

CONTACT DETAILS:

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SA Country Carers
Support · Compassion · Connection

September and October 2018

NEWSLETTER

A message from the CEO

At this time of year, we find ourselves talking about finishing off the previous financial year. We look back at what worked and what can change. We ask ourselves questions like: “*What do our clients want? What do our clients like about us and what is it that keeps them coming back to us? What is our point of difference? What new things can we do for our clients?*”

It is a time of year when you can change-it-up and get a bit excited; start some of those ideas you have hatching. Maybe there was a little test-case of an idea with great success, leading to something bigger. Maybe something that was popular, no longer is. Now is the time to change that!

We find ourselves doing this at home too. We are on a constant cycle; the shopping day, birthdays, footy/netball season, school holidays, and the inevitable tax time. Like you, in your household, businesses are on a merry-go-round of process and we find ourselves coming back to annual events.

Consequently, we are coming to our Annual General Meeting, which is going to be so very exciting this year. If you have been following our Facebook Page, you would have seen the renovations at Grevillea House. They have been major ones! A full repaint, new carpet, vinyl and brand spanking new window furnishings. The place looks amazing and, as of this newsletter, we haven't even finished yet!

So, the day of our Annual General Meeting, whilst it comes around on the last Friday of every October, will be unique and will double as the re-launch of Grevillea House in its new incarnation.

Please save the date of the AGM and come along to Grevillea House, for the usual business, presentation of the annual report and financials and a celebratory morning tea, paired with tours of the house for all. It will be an amazing morning and really is the culmination of a lot of hard work, commitment and generosity. We are also always looking for more members to the association, with a financial year fee of \$5. This entitles you to vote at our AGM and/or become a Board Member, if you so choose, after six months membership.

Therefore, our Annual General Meeting of Country North Community Services Incorporated, trading as **SA Country Carers** is on **Friday 26 October 2018 at 10:00am**. To be held at **Grevillea House (19A Victoria Road, CLARE SA 5453)**. Please RSVP to 1300 686 405 or admin@sacountrycarers.org.au. Once you have RSVP'd an agenda and schedule of the day, will be sent to you. All current members will receive paperwork, prior to the event. Hope to see you there!

Policy Updates—Complaints

As you may imagine, we have quite a long list of policies, plans and procedures that assist with us meeting the legislation, agreements and guidelines that are required of us. All these documents are reviewed and updated every two years, which is quite a job! Our policy list includes Client Concerns and Complaints. We are committed to ensuring that all of our clients have the opportunity to lodge a complaint and have your concern dealt with in a way that ensures access and equity, fairness, accountability and transparency. Our complaint form is available at any of our offices or from our website or phone 1300 686 405.

Staff News



It's been quiet on staff movement this time which is good. We have had a couple of appointments to positions that staff have been acting in. Firstly, Jo Maclean has commenced her role in the new position as Client Service Coordinator. Jo will be working with Denisia in coordinating in home, group and overnight services. Secondly, Leanne Mullan has been appointed to the Manger Client Service and Support position. Leanne has been acting in this position for some time and brings much enthusiasm to the position and management team. Congratulations to both Jo and Leanne.

One of our longstanding volunteers, Pam Motley is winding down her role in the Balaklava office. Pam has been with SA Country Carers for the past 4 ½ years and has been a dedicated volunteer with the Telephone Support team, a wonderful knitter, helping at fundraising activities, selling raffle tickets, making items to sell at the food stalls and attending Carer outings. We would like to thank Pam for her many hours of time in supporting what we do.



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

DATES TO REMEMBER



SEPTEMBER 2018

<i>Monday 3rd</i>	= Clare Craft
<i>Tuesday 4th</i>	= Clare Walkers = Ups & Downs – Clare/Balaklava
<i>Wednesday 5th</i>	= Saddleworth Outreach
<i>Friday 7th</i>	= Coffee & Chat–Clare/Balaklava
<i>Tuesday 11th</i>	= Clare Walkers = Burra Outreach
<i>Wednesday 12th</i>	= Two Wells Outreach
<i>Friday 14th</i>	= Coffee & Chat–Clare/Balaklava
<i>Tuesday 18th</i>	= Clare Walkers
<i>Wednesday 19th</i>	= Carers' Outing
<i>Thursday 20th</i>	= Riverton Outreach
<i>Friday 21st</i>	= Coffee & Chat–Clare/Balaklava
<i>Monday 24th</i>	= Craft Coffee & Chat–Balaklava
<i>Tuesday 25th</i>	= Clare Walkers = Burra Outreach
<i>Wednesday 26th</i>	= Kids and I – Clare = Two Wells Outreach
<i>Thursday 27th</i>	= NDIS Chat and Share
<i>Friday 28th</i>	= Coffee & Chat–Clare/Balaklava

UPS & DOWNS GROUP

Morna Coats from Dementia Australia will be visiting in September AND October. With her wealth of knowledge, compassion and empathy, Morna can connect well with our Carers. If you are caring for someone with Dementia, why not join this group to share your thoughts and listen to others chat about their experiences.

Tuesday 4th September
Tuesday 2nd October
Balaklava Office 11am – 12pm

Clare Office '245B'
1:30pm – 2:30pm



OCTOBER 2018

<i>Monday 1st</i>	= Public Holiday–Office Closed
<i>Tuesday 2nd</i>	= Clare Walkers = Ups & Downs–Clare/Balaklava
<i>Wednesday 3rd</i>	= Saddleworth Outreach
<i>Friday 5th</i>	= Coffee & Chat–Clare/Balaklava
<i>Monday 8th</i>	= Young Carers' Outing
<i>Tuesday 9th</i>	= Clare Walkers = Burra Outreach
<i>Wednesday 10th</i>	= Two Wells Outreach
<i>Friday 12th</i>	= Coffee & Chat–Clare/Balaklava
<i>Monday 15th</i>	= Clare Craft
<i>Tuesday 16th</i>	= Clare Walkers
<i>Wednesday 17th</i>	= Silver Screening
<i>Thursday 18th</i>	= Riverton Outreach
<i>Friday 19th</i>	= Coffee & Chat–Clare/Balaklava
<i>Monday 22nd</i>	= Combined Craft - Balaklava
<i>Tuesday 23rd</i>	= Clare Walkers = Burra Outreach
<i>Wednesday 24th</i>	= Kids and I – Clare = Two Wells Outreach
<i>Thursday 25th</i>	= NDIS Chat and Share
<i>Friday 26th</i>	= Coffee & Chat–Clare/Balaklava
<i>Tuesday 30th</i>	= Clare Walkers

NEW CONTACT DETAILS

Have you changed your address?

Have you got a new phone number or email address?

Would you prefer to have your newsletter emailed?



If so, please contact the office on **1300 686 405**

or at admin@sacountrycarers.org.au

so we can update your details.

Carer Support News

YOUNG CARERS

BAROSSA BOWLAND

Children can enjoy a fun day indoor bowling and dodging the dinosaurs on the 18-hole mini golf course in the Barossa Bowland.

When: Monday 8th October

Where: Barossa Bowland, Tanunda

Required: Consent Forms signed and returned prior to event

Cost: \$15.00 paid prior to the day. BYO water bottle

RSVP: Before Fri 28th September, as numbers are limited

Time: Clare: Leave Blanche Street 8:45 am - return 4pm

Balaklava: Leave office 9:45 am – return 3:15pm

Transport: Carer Support offer office to office transport between Clare and Balaklava. We are unable to provide home pick-up unless specifically en-route to a destination or activity.



For further Information Contact:

Carers Support 1300 686 405 or email

admin@sacountrycarers.org.au

CHRISTMAS IN JULY

Looking After Yourself' was the theme at our Christmas-In-July events at the Taminga Hotel in Clare and the Terminus Hotel, Balaklava. Both venues were decked out in traditional red and gold decorations, which made it feel very 'Christmassy'. Everyone enjoyed their meals, with most opting for traditional turkey and cranberry sauce. During the event Carers were given a jar containing wellness quotes & instructions. Carers were asked to quote something they already do well to a Carer they have never met, and then staff asked all Carers which one they found the hardest to do, and we have listed these below:

Reach out for help when needed, Learn to say no, Find ways to relax, Be gentle with yourself, you're doing the best you can, Engage in nature, Get enough sleep, Write a poem, Schedule time for yourself, Go for a walk, Exercise your body for a healthy mind, Self-compassion, Join a support group, "Reach out for help when needed"

You are not alone. Please know that SA Country Carers are always only a phone call away during business hours. You are more than welcome to call us and "speak to our Carer Support staff about any issues you are having. We can then point you in the right direction for assistance and support.

At times when our offices are closed there are other organisations you can ring:

Life Line 13 11 14 Beyond Blue 1300 22 4636



Group Activities

CRAFT GROUPS

The craft group is a great place to let your imagination flow. For one of the projects Carers enjoyed transforming a drawing of a rooster into a colourful fabric design.



Making paper flowers was a popular session, with the smaller ones being fiddly to make, but worth the effort! Art allows for expression of thoughts and it is exciting to see how everyone has a different interpretation of the same object.

New participants are always welcome to join the fun each month. A gold coin donation is required for the materials. Tea, coffee and biscuits are always available, along with good company and time to chat.



Clare RSL Hall 10am to 12 noon . Mon. 3rd
Sept. Mon 15th Oct.

Balaklava Office 10am to 12 noon. Mon. 24th
Sept. Mon. 22nd Oct.

MID NORTH GARDEN BUSTERS



Spring is here! With the cold winter behind us, now is the time to get your garden looking great and prepared for summer.

The Garden Busters team, made up of local students and volunteers, can offer basic garden maintenance services such as mowing, weeding and pruning. The cost of this service is \$40 which is a contribution towards fuel and the maintenance of tools.

Registered Carers can call 1300 686 405 to arrange for the Mid North Garden Busters to help in your garden.



CARERS COFFEE & CHAT

Pop in to our warm friendly offices and chat to staff and fellow Carers about your caring role. This is a great opportunity for you to off load any worries and seek help and advice from others.....



A problem shared is a problem halved!

Join us **Every Friday**

10am – 11am

Balaklava Office 26 George Street
Clare Office 245B Main North Road

Coffee, tea and biscuits readily available

NDIS CHAT AND SHARE



SA Country Carers is a Registered NDIS Provider

Would you like to better understand the NDIS application process?

If you have general questions relating to the NDIS, then why not come along and meet with like minded people. Share experiences and information over a cuppa at our next NDIS support group.

We meet monthly at each of our

Carer Support Offices:

245b Main North Road Clare

26 George Street Balaklava

Thursday 27th September 10am – 11am

Thursday 25th October 10am—11am

For further Information Contact Di-Clare Office

Amanda-Balaklava Office 1300 686 405

CHANGING LANES

Changing Lanes' is specific to those Carers who's Caree is no longer in their care, due to a loss or the move into permanent care. We offer 5 sessions of one-on-one support to help you adjust to new roles, mentally, emotionally and physically. Emotions can be hard to deal with and talking them through can assist the healing process.



Call Sara on **1300 686 405** for more information and to arrange session times.

Group Activities

CLARE WALKING GROUP

Our regular Clare Walking Group meets every Tuesday at 9:30am at the Gleeson Wetlands car park, end of Phoenix Avenue, Clare. All Registered Carers are welcome to join us and get the benefits of gentle exercise whilst having a chat. We thoroughly enjoy spotting all the local birds and are amazed at the variety in one place. One of the favorites is the cormorant who we watch spreading out his wings to dry them in the sun.

Please contact Sara to register your interest on
1300 686 405



OP SHOP OUTING



A lovely day was spent bargain hunting in op shops in the Barossa Valley. We headed straight to shops in Kapunda and then off to Nuriootpa to find more. We moved onto Tanunda where we enjoyed lunch in The Clubhouse before seeking out more delights in the town's op shops. The ladies spent time on the bus chatting about old times when they were children, which was great to hear. Our outings are always a good chance to form new connections and share tales and laughter. Why not come along to our next Carers' Outing.

National Disability Insurance Scheme

Do you have a current plan that is due to end, would you like planning assistance?

SA Country Carers can assist you with your plans, please phone 1300686405 to discuss this further.



SA Country Carers is a

Registered NDIS Provider



VOLUNTEER KNITTERS

If you or someone you know knits, crochets or makes craft items, SA Country Carers would be very grateful for any donated items. The money raised will go towards our outings and activities for Registered Carers. A big thank you to our current volunteers. These beautiful bunnies have been so popular, they were 'hopping' out of our office, quicker than Betty Haysman could make them!

For free wool and more information, call **Sara 1300 686 405**.



A DAY AT THE MOVIES

Silver Screening

What: "Book Club"

Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

When: Wednesday 17th October 2018

Where: Gawler Cinema

Cost: \$14 per person (includes morning tea & light lunch)

Time: Leaving Clare 8:15am

Depart Balaklava 9:00am sharp

please note the earlier depart time

RSVP : Thursday 11th October 2018

Transport: Carer Support offer office to office transport between Clare and Balaklava. We are unable to provide home pick-up unless specifically en-route to a destination or activity.

Contact 1300 686 405 for enquiries or to book



Group Activities

KIDS AND I



This is a Support Group for Parents caring for a child or children with specific additional needs.

Come along and join us in our Carer Support Offices for a coffee,

chat and opportunity to share life experiences.

This Group meets once a month on a Wednesday in our Carer Support Offices:

From 10am-11am

On the 26th September and the 24th October
245b Main North Road Clare
26 George Street Balaklava

On another note ...

If you think of a question, or have a friend that could benefit from our services, well you can now make an enquiry after hours and we'll get straight back to you! Just visit sacountrycarers.org.au and have a look at the 'make enquiries here' button. How nifty is that!



CARERS OUTING

DISCOVER



KAPUNDA

- Visit 'Taste of the Region' interpretive display at the Kapunda Visitor Centre. Learn about local history.
- Lunch in the most haunted town in Australia, learn how North Kapunda is home to a plethora of phantoms thought to be ex-residents, publicans, ladies of the night, and miners.
- See the finest collections of old record players, early motorcycles and memorabilia including Kapunda's old fire engine and ambulance at Kapunda Historical Society Museum.

When: Wed. 19th September 2018

Where: History talk at Kapunda Visitor Centre

Lunch: North Kapunda Hotel

Talk: Historical Society Museum

Time: Van leaving Clare 8.30 return 4pm

Van leaving Balaklava 9.15am return 3pm

Cost: \$15.00 In Advance or just before leaving

RSVP: Thursday 13th Sept. on 1300 686 405

SATELLITE OFFICE VISITS

BURRA OUTREACH

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

**11th & 25th September
9th & 23rd October**

TWO WELLS

Every 2nd & 4th
Wednesday
9:30am to 3:30pm
Old Council Chambers
Old Pt Wakefield Chambers
**12th & 26th September
10th & 24th October**

SADDLEWORTH

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

**5th September
3rd October**

RIVERTON

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

**20th September
18th October**

In other news...

PORT RICKABY FAMILY RETREAT



The Port Rickaby Family Retreat

is a 3 night 4 day un-hosted family break at the Pt Rickaby Caravan Park



in one of their beach front units.

This retreat has been running for several years now, and offers up to five Carer's an opportunity to get away for a break with their family, at no charge.

To register your interest, please call Lynn on **1300 686 405**.

FATHERS DAY RAFFLE

A BIG THANK YOU TO THE FOLLOWING BUSINESSES WHO DONATED PRIZES FOR OUR FATHER'S DAY RAFFLE.

Fashion and Fabrics Clare, Tim Sivs Chemist Clare, Clare Post Office, Open House Gifts & Homeware Clare, Knit Spin Weave Clare, Richard Elkhoury Chemist Clare, Sprint Auto Clare, Balaklava Butcher, Balaklava Chemist, Balaklava Electronics, TADS Balaklava, Target, Mitre 10.



Laugh and the world laughs with you:
snore and you sleep alone.

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.

DAD

Anyone can be a father,
but it takes someone very special
to be a DAD.

Happy Father's Day

Respite Support News

The Activity Space — TERM 3 AFTER SCHOOL PROGRAM



MONDAY		WEDNESDAY	
Week 6 Week Beginning 27 th August	<u>Independent living skills</u> Baking healthy muffins. <u>Gross motor skill development</u> Newspaper activity - Paint with ice preparation	<u>Communication and social skill development</u> Sense of smell activity. <u>Fine motor skill development</u> Shredded paper bouquet.	
Week 7 Week Beginning 3 rd September	<u>Communication and social skill development</u> Outing. <u>Fine motor skill development</u> Paint with ice	<u>Independent living skills</u> Baking healthy muffins. <u>Gross motor skill development</u> Newspaper activity - Paint with ice preparation.	
Week 8 Week Beginning 10 th September	<u>Independent living skills</u> Making fruit smoothies. <u>Gross motor skill development</u> Penny toss walk.	<u>Communication and social skill development</u> Outing to local Library. <u>Fine motor skill development</u> Paint with ice	
Week 9 Week Beginning 17 th September	<u>Communication and social skill development</u> It's in the cards. <u>Fine motor skill development</u> Art – body trace.	<u>Independent living skills</u> Making fruit smoothies. <u>Gross motor skill development</u> Penny toss walk.	
Week 10 Week Beginning 24 th September	<u>Independent living skills</u> Making Homemade pizza's. <u>Gross motor skill development</u> Rock painting.	<u>Communication and social skill development</u> It's in the cards. <u>Fine motor skill development</u> Art – body trace.	

WINDOW DISPLAY

Have you seen our window displays in our Clare main street office and our Balaklava office. If not come down and take a look, the focus this month is our TAS program. While you are there, pop inside and see what TAS is all about.



← Balaklava Display

Clare Display →



DISABILITY NEWS

Country Carers clients have certainly been out and about in our community over the July school holidays. The TAS participants ventured to the Blyth Cinema for a sensory screening and went water walking of all things at 'The Valleys'. We also ventured into the Clare library and the Gladstone jail. Some of our more adventurous clients built bridges at local playgrounds and went for a bounce at 'Flip Out'. If you think you or you loved one would like to join the fun, give us a call.

Buried in a book at the Clare library



James bridge building at the Sevenhill Playground



Care and Share Page

Lemon Drizzle Cake

Preparation: 25min › Cook: 50min › Ready in: 1hour15min

Ingredients:

- 125g butter or margarine
- 125g caster sugar
- 2 eggs
- 185g self raising flour
- a pinch of baking powder
- 1 lemon, rind grated and juiced
- 1/4 cup milk, or as needed
- 4 tablespoons icing sugar

Directions:

Grease and line 20cm deep cake tin. Preheat oven to 160 degrees C.

Beat together the butter, caster sugar, eggs, self-raising flour, baking powder, the lemon rind and enough milk to make a fairly soft consistency.

Put into tin and bake for about an hour until well risen and springy to touch.

Mix together icing sugar and 3 tablespoons lemon juice in a pan over very low heat.

As soon as cake comes out of oven prick top of cake with fine skewer and pour the icing/syrup over it. Leave to cool in tin for 10 minutes then transfer to rack to finish cooling.

AUSTRALIA WORD SEARCH PUZZLE



- | | | | |
|------------|--------------------|------------|----------|
| BILLABONG | GREAT BARRIER REEF | OUTBACK | TASMANIA |
| BRISBANE | KAKADU | PERTH | ULURU |
| DINGO | KANGAROOS | PLATYPUS | VICTORIA |
| EUCALYPTUS | KOALA | QUEENSLAND | WALLABY |
| GOLD COAST | MELBOURNE | SYDNEY | WOMBAT |

DID YOU KNOW?

In Shakespeare's time, mattresses were secured on bed frames by ropes...when you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. That's where the phrase, "good night, sleep tight" came from.



Chocolate comes from cocoa, which is a tree. That makes **it** a plant. Therefore, chocolate is salad.

Laughs



I always try to cheer myself up by singing when I get sad. Most of the time, it turns out that my voice is worse than my problems.

SA Country Carers would appreciate any of your homemade craft donations.

Money raised from selling the craft goes towards our Carer Support program.

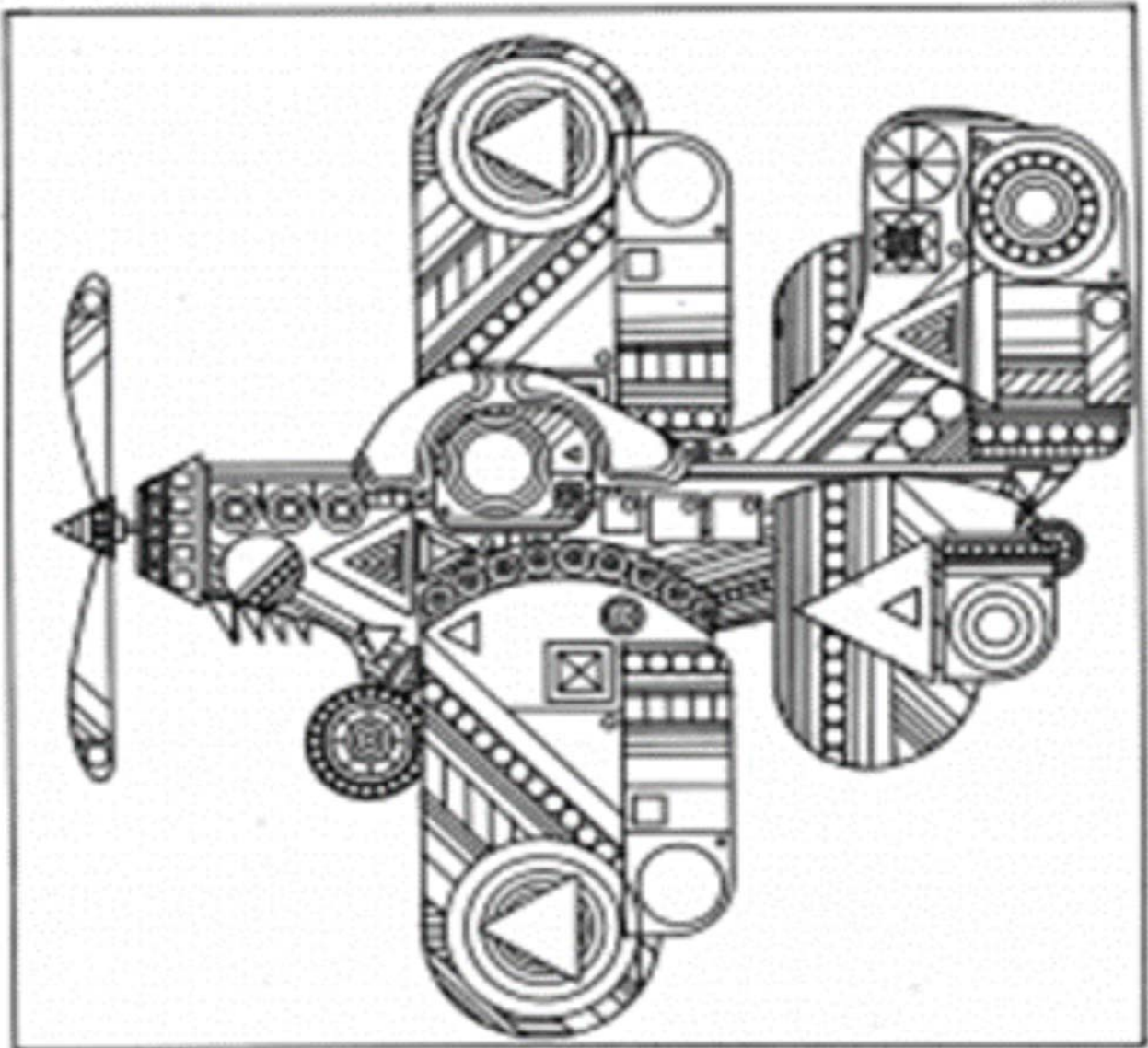
Every house guest brings you happiness: some when they arrive—and some when they are leaving.

CONFUCIUS

CARE AND SHARE PAGE - COLOUR ME IN

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

Entries close 20th October 2018 Open To All Ages



Name.....

Age.....

Winner will be notified by phone

Phone No:.....