>27<sup>th</sup> April</b>	12.30 for 1.00 p.m.	Easter and ANZAC lunch	\$10.00
Saturday <b>25<sup>th</sup> May</b>	12.30 for 1.00 p.m.	Celebrating AD HOC lunch	\$10.00
Saturday <b>22<sup>nd</sup> June</b>	12.30 for 1.00 p.m.	Winter warmer	\$10.00
Saturday <b>27<sup>th</sup> July</b>	12.30 for 1.00 p.m.	Mid-year Yule celebration	\$20.00
Saturday <b>24<sup>th</sup> August</b>	12.30 for 1.00 p.m.	Farewell to Winter	\$10.00
Saturday <b>28<sup>th</sup> September</b>	12.30 for 1.00 p.m.	Welcome to Spring	\$10.00
Saturday <b>26<sup>th</sup> October</b>	12.30 for 1.00 p.m.	Summer lunch	\$10.00
Saturday <b>30<sup>th</sup> November</b>	12.30 for 1.00 p.m.	Christmas celebration	\$20.00

# ABOUT AD HOC

## WHAT IS AD HOC?

It is a small group of volunteers offering carers and the people for whom they care a monthly Saturday lunch in a welcoming, happy atmosphere.

## Who are the volunteers?

AD HOC volunteers are past carers who celebrate present carers and the ones they care for. Our aim is to provide social support for people with dementia and their carers.

We are not a fundraising group. We receive no sponsorship.

## How did AD HOC begin?

In 1995, a group met at Alzheimer's Australia (now Dementia Australia) NSW to see what might be done to provide social support to carers of people with dementia. We began with a dinner party. Then, every second month we hosted functions such as garden parties, Christmas-in-July lunches and barbecues. These proved so successful that we began holding monthly lunch events. One of our team suggested the name **AD HOC**, derived from *Alzheimer's Disease: Help Our Carers*, and the name stuck.

## Who attends AD HOC lunches?

People who attend our lunches include former and current carers. They may bring their person with dementia, other family members, and/or friends. People with dementia from nursing homes and care centres also sometimes attend.

## Where are AD HOC lunches held?

Our lunches are held at Dementia Australia's Vincent Fairfax Family Resource Centre, in North Ryde, NSW. We use the home-like family visiting area, which includes a comfortable entertaining environment, kitchen, bathrooms and a secure garden.

## WHAT DO OUR GUESTS SAY?

*A visiting daughter commented, 'Dad doesn't talk at home, but since he attended an AD HOC lunch he hasn't stopped talking about it'.*

*A wife remarked that her husband usually wants to leave whenever they are out, but when he attended our lunch, he didn't once ask to leave.*

*A guest said, 'I'm so used to being the carer! It's lovely to have people care for me'.*

*Another commented, 'No room for improvement! A warm and welcoming feeling and interesting people to talk to—thoroughly enjoyable'.*

Our volunteer crew can offer personal assistance to the person with dementia so that their carer can also enjoy the social event. At a barbecue lunch, one guest became restless, so an AD HOC volunteer quietly suggested a walk in the garden with the guest; and the carer was then able to enjoy a peaceful lunch.



*AD HOC founding members Patrick and Margaret MacMillan and volunteer Shilpi Aggarwal at a recent lunch. Both Patrick and Margaret have been awarded Medals of the Order of Australia (OAMs) for their services to dementia carers and sufferers.*