

CONTACT DETAILS:

Phone: 1300 686 405 Fax: 08 7200 7692
Email: admin@sacountrycarers.org.au
Website: www.sacountrycarers.org.au
Facebook: SA Country Carers
Address: PO Box 692, Clare 5453



SA Country Carers
Support · Compassion · Connection

September & October 2017

NEWSLETTER

A message from the CEO

Believe it or not, Country North Community Services Incorporated, trading as SA Country Carers, is ramping-up for the Annual General Meeting. This year it is to be held on **Friday 27 October 2017, at the Balaklava Office in George Street, starting at 10:30am**. Attendance is open to all and I encourage you to come along. Of most interest is learning about the strategic and operational challenges and changes occurring within the whole the industry. Voting rights are reserved for 2016/2017 financial members however, memberships are now open for the 2017/2018 year, so if you would like to become a member, please do not hesitate to contact our offices. As is usual, we are having a biennial review of the Rules of the Association (or Constitution); after the board has had a thorough examination of what is different and requiring change.

The NDIS continues to make the news, particularly in relation to some difficulties experienced by care recipients, across Australia. What is important to note is, while the NDIS has not received the most favourable of reviews in the media, there are those whose experience of the system and the assistance in outcomes has been a positive. As with most things, focus can tend to be on the negative. It is definitely far from perfect however, it appears that most successful planning meeting outcomes are directly related to the preparedness of the Carer/care recipient. We are not all geared for perfect preparation, neither are we armed with the luxury of time to research the best options and services. Industry knowledge is also a huge advantage. Let's be honest, success of anything has a great deal to do with our own resilience and outside factors, on any given day.

If you are unsure of your next steps in the NDIS, please do not hesitate to contact us. We can and will assist you in heading in the right direction. The very same can be said for My Aged Care. We have extremely experienced and friendly staff, who are only too willing to assist you, in your next steps.

National Disability Insurance Scheme

SA Country Carers is a Registered NDIS Provider

Staff News

hello!
goodbye!

Sadly we said goodbye to Shirley Smith who has volunteered at our Balaklava office for the last 5 years. Shirley has been a driving force with our fundraising efforts, being the instigator of our financial year calendar, many hours making craft items that are sold from the office, providing a friendly call to Carers through our telephone support program and the list doesn't end there! Thank you Shirley for the generous donation of your time and your fantastic support.

Meredith Appleyard also celebrated her 5th anniversary volunteering. Meredith has assisted in the Saddleworth Op Shop, facilitating our strategic planning days and at the local shows and the Burra trading table.



Evie Kearney has joined our volunteer ranks and will work with our Carer Support team providing telephone support to our registered Carers.

We said farewell to Admin Assistant Kelly Lawler & we wish Kelly all the best in her future endeavours. Two new support workers join our respite team, Gaynor Jackson and Byron Weston. Both Gaynor and Byron bring skills and experience to SA Country Carers in working with aged and disability clients. Alisa Willis commenced in July as Admin Assistant and working from the Blanche Street office. We extend a warm welcome to Byron, Gaynor, Alisa and Evie.

At a recent training session, the trainer *teamwork* complimented us on the great team of workers we have. They are a great team of staff who care about what they do and about each other as a team. SACC are very lucky to have such a great group of staff.



Our Funding Providers

Funding for some of our services has been provided by the Australian Government. The material and views herein do not necessarily represent the view or politics of the Australian Government.

WE ACCEPT



To make payment of invoices and fees more convenient, we are pleased to announce that we now can accept Visa and MasterCard payments at any of our offices or over the phone. For further enquiries, contact our Support Services Team on 1300 686 405 during office hours

Carer Support News

National Carers Week 15-22 October 2017

Carers Week is a time to celebrate and recognise the outstanding contribution that Carers give and to say thank you.

If you asked a Carer what they do, they would just say "I just do what I do"! We know that they do so much more, they put their lives on hold to ensure the person they care for has all that they need. Carers multitask and organise; they are mediators and negotiators, taxi drivers and occasionally slave drivers. They are the glue that holds things together, the social vessel that keeps the lines of communication open. They are compassionate and caring, giving and generous. Through Carer Support we see many Carers not in need but as partners in a facilitative role, we walk alongside with information and education so they can make the best decisions for them. We advocate ensuring they are heard and are given opportunities to access what is needed. We are quiet while they share their stories and truly thankful we can be there when they can hear themselves overcome, work through, plan it out and achieve.

Anyone at any time can become a Carer and National Carers Week is an opportunity to raise community awareness about the diversity of Carers and their caring roles.



Volunteers Required

SA Country Carers are looking for Volunteers to knit Dog coats, Scarves, Beanies, Fiddle mitt's or any ideas you may have. We have some wool and equipment, we just need your help with the knitting and making up. The items will go in our shop to sell and the money raised goes towards our activities for Carers. For information, call Amanda on 1300 686 405.



Burra Patch

Burra Knit & Crotchet Group

Where: Burra Community Library

When: Tues 26th Sept 2017

Further Information:
Burra Library

Phone: (08) 88922038

PLANT WORKSHOP

Identifying local native plants & their propagation

Trail walk followed by propagation workshop

When: Thursday Sept 7th

Where: Burra Community Nursery, Aberdeen Oval

When: 915am for 930 start

Details: BYO Lunch (tea / coffee provided)

RSVP: Rob Perry

The Men's Shed

"Keeping Men Active"

Also supporting

"Men's Watch"

For further information

Contact:

Darryl Venning
(08) 8892 2130



Burra Leisure Group

Where: Burra Activity Centre (Cnr Morehead & Young St, Burra North)

When: Monday, Wednesday, Friday

Contact: Lesley Wallis

Phone: (08) 8892 2730

2017 Annual Badge Day

Our annual Badge Day is held once a year to raise funds to support the Carer's Assistance Scheme. The Scheme is set up to assist Carers by:

- ◆ Contributing to the purchase, replacement or repair of an essential piece of equipment.
- ◆ Assisting with financial hardship caused by an excessive and unplanned expense.
- ◆ Helping to financially assist access to respite or a short break

Badge Day is supported by our local high schools who provide students to help out on the day. Keep an eye out for our annual Badge Day's between the dates of September 11th-21st September in Clare, Balaklava, Riverton and Burra.

New Contact Details?

Have you changed your address? Have you got a new email address or phone number?
Would you prefer to have your newsletter emailed?

If so, please contact us on 1300 686 405 or admin@sacountrycarers.org.au and we will update your details and preferences.



Group Activities

Kids & I—Coffee & Chat

This group provides peer support for parents caring for a child with a disability. This casual group meets on the fourth Wednesday of the month at the **Clare Carer Support office '245B'** in our Carers Corner, and provides parents with the opportunity to chat about their experiences and gain knowledge from their peers.

Time 10:00 to 11:00 am. The next groups are on
Wednesday 27th September

Wednesday 25th October

MEN'S OUTING—Paskeville Field Days

Come along for a full day at the very popular Paskeville Field Days. Explore all the exhibition's and enjoy a men's day out. This day will involve a lot of walking so please ensure that you are prepared with appropriate footwear.

When: Tuesday 26th September, 2017

Where: Paskeville

Time: 8.30am– 4.00pm

Cost: \$15.00 entry plus lunch.
No concessions.

Transport: Van leaving Clare office at 8.30 and Balaklava 9.15am Sharp.

**RSVP BY Friday the 22nd September
on 1300 686 405**

October School Holidays for Young Carers

During the October school holidays we are going to the brand new "FLIPOUT" at Munno Para. This indoor trampoline arena has wall to wall trampolines and adventure playground. Don't miss this change to be one of the first groups to attend the new "Flipout" arena.

When: Monday 9th October 2017

Where: 'FLIP OUT' at Munno Parra

Time: 9 am– 4 pm

Cost: \$5.00 (lunch provided)

Requirements: Loose casual clothing

Leaving Clare office at 9am & Balaklava 9.45am

RSVP BY THE 27th September on 1300 686 405



Craft, Coffee, Chat



Join us at the Balaklava office for a morning of coffee, craft and general chit chat. Each month there will be a small fundraising project that you can be involved in, or simply bring in your own project that you have been working on, or have been meaning to start! The group meets on the 4th Monday morning each month from 10am – 12pm.

Balaklava Craft Group

Monday 25th September—**Christmas Card making**
Monday 23rd October—**Beading**

Join us at the Clare RSL Hall for a morning of coffee, craft and general chit chat. The group meets on the first and third Monday morning of each month from 10am – 12pm. **In September we will be doing canvas painting, so wear an old top! October we will be making**

Clare Craft Group:

Monday 4th & 18th September—**Canvas Painting**
Monday 9th & 23rd October—**Felt Angels**



Ups and Downs, Coffee and Chat

This group provides peer support for people caring for someone with dementia/memory loss. The group meets on the **first Tuesday of the month at the Balaklava Carer Support office and the first Thursday of the month at Clare Carer Support office** and provides Carers with the opportunity to chat about their experiences and gain knowledge from their peers. Tea, coffee and biscuits are provided. The Up's and Down's Group meets at

Balaklava Tues 5th Sept & 3rd Oct at 10am-11am

Clare Thurs 7th Sept & 5th Oct 10am-11am

Thank you!

Thank you to all those Beyond Bank customers who have nominated SA Country Carers as their 'favourite cause'. As a result of your support we have received from Beyond Bank, our Community Rewards Bonus for last financial year totaling a whopping \$2000! If you would like to support us, contact Beyond Bank and enquire about opening your own Community Reward Savings Account.



In other news...

Carer Support—Satellite Offices

BURRA

Every second Tuesday
9:30am to 3:30pm
18 Commercial Street

12th & 26th Sept
10th & 24th Oct

TWO WELLS

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

13th & 27th Sept
11th & 25th Oct

SADDLEWORTH

Every 1st Wednesday
9:30am to 3:30pm
Saddleworth Library
19 Belvidere Road

6th Sept
1st Oct

RIVERTON

Every 3rd Thursday
9:30am to 3:30pm
RSL Rooms
Torrens Road

21st Sept
19th Oct

Outreach information sessions

As a registered provider for the National Disability Insurance Scheme (NDIS), SA Country Carers can assist you to navigate the NDIS and find the supports that are right for you. Our dedicated Carer Support Coordinators, Diane and Bev, can assist you with setting your goals and pre-planning for your Individual Plans.

We are passionate about supporting Carers to make positive choices.

Call us on 1300 686 405 to discuss your Plan or come along to one of the sessions below to learn more.



Saddleworth—4th October

Burra—10th October

Two Wells—11th October

Balaklava—17th October

Riverton—19th October

Clare Kids & I support group—25th October

Carer's Week Outing— Tour of Adelaide's Channel 9 Studio

When: Thursday 19th October 2017

Where: Channel 9 Studio, Adelaide

Time: 8.30am–4.00pm

Cost: Café or Pub lunch

Requirements: Enclosed Shoes

RSVP: 12th October on 1300 686 405.

Van will be leaving Clare office at 8.30 and Balaklava 9.15am sharp



Alzheimer's Information Session for Carers

SA Country Carers in conjunction with Morna from Alzheimer's SA are putting on a free 1 hour session in both Clare & Balaklava areas for Carers caring for someone with Alzheimer's. The session will allow Carers to be able to ask questions relevant to their personal situation, in a friendly and safe environment. Topics such as understanding Dementia; strategies for responding to changes in behaviour; understanding the brain; effective communication; legal planning; the Carers role and support services in our region will be covered.

Where & When: Balaklava Tuesday 5th September 11am-12pm

Clare Tuesday 5th September from 1-2 pm

Bookings are essential, to reserve your spot or for further information please contact Diane or Sharyne on 1300 686 405

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

OUR VISION

Carers are valued and acknowledged by the wider community and have access to the support they need

OUR MISSION

To assist Carers with their caring roles through support and advocacy.

OUR 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.

Respite Support News

The Activity Space — School Holiday and After School Program

Would your child, aged 10-17yrs, benefit from developing their independent living skills, social skills and enjoy supported community participation?

Would your family benefit from a school holiday and after school program designed specifically for teenagers and pre-teens with a disability?

SA Country Carers are excited to announce that we have developed just that!

TAS will combine all of the above in a well-supported and most importantly, fun environment. It will be tailored to each participant to ensure that we are working towards specific goals and to ensure that it appropriately meets the needs of each person. If your child has a current NDIS plan, they may be eligible to have a large proportion of the group covered under that funding. If they have not yet received their first plan, please contact us prior to the planning meeting so that we can assist you with a quote in advance. For those without current NDIS plans, you are able to pay 'fee for service' should you wish.

You can find a program, including dates and times for TAS in the flyer attached to this newsletter. There are minimum participant numbers required to enable us to successfully run this program, so please join us in creating a much needed program that will benefit not only your loved one and family, but the whole community.

If you would like more information or if you would like to book your child into the group, please contact Laura via email laura.w@sacountrycarers.org.au or call on 1300 686 405.



Adelaide's largest Disability and Ageing event is an exciting community event that attracts audiences of 4,000 people with upwards of 160 exhibitors. The 2017 Expo will explore practical ideas, research & initiatives under the 'My Life, My Choice' theme. My Life,

My Choice, is about empowering individuals, couples & families to ensure that they remain at the centre of decisions related to their needs and what types of services & support planning is available.

The Expo also continues to focus on improving the physical, social and emotional well-being of people living with disabilities, those on the ageing journey and those interested in living an active lifestyle. It's about encouraging people to welcome and embrace the option of choices and flexibility when making important resolutions about their well-being, care & support. Come along to the Expo and visit SA Country Carers stand! Our friendly staff will be there to answer any questions you may have.

Save the date: 27th October 2017 Adelaide Showgrounds



FRIDAY FELLA'S

On July 28th the Balaklava & Clare Friday Fella's groups combined and enjoyed a great day visiting the National Railway museum in Port Adelaide and lunch at a local hotel.

If you are interested in finding out more about this great group give the SA Country Carers a call on 1300 686 405.

Saddleworth Op Shop

Winter Clearing Sale

Winter Sale of all clothing during September,
In preparation for Spring stock.

You will find us in the Main Street of Saddleworth.

- Thursday 9am to 12pm
- Friday 10am to 4pm
- Saturday 9am to 12pm

We are also open every Saddleworth Market Day

Dates for Grevillea House Openings.

Disability:

For more information on Disability programs and vacancies please call Laura or Jo on 1300 686 405.

Aged: Monday 25th September – Friday 29th September 2017,
Monday 16th October – Friday 20th October 2017,
Monday 13th November – 17th November 2017,
Monday 27th November – Friday 1st December 2017,
Monday 11th December – Friday 15th December 2017.

For more information call Denisia or Melissa on 1300 686 405.

Respite Support News

You're Invited! To an open day at our respite facility, Grevillea House

Ever been curious about Grevillea House and would like to take a peek inside? Come and have a walk through Grevillea House find out more about our services available for people over the age of 65.

When: Wednesday 20th September 2017

Time: Drop in any time between 10am—1pm

Where: 19A Victoria Rd, CLARE

RSVP: Monday 18th September 2017

Phone Denisia or Melissa on **1300 686 405**



Grevillea House provides a unique 4 night respite experience, in a lovely four-bedroom home, each room with an ensuite. Around the clock tailored care by qualified aged care support workers. Clients will enjoy home cooked meals, activities, outings and day trips in and around the beautiful Clare Valley. This home like environment provides the perfect solution for those needing low care respite, but are not yet ready for a care facility.

Come have a cup of tea and a chat with the friendly staff at SA Country Carers who can answer questions and assist you in your respite needs.

Ageing in Style Expo - Two Wells

Sharyne and Melissa from our Carer Support and Respite teams attended the 'Ageing in Style Expo' which was held in Two Wells. There were many organisations there providing information to the local community about what services are available and how to access them.

SA Country Carers has a unique range of services to support the whole family unit through our Carer Support and Carer Respite teams. If you missed the Two Wells Expo, we will be at both the Balaklava & Clare shows. Keep your eye out for our stall and drop past to say hello. Balaklava Show on Saturday 23rd September and the Clare Show on Saturday 14th October.



Carer Support News

Carers Go Bush!



Barossa
Bushgardens
Natural Resource Centre

Barossa Bushgardens is a regional native flora centre, Barossa Bushgardens boasts seven display gardens, such as the "CFS Fire-wise Garden", the "Truly Australian Front Garden", the "Sensory Garden", the "Eremophila Garden", and "The Old Gum Tree" tree restoration project. Walking trails, interpretive signage and individually signed plants make a leisurely stroll through the gardens a worthwhile experience.

When: Thursday 21st September

Time: Departing Clare office 8.30am, Balaklava Office 9.15am .

Cost: Lunch at The Tanunda Bakery

RSVP: 11th September 2017 on 1300 686 400

Requirements: Comfortable clothing and shoes

Walking groups

Balaklava: A friendly social walking group, each Friday morning at 9.30am for 30 minutes. The walking group meets at the Balaklava Office. Come along and enjoy a gentle walk with Liz.

Clare: Friendly, social, gentle walking group each Tuesday morning at 9.30am for 30 minutes. If you wish to join us the meeting place is at the car park at the top of Lennon Street. Carers and care recipients, friends and pets are all welcome. Please contact us to register your interest on **1300 686 405**.



Care and Share Page

How do you make the number
one vanish?

Put a G at the start and it is—
gone



Mango fruit cake

Ingredients:

1 x 425 can mango slices

500g mixed dried fruit

1/2 cup water

1 & 1/2 teaspoons bi carb soda

1 & 1/2 cups of SR flour

2 eggs lightly beaten

Icing sugar and lemon slices to decorate.

Method:

1. Grease a deep 19cm-square cake pan. Line base and sides with baking paper.
2. Drain mangoes over a large pan, chop mangoes and add to same pan with mixed dried fruit & water. Bring to the boil and simmer, uncovered for 1 minute. Remove from heat and cool.
3. Stir in combined sifted soda and flour with eggs, mix well. Pour into prepared pan.
4. Cook in a moderately slow oven, 160c for 1 hour or until cooked when tested. Cool in pan. Serve cake with dusted icing sugar, and decorate with lemon slices. ENJOY!

Types of Dog

I	O	E	R	E	L	I	E	W	T	T	O	R	T
F	S	E	R	L	S	O	O	U	N	E	H	E	E
E	H	B	E	A	U	H	A	U	H	I	H	C	R
C	E	R	H	C	O	R	G	I	I	L	A	O	R
O	P	E	C	D	N	U	O	H	S	L	R	E	I
T	H	X	S	R	I	G	I	S	D	O	S	C	E
R	E	O	N	D	D	R	O	A	H	C	N	G	R
D	R	B	I	G	S	L	L	D	C	U	R	L	D
R	D	A	P	H	A	M	H	O	L	E	E	C	B
G	S	D	H	H	A	U	S	I	L	L	U	I	E
R	O	I	I	T	D	E	E	E	C	E	U	L	A
R	E	R	I	H	R	H	R	A	D	R	T	B	G
D	M	A	S	T	I	F	F	C	L	U	R	E	L
E	N	B	L	A	T	S	E	T	T	E	R	E	E

HOUND
 COLLIE
 DALMATIAN
 MASTIFF
 SHEPHERD
 BOXER
 CHIHUAHUA
 ROTTWEILER
 TERRIER
 PINSCHER
 BULLDOG
 BEAGLE
 SETTER
 CORGI

Goldwyn Gems

“A verbal contract isn’t worth the paper it’s written on”

“include me out”

“In two words: Impossible”

“I want you to know that a Goldwyn comedy is not to be laughed at”



I may be a work in progress, but every day I get a little wiser, a little bit better, a little bit stronger.



CARE AND SHARE PAGE - COLOUR ME IN

Bring in or post back to SA Country Carers. PO Box 692 Clare 5453. Competition closes 24th October 2017. Open to all ages.



His name is _____!

* My favorite memory of my dad is:

* This is what he ALWAYS says:

* Here is his favorite thing to eat

(draw a picture!)

* My dad's pockets are full of:

* My dad is _____ years old.

* He is so good at:

* When he comes home from work, he likes to:

* This makes my dad Laugh:

©www.skiptomylou.org

Name..... Age.....

Winners from last newsletter: Gloria Bonelli, Makayla Ferguson & Mackenzie