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SA Country Carers
Support · Compassion · Connection

Newsletter: May & June 2016

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

Fundraising for SA Country Carers:

SA Country Carers recently launched a major fundraising campaign; the full scale renovation of the Grevillea House kitchen, slated to be completed by the end of 2016.



We are asking our community to assist us in raising the funds and we are well and truly on our way to achieving our goal. The Clare Rotary Club has promised SA Country Carers a donation of \$4,000 to the project which is an extraordinarily generous donation, by any measure. We thank the Clare Rotary Club for their consideration and assistance.

Paired with this generous donation, SA Country Carers held a Garage Sale at Grevillea House on Sunday 3 April 2016. The

event proved to be extremely successful, with the project raising over \$800 for the kitty. Thank you to all who attended, sifted through our wares and donated to our cause.

Grevillea House is the jewel of SA Country Carers' respite. Registered Carers can arrange to have their care recipients attend the house for an overnight stay, a weekend stay or other opens, depending on arrangements made with our respite coordination team. If you are a Carer and would like to know more about Grevillea House and the availability of respite to you, please do not hesitate to contact us on 1300 686 405. Similarly, if you would like to donate to the Grevillea House Kitchen Project, you can call us any time to



discuss options. Our project's progress is documented on our fundraising 'thermometer' in the windows of all our offices, so you can all see where we are up to.

Also in the vein of fundraising is the assistance provided to us by the Barossa Co-op recently. After an application, our board member and Saddleworth Op Shop Coordinator, Margaret Wayman, was successful in achieving a significant donation towards the installation of a hot water system (also known as a Hydroboil). Until now, our Op Shop volunteers have had only cold water and must use the kettle to heat water up, to make warm water. With the Hydroboil, we will now be able to have instant warm water for hand washing and washing of clothes. Margaret and I visited the Co-op on Thursday 14 April 2016 to accept the donation and thank them for it. Pictured with Margaret and I is Jane Ziegeler, The Co-op Operations Manager. If you



would like to know more about the Co-op or become a member please visit www.barossa.coop

Finally, a huge thank you to the Clare and Gilbert Valley Council for their donation to our Op Shop, which has enabled the painting of the door to the shop, in Saddleworth. The door looks absolutely amazing and really does make the Op Shop look very professional,

also adding to the curb appeal of the whole shop—improving the look of the main street's shopping precinct. Once again, thanks to Margaret Wayman for sourcing these funds and building great relationships with our local providers. Until the next newsletter and from everyone at SA Country Carers; stay well. *Eve Rogers*

Public Holiday

A friendly reminder that our offices will be closed on the Queen's Birthday long weekend on **Monday June 13th.**

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

News from the office

A big congratulations to Laura Waldhuter (Respite Coordinator), winner of the 2016 Barnardos Mother Of The Year Award for South Australia. The award is the largest and most recognised national award celebrating mothering. The award is a public acknowledgement of the enormous contribution that mums make in shaping Australia's future through its role in nurturing children to help them realise their full potential. Well done Laura!



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

May 10th

May 24th

June 7th

June 21st

TWO WELLS

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

May 11th

May 25th

June 8th

June 22nd

SADDLEWORTH

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

May 4th

June 1st

RIVERTON

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

May 19th

June 16th

Computer classes

SA Country Carers will be providing **free** computer classes for Carers in our outreach offices in Two Wells, Burra, Riverton and Saddleworth when staff visit on the dates mentioned above. There are three classes available, each running for one hour depending on your level of knowledge:



- ◆ Computer basics (parts of the computer, using the mouse, computer terminology)
- ◆ Word processing basics (typing and editing)
- ◆ The online world (basics about accessing the internet, web browsing, google)

If you would like to know more, or book in a one hour class please call 1300 686 405.



Cancer Council's Australia's Biggest Morning Tea is a chance for Australians to get together and raise money for a great cause. 1 in 2 Australians will be diagnosed with cancer by the age of 85. One dollar at a time you are making a real difference helping to fund Cancer Council's vital research, prevention and support service programs.

SA Country Carers invites you to our Cancer Council Biggest Morning Tea. All welcome.

When: Thursday 26th May
Time: 10:30am—11:30am
Where: Clare and Balaklava Offices
Cost: Gold coin donation

Men's Business

*A group for Male Carers

Guest Speaker from the local Prostate Cancer Group

Information session about the role that the local support group plays in providing support and information

When: Thursday 26th May
Time: 10:30am—11:30am
Where: Balaklava RSL
RSVP: Monday 23rd May

We will have lunch at the Royal Hotel, Balaklava after the group



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 May 3rd from 10am-12pm

Tuesday June 7th from 10am-12pm

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 May 16th

Monday June 20th

Clare Craft Group

Monday May 2nd

Monday June 6th

Lights, camera, Movie Club!



“Florence Foster Jenkins”

The hilarious story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Starring Meryl Streep and Hugh Grant.

Where: Gawler Cinema

When: Wednesday June 15th

Cost: \$14.00 per person including light lunch

RSVP: By Friday 10th June to 1300 686 405

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 May 5th from 11:30am—12:30pm

Thursday June 2nd from 11:30am—12:30pm

Maggie Beer & Mobility SA

Join us for a day trip to the beautiful Barossa Valley. Visiting Mobility SA where we will learn about in-home supports to help prevent falls and keep you safe at home and Maggie Beer's Farm where we will have morning tea (optional) and sample the delicious sauces, jams and chutneys available.

When: Wednesday May 11th

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

Cost: Allow spending money for morning tea and lunch

RSVP: Friday May 6th to 1300 686 405

Advanced Care Directives Information Session

FREE Community Information Session



The new Advance Care Directive empowers you to make clear legal arrangements for your future health care, end of life, preferred living arrangements and other personal matters. Replacing Enduring Power of Guardianship, Medical Power of Attorney and Anticipatory Direction with a single, Advance Care Directive Form.

When: Monday 20th June 11am
Where: Balaklava RSL Rooms, Council Chambers
RSVP: Thursday 16th June to 1300 686 405

2016 Quality Review

We are fast approaching the scheduled 23 -24 May 2016 Quality Review! The services that are being audited are the Commonwealth Home Support Respite Programmes (CHSP) – namely Flexible, Centre-Based and Cottage respite. With the last newsletter we sent out a separate letter to CHSP eligible clients outlining the process.

If you are a client receiving any of these services and wish to participate, you can register your interest on 1300 686 405. Or you can contact the Quality Agency directly on 08 8217 6000 or by email sa_nt@aacqa.gov.au Participation is voluntary and would include talking to the auditors either in our office in Blanche Street Clare or via the telephone at a pre arranged time to answer questions about your service. You can always ask someone else to speak with the review team on your behalf if you wish – like a relative or a friend.

Included with this newsletter is a copy of the Department of Health's Charter of Rights and Responsibilities for Home Care.

This is an updated version for CHSP to the one you were provided with upon registering with SA Country Carers.

Overnight respite for eligible clients with disabilities

SA Country Carers provides overnight and weekend respite accommodation at Grevillea House for people under and over 18 living with a disability. The house is unique in that each bedroom has its own ensuite, with shower, toilet and hand basin. This means that everyone has their own space and privacy. For clients registered with Disability SA, there is a small client contribution. NDIS participants will have a pre-approved quoted amount included in their NDIS plan. If the client contribution is not included in the plan, there will be a small cost associated for the respite stay. Referrals for clients registered with Disability SA must come from Disability SA. Please discuss this with your case worker. NDIS participant referrals can come from NDIS, your leading organisation or if self managed, the referral can come from yourself.

Please contact SA Country Carers on 1300 686 405 for more information, or to obtain a referral form.

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.

Place an empty paper bag over an ELECTRIC LIGHT GLOBE before removing it from it's socket. If it should shatter, the bag will hold the pieces and avoid what could be a NASTY ACCIDENT.

A JUDGE ENTERS THE COURT ROOM AND STARTS PROCEEDINGS, SAYING "BEFORE THIS PROCESS STARTS IN EARNEST, THERE IS ONE THING I HAVE TO CLEAR UP FIRST. The plaintiff gave me \$10,000 so I would rule in their favor. The defendant gave me \$12,000 so I would rule in their favor. To make this case a fair one, I'm returning \$2,000 to the defendant.

THE ONLY TIME YOU SHOULD EVER LOOK BACK, IS TO SEE HOW FAR YOU'VE COME.

Always believe something wonderful is ABOUT to HAPPEN



A thief broke into my house last night.

He started searching for money...

So I woke up and searched with him!

FIND A WORD....SOLOR SYSTEM WORD FIND

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

VENUS EARTH MARS CERES ASTEROIDS
 JUPITER SATURN NEPTUNE URANIUS PLUTO
 DWARF PLANET MOON

SPANISH TUNA PASTA BAKE

- 250 gm. Large Pasta Shells
- 1 Table Spoon Olive Oil
- 1 Medium Brown Onion, thinly sliced
- 1 Lg Red Capsicum, thinly sliced
- 2 Garlic Cloves crushed
- 2 X 400gm cans diced tomatoes
- 1/2 cup Pitted Green Olives chopped
- 2 X 185 gm Cans of Tuna in Oil, drained and flaked
- 3/4 Cup Grated Mozzarella Cheese
- 1/3 Cup Grated Parmesan Cheese

Pre-heat oven to 220 C, (200 if fan forced) .
 Lightly grease an 8 cup capacity Baking Dish.
 Cook pasta in saucepan of boiling salted water (follow packet direction until tender) drain

Mean while, heat oil in large frying pan over medium heat, add onion and capsicum, cook stirring for 5 minutes until softened, add garlic, cook stirring for 1 minute

Add tomato's, bring to the boil, reduce heat to medium, cook for 10 minutes or until sauce has thickened, add pasta , olives and tuna, toss to combine, add pepper, spoon in to dish, top with cheeses. Bake for 12-15 minutes, until cheese is golden and serve.

In life, you will realize that there is a role for everyone you meet. Some will test you, some will use you, some will love you, and some will teach you. But, the ones that are important are the ones who bring out the best in you. They're the rare and amazing people who remind you why it's worth it.

COLOUR US IN...Then bring in or post back to South Australian Country Carers in either Clare or Balaklava (P O Box 692 Clare).

Competition closes 17th June 2016. Open to all age groups including adults



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

May 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---------------------------------------|------------------------------|---|---|--------|----------|
| | | | | | | |
| 1 | 2 Clare Craft | 3 Autism Coffee morning | 4 Carer Support in Saddleworth | 5 Up's & Down's Support Group | 6 | 7 |
| 8 Mother's Day | 9 | 10 Carer Support in Burra | 11 *Carer Support in Two Wells *Carer outing to Barossa | 12 | 13 | 14 |
| 15 | 16 Craft, Coffee, Chat - Balaklava | 17 | 18 | 19 Carer Support in Riverton | 20 | 21 |
| 22 | 23 | 24 Carer Support in Burra | 25 Carer Support in Two Wells | 26 *Australia's Biggest Morning Tea *Men's business | 27 | 28 |
| 29 | 30 | 31 | | | | |

June 2016

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|--|---|-----------|-----------|
| | | | 1 Carer Support in Saddleworth | 2 Up's & Down's Support Group | 3 | 4 |
| | 6 Clare Craft | 7 *Carer Support in Burra *Autism Coffee morning | 8 Carer Support in Two Wells | 9 | 10 | 11 |
| 12 | 13 Queens Birthday | 14 | 15 Movie Club - <u>Gawler</u> | 16 Carer Support in Riverton | 17 | 18 |
| 19 | 20 *Craft, Coffee, Chat - Balaklava *Advanced Care directives workshop | 21 Carer Support in Burra | 22 Carer Support in Two Wells | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |