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SA Country Carers
Support · Compassion · Connection

Newsletter: May & June 2015

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

Farewell Steve Lowe



One of the many benefits of being the CEO is that you get to write your own farewell for the newsletter when you resign! As most of you know by now, I did exactly that, resigned on the 10th of April 2015. I have accepted a position with a community organisation in Gippsland, Vic. Our Director of Operations, Sandra Watson, will be Acting CEO whilst a replacement is recruited.

I commenced as CEO of SA Country Carers on 19 June 2007. In 2015 we support three times as many Carers and Carees than we did back then. We have our second office at Balaklava and regular visits to Two Wells and Burra fortnightly. Our staff numbers and revenue have doubled over this time. One of our great achievements is our new name "SA Country Carers" and our fantastic logo and motto.

I am however, most proud of what has not changed in the face of the constant challenges and growth: our core culture of valuing the input and contributions of all Carers, Volunteers and Employees with equity and respect. The organisation may have grown a bit and there is certainly a bit more paperwork and red tape, but we still work alongside each other, laugh together, cry together and play together. This makes SA Country Carers and all associated with it, very special indeed. I feel incredibly privileged to have been given the opportunity to work alongside you all.



Some photos from Steve's farewell party

Thank you,

Steve Lowe

My Aged Care

Over the next few months you may encounter changes to respite and support services due to the implementation by the Australian Government of: "My Aged Care".

The initiative is part of the changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services.

My Aged Care is made up of a website and a national contact center. Together they can provide information on aged care, whether for yourself, a family member, friend or someone you're caring for. For further information on how these changes impact you can contact by phone on 1800 200 422 or www.myagedcare.gov.au

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"



Feedback from Carers and Volunteers

The 2015 Carer Survey has been evaluated and we thank all who responded with their suggestions and feedback.

Your experiences and views about the service that SA Country Carers provides are extremely important, as it helps us shape a service for the future which works for everyone. Below are some of the comments we received.

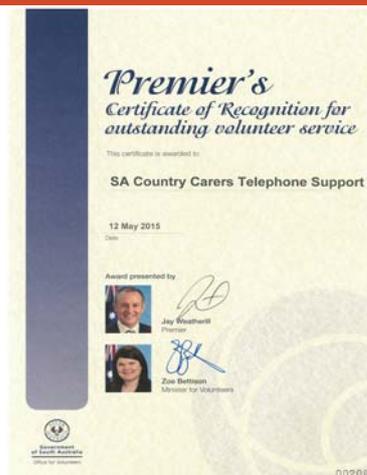
SA Country Carers staff are:

- Lovely, they rang me regularly and checked how things were and made me feel if there was anything I needed. It was just a phone call away. They were also very supportive when my mother died.
- Caring, compassionate, respectful and very helpful with guidance and support.
- Caring and well equipped to provide the information we needed when we met with them.
- Supportive, they go above and beyond to help Carers and Carees.
- Friendly, helpful and have been prompt in getting support and respite in our home and at Grevillea House when needed.
- Excellent! life would be quite difficult without them.
- Helpful and friendly.
- Worth their weight in gold. Just to know they are there gives me the feeling of relief and confidence. I know if

Telephone Support Award & Morning Tea

In April 2015, SA Country Carers Telephone Support Service received a 'Certificate of Recognition for Outstanding Volunteer Service' from the Office of Volunteers, Government of South Australia. The official recognition emphasises what an important and relevant service the Telephone Support program is to Carers and their families in our community.

In recognition of our Telephone Support Volunteers, and all of our Volunteers, SACC would like to show our appreciation by hosting a morning tea Tuesday May 12th in the Balaklava Office from 10am-12pm.



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

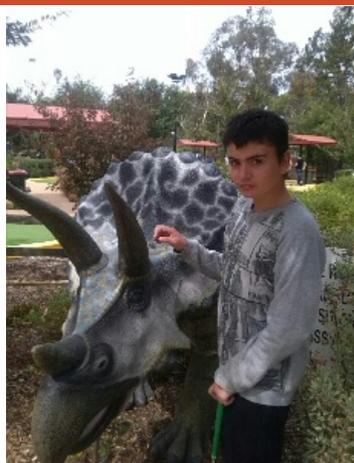


News from Respite

All the best to Respite Senior Coordinator Denisia Pudney as she begins Parental leave. Denisia will return to work in early October. Chris Guerin is now the Senior Respite Coordinator for the Aged and over 65 Mental Health until Denisia returns, and Sarah Mulholland is the Senior Respite Coordinator for Disability and Mental Health under the age of 65.

We would like to welcome Melissa Smith and Laura Waldhuter to the respite team. Laura will be working as the coordinator for Disability Respite and Mental Health under the age of 65 and Melissa will be working as the coordinator for Aged and Mental Health Respite over the age of 65.

Out and about—Respite



Matthew and Matthew! Having fun on our under 18's disability outing to Tanunda Bowland and mini golf on the 28th March.

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

Carer Support—Roadshow

Members of the Carer Support Team will be travelling to the following locations in May to provide information about SA Country Carers. If you or someone you know would like to know about our services please give us a call on 1300 686 405.

**28th May—Port Wakefield (10am-12pm) & Owen (1pm-3pm)
29th May—Tarlee (10am-12pm) & Riverton (1pm-3pm)**

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

A tip for winter

Avoid storing large amounts of wood in the house because mold spores and moisture can affect indoor air quality, a potential problem for people with asthma and other lung diseases.



Young Carers news

In the April school holidays SA Country Carers ran two Young Carer Workshops with funding provided by SA Country Arts. In the first week of the holidays we had a creative painting workshop and drum beat afternoon with artist in residence, Tracy Vandepier, and John Monten from Country Health SA. The day saw Carers express themselves creatively and loudly, using different methods of expression!!



The second workshop saw Young Carers working with SA Performing Arts in a 'music video mania' workshop, where participants filmed an action video which included singing, dancing and acting.

Teddy bears picnic—family day

On Thursday April 23rd SA Country Carers staff and volunteers hosted a Teddy Bears Picnic at the Auburn Centennial Park. Thanks to kind donations of teddy bears we were able to have a teddy bear hunt! The whole family got involved in playing 'statues' and everyone joined in the sing-along which was led by one of our Carers, Pelita Webb, who generously volunteered her time, as did Pam Motley and Shirley Smith. Staff cooked a barbeque which was enjoyed by all. Most people who came along, had their face painted with flowers, butterflies and batman. A really good day was had by all, especially the teddy's!



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

May 12th & 26th

June 9th & 23rd

July 7th & 21st

TWO WELLS

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

May 13th & 27th

June 10th & 24th

July 8th & 22nd

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 & 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 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

- Mon May 25th
- Mon June 22nd
(combined group)

Clare Craft Group

- Mon May 11th
- 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. Movie for May is listed below. If you would like to attend please phone us on 1300 686 405.

Thursday 7th May—Blyth cinema 10:30am start **“What we did on our holiday.”**

Hilarious British comedy starring Rosamund Pike, David Tennant and Billy Conolly. Inspired by the BBC show Outnumbered.

You are also welcome to join us for lunch at the Blyth Hotel after the movie

RSVP: Monday 4th May to 1300 686 405

Gladstone Gaol



Join us for a day in Gladstone and a tour of the Gladstone Gaol. The tour will take you on a journey through the buildings built between 1879-1881. Enjoy morning tea within the gaol walls before heading over to the Commercial Hotel for lunch.

Date: Thursday June 11th

Time: Departing Balaklava at 8:30am
Departing Clare at 9:15am

Cost: Tour of gaol \$6 concession.
Lunch specials from \$10.00

RSVP: Thursday 4th June to 1300 686 405

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

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 May 27th

Trip to Ulwin Park Agricultural Museum,
Lunch at the Rising Sun, Port Wakefield,

Departing Clare office at 9:30am

RSVP: Wednesday 20th May to 1300 686 405

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.

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

Fundraiser - Saddleworth Op Shop

FASHION PARADE FUNDRAISER

Saddleworth Institute

2pm

31st May 2015

\$5.00 Entry

Come and have an afternoon full of fun and laughter, plus find a bargain after the Fashion Parade at the SA Country Carers Op-Shop, **8 Belvidere St, Saddleworth.**

Opening hours:

Thursday 9am-12pm

Friday 10am-4pm

Saturday 9am-12pm

Developing your Skills as a Carer

SA Country Carers invites you to a 1 day workshop about developing your skills as a Carer. The day will include three guest speakers talking about dental care, healthy diets with easy cooking ideas along with keeping your body safe and well in your caring role. Lunch included.

Date: Thursday 21st May 2015

Time : 10:00am—3:00pm

Where: Balaklava SA Country Carers Office

Cost: To be confirmed between \$5 - \$10

RSVP: Thursday 14th May to 1300 686 405

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



Any suggestions to help us improve our services are always welcome. Please come in and have a chat or alternatively, you can drop your suggestion in the 'suggestion box' at the front counter of the Clare or Balaklava offices. All suggestions are 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

