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SA Country Carers
Support · Compassion · Connection

Newsletter: November & December 2014

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

Annual General Meeting—2014



Steve Lowe (CEO)

Our annual general meeting was held on Friday 31 October at the SA Country Carers Clare Office. At the meeting we voted for amendments on our constitution (all in favour), listened to the Chairman of the Board and the CEO deliver their annual reports voted in new Board members: Nan Berrett, Margaret Wayman and John Arthur were re-elected and 2 new board members, both ex employees

were elected – Peter Whitham and Sandra Barry. We elect half of our board each year, our other board members are Steve Neild, Raelene Hill and Helen Karger. We then presented a number of employees and volunteers with their 5, 10 or 15 year service recognition certificates. The following employees and volunteers received these certificates:



5 years service: Linda Baillie, Trudi Julyan, Steve Lowe, Rosemary McDowell, Leanne Mullan, Lynn Stewart, Esther van Diessen Meijer, Peter Whitham, Bronwyn Wilson and Nan Berrett.

10 years service: Jaymi White

15 years service: John Arthur and Cathy Slatter

Christmas closure dates



SA Country Carers offices will be closed from Wednesday 24th December and re-open on Monday January 5th 2015.

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

We wish you all a Merry Christmas and a safe New Year.

Our Funding Provider



"Although funding for this service has been provided by the Australian Government, the material herein does not necessarily represent the views or policies of the Australian Government"

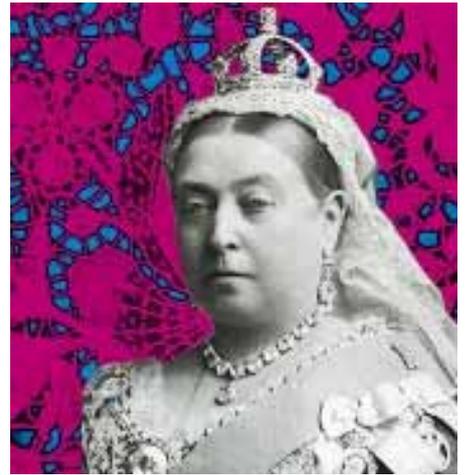


Farewell, thank you and all the best

After eight and a half years as a Senior Manager of SA Country Carers, Peter Whitham has retired. Peter's contribution to the culture, success and effectiveness of SA Country Carers cannot be overstated. He has steered us through external quality audits, governance reviews, operational plans and procedures and, perhaps most significantly, stakeholder engagement; that is, involving Carers, Carees, volunteers and employees in the planning, review and design of key organisational directions: involving people in the decisions and directions which affect them. Peter established and facilitated our Policy Focus group; this group consists of Carers, Carees, volunteers and employees and reviews all policies, providing recommendations directly to our Board of Directors. This group will be one of many of Peter's legacies. Peter's good humour, consummate professionalism and obvious commitment to this organisation will be missed but not forgotten. Peter will still be playing an important volunteer role here at SA Country Carers after he was elected onto our Board of Directors.



Did you know..



Victoria, Queen of the United Kingdom of Great Britain cared for her husband, Prince Albert.

Victoria is one of the most famous people in history, but she was more than just a queen – she wore many hats (or crowns, as it were) throughout her life; she was a mother, a grandmother, a wife and she was a carer.

When her beloved husband, Albert, became sick Victoria's life changed forever. She had to juggle ruling a Commonwealth – a bit on the tricky side – and caring for her chronically ill husband. Like 43% of South Australia's primary carers, she had to balance work and a caring role.

Op-Shop celebrates first birthday

On 12 September SA Country Carers celebrated the 1st birthday of our Op Shop at Saddleworth. The morning was attended by Volunteers, some Staff, general public and our Chairman of the Board. The Volunteers made cup cakes to hand out to the customers and all items were for sale at 50c each. It was a wonderful milestone to achieve and a tribute to the Volunteers and their dedication. Chairman of the Board of Directors, John Arthur officiated and a wonderful cake was made to celebrate the occasion.



Raelene and John enjoy the celebrations



Badge Day

In late September we held our annual Badge Week across the region. SA County Carers would like to thank all of the volunteers and school students who helped sell badges in our local towns. The week raised money for the Carer's Assistance Scheme which assists Carers in financial hardship who may not be able to access financial assistance elsewhere. Badge Week is a great opportunity to work together with local schools in promoting and understanding the role Carers have in our community. We look forward to continuing more great fundraising work next year with local schools in our region.



Clare High school students receiving their certificate of appreciation

Young Carer Workshop

On Tuesday 7th October seven Young Carers attended the "create an action scene workshop" at the *Lighthouse* in Balaklava as part of the SA Country Carers *Young Carer Holiday Programs*. SA Performing Arts presented an acting and vocal workshop which included drama games, vocal warm up exercises, and stage combat techniques.



Working in two groups the Young Carers put together some drama action skits and a boys against girls sing off, which have been filmed ready to edit at a later date.

Discount Scheme

Balaklava:

Balaklava Chemplus:

5% off. Excludes prescriptions, photographic equipment, & sale items.

Wendy's Café & Cakes:

10% off food items

Balaklava Fresh Foods:

5% off total purchase, excludes helium fills & ordered salad

Cutz & Curlz:

5% off all services

Clare:

Ava Chat:

5% off all purchases

Clare Fashions & Fabrics:

5% off. Excludes sale items

Clare Valley Florist:

Up to 10% off. Excludes Interflora

Riverton:

Riverton Deli:

10% off food & drinks

Riverton Newsagency:

10% off cards & stationery excludes magazines, papers & sale items

Thrifty Link:

10% off all items

Burra:

Burra Hotel:

10% off meals. excluding drink purchases

Waters Bakery: 5% off bakery goods only

Blyth:

Blyth Cinema:

\$2 off tickets. Conditions apply



Carer Profile

1. **First name:** Stan
2. **Best Advice you have been given:** Be kind to everyone, and help where you can
3. **Are you a collector of anything?** hats
4. **What was your favorite childhood television / radio program?** Mad as Hatter
5. **If someone wrote a biography about you, what do you think the title should be?** 'Bees'
6. **If you could visit anywhere in the world, where would you go?** Oxford, Alabama
7. **Name 1 thing you miss about being a kid:**
I used to listen to Biggles and Superman on the radio which I miss
8. **Any hidden talents?**
Garden whisperer
9. **Favorite saying:**
'Bobs your Uncle'
10. **If you HAD to change your name, what would you change it to?**
George

Thanks Stan!

Depression & anxiety and Christmas



The Christmas season is meant to be a time of joy, but for many people it can be a time of stress, anxiety, disappointment or loneliness. Some people experience feelings of isolation, financial pressures or increased family conflict that can make this a very stressful time of year.

An increasingly large number of young people said tension between family members makes them feel negative about Christmas, while almost one in three of respondents said it made them feel lonely. Of those facing feelings of depression and loneliness at Christmas, 90 per cent said they will go online to find support.

- 1 in 16 Young Australians are currently experiencing depression.
- 1 in 6 Young Australians are currently experiencing anxiety.
- 1 in 4 Young Australians currently experience Mental Health issues.

Suicide is the biggest killer of our young and accounts for more deaths than car accidents. For further information follow the link

Lifeline: 13 11 14

Beyond Blue: 1300 224 636 or check out the web site:

<http://www.sane.org/information/helpline>

Phone: 1300 686 405

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

Need Some Advice?

**24 hour
health advice line**

healthdirect
AUSTRALIA

1800 022 222



Country Shows



Staff at the Burra Show

Did you see us at the show?

This year SA Country Carers again attended local country shows at Balaklava, Burra and Clare. Staff and volunteers chatted with people and provided information about who SA Country Carers are, and what we do. The days were sunny which attracted the crowds, and there were lots of familiar faces who

stopped to say hello. SA Country Carers held a sausage sizzle at the Clare show which proved a winner for people looking for a quick food fix, and the 'guess the jellybeans in the jar' was a hit again this year, raising over \$80 for the Carers Assistance Scheme. A big thank you to everyone who volunteered their time and ensured that the SA Country Carers sites were staffed with friendly faces and lots of information.



Balaklava Show



Jelly bean winner George

Staff re-structure

We have currently reviewed the Management structure of SA Country Carers. The review looked at sector changes/challenges, our internal needs and from the Carer, volunteer and employee surveys from 2013 as well as our most recent planning day. The restructure also took Peter Whitham's retirement into account. The updated Organisational Chart will be available on the SA Country Carers website.



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 9:30am—3:30pm at 18 Commercial St, Burra
November 11th & 25th
December 9th

TWO WELLS

Second and fourth Wednesday 9:30am—3:30pm at Old Council Chambers, Old Pt Wakefield Road
November 12th & 26th
December 10th

Dates for 2015 will be published at a later date.

Two Wells

Craft Coffee & Chat

12th & 26th Nov
Old Council Chambers,
Old Pt Wakefield Road



Computer Classes

Carer Support runs FREE computer classes for Carers and community members at Clare, Balaklava and Burra. Classes run during the school term, for three



hours once a week. To find out more please contact the Carers Support Team.

Fundraising

Christmas raffle tickets are now on sale! There are many wonderful prizes to be won, but be quick, only 1000 tickets are available. Prizes include:

- ** \$50 fuel voucher kindly donated by McCracken Ford in Balaklava
- ** Children's Swing set kindly donated by Durdin Building Supplies
- ** African Patchwork quilt donated by Lana Barrett
- ** Stylish Floor Rug donated by Stitch Joint Balaklava
- ** Christmas hamper (donations from Staff volunteers)



Recipe



Easy Christmas Cake

INGREDIENTS

- 1kg mixed fruit
- 750ml fruit juice
- 3 cups self raising flour

METHOD

- Soak fruit in juice overnight
- Preheat oven to 125C
- Stir flour into soaked fruit and mix well
- Spoon mixture into a 22cm lined cake tin
- Bake for 2½ hours in the bottom of the oven or until cooked through
- Remove and leave to cool
- Wrap in alfoil or place in an airtight container where this cake will keep nicely for 3-4 weeks



A lovely day at the Lavender Farm

On September 15th seven Carers from the Clare Carers Group went to Lyndoch Lavender Farm. We all enjoyed a scrumptious lunch with dessert of scones (pictured) and strudel. The day was a little cold, but we still enjoyed the beautiful views of the lavender farm. Some of the carers even indulged in some lavender and herbal products from the Lavender Farm shop.



If you are interested in attending any other outings in the future please contact Carer Support Staff on 1300 686 405.



Source:

www.4ingredients.com.au



Carer Support Group Calendar

Group	When	What's On
Carers & Sharers Group Parent Group (combined)	19th November	Rice's Creek nursery visit and lunch at the Rhynie Hotel
Carers & Sharers Group	3 rd December	Silver Screening Gawler Cinema. Movie (Jersey Boys)
Clare Carers	3 rd December	Silver Screening Gawler Cinema. Movie (Jersey Boys)
Clare Craft	3 rd November	Craft morning/Planning Day (Xmas gift tags and planning for next year)
Clare Craft	8th December	Christmas Break-up – Bring a plate to share
Craft. Coffee. Chat	24 th November	3D Christmas card making
Craft. Coffee. Chat	15 th December	Bring some Xmas nibbles and ideas for easy craft projects for next year
Connoisseur's Club	12 th November	Lunch at the Rising Sun Hotel, Port Wakefield. Planning for next year
Connoisseur's Club	10 th December	Xmas Breakup – Lunch at Rhynie Hotel
Parkinson's Support Group	6 th November	Lunch at the Terminus Hotel, Balaklava – Plan activities for next year
Parkinson's Support Group	3 rd December	Silver Screening Gawler Cinema. Movie (Jersey Boys)
Riverton Carers Group	11 th November	Jules Café (Riverton) – Coffee and Cake (at your own cost)
Riverton Carers Group	3 rd December	Silver Screening Gawler Cinema. Movie (Jersey Boys)

Carers Christmas Party

We are looking forward to seeing Carers and their family at this year's Christmas Party. This year we will celebrate Christmas with an afternoon tea and lots of activities for the whole family, including free train rides and a visit from Santa.

When: Sunday December 14th from 2pm-4pm

Where: Clare Train Park (Melrose Reserve)

White Hut Road, Clare

Time: 2-4pm

Please RSVP on 1300 686 405 by Monday 8th December



Grevillea House visitors—out and about

Staff and clients at Grevillea House took advantage of beautiful weather and headed over to Burra for the day recently. The group travelled to the Burra Railway Museum and then enjoyed lunch at a local pub.

For information about respite eligibility and Grevillea House please contact the Carer Respite Team



Ted and Jill Cox, Phil and Erica Pinnegar and Keith Johnson

News: Respite Fees & dates for 2015

As from the 1st of July 2014 there has been a price increase for the client contribution. The cost is now \$49.50 (GST included) per night for the client contribution, to cover food and outing costs whilst using SA Country Carers Respite Services. The cost of transport for pick up and drop off has also increased as from the 1st July 2014, these prices are available on request.

The respite dates for 2015 Under 18yo, Over 18yo, Aged and Individualised will be finalised and posted out beginning of November.

Holiday bushfire safety tips

BE AWARE ON HIGH FIRE RISK DAYS...

When holidaying, always check with the local council, Police, CFS or the media to help you decide if you will travel through or to a high risk area on a Total Fire Ban day. If you do decide to travel, ensure that you and your vehicle are prepared in the event of a fire.

HAVE A PLAN

The decision of whether to stay or to leave during high fire risk days is critical. If you decide to leave you should do so early. Have alternative routes worked out that lead away from bushfire risk areas.

RESPONSIBILITIES

Be aware of restrictions on the use of gas BBQs and campfires during the fire danger season and on total fire ban days, for further information contact the CFS.

PLAN AHEAD

On days of Total Fire Bans, it is best to postpone a trip into the bush since the risk of a fire starting and growing rapidly is extremely high.

Do you have a Bushfire Action Plan? If not, head to the CFS website for information about what you should consider and how to prepare for extreme weather www.cfs.sa.gov.au



Have you seen our Facebook page? "Like Us" at **SA Country Carers**

Got a Suggestion?

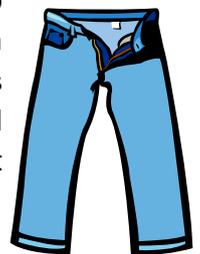
If you have any suggestions to help us improve our service, please come in and have a chat with one of our staff. Alternatively, you can drop your suggestion in the 'suggestion box' at the front counter of the Clare or Balaklava offices.



We appreciate your feedback and value your input.

Thank you

SA Country Carers would like to say a big thank you to "Select a Hamper" who have generously donated a large number of jeans (pants & shorts) to the Saddleworth Op-Shop. Thanks to Debra O'Neill and the team at Select a Hamper.



SA COUNTRY CARERS

Offices Located at:

1 Blanche Street,
CLARE SA 5453

26 George Street,
BALAKLAVA SA 5461



Postal Address:

PO Box 692
CLARE SA 5453

