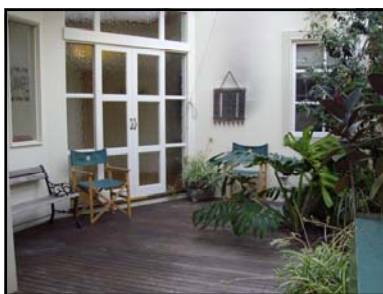


## How can I access Thyme Cottage?

Referral will be accepted from all service providers as well as self referral from carers.

Thyme Cottage works in collaboration with the Commonwealth Carer Respite and Carelink Centre who can assist you access additional support to help you maintain your caring role.

For more information or to request service contact the Thyme Cottage manager,  
Jon Sedgley  
Phone: 5562 7914  
Email: [jsedgley@aspire.org.au](mailto:jsedgley@aspire.org.au)



**Supporting carers to have a break**



A Sage Hill  
Carers Service program



## What is Thyme Cottage?

Thyme Cottage is a five bedroom (2 double, 1 twin share and 2 single room) property located at 5 Banyan St. Warrnambool close to the central business district and 5 minutes walk from the main beach.

The Cottage offers short term planned and unplanned facility based respite for carers of people with a mental illness.

Thyme Cottage is fully equipped and supplies linen, bedding and towels but you will have to provide your own food and do your own cooking!

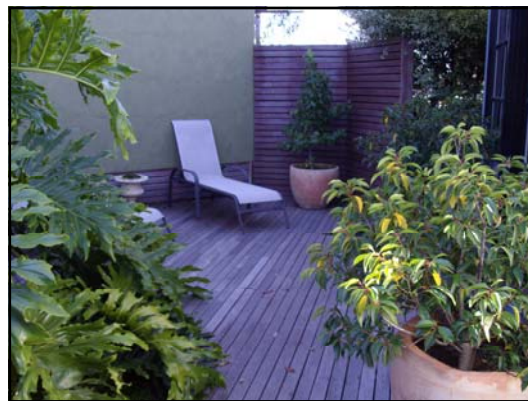


## Who is eligible for Service?

The Cottage provides carers of adults (16–65) with mental illness a place that they or the person they are caring for can stay for a short break (up to seven days at a time).

Priority of access will be given to carers of adults with a dual disability (Mental illness as well as either intellectual disability, Acquired Brain Injury (ABI) or substance abuse issues), residing in the South West

The house is also available to support carers of people who are about to enter or leave acute psychiatric care.



## What about Group Bookings?

Thyme Cottage welcomes group booking from carers and will assist arrange any planned activities the group would like to undertake.

## What is the Cost of the Service?

Thyme Cottage will work with regional carer respite services including the Commonwealth Respite and Carelink Centre to cover the majority of costs for providing services at the Cottage in most situations.

If respite funding is not available then costs will be negotiated on an individual basis.

People using the Cottage will need to cover the costs of food and other personal expenses during their stay.