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SA Country Carers
Support · Compassion · Connection

Newsletter: March & April 2016

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

Strategic Planning Meeting

SETTING GOALS FOR SA COUNTRY CARERS:

The Strategic Planning day meeting was held on 17 February 2016 at the Clare Town Hall and gave the opportunity to review what did and did not work from the 2012/2015 strategic goals and objectives.

Fourteen people, including Carers, board and staff members had the opportunity to put their points forward. The session was facilitated by a very capable consultant, Steve Arblaster, from Norwood Business Consulting. His leadership allowed all of the information to come together and lay the foundation for the goals and objectives in 2015/2018 for SA Country Carers. The plan will be presented in its final format for everyone to look at after being ratified by the board. It will be a working document and will not be left collecting dust. CEO, Eve Rogers remarked that it reflected some future plans and was pleased to be part of the process. The board and the CEO thank everyone for their attendance and in addition to the final presentation, by sharing their valuable ideas and feedback.



CARER REFERENCE GROUP:

A new Carers reference group will be convened on **Wednesday 6 April 2016, at 10:00am**. The first meeting of the reference group will be at the Balaklava Office, in George Street. SA Country Carers believes that communication with the community is fundamental in determining and delivering needed support services. If SA Country Carers is to be effective in its work within the community, people need to know that our services are designed to empower them to take an active role in their own well-being and not be merely recipients of services. In order to foster more effective communication, and particularly to encourage feedback about its services, SA Country Carers is seeking to establish a reference group. This group is open to Registered Carers of SA Country Carers. Please RSVP to 1300 686 405 if you would like to attend.

Public Holiday closures

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

Adelaide Cup:

Monday 14th March

Easter:

Friday 25th March

Monday 28th March

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

My Aged Care Clarification

The target group for My Aged Care programs is people aged 65 years and over, and this also applies to Aged Care Assessments.

A statement in our previous newsletter was incorrect, and we apologise for any confusion this has caused.

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

March 1st

March 15th

March 29th

April 12th

April 26th

TWO WELLS

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

March 9th

March 23rd

April 13th

April 27th

SADDLEWORTH

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

March 2nd

April 6th

RIVERTON

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

March 17th

April 21st

Ladies Op-Shop Retreat

Join us for a day of Op-Shopping in the beautiful Barossa Valley. We will travel to Nuriootpa for a day of browsing, buying, lunch and laughs!

Date: Friday April 1st

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

Where: Barossa Valley

Transport: Provided

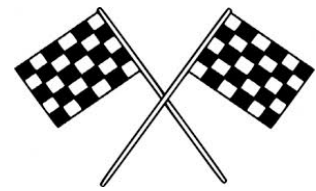
Cost: Allow \$20 for morning tea
and lunch

RSVP: Tuesday 29th March to
1300 686 405



Men's Business

Trip to Mallala Race track



*This group provides support to
Male Carers*

Our male carers group, 'Men's Business', will take a tour of the Mallala race track, and be shown through a private car collection by some of the people involved in the running of the track. We will then head out to lunch at the Dublin Hotel.

When: Thursday 10th March

Time: From 10am

Cost: Lunch from \$10.00

RSVP: Monday 7th March to
1300 686 405

Garden Centre Trip



Join us for a day out at Vadoulis Garden Centre in Gawler. Staff from the garden centre will chat about what to plant and when. We will then head out to lunch.

When: Wednesday 16th March

Time: From 9am

Cost: Allow \$20 for morning
tea and lunch

RSVP: Friday 11th March
to 1300 686 405



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 March 1st from 10am-12pm

Tuesday April 5th from 10am-12pm

Parkinson's SA Workshop

Moving Ahead with Parkinson's Seminar

Join us as we attend this seminar at Parkinson's SA in Adelaide. The 2 hour workshop is aimed at those who have had a diagnosis of Parkinson's for several years, and their family members. Transport provided from Balaklava or Clare (seats limited, so please RSVP)

When: Tuesday 8th March

Time: Departing Clare at 8am

Departing Balaklava at 8:45am

Cost: Lunch after the seminar at own cost

RSVP: Friday 5th March to 1300 686 405

Cancer Council Workshop

Clare session:

When: Wednesday April 13th

Where: Clare Medical Centre

In conjunction with Barb's Ladies Group

Time: 12pm-1pm

(lunch from 1pm at the Middle pub)

RSVP: Monday April 11th



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 March 21st

Monday April 18th (combined in Balaklava)

Clare Craft Group

Monday March 7th

Monday April 18th (combined in Balaklava)

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 March 3rd from 11:30am—12:30pm

Thursday April 7th from 11:30am—12:30pm

Join us for a FREE workshop at Balaklava and Clare. The risk of cancer increases as we get older but did you know that at least one in three cancers diagnosed can be prevented?

Balaklava session

When: Thursday April 14th

Where: Balaklava Council chambers - RSL

Time: 10:30am

RSVP: Monday April 11th



Grevillea House. Make yourself at home

SA Country Carers have been providing overnight respite accommodation at Grevillea House for ten years. The house is named after the large grevillea tree that stands tall on the front lawn.

From the outside, Grevillea House looks like other homes on Victoria Street in Clare, the house contains the same features as any other home. There are two sitting rooms with televisions, kitchen, laundry and four bedrooms.

What is unique about the house is that each bedroom has its own ensuite, with shower, toilet and hand basin. This means that everyone has their own space and privacy. Whilst staying with us at Grevillea House, clients are encouraged to make themselves at home, and to enjoy their surrounds. There will often be an afternoon movie playing in the lounge, board games being played in the dining room, and day trips to regional towns. Our most popular outings include trips to the historical mining town of Burra, Gladstone, Laura and to the Barossa.

Grevillea house is open twice per month, for four days mid week. The house is staffed 24 hours during this time. Carers are most welcome to stay at Grevillea House with the person they care for, and enjoy all we have to offer. Or you may prefer to have a total break and leave the care of your loved one to our experienced staff.

Our fees are \$49.50 per person per night (including GST). This includes all main meals and activities during your stay, including meals at hotels or cafes during outings. If you or your loved one is looking for a break, please call our Respite Team and discuss eligibility to attend Grevillea House and experience a home away from home in the beautiful Clare Valley.



Mother's Day Raffle



Tickets for the 2016 Mothers Day Raffle will go on sale in March. You can purchase your lucky ticket from any of the SA Country Carers Offices for **\$1 per ticket**. The lucky winners will be drawn on Wednesday May 4th in time for Mothers Day. Good luck!

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

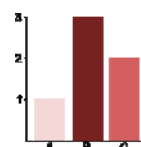
We work in cooperation with the wider community and other agencies, towards providing the best support possible

Empathy

We respond to individual needs with flexibility, timeliness and care

2016 Survey

We are busy collating the results from this years Carer survey. Watch out for some snip bits in our upcoming editions. If you didn't get a chance to fill yours out, you can still send it back now. Your feedback is important to us.



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 April 2016



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Name (optional): _____

Combined Craft Group

Several times throughout the year our Clare and Balaklava craft groups combine for a craft morning at our Balaklava Office. These combined events allow everyone to come together to participate in a project together. In 2016 we will again hold several joint craft morning, the first being on April 18th.

We would like your input about what craft activities you would like to be part of during our group craft mornings. There are some suggestions below, and please feel free to add other ideas you may have. **Please circle the activities you would be interested in.**

Card making

Quilling

Ceramics

Beading

Glass Painting

Xmas Decorations

Woodwork

Other ideas:



MOZZIE BE GONE: If you attract MOSQUITOES, place a fabric softener dryer sheet in your pocket. Mosquitoes are repelled by the scent and you will smell like a summer breeze.

To vacuum areas under your fridge, etc. , insert an empty paper towel roll into the end of your vacuum cleaner, bend or flatten to reach these places.

EASY CHOCOLATE FUDGE (MICRO-WAVE)

- * 1 X 400g tin of sweetened condensed milk
- * 100g butter cubed
- * 250g firmly packed brown sugar
- * 1 TB spoon golden syrup,
- + 100g chopped dark chocolate.

Grease 20cm square pan with butter, line with baking paper. Place all ingredients (except chocolate) in heat proof bowl, cook uncovered for 10-12 minutes, stirring every 2 minutes, on med-high (70%) until bubbles appear over whole surface. Add chocolate until well combined and smooth. Pour into prepared pan. Place in fridge for 1 hour or until firm.

THE BEST THING ABOUT THE FUTURE IS THAT IT COMES ONE DAY AT A TIME.

NOW IN THE GARDEN:

FEED CITRUS TREES with citrus feed or organic fertilizer. **APPLY ROSE SPRAY** regularly to control pest and disease problems on roses ,**AUTUMN** is the best time of year for planting trees & shrubs, before the cold.

FRUIT!



Find all the words below:

- | | | | |
|-------------|--------|------------|------------|
| pineapple | kiwi | bananas | cherries |
| grapes | orange | apple | grapefruit |
| blueberries | pear | watermelon | plums |
| strawberry | lemon | peach | fruit |

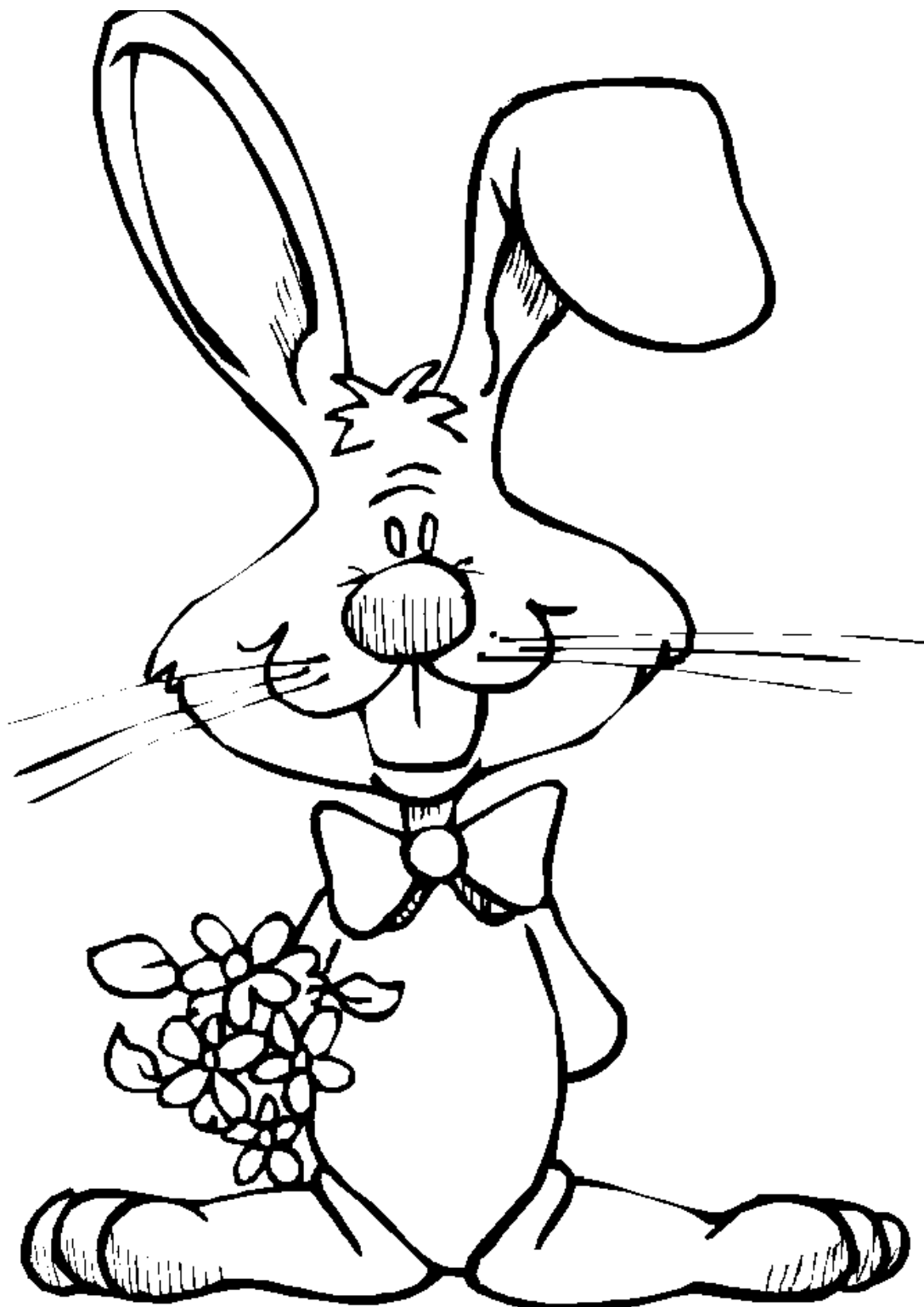
**WHATS GREEN & FUZZY AND WOULD HURT IF IT FELL OUT OF A TREE AND LANDED ON YOU:
" A POOL TABLE"**

Easter colouring competition

ALL AGES COLOURING IN ! BEST COLOURING IN PICTURE WINS A PRIZE.

DRAWN 24 MARCH 2016

Entries close Wednesday 22nd March. Please return picture to your closest office or post to



NAME
AGE

MARCH 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Carer Support – Burra Autism coffee & chat	2 Carer Support - Saddleworth	3 Up's & Down's Group	4
7 Clare Craft	8 Parkinson's SA Workshop	9 Carer Support -Two Wells	10 Men's Business – Mallala Race Track	11
14 Adelaide Cup Day	15 Carer Support - Burra	16 Carer Outing – Garden Centre	17 Carer Support - Riverton	18
21 Craft, coffee, chat	22	23 Carer Support -Two Wells	24	25 Good Friday
28 Easter Monday	29 Carer Support - Burra	30	31	

APRIL 2016



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Monday	Tuesday	Wednesday	Thursday	Friday
				1 Ladies Op-Shop Retreat
4	5 Autism coffee & chat	6 Carer Support - Saddleworth	7 Up's & Down's Group	8
11	12 Carer Support – Burra	13 <ul style="list-style-type: none"> • Carer Support -Two Wells • Cancer Council workshop—Clare 	14 <ul style="list-style-type: none"> • Cancer Council workshop—Balaklava 	15
18 Combined Craft Morning— Balaklava	19	20	21 Carer Support - Riverton	22
25 Anzac Day	26 Carer Support – Burra	27 Carer Support -Two Wells	28	29