

## CONTACT DETAILS

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Facebook: SA Country Carers



**SA Country Carers**  
Support · Compassion · Connection

## Newsletter: July & August 2015

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

### Service providers forum 2015

The 6th Annual Service Provider Forum is on again. August 27th sees the Valleys Sports Club host this excellent networking event. This year's event will be the most workable forum we've had to date. The forum will be split into two informative and exciting workshops enabling organisations that are time restricted and budget conscious to attend the workshop that most appeals to them. This year sees another great line up of speakers with the key note speaker being the exceptional Stacey Copas, author, athlete and motivational speaker with a focus on resilience. Technology in the workplace, how to make the most of it and who speaks for us, the advocacy services we all need to know about are a few other topics we will cover on the day. Previously we have attracted over 60 providers to the forum, and we look to do so again this year. So mark the date in your calendar, and we look forward to seeing you there.



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### My Aged Care and CHSP

The Commonwealth Home Support Programme (CHSP) begins on 1st July 2015 and aims to make it easier to access and receive aged care services and support in your own home.

This service is for people 65 years and over (or 50 and over for Aboriginal and Torres Strait Islander people) who need support to remain living independently at home. Carers of these clients can also benefit from this service.

CHSP clients will be able to access a range of services to support them to stay independent at home. It will fund the delivery of services such as planned respite, delivered meals, and domestic assistance.

The CHSP will combine the following programs:

- Commonwealth HACC Program
- National Respite for Carers Program
- Day Therapy Centre Programs
- Assistance with Care and Housing or the Aged Program.

Clients already receiving services under any of these programs will continue to receive the same level of support during the transition period.

The new CHSP will be accessible from 1st July 2015. To organise an assessment visit the My Aged Care website [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or call **1800 200 422**.

### CEO recruitment update

We received nine applications and shortlisted to four. Interviews were conducted on Friday 19th June 2015 and again on Monday 22nd June 2015. A decision was reached which will be confirmed once details have been finalised.

This is very exciting for SA Country Carers. The board was notified on Friday 26th June 2015 and will be made public very soon.

### Welcome!

We extend a very warm welcome to new staff member **Lynne Faggotter**, Carer Support Worker based in Clare.

Also new to the organisation are volunteers, **Pelita Webb** (Telephone Support & groups activities), **Nikki Veri** (Telephone Support & fundraising) and **Ken Doidge** (driver & activities assistance)

### Our Funding Provider



*home and community care*

Funded by the Australian Government  
Department of Social Services

"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"

## SA Country Carers—Focus Group

The SA Country Carers Focus group is a small group comprising of Carers, volunteers and staff who meet bi-monthly on the first Monday of the month. We alternate our meetings between the Clare and Balaklava offices commencing at 1030 am lasting for two hours followed by a delicious lunch (supplied by SA Country Carers).

We are looking to increase our membership and welcome people interested in joining us. During our meetings we look at and freely discuss topics concerning Carers including policies and procedures.

Over the years the focus group have suggested and been a part of numerous changes within SA Country Carers. These suggested changes are viewed by the Board who then oversee any alterations.

Being part of Focus Group is a great way to express appreciation to SA Country Carers for the extensive services they offer Carers.

If you would like to be a part of a dynamic group who are able to instigate changes within SA Country Carers please consider joining us. Please contact 1300 686 405.

## Alwin Park Museum

On May 27th the Connoisseurs Club travelled to Alwin Park Museum in Balaklava. It was a chilly but sunny morning at the museum and we were given a cheerful welcome and very interesting tour by the hosts. The men were intrigued by stories of the agricultural history of Balaklava. There were many machines, cars and other exhibits on show to have a look at, all with their own fascinating story. The Connoisseurs Club meets on a Wednesday every six weeks. To find out more contact 1300 686 405.



## Looking after you, Carer wellness

SA Country Carers invites you to a half day workshop about looking after your wellness whilst in a Caring role. Nursing staff from Clare Medical Centre will speak about health services available, the Valleys Lifestyle Centre will discuss their fitness programs and yoga instructor Jane Olsson will hold a yoga demonstration and discuss relaxation.

Date: Thursday 13th August 2015

Time: 9:30am—12:30pm

Where: Barbara J Long Room—Clare Town Hall

Cost: \$5.00 (includes morning tea) feel free to bring a friend with you.

RSVP: Thursday 6th August to 1300 686 405

**\*Transport from the Balaklava office to Clare can be requested, however requests can only be considered on a priority needs based.**

## Discount Scheme

### Balaklava:

#### Balaklava Chemplus

5% off all items. Excludes prescriptions, photos, sale

#### Wendy's Café & Cakes

10% off food items

#### Balaklava Electronics

5% off floor stock. No sale items

### Clare:

#### Pinks Mitre 10

Up to 10% off selected items

#### Closet & Robe

10% off storewide. Excludes sale items

#### Main Street Bakehouse

Buy one coffee, get one free (to equal value or less)

### Saddleworth:

#### A W Vater & Co

10% off selected clothing & hardware items

#### Saddleworth Meats

10% off products. Excludes sale items

## Ageing in Style Expo

Information about aged care services, goods and recreational groups for seniors.

**The Expo will be held in the Two Wells Community Centre on Thursday, August 13, from 10am until 1pm.**



## Couples Retreat 2015

The 2015 couples retreat was held in Wallaroo from April 27-29. Couples stayed at a holiday house in the Marina. Four couples attended along with two staff with activities such as fishing, op-shopping and sight-seeing the top of the agenda. Although the interest for fishing was keen, the fish weren't biting. However, the laughs and conversation kept everyone amused. The op-shoppers toured the Peninsula from Moonta to Wallaroo and came back with some great bargains.

There was plenty of food and eating. Board games and stories were a plenty, and there was a lot of laughter shared within the group.

The SA Country Carers Couples Retreat is a great opportunity to have a few days break from routine, meet new people and have a good belly laugh.



## Ladies Op-Shop Retreat

The first Ladies Op-Shop retreat for 2015 was held on May 8th. Nine ladies made the journey to the Barossa Valley for a day of shopping and fun! Staff drove larger vehicles as it was suspected that some of the op-shops would be full of irresistible bargains! And it was a good thing there was so much space in the boot! There were bargains galore fitting into everyone's budget, taste and style.

After dropping past the SA Country Carers Saddleworth Op-Shop it was off for morning tea at the Kapunda bakery, and some op-shopping in Kapunda along the main street followed by lunch and more shopping in Nuriootpa. There were lots of warm clothes purchased for the cold winter months, as well as gifts and toys for grandchildren. pets even had warm bedding purchased on the day!

SA Country Carers Ladies Retreats are a great opportunity to spend time with old and new friends in a relaxed environment. Our next op-shop retreat will take place in September. Details on page 4.



## 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.



## Carers day trip—Gladstone Gaol

The recent trip to Gladstone Gaol on Monday June 15th proved an entertaining and informative day. The drive gave an opportunity to chat or just to relax and enjoy the beautiful scenery of the Mid-North. Our tour of the Gaol was provided by a local retired prison guard. We heard some interesting stories as we strolled through the prison blocks and looked through the cells. It was a great chance to gain some insight in to prison life. We had some fun in the sunshine looking at all the equipment used in the past, some people even found themselves locked up in the Stocks! There were lots of stories to make your hair stand on end, and there may have even been a ghost sighting! By the end of the tour everyone felt we were ready to move on to the local pub for lunch, which was enjoyed by all.



Vera testing out the stocks

## Tablet computer lessons

Would you like to learn the basics about using a 'tablet' computer? We have tablet computers for hire or purchase, and will be running one hour 'introductory' courses about how to use a tablet computer, with the option to hire and use at home. You can also purchase the tablet if you choose. Dates for the courses are listed below and are offered at Clare & Balaklava.



- **Friday 21st August 11am-12pm**
- **Friday 28th August 11am-12pm**

Please contact the Carer Support Team on 1300 686 405 to register

## Ladies OpShop Retreat

Join us for a day of Op-Shopping in Kadina. This ladies Carers retreat is an opportunity to catch up with old friends, meet new people and shop!



Date: Friday September 4th

Time: Departing Clare & Balaklava Offices at 9am returning by 4pm

Where: Kadina

Transport: Provided

Cost: Allow \$20 for morning tea and lunch.

RSVP: Friday 28th August to 1300 686 405 \*Seats are limited\*

## Burra & Two Wells Dates

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

**July 7th & 21st**

**August 4th & 18th**

**September 1st, 15th & 29th**

### **TWO WELLS**

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

**July 8th & 22nd**

**August 12th & 26th**

**September 9th & 23rd**

Dates for the remainder of the year will be published in a future newsletters

**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 projects at the Two Wells quilting classes. Any donations can be delivered to the Clare or Balaklava Offices. If you are a Carer living in the Two Wells area and would like to join the quilting class please contact Bev on 1300 686 405.

# 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 each month from 10am-12pm. Please call 1300 686 405 if you would like to attend.

## Balaklava Craft Group

- Monday 27th July
- Monday 24th August

## Clare Craft Group

- Monday 6th July
- Monday 3rd August

# Lights, camera, Movie Club!



After lots of feedback from Carers about how they love going to the movies we will be running a 'Movie Club' every second month! We will alternate between the Gawler Cinemas 'Silver Screening' and the Blyth Cinema. Movie for August is listed below. If you would like to attend please phone us on 1300686405.

**Wednesday August 5th** Gawler Silver Screening

## "Boychoir"

A troubled eleven year old boy at a prestigious music school clashes with the school's demanding choir master ( Dustin Hoffman). The story of a talented youngster struggling against the odds to find his voice, filled with pure harmonious voices that can only be described as celestial.

# Christmas in July



Join us in celebration! SA Country Carers annual Christmas in July is an opportunity to re-connect with fellow Carers, meet new people and have a laugh. This year we are holding two Christmas parties to make sure we spread the festive joy.

## **Clare Christmas lunch**

Friday 24th July at the Clare Hotel (Middle Pub)  
2 course meal for \$14 per person

## **Balaklava Christmas lunch**

Friday 31st July at the Terminus Hotel (Balaklava)  
2 course meal for \$14 per person

**\*Please see enclosed flyer for further details\***

# Connoisseurs Club



The SA Country Carers 'Connoisseurs Club' is a monthly group run for male Carers and men living with mental health issues. The group travels to museums, Men's Sheds, and local attractions, and we always stop for lunch!

## **Coming up: Wednesday 19th August**

Morning at the Burra Men's Shed  
THEN

Italian themed lunch at  
La Pecora Nera (The Black Sheep) in Burra

**RSVP: Friday 14th August**

if you would like to attend our next Connoisseurs Club group, or find out if you are eligible to attend, please contact the Carer Support Team.

## Respite news

Grevillea house has a new addition to outdoor play time. Our new sand pit will provide clients more opportunity to enjoy textures and sensory appreciation. Staff member Vicky Kelly donated the sleepers and her family volunteered their time to put the sandpit together.

The sand was kindly donated by *Help us to Help Others* and the Lions Club of Clare District organised the delivery of the sand.

Thank you to all who contributed. The sandpit will be a great asset to Grevillea House and will be enjoyed by many.



Isaac having fun in the new sandpit

## Recipe of the month

### Easy Thai pumpkin soup



#### INGREDIENTS:

- 1kg pumpkin, peeled, cut into 1.5cm pieces
- 2 tblspoon red curry paste
- 270ml can coconut cream
- 1/4 cup roughly chopped fresh coriander leaves

#### METHOD:

1. Heat a large saucepan over medium heat. Add pumpkin and curry paste. Cook, stirring, for 1 to 2 minutes or until mixture starts to stick to bottom of pan. Add coconut cream. Cook, stirring, for 1 minute.
2. Add 2 cups cold water. Bring to the boil. Reduce heat to low. Simmer, covered, for 20 minutes or until pumpkin has softened. Set aside for 5 minutes.
3. Blend or process soup in batches until smooth. Season with salt and pepper. Top with coriander. Serve.

## Aged care respite with SA Country Carers

The Carer Respite Team can provide short term respite from your caring role by looking after your care recipient in our residential respite house. This enables you to step back from the demands of your caring role by taking a break knowing that your friend or relative is being cared for. Alternatively, both you and your care recipient can stay and enjoy the benefits of time away. Grevillea House is a comfortable four- bedroom home, all with ensuites. Grevillea House is in the heart of Clare with 24 hour supervision by qualified staff.

## Mid North Garden Busters

A great opportunity exists for registered Carers thanks to Barossa Lower North Futures, and a grant from the Foundation for Rural and Regional Renewal, ANZ Seeds of Renewal Program. A team of local students is available to provide basic garden maintenance services such as mowing, weeding and pruning, for approximately 2 hours per visit. A payment of \$10 towards fuel is appreciated.



### SA COUNTRY CARERS

#### 3 Offices Located at:

1 Blanche Street,  
CLARE SA 5453

26 George Street,  
BALAKLAVA SA 5461

245B Main North Rd  
CLARE SA 5453

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.

"Like Us"



SA COUNTRY CARERS





**SA Country Carers**  
Support Compassion Connection

# JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Clare Craft Group	7 Carer Support in Burra	8 Carer Support Two Wells "Bounce" - Young Carers	9	10	11
12	13	14	15	16	17 RSVP to Christmas in July	18
19	20	21 Carer Support in Burra	22 Carer Support Two Wells	23	24 Christmas in July in Clare	25
26	2 Craft, Coffee, Chat (Balaklava)	28	29	30	31 Christmas in July in Balaklava	
						

Put me on the fridge as a reminder about what's coming up this month.



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# AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	3 Clare Craft Group	4 Carer Support Burra	5 Gawler Silver Screening	6 RSVP to Maximising Carer Wellness Workshop (Clare)	7	8
9	10	11	12 RSVP to Connoisseurs Club Carer Support Two Wells	13 Maximising Carer Wellness Workshop (Clare)	14	15
16	17	18 Carer Support Burra	19 Connoisseurs Club	20	21 Tablet Computer class. (Clare & Balaklava)	22
23	24 Craft, coffee, chat (Balaklava)	25	26 Carer Support Two Wells	27 Service Providers Forum	28 Tablet Computer class. (Clare & Balaklava)	29
30	31					

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