

CONTACT DETAILS

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Facebook: SA Country Carers



SA Country Carers
Support · Compassion · Connection

Newsletter: November & December 2015

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

AGM—Eve Rogers, Chief Executive Officer

The Annual General Meeting of Friday 30 October 2015 was well attended by the membership of SA Country Carers. The Chairperson, Treasurer and I stood up and spoke to our provided reports. The organisation will post a deficit this year however, the 2015 year has been a highly successful one, where a significant reduction of the deficit of the 2013/2014 financial year has been achieved. With the same level of commitment as 2015, the financial position of the 2015/2016 period will be in the positive numbers. The reduction is a testament to those involved in this organisation.

Mr John Arthur, specifically thanked all of the participants of the Focus Group, which has now been disbanded, with other avenues of Carer feedback and input to be sourced and decided upon in to the new financial year.

Most notable, at the meeting, was the recognition of the input our Carers have in this community. This is true, not just of this region's Carers, but Carers across Australia. As highlighted in my Annual Report, "*The service Carers perform for family members, friends and acquaintances is truly immeasurable and could not be defined in dollar terms.*"

The SA Country Carers 2014/2015 Annual Report is available from our website or upon request.

Carers christmas party at the train park

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 13th from 2pm-4pm

Where: Clare Train Park (Melrose Reserve)
White Hut Road, Clare

Time: 2-4pm

Please RSVP on 1300 686 405 by Monday 7th December



All SA Country Carers offices will be closed from midday Thursday 24th December and re-open on Monday 4th January 2016.

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

Farewell and thanks

Farewell **Suzann Vasanji**, our volunteer Bowen Therapist who has been with us since 2009 assisting our Carers. Suzann has donated 1 day a week of free appointments to Carers throughout the Lower North Region. Suzann's positive and caring nature saw over 50 Carers regularly accessing the Bowen Therapy Service. Thank you for your volunteering role, from all the team at SA Country Carers. We wish Suzann and her husband well in their future plans.

Our Funding Provider



Funded by the Australian Government
Department of Social Services

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

Save your money and support your cause

As of November, SA Country Carers will be conducting its business through Beyond Bank, which results in eligibility for the Community Reward Account. The Community Reward Account is a free savings account for SACC supporters; the more you save, the bigger the donation Beyond Bank will make to SACC.



"Save locally, donate locally"

Through the Community Reward Account fundraising program, Beyond Bank Australia is donating over \$309,000 to not-for-profit organisations for the 2014/2015 financial year. Since the Community Reward Program's inception in 2002, Beyond Bank has distributed more than \$2 million to sporting, educational, health and community groups.

How can you help SA Country Carers?

Under the Community Reward Account Program, you simply open a savings account and nominate SA Country Carers as the Community organisation you wish to support. Then, on SACC's behalf and at no cost to the organisation, each year Beyond Bank donates a percentage of the annual average balance from its revenue to SA Country Carers.

If you would like to support SA Country Carers through this rewards program and would like to know more, please visit the Beyond Bank branch on Main North Road in Clare or visit www.beyondbank.com.au for further information.

Badge Day 2015

SA Country Carers held our annual Badge Day fundraising event across the Clare and Balaklava regions which also included, Dublin, Mallala, Burra, Saddleworth and Riverton. Students from Balaklava High School, Riverton High School and Clare High School along with Burra Community School volunteered their time to support our badge day's over the region, as did our wonderful volunteers. \$1652.00 was raised on the day, with funds contributing to our Carers Assistance Scheme.



Pam and Shirley from Balaklava



Tony and Vera raise money at Dublin

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
9.30 am—3:30 pm at
18 Commercial St ,Burra

**November 10th & 24th
December 8th & 22nd**

TWO WELLS

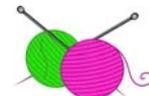
Every second Wednesday
from 9:30am—3:30pm at
Old Council Chambers, Old Pt
Wakefield Road

**November 11th & 25th
December 9th**

**Two Wells Craft, Coffee &
Chat (dates as above)**



Old Council Chambers
Old Pt Wakefield Road



Donations of fabric or remnants would be very much appreciated as a contribution towards our craft projects. Any donations can be delivered to the Clare or Balaklava Offices.



Family Day at Blyth

SA Country Carers held a family day BBQ and movie at Blyth during the school holidays, quite a few Carers and their families came along for a BBQ in the Blyth park, the weather was fantastic and everyone had a good time, lot of young children came along and played on the swings and had fun running around. Thanks to our two volunteers Pam and Shirley who are expert BBQ cooks we all enjoyed a yummy lunch, before a few people headed of to watch a movie at the Blyth cinema.

Country Shows

This year at the Balaklava show SA Country Carers were located at an inside stall. Lots of show goers came up for a chat, we also had the lucky guess for the jar of jelly beans. Staff and volunteers also attended the Clare Show on Saturday 17th October. We held our annual sausage sizzle, raising funds to support our Carers Assistance Scheme. The day was lovely and sunny with many locals and people visiting Clare stopping for a chat and a bite to eat.



Thank you to everyone who volunteered at the 2015 shows this year. It is always a great day and a fantastic opportunity for SA Country Carers to promote our services to the community.

Paskeville Field Day

Staff and volunteers facilitated some groups to attend the Paskeville Field Day. After an enjoyable road trip to Paskeville, everyone enjoyed looking at the farm displays and information stands. There was opportunity to sample and purchase a number of things such as metwurst, honey, wine and browse around the different pavilions. Many stalls provided information on ways to keep healthy too. The shady spots with seats were much appreciated throughout the day. A great opportunity to sit back, relax and enjoy good company.



Ken, Tony & Peter

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

Can you help?

Carer Support are seeking donations of stuffing/wadding to be used inside knitted animals and toys donated for sale to raise money for our Carers Assistance Scheme. Stuffing can be new or second hand and any amount would be much appreciated. Thank you.

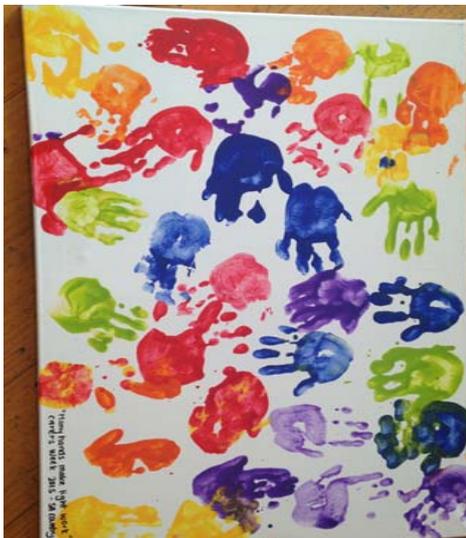
Carers Week 2015—Many hands make light work

Carers Week 2015 saw lots of activity at SA Country Carers. During the week COTA (Council for Older Australians) travelled to Clare on Tuesday and Balaklava on Thursday to present 'Moving right along', a workshop educating older people in the community about safe driving as we age.

On Thursday SAPOL and the CFS were guest speakers at the 'Home safety' workshop held in Clare, with Carers and community invited to attend the information morning about staying safe at home, keeping your house secure and preparing for bushfire season.



The theme of the week was 'Many hands make light work'. Both the Balaklava and Clare office had window displays using that theme. Helpers from The Gums Childcare Centre and Clare Valley Children's Centre were kind enough to contribute to some artwork using their hands to create artworks.



Discount Scheme

Balaklava:

Balaklava Chemplus

5% off all items. Excludes prescriptions, photos, sale

Balaklava Fresh Foods

5% off total purchases. Excludes helium fill & ordered salads

Balaklava Home Maintenance

10% off services

Clare:

Ava Chat

5% off all purchases

Clare Rise Bakery 1895

10% off all purchases

Pinks Mitre 10

10% off selected items. No promotional products

Riverton:

Riverton Deli

10% off food and drinks

Thrifty link Riverton

10% off all items. Excludes monthly accounts and sale items.

SA COUNTRY CARERS

Respite & Administration

1 Blanche Street, CLARE

Carer Support Offices

26 George Street, BALAKLAVA

245B Main North Rd, CLARE

Postal Address:

PO Box 692 CLARE SA
5453



Christmas Silver Screening



Wednesday 2nd December

'Elsa and Fred'

Starring: Shirley MacLaine and Christopher Plummer

Includes morning tea, wine, soft drink and light lunch followed by Christmas pudding and custard!

Where: Gawler Cinema

Cost: \$13 per person

Time: 10am - 1.30pm

RSVP: Wednesday 25th November 2015.

*event for Carer and caree *

Greenock Aviation Museum

Come for a look at the Greenock Aviation Museum. A private collection of preserved aircraft, replica aircraft, restoration projects and general aviation memorabilia including restored Boomerang, several CAC Wirraway sections and much more! We will be going to the Greenock Hotel for lunch once we have finished at the museum.

Date: Wednesday 25th November

Where: Greenock Aviation Museum

Time: 10.30am

Transport: Clare office 9.00am Balaklava 9.30am

Cost: \$4 entrance fee. Lunch at own cost.

RSVP: Friday 13th November

event for male Carers, or caree living with mental health

End of year planning lunch



Come along to our end of year planning lunch held at Clare and Balaklava and be part of our planning for Carers activities in 2016. We encourage you to bring your ideas, as well as feedback from events we have held this year.

Balaklava planning lunch

Date: Monday 16th November

Location: Terminus Hotel

Time: from 12pm

Clare planning lunch

Date: Monday 16th November

Location: Clare Hotel (middle pub)

Time: from 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 November 23rd**—Christmas ornaments

* **Monday December 21st** —shared morning tea

Clare Craft Group

* **Monday November 2nd**—Christmas decorations

* **Monday December 7th**—shared morning and Christmas decorations

Respite

SA Country Carers provides short term residential respite at Grevillea House, a comfortable, four bedroom home in the heart of Clare, with 24 hour supervision by qualified staff. The following dates are available for reservation for couples or singles:

Nov 2nd-5th 2015

Nov 16th-19th 2015

Dec 7th-10th 2015

Jan 5th –8th 2016

Jan 19th—22nd 2016

Feb 1st—4th 2016

My Age Care referral may be required



Reduce Your Power and Electricity Bills For Free!

Under the State Government REES Scheme 'ecovantage' can provide and install products completely free of charge.

Free Light eco friendly bulbs, Shower heads and standby power controllers. Call 1300 721 335 visit ecovantage.com.au. for further details

Clare Walkers Group



Recently commenced in Clare, the walking group runs every Tuesday morning from 930am to 10am. This group provides carers with the chance to walk for 30 minutes at a relaxed pace, enjoying a chat and the peaceful surrounds of the Gleeson Wetlands or the Riesling Trail. Participants have reflected that this group has helped them to feel better when they're having challenging times. Please feel free to attend when able. Call on 1300 686 405 if you're interested.

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.

"Like Us"



SA COUNTRY CARERS



Recipe

Super-healthy banana, apricot & date oat bars



15 min. to prep, 35 min. to cook, makes 20 bars.

Ingredients

3 large ripe bananas
3 cups traditional rolled oats
1/4 cup finely chopped dried dates
1/4 cup finely chopped dried apricots
1/4 cup slivered almonds
1 teaspoon ground cinnamon
1 & 1/2 teaspoons vanilla extract

Method

* Preheat oven to 180C/160C (fanforce).
* Grease a 16cmx25.5cm slice pan. Line with baking paper, extending paper 2 cm above pan
* Mash bananas until smooth, add oats, dates, apricots, almonds, cinnamon & vanilla. Stir until well combined, spoon in to prepared pan. Using back of spoon press evenly into pan. Bake for 30 to 35 minutes, or until golden. Cool completely. Cut into small bars. Serve.

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 or at admin@sacountrycarers.org.au so we can update your details.

Voice of the Volunteers

Volunteering at SA Country Carers has been a new and exciting addition to the lives of the “volunteers at S.A. Country Carers”. Being able to assist and help implement programs and events for the clients and staff of this organisation has been a rewarding experience. From telephone support services to cooking for the trading tables and all that fall in between has been both a pleasing and humbling experience, new friendships have been forged, and being able to contribute back to the community is a great way to say “thanks” and to still feel a part and worth while member of our society.

Tips for keeping cool during the summer heat

Heat stroke is a true medical emergency that can be fatal if not promptly and properly treated. A victim of heat stroke needs immediate treatment to avoid permanent organ damage. Every one can be vulnerable, however seniors, babies and people on medication are often at higher risk of heat stress as the body cannot cool itself to maintain a healthy temperature.

Here are some tips to stay safe during the warm weather:

Watch yourself and your loved ones for hot, red, flushed or dry skin rapid pulse, difficulty breathing, strange behavior, confusion, disorientation, agitation, and even hostility.

Prevention is better than cure. Keep curtains and blinds closed during the day to block the heat and direct sunlight. Close windows once the outside air is warmer than indoors.

Keep the family cool and hydrated Stay **cool** from the inside out. Keep bottles of drinking water half full in the freezer and top up with cool water from the fridge. Jelly is a great way to get fluids into children.

Wear light loose clothing Wear loose cotton clothing on very hot days and allow children and babies to wear as little clothing as possible— bathers knickers or just nappies.

Babies and toddlers cannot say how they feel but the symptoms to watch out for include: lethargy, sunken and dark eyes, or has fewer wet nappies than usual. Their skin is hot and dry or looks pale, they have a high temperature, or have a loss of appetite.

Keep cool by having more showers—this will lower your core body temp. If sitting down, soak feet in water..... if straight from the tap; throw some ice blocks into the water. Keep a spray bottle handy and regularly mist yourself with water, or use a wet flannel to place around the back of the neck.

Keep cool and take care ,Shirley and Pam.

Balaklava trading table



SA Country Carers will be holding a Christmas trading table on **Thursday 12th Nov** from 8:30am-2pm outside Tad's, on George St at Balaklava. Gifts, food and craft will be available to raise money for Carers in our community.

Christmas anxiety

Christmas can be a wonderful time of year, but for some it can become overwhelming and sometimes heartbreaking.



Research shows that for many, Christmas is the most stressful time of year.

If you find yourself feeling down, helpless, overwhelmed, or just not yourself you may find that talking to someone about how you're feeling could help.

Beyond Blue provides support in stressful times with a goal to protect everyone's mental health and improve the lives of individuals, families and communities affected by depression, anxiety and suicide.

With staff available 24 hours per day, 7 days per week there is always someone at the end of the phone.

Please call 1300 334 636 or visit www.beyondblue.org.au for further information.

2015-2018 Carers Discount Scheme

As a Carer, you are eligible to receive a discount at the following businesses across our Region. We would like to thank all of our Discount Scheme Partners for their continuing support. *Please note that Carer's Cards must be shown to receive a discount*

With the start of a new Carers Discount Scheme (October 2015 until 2018), we have recently posted new Carers Discount Cards. If you are a Carer and have not received your Carers Discount Card, please phone the office on 1300 686 405 to check your postal address.

A warm welcome to Days Quality Meats from Clare, Noodles Coffee Shop in Blyth and Leasingham Caravan Park to our scheme.

| BALAKLAVA | |
|--|---|
| Balaklava Chemplus | 5% off. Excludes prescriptions, photographic equipment and sale items. |
| Balaklava Fresh Foods | 5% off total purchases. Excludes helium fill and ordered salads. |
| Balaklava Electronics | 5% off floor stock. No sale items. |
| Balaklava Home Maintenance | 10% off services. |
| Balaklava Newsagency | 5% off stationery & cards. Excludes sale items, magazines, papers & accounts. |
| Balaklava Quality Meats | 5% off all purchases. Excludes sale items. |
| "That Bald Guy" – Handyman & Maintenance | 10% off labour and not parts. |
| Thrifty Link Hardware | 5% off all items. Excludes accounts and sale items. |
| BLYTH | |
| Medika Gallery | 10% off limited edition prints framed or unframed by Ian Roberts. |
| Noodles Coffee Shop | Free hot drink or soft drink with any meal purchased from our main menu or \$9.90 menu. |
| CLARE | |
| Ava Chat | 5% off all purchases. |
| Clare Chemmart Pharmacy | 5% off. Excludes prescriptions, photographic equipment, and sale items. |
| Clare Auto Centre | Discount negotiated on individual services. |
| Clare Fashion & Fabrics | 5% off. Excludes sale items. |
| Clare Newsagency | 10% off cards & stationery only. |
| Clare Rise Bakery 1895 | 10% discount off purchases |
| Clare Valley Physiotherapy | 5% off. Excludes IPL / laser treatments or waxing. |
| Clare Valley Toyota | 10% off service and parts. |
| Days Quality Meats | 10% off cabinet purchases over \$20.00. Excluding wholesale |
| Dunstans Electrical | Up to 10% off. Excludes catalogue and sale items. |
| Pink's Mitre 10 | 10% off selected items. No promotional products. |
| Vanilla on Main | \$5 off the price of one adult cut. Valid for one cut per day. Excludes kids cuts. |
| LEASINGHAM | |
| Leasingham Village Cabins | 10% off cabins and powered sites. Excluding long weekends. |
| RIVERTON | |
| Riverton Deli | 10% off food & drinks. |
| Thrifty Link Riverton | 10% off all items. Excludes monthly accounts and sale items. |

Disclaimer: SA Country Carers lists the organisations taking part in the discount scheme in good faith, but does not necessarily endorse any of the goods or services being offered and is not responsible for their quality or suitability or your personal safety.

November 2015



SA Country Carers
Support. Compassion. Connection.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---------------------------|---|----------------------------------|--------|----------|
| 1 | 2 Clare Craft | 3 Burra Trading Table | 4 | 5 | 6 | |
| 8 | 9 | 10 Carer Support Burra | 11 Carer Support Two Wells | 12 Balaklava Trading Table | 13 | |
| 15 | 16 Carers End of year planning Lunch (Balaklava & Clare) | 17 | 18 | 19 | 20 | |
| 22 | 23 Craft, Coffee, Chat (Balaklava) | 24 Carer Support Burra | 25 Carer Support Two Wells *Greenock Aviation Museum Connoisseurs club | 26 | 27 | |
| 29 | 30 | | | | | |

December 2015



SA Country Carers
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|---------------------------|--|----------------------------|--------------------------|------------------|
| | | 1 | 2 Movie Club Gawler Silver Screening Christmas movie | 3 | 4 | 5 |
| 6 | 7 Clare Craft | 8 Carer Support Burra | 9 Carer Support Two Wells | 10 | 11 | 12 |
| 13 Carers Christmas Party. | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 Craft, Coffee, Chat (Balaklava) | 22 Carer Support Burra | 23 | 24 Christmas Eve | 25 MERRY CHRISTMAS | 26 Boxing Day |
| 27 | 28 Boxing Day Holiday | 29 | 30 | 31 NEW YEAR'S EVE | | |
| | SA Country Carers Office closure midday 24th—4th Jan | | | | | |