

## CONTACT DETAILS:

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February 2018

## NEWSLETTER

### A message from the CEO

Welcome to 2018. I hope that you all had a very happy and safe New Year and that 2018 represents something positive for all of you.

We open the New Year with the assurance of State Government Carer Support Funding, which is a great platform on which to launch a promising new year. This funding ensures that we can continue to provide support to unpaid Carers to someone under the age of 65, who may not be able to receive those supports under the NDIS. Thankfully, it is also for a decent time frame, which enables us to forward plan and provide some stability to our Carers and fantastic staff alike.

2018 is also the year that we take on a fabulous pilot program, in conjunction with the Department of State Development, supporting unpaid Carers in achieving the Certificate III in Individual Support. The pilot program also comes with employment outcomes and placements with our organisation. So, if you are a registered unpaid Carer and have always been interested in using your knowledge to gain a certificate and consequent employment, call us to register your interest for the information session, which we expect to be held very soon. Please note that we do not have a firm date for the session, as yet, however when you register your interest, we will keep you informed of any sessions.

The York Mid-North region has been identified as an area of great need for Support Workers, so employment or self-employment opportunities are available everywhere, at the moment. We can support you to achieve working knowledge of the industry via this certificate course. We are extremely excited about the project and the opportunities it can and will provide to unpaid Carers, in our region. If you have ever thought about wanting to do it, I encourage you to come along for the ride with us. Various supports will be provided, to ensure you achieve success.

We look forward to many other opportunities to provide for our client base, this year, and hope that your beginning has been as promising as ours!



### National Disability Insurance Scheme

SA Country Carers is a Registered NDIS Provider

### Staff News

hello!  
goodbye!

Hello again, with a blink of an eye it's 2018! And with it comes another year of opportunity for everyone. Already we have had some movement in staffing, saying both hello and goodbye.

We have welcomed Sarah to our Support Services team. Sarah comes to us with a great deal of administrative and finance experience and will be an asset to the Support Services team and the whole organisation.

We also welcome Jane and Toni who have joined the Support Worker team and are already busy supporting clients at home and in our respite house. Support Workers Byron and Claire have left and we wish them both the best in their future endeavours.

Leanne joins us as a volunteer in supporting the respite services. Leanne will be assisting with activities at our respite house in Clare.

Sadly we say goodbye to Bev from the Carer Support team. Bev has been working in the Balaklava office for 4 years and has made a significant contribution to the team and the organisation. We wish Bev all the best in her new job! There will be some new arrangements to let you know about next time! Watch this space...

2018

### 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.



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

## Dates to Remember

### Carer Support Dates to Remember February - March 2018

- Clare Craft Mon-5<sup>th</sup> Feb
- Ups and Downs Morna Coats 11-12am & 1-2pm Tues-6<sup>th</sup> Feb
- Clare Walkers Tues-6<sup>th</sup> Feb
- Saddleworth Outreach Office Wed-7<sup>th</sup> Feb
- Clare Walkers Tues 13<sup>th</sup>-Feb
- Silver Screening "Victoria & Abdul" Wed-14<sup>th</sup> Feb
- Riverton Outreach Thurs-15<sup>th</sup> Feb
- Clare Walkers Tues 20<sup>th</sup> Feb
- Craft Coffee and Chat -Balaklava Mon-26<sup>th</sup> Feb
- Clare Walkers Tues -27<sup>th</sup> Feb
- Burra Outreach Tues -27<sup>th</sup> Feb
- Kids and I Wed-28<sup>th</sup> Feb
- Two Wells Outreach Office Wed-28<sup>th</sup> Feb
- Clare Craft Mon-5<sup>th</sup> March
- Clare Walkers Tues-6<sup>th</sup> March
- Saddleworth Wed-7<sup>th</sup> March
- Office Closed Adelaide Cup Day Mon-12<sup>th</sup> March
- Clare Walkers Tues-13<sup>th</sup> March
- Burra Outreach Office Tues- 13<sup>th</sup> March
- Two Wells Wed-14<sup>th</sup> March
- Riverton Outreach Thurs-15<sup>th</sup> March
- Clare Walkers Tues 20<sup>th</sup> March
- Carer Outing – Virginia Nursery Wed 21<sup>st</sup> March
- Craft Coffee and Chat -Balaklava Mon-26<sup>th</sup> March
- Clare Walkers –Tues 27<sup>th</sup> March
- Burra Outreach Office Tues-27<sup>th</sup> March
- Kids and I Wed -28<sup>th</sup> March
- Two Wells Outreach Office Wed- 28<sup>th</sup> March
- Office Closed –Good Friday- 30<sup>th</sup> March

## Volunteers Required

### Friends of SA Country Carers

SA Country Carers are looking for Volunteers to knit Dog coats, Scarves, Beanies, Fiddle mitts 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 Mandy on 1300 686 405.



## Burra Patch

### 'ACTIVITY ARVOS'

Friday Afternoon

### BURRA REVEGETATION GROUP

**Where:** The Burra Community Nursery,

Aberdeen Oval

(between Golf Club & Burra Tennis Courts)

**When:** 2pm – 4pm each Friday

**Enquiries:** Mick Higgins or Rob Perry

•Mick 0458 916 756

•Rob 0409 282 095

### Burra Leisure Group

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

**When:** Monday, Wednesday, & Friday

**Contact:** Lesley Wallis

**Phone:** (08) 8892 2730



### The Men's Shed

"Keeping Men Active"

Also supporting

"Men's Watch"

For further information

**Contact:** Darryl Venning  
(08) 8892 2130

### SAVE THE DATE!

### "A New Era of Volunteering in Goyder"

Find a new calling or fuel your passion...want to know how you can become involved?

Join us at the Burra Council Office to hear more and enjoy a free delicious morning tea!

**Date- Thursday February 22 2018**

**Time- 10am-12pm**

**Venue- 1 Market Square, Burra**

Contact Regional Council of Goyder on 8892 0100 or Cr Darryl Venning on 0407 723 323 for more information.

## Silver Screening—Victoria&Abdul

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's remarkable rule.

**Where:** Gawler Cinema

**When:** Thursday 8 February

**Time:** Depart Clare 8.30am

Depart Balaklava 9.15am

**Cost:** \$14.00 includes morning tea and light lunch.

**RSVP:** 5 February

Call **1300 686 405**



## 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](mailto:admin@sacountrycarers.org.au) and we will update your details and preferences.

"Like" us at SA Country Carers



## 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 group is on Wednesday 28th February

### Ups and Downs, Coffee and Chat

Ups & Downs provides peer support for people caring for someone with dementia/memory loss. The group meets on the first Tuesday bi-monthly. The group meets in conjunction with Morna from Alzheimer's SA for a free 1 hour session, in both Clare & Balaklava areas. 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 6th Feb from 11am-12pm**

**Clare Tuesday 6th Feb from 1pm-2 pm**

Bookings are essential, to reserve your spot or for further information please contact Di or Mandy on 1300 686 405.

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

### Walking Group

Friendly social gentle walking group, each Tuesday morning at 9.30am for 30 minutes along the Riesling Trail. Join us at the car park at the top of Lennon Street, Clare.

Carers and Care Recipients are invited.



Please contact us to register your interest on **1300 686 405**.

### Thank you!

Thank you to all those Beyond Bank customers who have nominated SA Country Carers as their 'favourite cause'.

If you would like to support us, contact Beyond Bank and enquire about opening your own Community Reward Savings Account.



### Craft, Coffee, Chat



#### Balaklava Craft Group

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 4<sup>th</sup> Monday morning each month from 10am – 12pm.

**Date : Monday 26th February**

#### Clare Craft Group:

Join us on the First Monday each month at the Clare RSL Hall for a morning of coffee, craft and general chit chat. 10am – 12pm. This month we will be making Noughts and Crosses.



**Date : Monday 5th February**

### National Disability Insurance Scheme

As a registered provider for the National Disability Insurance Scheme, SA Country Carers can help you to navigate NDIS and find the supports that are right for you. Our Carer Support Coordinators, Di and Mandy, can assist you with setting your goals and preparing your individual plans. We are passionate about supporting Carers to make positive choices.

**Saddleworth – 7<sup>th</sup> Feb**  
**Saddleworth – 7<sup>th</sup> March**  
**Burra - 13<sup>th</sup> & 27<sup>th</sup> Feb**  
**Burra – 13<sup>th</sup> & 27<sup>th</sup> March**  
**Kids & I Support Group- 28<sup>th</sup> Feb**  
**Kids & I Support Group – 28<sup>th</sup> Mar**  
**Two Wells - 14<sup>th</sup> & 28<sup>th</sup> Feb**  
**Two Wells -11<sup>th</sup> & 28<sup>th</sup> March**  
**Riverton - 15<sup>th</sup> Feb**  
**Riverton - 15<sup>th</sup> March**



Call us today on **1300 686 405** to discuss your plan.

## In other news...

### Carer Support—Satellite Offices

BURRA	TWO WELLS	SADDLEWORTH	RIVERTON
Every 2nd Tuesday 9:30am to 3:30pm 18 Commercial Street	Every 2nd & 4th Wednesday 9:30am to 3:30pm Old Council Chambers Old Pt Wakefield Road	Every 1 <sup>st</sup> Wednesday 9:30am to 3:30pm Saddleworth Library 19 Belvidere Road	Every 3 <sup>rd</sup> Thursday 9:30am to 3:30pm RSL Rooms Torrens Road
<b>13th &amp; 27th Feb</b>	<b>14th &amp; 28th Feb</b>	<b>7th Feb</b>	<b>15th Feb</b>

### Grevillea House News 2018

#### Grevillea House Aged Opening Dates for the first half of 2018

**February:** Monday 12th – Friday 16th and Monday 26th – Friday 2nd March,

**March:** Monday 19th – Friday 23rd,

**April:** Monday 9th – Friday 13th and Monday 30th – Friday 4th May,

**May:** Monday 14th – Friday 18th and Monday 28th – Friday 1st June,

**June:** Monday 18th – Friday 22nd.

If you would like more information please contact

Denisia or Melissa on 1300 686 405.



### Commonwealth Home Support Programme

#### Group opportunities to learn more about CHSP respite services.

At SA Country Carers we provide support to Carers who look after a family member, friend or neighbour. These family members, friends or neighbours are living with either an intellectual or physical disability, chronic or mental illness, dementia or frail age.

Through the Commonwealth Home Support Program (CHSP) we are able to offer clients who care for someone over the age of 65, a range of services to meet their respite needs. These respite options include in home - one on one, weekly community group outings and overnight respite in our cottage, Grevillea House.

We understand that interacting and connecting with community groups is vital towards meeting individual's and community's needs.

We would like to extend an invitation to come out and present to your group, some of the respite options we have available through the Commonwealth Home Support Programme.

To learn more about what we can offer, or to book a time that we can come and meet with your group, please give Denisia or Melissa a call on 1300686405.

#### 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

### TAS School Holiday and After School Program



Robert Burton and Kieran Bell having fun at the local playground.

Term four of last year saw the introduction of our new and exciting TAS program. Throughout the term we adapted and developed the program to meet the needs of our varied clients and it has continued to grow in popularity. The summer holiday program has been popular, especially on the days where clients are heading out and about to do fun activities in the community.



Taleah Wilkins enjoying some school holiday activities at the local caravan park.

We have been working hard to develop a new and exciting program for Term 1, 2018

Please phone the office on 1300 686 405 and speak to Joanne Maclean or Sarah Mulholland for more details, or to book in.

### Disability Support Options

#### We often have people ask us just what support SA Country Carers can provide to people living with disability.

The answer is always quite long-winded and that is simply because we can offer so much! The support that we can provide is always tailored to the individual, so the options are almost endless. To give you a short answer though, SA Country Carers provide; overnight group or individual support at Grevillea House—this can be just one night, or more if you need. Our group bookings are generally from 4pm Friday to 5pm Sunday, however this is flexible. We can also support people individually in their home (day and overnight), or out in the community assisting them to build skills, participate in activities or hobbies and support social inclusion. Lastly we have our TAS groups and the ability for people to join in on the day time activities that our overnight group clients are participating in. Along with all of these options, we can also provide support with coordinating and managing your NDIS plan. If you would like more information on how we can support you or your loved one, please contact our friendly team on **1300 686 405**.

SA Country Carers is a **Registered NDIS Provider**



### Friday Fellas News



As the Friday Fellas group has become so popular we have decided to have a Clare group and a Balaklava group.

In February the Clare Friday Fellas will be visiting Morgan for a drive around the town and stopping at a local hotel

for lunch while the Balaklava Friday Fellas group will be visiting Ardrossan for a drive around the town and stopping at the local hotel for lunch.

**Call 1300 686 405 for bookings**

### Elderberries News

The Elderberries group will be starting the year off with a nice trip to Crystal Brook for a look around the shops and stopping somewhere nice for lunch.

Keep your eye out in the future newsletters for photos of these trips and what else will be happening throughout the year.

If you are interested in finding out more about these great groups' please give the SA Country Carers office a call on **1300 686 405**.





## FIND A WORD

### Olympics

S	C	I	T	S	A	N	M	Y	G	S	G	C	I
I	E	G	W	I	N	T	E	R	W	K	L	Y	C
V	O	L	L	E	Y	B	A	L	L	I	L	C	E
C	N	O	T	N	I	M	D	A	B	J	A	L	H
S	C	I	T	E	L	H	T	A	C	U	B	I	O
S	P	M	U	J	G	N	O	L	D	M	T	N	C
S	L	G	N	I	M	M	I	W	S	P	E	G	K
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L	B	B	L	T	G	N	I	V	I	D	A	M	T
G	Y	U	L	E	L	L	M	M	E	M	B	M	P
A	G	O	L	F	T	O	I	C	G	G	E	U	S
L	L	A	B	T	O	O	F	Y	U	Y	C	S	T
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- LONGJUMP
- SKELETON
- SUMMER
- GOLF
- ATHLETICS
- GYMNASTICS
- SWIMMING
- ICEHOCKEY
- BASKETBALL
- OLYMPICS
- WINTER
- BADMINTON
- VOLLEYBALL
- DIVING
- CYCLING
- FOOTBALL
- LUGE
- CURLING
- SKIJUMP
- TENNIS



### Watermelon Slushy

If you enjoy a slushy drink try making your own.

The only ingredients you need are :

Watermelon, ice and sugar optional .

Combine all ingredients in blender until smooth and serve. If you want to make it tangy add lemon or lime juice.

Play this puzzle online at : <http://thewordsearch.com/puzzle/1791/>

Why did the bacon laugh?  
Because the egg cracked a yolk.



For your plants remove old flowers and feed it Seasol which will help with more flowers and a healthier plant.

### DID YOU KNOW

Life saving venom of one of the deadliest snakes in the world, the Malayan pit viper may help with heart attacks.

While much work remains to be done, scientist are very hopeful that the lethal venom may one day benefit the health of mankind.



### Lemon Slushy

1/2 cup water

4 cups ice cubes

1/2 cup lemon concentrate

1/2 cup of sugar

In blender combined Lemon juice concentrate ,

Water and sugar. Gradually add ice cubes Blending till smooth.

# CARE AND SHARE PAGE - COLOUR ME IN .....

Bring in or post back to SA Country Carers. PO Box 692 Clare 5453.

Competition closes 22nd February 2018. Open to all ages.



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Name.....

Age.....