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SA Country Carers
Support · Compassion · Connection

Newsletter: July & August 2016

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

Community Service Providers Network Forum

'Collaboration, Competition, Compassion'

This year, the annual Community Service Providers Network Forum will be at the Clare Country Club on **Thursday the 25th of August**. The theme this year is "Collaboration, Competition and Compassion" and will explore how we capture all three in this new service environment. The morning workshop is dedicated to learning about how to market, network and be productive. The afternoon session will be open to exploring what we already have going on in our regions, a chance for those who have programs/workshops coming up and into next year to be able to promote them to be able to educate and share knowledge with other providers. We all need to know what is going on in our own regions, so now is the time to come and find out just what services your clients can access. The forum has always provided an excellent networking opportunity, and this year is no exception with the day providing many café sessions to share your information and make many new and effective partnerships.



If you wish to make a short presentation please contact SA Country Carers Forum Coordinator with your request and information on admin@sacountrycarers.org.au. Booking sheets and information will be available soon. See you there!

Grevillea House Fundraising Committee

We have two events which have been organised by the Grevillea house Fundraising Committee. You can read more details about them on page 4. **Currently a total of \$12,800 has been raised toward our new kitchen.** If you would like more information please contact us on 1300 686 405.

News from the office


Welcome
Glad you're here!



We welcome Amanda Collinge to the position of Carer Support Coordinator, based in our Clare Office. Amanda is new to the region having settled in Clare with her husband only a year ago. Amanda comes from a background in Adult Education as a Trainer Assessor in the Health and Community Services Sector. She is taking on the level 3 role in Carer Support and is looking forward to meeting all our Carers.

GOODBYE - GOOD LUCK

We said goodbye to Carer Support Coordinator Amelia Dix last month. Amelia and her husband have moved to Mt Barker to embark on a new adventure. Although not living locally, Amelia will stay connected with SACC as a 'virtual volunteer'.

Our Funding Provider

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

Carer Support—visiting a town near you

In recent years, Carer Support staff have been travelling to outreach offices at Burra and Two Wells on a regular basis. This is to provide Carer Support to families who find it difficult to reach our main offices at Clare and Balaklava. In 2016 our Carer Support Team will visit two more outreach towns, Riverton and Saddleworth, to provide ongoing, regular support and a friendly face for Carers.

Please find outreach visiting dates below. If you would like to find out more, or to make a time to speak to one of the team please call 1300 686 405.

BURRA

Every second Tuesday
9.30 am—3:30 pm
18 Commercial St, Burra

July 5th

July 19th

August 2nd

August 16th

August 30th

TWO WELLS

Every 2nd & 4th Wednesday
9:30am—3:30pm
Old Council Chambers,
Old Pt Wakefield Road

July 13th

July 27th

August 10th

August 24th

SADDLEWORTH

9:30am—3:30pm
Saddleworth Library
19 Belvidere Rd,
Saddleworth

July 6th

August 3rd

RIVERTON

9:30am—3:30pm
Riverton Community Hall
40 Torrens Rd Riverton

July 21st

August 18th

Carers Op-Shop Retreat

Ladies, join us on the Op-Shop retreat in August, we will be heading over to Kadina for a day of Op-Shopping, lunch and laughs. This trip always books out quick!

When: Wednesday 17th August 2016

Time: Leaving Clare office at 9am
Balaklava office at 9.30am.

Where: Kadina

Cost: Money to cover lunch and Op-Shopping.

RSVP: Wednesday 10th August on

Phone: 1300 686 405



Parkinson's SA Visit

Anne Heard from Parkinson's SA will talk about cognitive issues experienced by people who have had a diagnosis of Parkinson's Disease, and their family members.

When: Wednesday 3rd
August 2016

Where: Balaklava Office

Time: 10.00am

RSVP: 27th July 2016

Lunch at the Royal Hotel afterwards.



Fathers Day Raffle



Fathers Day Raffle tickets will be available soon for sale at the SA Country Carers Balaklava and Clare offices, for **\$1 per ticket**. The lucky winners will be drawn on Thursday 1st September.

Fundraising Calendar

The Volunteers from the Balaklava office have again produced the annual fundraising calendar with all sales going towards the Grevillea House kitchen upgrade. Calendars can be purchased from the Balaklava and Clare offices for \$2 each. SA Country Carers wishes to thank all the business involved for their support.

Autism Coffee & Chat

This group provides peer support for parents caring for a child with autism. This 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.

Group dates coming up:

Tuesday July 5th From 10am-12pm

Tuesday August 2nd From 10am-12pm

Up's & Down's coffee & chat

This group provides peer support for people caring for someone with dementia/memory loss. This casual group meets on the **first Thursday of the month at Clare and first Tuesday of the month at Balaklava. A Dementia Link worker will be available on the first Tuesday of the month at both offices.** The group 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 7th July & Thursday 4th August from 11.30am -12.30pm Clare Office

Tuesday 5th July & Tuesday 2nd August from 11.30am – 12.30pm Balaklava Office

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.

Balaklava Craft Group

Monday July 25th

Monday 29th August

Clare Craft Group

Monday 4th July

Monday 1st August

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 wet.** Please feel free to attend when able. Call on 1300 686 405 if interested.

Young Carers School Holiday Event



Join us for a walking tour of the Royal Australian Air Force base, including the aircraft hangers.

When: Monday 18th July 2016

Time: Departing Clare 8.30am and Balaklava Office at 9am (please RSVP as transport is limited)

Cost: \$5 to cover lunch.

RSVP: Thursday 7th July on 1300 686 405

CFS—Fire safety at home



This workshop with Helen Hennesy from the Country Fire Service will discuss developing a bush fire plan, and the strategies you can put in place now before the fire season starts.

When: Wednesday 31st August 2016
Where: SA Country Carers Office Balaklava
RSVP: Wednesday 24th August 2016, on 1300686405

Kyttons Bakery—winter warmers fundraiser

Kyttons are a South Australian owned and operated company that can supply us with anything from chocolate lamingtons, choc/rasp lamingtons, choc chip cookies or macadamia white choc bites cookies, a bucket of cookie mixture, cheese bacon and beef pie, family sized meat pie, pasty rolls, apple crumble pie, apricot crumble pie, self saucing puddings etc. The list is quite extensive, much more than I can type, so if you would like to place an order, please pop into your nearest SA Country Carers Office to get an order form. Payment is required when lodging your order please. Goods can be collected from 25th August from your local office.



SA COUNTRY CARERS
ARE HOLDING A TUPPERWARE FUNDRAISER
FOR THE GREVILLEA HOUSE KITCHEN UPGRADE

WHEN: Sunday 3rd July 2016

TIME: 2pm

VENUE: BENTLEY'S HOTEL CLARE

If you are unable to attend but would still like to order,
please email all orders to:
admin@sacountrycarers.org.au or phone 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

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.



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.

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, after the success of last year, we are holding two Christmas parties again to make sure we spread the festive joy across the region.

Clare Christmas lunch—Friday 22nd July 2016

Where—Clare Hotel (Middle Pub)

Time—from midday

Menu options—Fish & chips or roast turkey & Christmas pudding or fruit

Cost—\$14 per person



Balaklava Christmas lunch—Friday 29th July 2016

Where—Terminus Hotel (Balaklava)

Time—from midday

Menu options—Fish & chips or roast turkey & Christmas pudding or Apple Danish

Cost— \$14 per person

Mid North Garden busters Program



Do you need some help with your garden?

General weeding, lawn mowing, pruning and clearing is now available for registered Carers. If you wish to apply please contact SA Country Carers on 1300 686405 *Conditions apply*.

2016 Ageing Expo

This years Ageing in Style Expo will be held at the Mallala Institute on Thursday 18th August from 9.30am—12.30pm. The aim of the Expo is to showcase the diverse range of activities and services available to older people in the local area.



BALAKLAVA FOOD BANK

Serving our local community.

Foodbank is a nondenominational, non-profit organisation which acts as a pantry to the charities and community groups who feed the hungry.

Located at the Church of Christ Hall, 1 Baker Street, Balaklava.

Open from 3.30pm every Friday.

Please contact:

Julie Hayes – 0497 098 710

Michael Greenshields – 0447 536 692

Or

SA Country Carers Balaklava Office on 1300 686 405 with any queries.



RESPITE NEWS

WE HAVE NEW WHEELS!

Care Recipients staying at Grevillea House respite house and participants in the Elderberries Group went out for lunch at Riverton Hotel on Tuesday. This was the first time travelling in the van for many people who went. The feedback was really positive. The van was easy to get in and out of and a very comfortable ride.



Everyone enjoyed a scrumptious lunch at Riverton Hotel and then returned to Grevillea House to enjoy afternoon tea of scones with jam and cream and a cuppa.



Australia is NDIS ready... are you?

All states and territories are now committed to the National Disability Insurance Scheme (NDIS), and the National Disability Insurance Agency is calling on people with a disability, providers and communities to get NDIS ready.

#ndisready

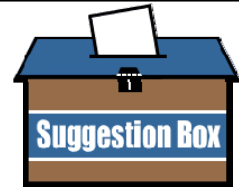
The NDIS is the new way of providing support for people with a disability, their families and Carers in Australia.

The NDIS will provide about 460,000 Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to live an ordinary life. This may include personal care and support, access to the community, therapy services and essential equipment. The full roll out of the NDIS begins from 1 July 2016 and is being introduced in stages around the country over the next three years to ensure it is successful and sustainable. Existing Commonwealth and state-based services and supports will continue until eligible people start to receive supports from the NDIS.



Now is the time to get ready. Visit the NDIS website or call 1800 800 110 to find out how people with a disability, providers and the community can get NDIS ready.

The NDIS will become available for adults aged 18 to 64 years in the Yorke and Mid North regions from 1 January 2018.



If you have any suggestions to help us improve our service, please come in and have a chat with one of our staff. Alternatively, you can drop your suggestion in the "suggestion box" at the front counter of the Clare or Balaklava offices.

We appreciate your feedback and value your input.

Fundraiser Calendar

SA Country Carers would like to thank the following businesses for their support with this year's calendar.

Balaklava Fresh Food
CutzNCurlz
Balaklava Electronics
Balaklava Quality Meats
Balaklava Café
Tads Embroidery
Balaklava Chemplus
Balaklava Foodland
MAP Financial Strategies
Royal Hotel
Balaklava Hardware
Butterfield Agencies
Landmark Balaklava
Balaklava Free Choice
Daisy Lane
Mathies Meat Shoppe
Clare Chemmart
Av-a-Chat Cafe
Cox Rural
Main St Bakehouse
Clare Newsagency
Clewes Betta Home Living
Clare Hotel
Dunstan's Electrical
Vanilla on Main
Clare Valley Flowers
LJ Hooker Clare
Knit Spin Weave
Pinks Mitre 10
Clare Plant Nursery
R&B Sutherland Jewellers

Prevent celery from wilting by wrapping it in FOIL before putting it in the refrigerator, and it will keep for weeks.

A man in a hurry taking his 8 year old son to school made a turn at a red light, where it was prohibited. "Uh-oh I think I just made an illegal turn", the man said. "It's OK Dad", the boy said. "The police car behind us just did the same".

MONEY SAVING TIPS:

Eat before you shop, don't go shopping if you are depressed. You spend more money on the wrong things.

If over 60 you should use a Senior's Discount card everywhere you can.

Set air conditioners at 24C and consider home insulation, also limit showers to 4 minutes

Spend life with who makes you happy, not one you have to impress

BEEF CASSEROLE WITH PARMESAN DUMPLINGS

- 1 kg gravy beef, cut into 2cm chunks
- 1 table spoon olive oil
- 1 onion chopped
- 6 bacon rashes chopped
- 500gm mushrooms
- 4 peeled whole garlic cloves
- 2 TBS plain flour
- 500ml (2 cups) beef stock
- 250 ml red wine
- 2 fresh thyme sprigs
- 3 bay leaves
- 50gm butter
- 300g (2 cups) S R Flour
- 45gm 1/2 cup) parmesan
- 185 ml (3/4 cup) milk

METHOD

- 1 Brown 1 kg gravy beef, cut into 2cm chunks, in 1 table spoon olive oil over medium heat. Transfer to a plate. Add one onion, chopped, add bacon rashes, chopped, 500 gm button mushrooms, halved and 4 whole garlic cloves, peeled and cook until soft. Stir in two table spoons plain flour.
- 2 Add 500ml beef stock, 250ml red wine, two fresh thyme sprigs and three bay leaves. Bring to the boil. Reduce heat to low, add beef and simmer covered for 1 1/2 hours. Spoon into a 2 litre oven proof dish.
- 3 Preheat oven to 200'C Rub 50g butter into 2 cups self raising flour. Stir in 1/2 cup parmesan and 3/4 cup milk. Bring together. Roll into 20 balls. Place on beef. Bake for 20 min.

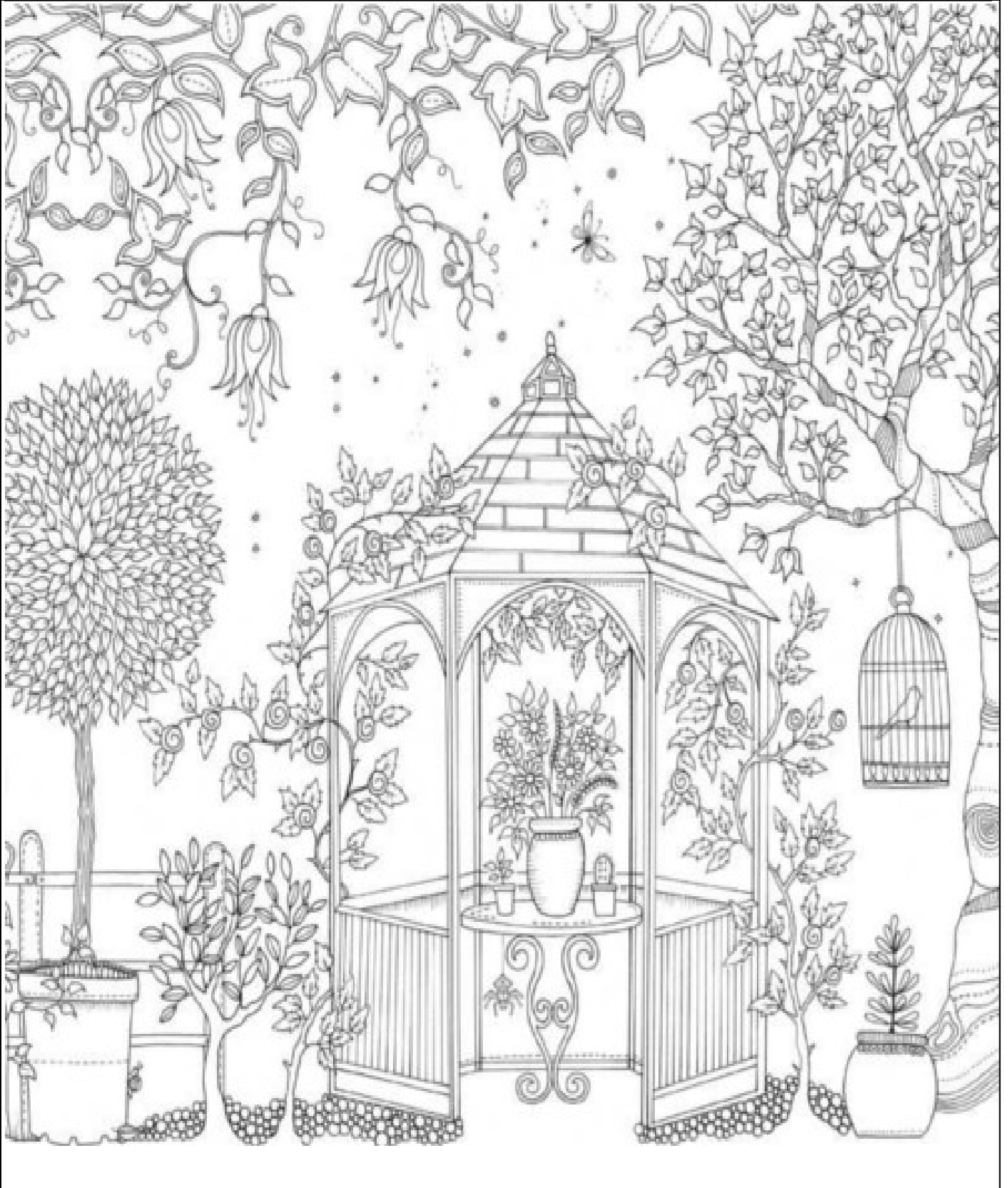
Winter 1 - Word Search

Find the words hidden in the grid of letters.

H N E S O W D H O L I D A Y S G F
 S Q A M N L O S E L C I C I O N N
 O E I G O O S L L S B V J H U W F
 D C T C G F W L P W L E G I P O B
 B A Z A E O X M E W Z V K B G Z W
 L L A C K S B U A E O P G E K D J
 A P T H U S C O E N T N V R L S O
 C E W I N T E R T I R E S N O T L
 K R W W F P F M A D O C I A T N L
 I I G H X I S R M P A C N T S A R
 C F M I T T E N S R E J A I O P U
 E X H N O L I G F E G R P O R I H
 R F A R S K C O S L O O W N F K O
 H B M M C F M W L L A B W O N S J

ANTIFREEZE
 BLACK ICE
 COLD
 FIREPLACE
 FOG
 FROST
 HIBERNATION
 HOLIDAYS
 ICE SCRAPER
 ICICLES
 MITTENS
 SCARF
 SKATES
 SKI PANTS
 SLEET
 SNOW PLOW
 SNOWBALL
 SNOWMAN
 SOUP
 STORM
 TOBOGGAN

COLOUR US IN..Then bring in or post back to South Australian Country Carers. (PO Box 692 Clare) Competition closes 12th August 2016 (open to all ages) Winners from last newsletter are Margaret Johnson and Gloria Bonelli.



NAME..... AGE.....THE PRIZE IS A SURPRISE