

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: March & April 2015

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

2015-18 Strategic Planning Day

CALLING ALL CARERS

The 2015 Planning Day will be held on Monday, March 30 at the RSL Hall in Clare (located down Burton Street) from 10am—2pm.



This years Planning Day will be as important as ever as we plan our next 3 years at SA Country Carers.

We invite all Carers, Volunteers, Staff and Board members to come along and have a say about what you want your organisation to work towards in the coming years. The day will be facilitated by Moira Deslandes.

The layout of the day will see us review the following:

- Results of the annual survey
- Review what we are doing well and what we need to improve.
- Discuss SA Country Carers strengths, weakness,
- Opportunities and threats (“SWOT”),
- Discussion of future services, as well our Vision, Mission & Values.

Steve, our CEO, will present a brief review of recent and pending changes to funding arrangements and legislation which might affect our work over the coming months, and everyone will be invited to put forward their planning ideas Lunch and light refreshments will be provided on the day. The day is a fun event – although the purpose is serious we always have lots of laughs along the way.

If you would like to attend please RSVP by Friday 27th March to 1300 686 405 for catering purposes.

Your feedback will help us plan ahead

You will have recently received our annual survey via mail or email. We are always very keen to know how our Carers view our services. Are they up to your expectations? Do we need to improve? What else can we do to ensure the type of service you need? Your individual responses will be kept strictly confidential with only combined responses to be made public. The results of the survey will be combined and overall outcomes discussed at the Planning Day.

We value your input and encourage you to provide honest and frank responses. If there's something not right, please let us know. If you would like further information, or help in completing the survey form, please call us on 1300 686 405.

Phone: 1300 686 405



Farewell and Welcome!



*Welcome
Glad you're here!*

We welcome **Ms Marsha Jaeschke** in the position of Manager, Support Services Position & **Ms Bernie Smith** in the position of Finance Data Clerk. We also welcome Support Workers **Laura Waldhuter, Julie Wadie and Joel Savage** who have recently commenced work with the Respite Team.

GOODBYE - GOOD LUCK

Linda Baillie (Respite Coordinator) is relocating to Adelaide with her family. We wish her all the best for the future. **Tash Loveday (Administration)** has relocated from the area and will not return from parental leave. We wish her and her family well for their future plans.

Two casual support workers have left us: **Jacqui Norton** who has qualified as a teacher and **Ali Salter** who has moved with her family to Darwin. We also say farewell to

Nan Berrett who has been a Board Member with us for 5 years. Nan will remain on our marketing sub committee.

Our Funding Provider



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 views

Port Rickaby—A Carers' Experience

Since 2011, SA Country Carers have been providing Carers and their families with a few days away at beautiful Port Rickaby. Each year we receive fabulous photos and letters from families who have attended telling us what a relaxing, memorable time they have had. Below is one of the letters we received this year.

To the team at SA Country Carers, Thank you for our four day stay at Port Rickaby. Your generosity is much appreciated. The weather was perfect and the sunsets on the sea each evening were just beautiful.

We spent time relaxing at the beach, but also had time to explore other towns on the YP which were unfamiliar to us. The bakeries seemed to beckon us where ever we went, as did some lovely and quaint little cafes for coffee and cake.

This is a picture of me and Keith on the beach at Port Rickaby. Keith in his element collecting rocks.

If you would like to register your interest for next year's Port Rickaby Retreat, please contact the Carer Support Team on 1300 686 405.



Drum Beat

**Do you live with a mental illness?
Would you like to relieve some stress and tension?
Would you like to learn 'Drum Beat'?**

John Monten, Men's Health Coordinator, Country health SA, will be holding drumming sessions at the Family Church, Balaklava.

Tuesday morning during school term

To book your place please contact Sharyne at SA Country Carers on 1300 686 405 or email John at john.monten@health.sa.gov.au

Mothers Day Raffle



Tickets are now on sale for the 2015 Mothers Day Raffle. You can purchase your lucky ticket from any of the SA Country Carers Offices for **\$1 per ticket**. There are lots of lovely pampering prizes to be won, including perfume packs, body lotion packs, hair appliances, and much much more. The lucky winners will be drawn on Friday May 1st. Good luck!

Public holiday closures

A friendly reminder that our offices will be closed on the following dates due to Public Holidays.

Adelaide Cup:

Monday 9th March

Easter:

Friday 3th April

Monday 6th April

If you require assistance during this time, please call the Commonwealth Carer and Respite Centre on 1800 059 059.

Fundraising

Mallala Trading Table

Thursday April 30th, Outside the IGA at Mallala. 8:30am-2pm. Craft, cakes and other goodies for sale.



Mothers Day raffle

There are lots of lovely prizes to be won in the Mothers Day raffle.

1st Prize: Pamper basket

2nd Prize: Homeware basket

Tickets for the raffle can be purchased at the Clare and Balaklava Office



Official Opening of 245B—Carers' Corner

The newest addition to SA Country Carers, "Carers Corner" was officially opened on the 21st of January by Ministers Zoe Bettison, Geoff Brock and the Member for Wakefield Nick Champion.

The day was truly special with over 50 staff, network partners, carers and community attending. The cake, made especially for the day by Sheridan Biggs was a highlight. Not only was it fantastic to look at, it tasted good as well. The cake was cut by Carer, Wendy Johnson

There were many lovely comments from those who attended, about the welcoming feeling the office has and the craft corner also very popular with people making a few purchases on the day.

To all those who attended or helped to make this day a very special occasion for SA Country Carers we would like to say thank you. We have an open drop in morning on Thursdays from 10am-11am, all carers and community welcome (gold coin donation on the day).



Discount Scheme

Balaklava:

Thrifty Link Hardware

5% off all items. Excludes accounts and sale items

"That Bald Guy" – Handyman & Maintenance

10% off labour and not parts

Balaklava Electronics

5% off floor stock. No sale items

Clare:

Clare Valley Florist

Up to 10% off. Excludes Interflora

Closet & Robe

10% off storewide. Excludes sale items

Main Street Bakehouse

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

Peterborough:

Peterborough Caravan Park

3rd night free camping on a campsite or 3rd night in a cabin at ½ price

Saddleworth:

A W Vater & Co

10% off selected clothing & hardware items

Saddleworth Meats

10% off products. Excludes sale items



News from Respite Services

It has been a case of keeping cool and having fun in the sun for clients staying at SA Country Carers Respite house—Grevillia House over the summer months. For information about respite services please call 1300 686 405. Below are the dates that Grevillia House will be open in March and April

Over 65 years: 10th – 13th March,
23rd – 27th March.

Disability Under 18: 27th – 29th March
21st – 23rd April

Disability Over 18: 13-15th March
14-16th April.



Isaac cooling off

Computer Classes in Burra

SA Country Carers have been providing free computer classes over the past year for Carers and community members. To date, we have held classes in Clare, Balaklava, Two Wells, Burra and Saddleworth.

Our final workshop of classes will commence in May at the Burra Community Library. We are seeking interest from Carers who are interested in attending an 8 week beginner computer class. Classes run for 3 hours, every Tuesday from Tuesday 28th April – Tuesday 16th June. To register your interest please call the office on 1300 686 405.

Your future, your choice Workshop

SA Country Carers invites you to a 1 day workshop about planning for your future. The day will explore information about Advanced Directives, and the role of the Public Trustee. Information about funeral costs and arrangements, and where to find financial assistance will also be discussed.

Speakers: Taylor & Forgie Funeral Directors, Public Trustee & Lawyer

Date: Thursday 19th March 2015

Time: 10:00am—3:00pm

Where: Balaklava SA Country Carers Office

Cost: \$5.00 for lunch, morning tea provided

RSVP: Thursday 12th March to 1300 686 405

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

Mothers Day Op-Shop Retreat

Join us for a day of Op-Shopping in the beautiful Barossa Valley. Mothers Day is just around the corner, so you might find that perfect gift for mum! The mothers day retreat is for female carers. We will travel to Kapunda before a stop off for some shopping and morning tea on our way to Nuriootpa to look for more bargains and have lunch.

Date: Friday May 8th

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

Where: Barossa Valley

Transport: Provided

Cost: Allow \$20 for morning tea and lunch (Seniors discounts)

RSVP: Friday 1st May to 1300 686 405

'Gone fishing' Men's fishing retreat

The 2015 Men's Fishing Retreat for male Carers will travel to Port Hughes for a day of fishing off the jetty, followed by lunch on the beach front. Transport from the Clare and Balaklava office will be provided on the day.

Date: Wednesday 15th April

Where: Port Hughes

Transport: Provided

Cost: \$20 (if able) for petrol. Lunch provided, drinks at own cost hire of equipment at own cost, or bring your own

RSVP: Wednesday 8th April

All you will need to bring is your fishing rod (retractable only, and will need to be retracted whilst travelling) or hand reel, your tackle box and a fold up chair (if you have one).

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

Need Some Advice?

24 hour
health advice line

healthdirect
AUSTRALIA

1800 022 222



2015 Couples Retreat



Join us, for some relaxation and 'time out' on the 2015 Couples Retreat at Wallaroo for 2 night & 3 days. We will stay in a two-story holiday house in the Wallaroo Marina, with all the bells and whistles.

- Sit back and enjoy home cooked meals
- Walk around the marina and watch the sun set
- Optional day trips to local fishing spots and museums

Date: Monday 27th — Wednesday 29th April

Where: Wallaroo Marina

Transport: Provided. From Clare or Balaklava offices.

Cost: \$60.00 per person. This covers accommodation, transport & meals. (Morning tea & afternoon tea at own cost)

To register your interest in attending please contact the Carer Support Team on 1300 686 405 by Friday April 10th.

*** As most bedrooms at the accommodation are located upstairs a higher level of independence will be required.**

Nail Soup



Nail Soup comes from an old Swedish tale. The story goes that a tramp who had nothing other than the clothes on his back and a rusty bent nail in his pocket came upon a small cottage on the edge of the woods. He was hungry and tired and thought he would try his luck, and offered to share all he had.

The women of course has nothing to spare, so invited him in to find all he had was a nail, not to be dissuaded the tramp asked for a pot of boiling water to make soup using the nail for flavor. They put the nail in the water and watched it boil, the tramp suggested that it would be all the better with a bit of salt, so she found just a little. Then he suggested it would be a meal fit for a king if they only had an onion or a carrot, amazingly she found just 1 onion and 1 carrot in her larder and they too went in the pot. The story goes on till they had the makings of a grand meal with all the little bits she had left over from seasons past.

So from nothing came something that they both could share. On leaving the old women asked to keep the nail as it made the best soup she had ever tasted.

Tell us your best Nail soup recipe-

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

March 3rd & 17th & 31st

April 14th & 28th

May 12th & 26th

June 9th & 23rd

TWO WELLS

Second and fourth Wednesday

9:30am—3:30pm at

Old Council Chambers, Old Pt Wakefield Road

March 11th & 25th

April 15th & 29th

May 13th & 27th

June 10th & 24th

Dates for the remainder of the year will be published at a later date.

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 & chats



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 projects 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

- Mon March 23rd
- Mon April 27th
- Mon May 25th
- Mon June 22nd (combined group)

Clare Craft Group

- Mon March 2nd
- Mon April 20th
- Mon May 4th
- Mon June 22nd (combined group)

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. Movies for March and May are listed below. If you would like to attend please call 1300 686 405.

Blyth Cinema

Thursday 7th May

"What we did on our holiday"

staring Billy Connolly

As vehicles are shared across the organisation there are limitations to transport availability. Transport requests will be considered on a priority needs based.

Virginia Nursery trip



Come along for a morning at the glorious Virginia Nursery. Meet us at the nursery at 10:30am for morning tea before exploring the endless floral delights of the gift shop and garden.

After a morning of colourful shopping and browsing join us at the Willaston Hotel for lunch.

Date: Thursday 9th April

Time: From 10:30am at Virginia Nursery entrance
Lunch at the Willaston Hotel from 1:00pm

Morning tea from & Lunch at own cost.

Lunch specials from \$10.00

As vehicles are shared across the organisation there are limitations to transport availability. Transport requests will be considered on a priority needs based.

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 April 15th:

Men's fishing retreat (Day trip to Port Hughes)

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 on 1300 686 405.

Teddy Bears Picnic



Come and join us for a "Teddy Bears Picnic" family fun day at the Auburn Centennial Park. Bring along your favorite teddy, or purchase one that our Craft Groups have been making. Bring along the whole family for a morning of sing-a-longs, games and much more.

Sausage Sizzle

Games for the kids.

Face Painter.

Date: Thursday April 23rd

Time: 11am-2pm

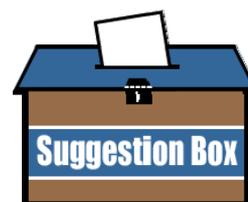
Cost: \$3 for sausage sizzle and drink.

\$2 for teddy bear

RSVP: Please call 1300 686 405 by Friday 17th April

Got a Suggestion?

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.

Saddleworth Op-Shop

Come and find a bargain at the SA Country Carers Op-Shop, Clothing, shoes, housewares and much more for sale.

8 Bellvidere St, Saddleworth.

Opening hours:

Thursday 9am-12pm

Friday 10am-4pm

Saturday 9am-12pm

Young Carer events

Tuesday 14th April: 10am-4pm Balaklava Lighthouse

Tuesday 21st April: 10am-4pm Clare RSL

"Music Video Mania"

Create your own music Video

"Holiday Hip Hop"

A fun Hip Hop workshop

Thursday 16th April: 9am-12pm Clare RSL

"Drumbeat Session & Creative painting"

Drumbeat is a program that offers young people a chance to improve their social skills and self esteem through music.

To RSVP please contact 1300 686 405

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

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3 Offices Located at:

1 Blanche Street,

CLARE SA 5453

26 George Street,

BALAKLAVA SA 5461

245B Main North Rd

CLARE SA 5453

Postal Address:

PO Box 692 CLARE SA

