

CONTACT DETAILS

Phone: 1300 686 405

Fax: 08 7200 7692

Email: admin@sacountrycarers.org.au

Website: www.sacountrycarers.org.au

Facebook: SA Country Carers



SA Country Carers
Support · Compassion · Connection

Newsletter: February 2016

SA Country Carers is an approved Provider for the National Disability Insurance Scheme

From the CEO's desk

Welcome to 2016! What does a new year mean to you? Is it a marker for you to make an alteration to your life or an attitude? Does it signify a change in career or a change in your family? Is it just the same day as every other day and you're not sure why everyone's so 'over the top' about 'just another day'?

A New Year to me represents **potential**. The year before is done, we cannot go back and change it, but what we can do is look at what we want to achieve from January to December; we can look forward. To me, it represents the start of a full year with SA Country Carers, an organisation which performs an exceptional community service and does so with the unending support of our staff, volunteers and Carers. For SA Country Carers, the new year represents the potential to carry on continuous improvement and increase our worth, in the community. We do not look at the up and coming changes to funding through My Aged Care and the NDIS with trepidation, we look at them as potential; the potential to be competitive and be the organisation from whom people are inspired to obtain their support services. At the centre of our respite services is Grevillea House. We will be concentrating on ensuring that service and its facility meets the expectations of staff, carers and care recipients. Much information will come out about this soon, so watch this space! Our carer support services will continue with fervor. We always welcome Carers to visit our offices and contact our exceptional support staff at any time. Remember that we have services all across the Lower North, so give us a call!

Whatever the new year represents to you, we here at SA Country Carers, wish you all the greatest of luck and success for 2016.

Eve Rogers



Strategic planning morning



SA Country Carers invites all registered Carers to attend our Strategic Planning session, to be held on **Wednesday 17 February 2016**, at the Barbara J Long Function Room, of the Clare Town Hall. The session will be held between 9:00am and 1:00pm.

RSVPs to SA Country Carers by Friday 10 February 2016, for catering purposes

Quality Review 2016

Early in May this year we will be undergoing our triennial quality review. SA Country Carers will be audited by both the state and federal government quality auditors against the Australian Service Excellence Standards and the Home Care Common Standards. Our last review was in 2013 in which we did very well, so here's to keeping up the good work in 2016!



Our Funding Provider

"Although funding for this service has been provided by the Australian Government, the material herein does not necessarily represent the view or policies of the Australian Government"

Carers Christmas Party 2015

Our annual Carers Christmas Party saw 70 Carers and their families from across the region come along to the Train Park in Clare for an afternoon of entertainment, food and fun. Our raffle this year had 11 prizes! Local businesses were so very generous that we cannot thank you enough for assisting us to ensure our Carers and their families won magnificent prizes. A big thank you to the following businesses for their generous donations towards our raffle prizes:

Woolworths Clare, BJ'S Fruit Barrow, Day's Quality Meats, Mallala Cleaning Service, Foodland Balaklava, Balaklava Take-Away, McCracken Ford, Balaklava Fresh Foods, Macks Cabinets, Warehouse Matrix, Lions (Balaklava)



Kieran enjoyed having his face painted

ANNOUNCEMENT

Carer Support now visiting Saddleworth & Riverton

From March 2016 staff will be visiting Saddleworth & Riverton to provide Carer Support as well as running short workshops for Carers and community members.

SADDLEWORTH

Visiting: First Wednesday of the month

Time: 9:00am – 3:30pm

Where: Based at the Saddleworth Library

RIVERTON

Visiting: Third Thursday of the month

Time: 9:00am—3:30pm

Where: Watch this space for venue details.

If you would like to find out more about SA Country Carers and the services that we provide, please call 1300 686 405.

VISION

Carers are valued and acknowledged by the wider community and have access to the support they need

MISSION

To assist Carers with their caring roles through support and advocacy

VALUES

Professionalism

We are honest and responsive in all our dealings, and ensure confidentiality of information at all times

Equity

We value all people and seek to provide support to individuals according to their needs

Teamwork

As Carers, Volunteers and Staff, we work together to assist and support each other

Collaboration

We work in cooperation with the wider community and other agencies, towards providing the best support possible

Empathy

We respond to individual needs with flexibility, timeliness and care

Can you help?

Carer Support are seeking donations of stuffing/wadding to be used inside knitted animals and toys donated for sale to raise money for our Carers Assistance Scheme. Stuffing can be new or second hand and any amount would be much appreciated. Thank you.

Over 65's Weekly Respite groups

There have been some changes to our respite groups. The eligibility to attend these groups is now broader, meaning that any care recipient who is over the age of 65 years, or over 50 for people who identify as Aboriginal or Torrens Straight Islander, can attend these groups. Care recipients who are under the age of 65, but who have had an Age Care Assessment (ACAT) through My Aged Care and have been approved for Centre Based Respite are also eligible to attend these groups.

The Employed Carers Group which ran on a Tuesday and Thursday will now be known as the **Elderberries**, and our Men's Group which occurs on a Friday will now be called **Friday Fellas**. The fee to attend these groups will be \$18 per day to help cover the cost of participants meals (with a tea, coffee or soft drink with your meal), transport and the use of Grevillea House.

Grevillea House over Christmas

Christmas at Grevillia House was very Merry as it is every year. Our Elderberries Group (former Employed Carers) shared some Christmas joy and laughs over lunch on the 17th, and our disability group visited Santa when he came to the Clare Town Hall. Isaac (pictured) had a great time visiting Santa and the magic cave



FAST FACTS

- * There are 2.7 millions unpaid Carers in Australia
- * More than 770,000 are primary Carers
- * 520,000 are over the age of 65
- * 620,000 Carers were born outside Australia

Our Carer Support team visit Burra and Two Wells on a regular basis. Come along for a coffee and a chat with the team on the following dates:

BURRA

Every second Tuesday from 9.30 am—3:30 pm at 18 Commercial St ,Burra
Tuesday 2nd February
Tuesday 16th February

TWO WELLS

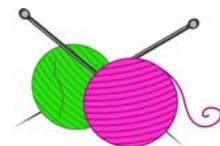
Every second and fourth Wednesday 9:30am—3:30pm
Old Council Chambers, Old Pt Wakefield Road

Wednesday 10th February
Wednesday 24th February

Two Wells Craft, Coffee & Chat (dates as above)



Old Council Chambers
Old Pt Wakefield Road



Donations of fabric or remnants would be very much appreciated as a contribution towards our craft projects. Any donations can be delivered to the Clare or Balaklava Offices.



Summer at the movies



*Summer at the movies is a group for Carers and Care Recipients

Gawler Cinema 'Silver Screening'

When: Wednesday February 17th at 10am
Cost: \$14.00 per person including light lunch
RSVP: By Monday 15th February

"The Dressmaker"

In 1950s Australia, beautiful, talented dressmaker Tilly returns to her tiny hometown to right wrongs from her past. As she tries to reconcile with her mother, she starts to fall in love while transforming the fashion of the town.

Blyth Cinema

When: Wednesday February 10th at 10.30am
Cost: \$8.00 per person for movie
Lunch: Lunch at Blyth Hotel from 12pm.
Lunch Specials from \$12
RSVP: By Monday 8th February

"Woman in Gold"

Sixty years after she fled Vienna during World War II, an elderly Jewish woman, Maria Altmann (Helen Mirren), starts her journey to retrieve family possessions seized by the Nazis, among them Klimt's famous painting 'The Lady in Gold'

Autism Coffee & Chat

This group provides peer support for parents caring for a child with autism. The casual group meets on the first Tuesday of the month at the Clare Carer Support office in our Carers Corner and provides parents with the opportunity to chat about their experiences and gain knowledge from their peers. Tea, coffee and biscuits are provided.

Group dates coming up:

Tuesday February 2nd: 10am-12pm
Tuesday March 1st: 10am-12pm

Up's & Down's coffee & chat

This group provides peer support for people caring for someone with dementia/memory loss. The casual group meets on the first Thursday of the month at the Clare and Balaklava Carer Support offices and provides Carers with the opportunity to chat about their experiences and gain knowledge from their peers. Tea, coffee and biscuits are provided.

Group dates coming up:

Thursday February 4th: 11:30am-12:30pm
Thursday March 3rd: 11:30am—12:30pm

Craft, coffee & chat



Join us at the Clare and Balaklava offices for a morning of coffee, craft and general chit chat. Each month there will be small fundraising project that you can get involved in, or simply bring your own project that you have been working on, or meaning to start! The group meets one Monday morning

Balaklava Craft Group

- * Monday February 29th 10am—12pm
- * Monday March 21st 10am—12pm

Clare Craft Group

- * Monday February 1st 10am—12pm
- Monday March 7th 10am—12pm

Clare Walkers

This group provides Carers and Caree's with the chance to walk for 30 minutes at a relaxed pace, enjoying a chat and the peaceful surrounds of the Gleeson Wetlands or the Riesling Trail. The walking group runs **every Tuesday morning from 9.30am to 10am, unless the weather is too hot.** Please feel free to attend when able. Call on 1300 686 405 if you're interested.

Voice of the Volunteers

Volunteering at SA Country Carers has been a new and exciting addition to the lives of the “volunteers at SA Country Carers”. Being able to assist and help implement programs and events for the clients and staff of this organisation has been a rewarding experience. From telephone support services to cooking for the trading tables and all that fall in between has been both a pleasing and humbling experience, new friendships have been forged, and being able to contribute back to the community is a great way to say “thanks” and to still feel a part and worth while member of our society.

Is it a bite or a sting?

It can be difficult to know if a bite or a sting from an insect is dangerous or not, and it depends on the type of insect involved; It is important to be aware that bites or stings from insects can cause a severe allergic reaction (anaphylaxis) in some people.

INSECT BITES – An insect bite will leave a puncture wound on the skin. The type of insect that you are bitten by can determine what type of reaction you will have. Insect bites will usually clear up in a day or two without any further treatment. **COMMON SYMPTOMS OF A BITE INCLUDE** –Skin irritation inflammation or swelling – a bump or blister around the bite mark..

INSECT STINGS – If you are stung, the insect will puncture the skin and leave behind saliva, faeces (poo) or venom. It’s also quite common that the insect will leave behind its ‘sting’ with or without venom.

COMMON SYMPTOMS OF A STING INCLUDE – An intense burning feeling –redness around the sting site – swelling around the sting - in cases of allergic reaction, swelling may be more severe and affect a larger part of the body, for example the whole leg or arm may become swollen - allergic reactions can occur which may cause further swelling, pain and in some cases blisters will form – pain which generally eases after an hour or so. The skin around the area you were stung is likely to be red and painful, and you may experience some swelling around the sting mark. Stings generally clear up within two days (48 hours) although the area may be tender for a few days after this.

HOW TO PREVENT BITES AND STINGS – To help prevent bites and stings, it is a good idea to wear protective clothing such as closed shoes, socks, long pants and a long sleeved shirt when walking through the bush. Wear protective glove and clothing, biters and stings can happen when you have bare feet so wear shoes when you are outside, even around your home.



Have you seen our Facebook page? “Like Us” at **SA Country Carers** if you would like to keep up to date with events and services.



Recipe

FROZEN FRESH FRUIT DRINK

Prep 15 minutes

10 servings

Ingredients

- ¼ seedless watermelon,
- 500g strawberries
- 4 yellow peaches
- Lemonade or soda water, to serve

Method

- Roughly chop watermelon flesh. Place into a food processor and process to a pulp. Reserve some juice.
- Process strawberries. Add to watermelon.
- Process peaches then strain through a sieve. Add juice to watermelon mixture. Stir until well combined.
- Pour juice into an airtight container, allowing room for expanding. Place in freezer.
- Take frozen container out of freezer, allow to thaw slightly, spoon into glasses.
Top with lemonade

New Contact Details?

Do you have a new address? Have you got new contact details? If so, please contact the office on 1300 686 405 so we can update your details.

We are looking for your feedback and ideas!

We want to know what support and information you might be looking for in 2016. Things you want to know, people you want to hear from and places you would like to visit. By completing this short survey it will help us put together a meaningful program of events.

Please return your responses via post to PO Box 692, Clare 5453, call 1300 686 405 or email admin@sacountrycarers.org.au with your responses. Thank you for assisting us in planning a meaningful and rewarding 2016.

All responses that are named will be placed in the draw to win a prize to be drawn end of February 2016



Name (optional): _____

Workshops

These are 2 hour information sessions on services and information held throughout the Region.

What would you like to hear about?

Health and Wellbeing

Community Groups/Volunteering

Financial information

In home services available in your local area

Other

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Male Carers Group

Our Male Carer Group is undergoing some changes and we would value your suggestions of local places to travel for lunch, and topics for guest speakers to cover.

Should the group be Monthly OR Bi Monthly

What things would be worthwhile for the group?

Informative speakers and information sessions topic related Guest speaker topics (men's health, cooking tips)

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Casual Lunch at local places

OR

Casual coffee and catch up for morning tea at local places



February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Clare Craft	2 -Carer Support- Burra - Autism coffee & chat	3	4 Up's & Down's – De- mentia support	5	6
7	8 - Last day to RSVP to Blyth Movie day Move ie & lunch	9 Clare walkers	10 - Blyth Movie day Movie & lunch - Carer Support Two Wells	11	12	13
14	15 - Last day to RSVP to Silver Screening, Gawler	16 - Carer Support Burra Clare walkers	17 Silver Screening Gawler cinema	18	19	20
21	22 Craft, Coffee, Chat - Balaklava	23 Clare walkers	24 Carer Support Two Wells	25	26	27
28	29					