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SA Country Carers
Support · Compassion · Connection

NEWSLETTER

May and June 2018

A message from the CEO

Last month, the staff decided to focus on culture, positivity and resilience; how we can carry these elements through into the future together. Building an organisation built on these three very important elements means that we are able to work together as a closer-knit team, consequently providing a much better service to our valued client base.

Resilience is something we all have, at times it can be high; we can tackle anything! Other times it can be low; everything feels like it is piling on top of us! How we feel about things can vary from day to day. One thing is clear; our Carers have great resilience and we are proud that we are here for those times when resilience levels are low, when an extra helping-hand is needed.

We are also proud of being able to anticipate and provide services and education to ensure that coping mechanisms are reinforced and that our clients are ready to tackle just about anything - before it happens.

Our staff have definitely found the transition to services, under the NDIS, a time when calling on resilience mechanisms is required. It has been challenging. The NDIS has meant that this organisation has had to do lots of things very differently. Some of the simplest processes that we had in place needed to be tweaked, leading to a knock-on effect with subsequent process. So, it has all been a very steep learning curve for everyone, not least our clients!

With the NDIS changes it is important for our staff to stop and focus on what we do really well; sometimes it can feel like nothing is going right, when in reality everything is going well!

So what do the staff of SA Country Carers see as good about the culture? We 'work together', we're 'welcoming', 'flexible', 'helpful' and 'cohesive'. We have a real 'sense of community', we 'embrace individuals', we have a great sense of humour, we are 'supportive to co-workers' and we are all 'caring people'.

Most notably these values carry out into our client base in that, 'we value helping the people who access our services' and we 'enjoy helping others in the community'.

We hope you all notice the way we operate here and that you feel the same way about us that we do.

Until next time!

National Disability Insurance Scheme

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

Staff News

hello!
goodbye!

This period we say goodbye to Sharyne Gottwald. Sharyne has been a valuable member of the SA Country Carers team. She's been travelling between Balaklava and Clare undertaking the role of Senior Carer Support Coordinator, for quite some time now. We wish Sharyne the utmost joy in her future

endeavours and will miss her greatly.

We welcome back Lynn Stewart to the position of Project Coordinator for the Australian Service Excellence Standards (ASES) audit. Welcome back, Lynn!

During the period of this newsletter, we will also say goodbye to Marsha Jaeschke, our Manager Support Services, based at Blanche St. Marsha has been with the organisation since early 2015 and has been instrumental in ensuring the organisation's finances and administrative procedures are above board. We thank Marsha for all her hard work and wish her well on her travels! Another person we will also miss greatly.

We welcome Gaynor Jackson to the team. Gaynor will have a dual role as the Carer Recognition Project Coordinator for the brand new Carer Recognition Project and is also a Carer Respite Coordinator. We welcome Gaynor to the organisation and look forward to the outcomes for the project. Watch this space!

Also welcome two new Support Workers, Pat Ovenden and Karen Pfeiffer. Support Workers form the backbone of our organisation and are very valuable to us, it's fantastic to see more people join us, with so much enthusiasm.



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

Carer Support Dates to Remember

- Saddleworth Outreach – Wed 2nd May
- Clare Craft – Mon 7th May
- Clare Walkers – Tues 8th May
- Burra Outreach Office - Tues 8th May
- Two Wells Outreach – Wed 9th May
- Clare Walkers – Tues 15th May
- Carer Outing – Wed 16th May
- Riverton Outreach – Thurs 17th May
- Clare Walkers – Tues 22nd May
- Burra Outreach Office – Tues 22nd May
- Kids and I - Wed 23rd May
- Two Wells Outreach Office - Wed 23rd May
- NDIS Chat and Share - Thurs 24th May
- Craft Coffee and Chat - Balaklava Mon 28th May
- Clare Walkers – Tues 29th May

Carer Support Dates to Remember

- Clare Craft – Mon 4th June
- Clare Walkers – Tues 5th June
- Ups and Downs with Morna Coats – Tues 5th June
- Burra Outreach Office - Tues 5th June
- Saddleworth Outreach – Wed 6th June
- Office Closed – Queen's Birthday – Mon 11th June
- Clare Walkers – Tues 12th June
- Two Wells Outreach – Wed 13th June
- Clare Walkers – Tues 19th June
- Burra Outreach Office – Tues 19th June
- Silver Screening – Wed 20th June
- Riverton Outreach – Thurs 21st June
- Craft Coffee and Chat – Balaklava – Mon 25th June
- Clare Walkers – Tues 26th June
- Carers Outing Op Shop Day – Tues 26th
- Kids and I - Wed 27th June
- Two Wells Outreach Office - Wed 27th June
- NDIS Chat and Share - Thurs 28th June

Carers Outing to Martindale Hall



On route to Martindale Hall we will visit the art gallery at Pikes Wines then experience one of South Australia's best known historic houses. Its rooms are steeped in family history with

original decor and furnishings, splendid staircase and an Italian Renaissance inspired marble floor in the entrance hall. Lunch will follow at the newly renovated Magpie and Stump Hotel in Mintaro.

When: Wednesday 16th May 2018

Where: Art Gallery at Pikes Wines, Martindale Hall, Magpie & Stump Hotel, Mintaro

Time: Van leaves Clare 8.30am

Van leaves Balaklava 9.15am

Returns: Balaklava 2.45pm and Clare 3.30pm

A Day at The Movies

Set in 1964, while on a short trip to Paris, Lord is asked to sit for a portrait. The process, promises Giacometti, will take only a few days and so Lord agrees — ultimately wondering “how much longer can it go on like this?” Biography, Comedy, Drama.

When: Weds 20th June 2018

Where: Gawler Cinema

Cost: \$14 per person
Includes morning tea and lunch

Time: Leaving Clare 8.15am
Leaving Balaklava 9.15am

RSVP: Thursday 14th June 2018

Transport: Carer Support offer office to office transport between Clare & Balaklava. We're unable to provide home pick-up unless specifically en-route to destination.

For further information Contact Carer Support **1300 686 405**



Carer Support News

Computing for Beginners



Do you want to know what the fuss is all about when it comes to computers? We invite you to come along to a **FREE** Computer workshop.

What: Computing for Beginners
Where: SA Country Carers
When: Once a Month in Balaklava, Clare and Satellite Offices
Time: 1 hour
Cost: Gold coin donation for tea & coffee

You can bring your own laptop & hotspot internet or we can provide a laptop to use.

If you are interested in attending classes or have any questions please call SA Country Carers on **1300 686 405** and ask for Di or Mandy .

Carers Outing OP-SHOP

Come and join us for a day of Op-Shopping, fun and laughter! We will be travelling across to Nuriootpa and Tanunda visiting Op-Shops and having lunch.



When: Tuesday 26th June 2018
Where: Nuriootpa and Tanunda
Time: Leaving Clare 8.30am
 Leaving Balaklava 9.15am
Cost: Allow money for lunch and Op-Shops

RSVP BY THURSDAY 21st JUNE
on 1300 686 405

My Aged Care



During May the SA Country Carers respite team will be attending the My Aged Care Community Information sessions as follows;

- ◆ 1 May 2018 at the Port Football and Community Club, Wandearah Rd, Port Pirie 10am-1230pm
- ◆ 9 May 2018 at the Jamestown Memorial Hall, 73 Ayr Street, Jamestown 10-1230pm

During both sessions you can hear about all our Commonwealth Home Support Programs and our respite house, Grevillea House.

Also on Friday 11 May 2018 we will be attending the Ageing & Disability Expo being held at the Gawler Sport & Community Centre, Nixon Terrace, Gawler.

This expo will showcase providers who both deliver Aged Care services and NDIS/Disability services.

Hope you can catch us at any of these events, have a chat and see how we support you to live your best life.



Carer Support—Satellite Offices

BURRA

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

8th & 22nd May
5th & 19th June

TWO WELLS

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

9th & 23rd May
13th & 27th June

SADDLEWORTH

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

2nd May
6th June

RIVERTON

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

17th May
21st June

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 Main North Rd** in our Carers Corner, and provides parents with the opportunity to chat about their experiences and gain knowledge from their peers.

Wed 23rd May & Wed 27th June
10am to 11am

Ups and Downs, Coffee and Chat

This group provides peer support for people caring for someone with dementia/memory loss. The casual group provides Carers with the opportunity to chat about their experiences and gain knowledge from their peers; and meets at;

Balaklava office

Tuesday 5th June 11am—12noon
Morna Coats Alzheimer's Session

Clare office

Tuesday 5th June 1.30pm—2.30pm
Morna Coats Alzheimer's Session



Tea, coffee & biscuits are provided

Bookings are essential, to reserve your spot or for further information

Walking Group

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

Monday 28th May & Monday 25th June

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 meaning to start! The group meets on the 4th Monday of each month from 10am – 12pm. In May we will be making "**Dream Catchers**". In June we will be doing "**Beading**".



Clare Craft Group

Monday 7th May & Monday 4th June

Join us at the Clare RSL Hall for a morning of coffee, craft and general chit chat. The group meets on the first Monday morning of each month from 10am – 12pm. May project will be "**Felt Badges**" and June project will be "**Card Making**."

National Disability Insurance Scheme

NDIS Chat & Share

The National Disability Insurance Scheme (or NDIS) is a new government program designed to replace the existing system of supports for people with a disability and their Carers in the community.

This casual group meets on the fourth Thursday of the month at the Clare '245b' & Balaklava Offices.

This is an opportunity for you to chat about your NDIS experiences and gain knowledge from peers, bring your questions along and have them answered by our team members. Please contact Mandy or Di on 1300 686 405.

Where: 245b Main Nth Rd Clare

26 George St Balaklava

Dates: 24th May & 28th June

Time: 10am to 12noon

Registered NDIS Provider



In other news...

Grevillea House News 2018



Grevillea House

Aged Opening

March 2018

We had three lovely guests visit Grevillea House in March. It was a first time



visit for Mr Kiff and Ms Martin and Mr Cairns is becoming quite the regular visitor. They filled in their week relaxing, socialising and visiting different towns to see what was offer! Photos above visiting Wallaroo and enjoying a nice lunch with a beautiful ocean view.

Kapunda Farm Fair

Our team from respite services attended the 2 day Kapunda Farm Fair to bring about awareness of our Grevillea House short stay accommodation for those with "My Aged Care" Cottage Respite approvals and/or those with an NDIS package. Although the weather was not at all favourable we were well tucked away in the marquee next to the main pavilion out of most of it. We had some lovely visitors who we spent time with providing dates and information about all our programs. Each month we hold a week's opening at Grevillea House for the Aged and we still have some places left. If you care for someone who has approval for cottage respite and you would like to know what it is all about please take a moment to pop into our office in Clare or contact Jessica or Denisia on **1300 686 405**. If you have an NDIS plan and would like to come to Clare for a break, we are equipped and staffed to offer you support.



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, 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 Sara on 1300 686 405

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.

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.

"Like" us at SA Country Carers



Respite Support News

The Activity Space — TERM 2 AFTER SCHOOL PROGRAM



	Wednesday	Activity
Week 1 Week Beginning 30 th April	Communication and social skill development – competition Gross motor skill development – outdoor recreation	Video game competition Bushwalk and treasure hunt
Week 2 Week Beginning 7 th May	Independent living skills - baking Fine motor skill development – construction	Baking savoury gluten free muffins Building/Construction - Lego
Week 3 Week Beginning 14 th May	Communication and social skill development – performance Gross motor skill development – outdoor recreation	Try some music and structured dance moves Ball games at the oval
Week 4 Week Beginning 21 st May	Independent living skills – Healthy alternatives Fine motor skill development – Art and craft	Try a fruit smoothie, shop with the clients to choose fruit. Art/Craft
Week 5 Week Beginning 28 th May	Communication and social skill development – competition Gross motor skill development – outdoor recreation	Try the giant snakes and ladders game or a video game competition Visit a local playground
Week 6 Week Beginning 4 th June	Independent living skills - baking Fine motor skill development – construction	Gluten free pikelets and toppings Building/Construction - Lego
Week 7 Week Beginning 11 th June	Gross motor skill development – outdoor recreation Communication and social skill development – performance	Walk along the Riesling trail See how you go with charades or a dance off
Week 8 Week Beginning 18 th June	Independent living skills – Healthy alternatives Fine motor skill development – Art and craft	Baking savoury gluten free muffins Art/Craft
Week 9 Week Beginning 25 th June	Social skill development – competition Gross motor skill development – outdoor recreation	Try the giant snakes and ladders game or a video game competition Ball games at the oval
Week 10 Week Beginning 2 nd July	Independent living skills – Baking Fine motor skill development – construction	Try a fruit smoothie, shop with the clients to choose fruit. Building/Construction - Lego

Elderberries News



Do you care for someone who would like to get out more, meet new people in a safe and friendly environment.

At SA Country Carers we run just that. Elderberries is a small friendly group who with the support of a fully trained worker are able to access the community.

Contact Jessica or Denisia on 1300 686 405 for more details

After School Term 2



Social and Life Skills

We are now taking bookings for the TAS after school Social and Life Skills group for Term 2.

This group is for children between the ages of 10—17 years with a disability or who have a need to develop essential life skills.

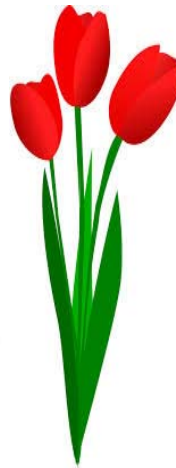
For more information or to reserve your child's space please contact us on **1300 686 405**

Care and Share Page



Did you know

The saying "Daylight robbery" came about in 1696 and again in 1851. There was a tax on windows in Great Britain: People bricked up and boarded their windows to avoid paying the tax.



TUNA MORNAY for kids

- 1 Onion chopped
- 4 TBS Marg or Butter
- 4 heaped TBS flour
- 1 cup uncooked macaroni or spiral pasta
- 1 Lt Milk
- 1 can Tuna
- 100 gm Cheddar Cheese
- 1 cup mixed frozen Peas & Corn

METHOD

Cook macaroni as packet directions

1. Melt butter and add onion cook till tender
2. Take pan off heat and add flour
3. Return to heat stir for 1 min
4. Slowly add milk and stir till thick
5. Add peas, corn, tuna, cheese, cooked macaroni & Pepper and salt to taste.
6. Pour into casserole dish or heat proof dish.
7. Top with cheese or bread crumbs
8. Bake 180 for 20 min or till brown.

Mother's Day

R I G Y A M C Y N V N H P Z O M K P Q P
 E R I K N R H L G D X G W U M K A F S I
 A F V S K X I X A U I U B Y O R O S W B
 D U I M R J L U P I B A E F E U G Y K L
 I J N I H C D I G U C L A N R U L Y Y W
 A V G D T E R N N Y W E T N H I L O Q V
 Y N N U F E E C I G Y J P N O I E C V F
 M O T H E R N Q R P S P O S M S D N N E
 K C V M K U Y X A F M K P A G A R A D Z
 B Z A H F K I T C O Y G F A U W C D Q Z
 K T G Y H B T M M Q M P X G H W P W K O
 Y V U X A T V O S V O A H U L F T V V U
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 K I N D U W I K H G E T O T I K E O F C
 P G Q K U J K I S R E W O L F T Q L Z V



CARING	FRIEND	KIND	MOTHER
CHILDREN	FUNNY	LAUGH	PARENT
DAUGHTER	GIVING	LOVE	READ
FAMILY	HAPPY	MAY	SON
FLOWERS	HUGS	MOM	SPECIAL

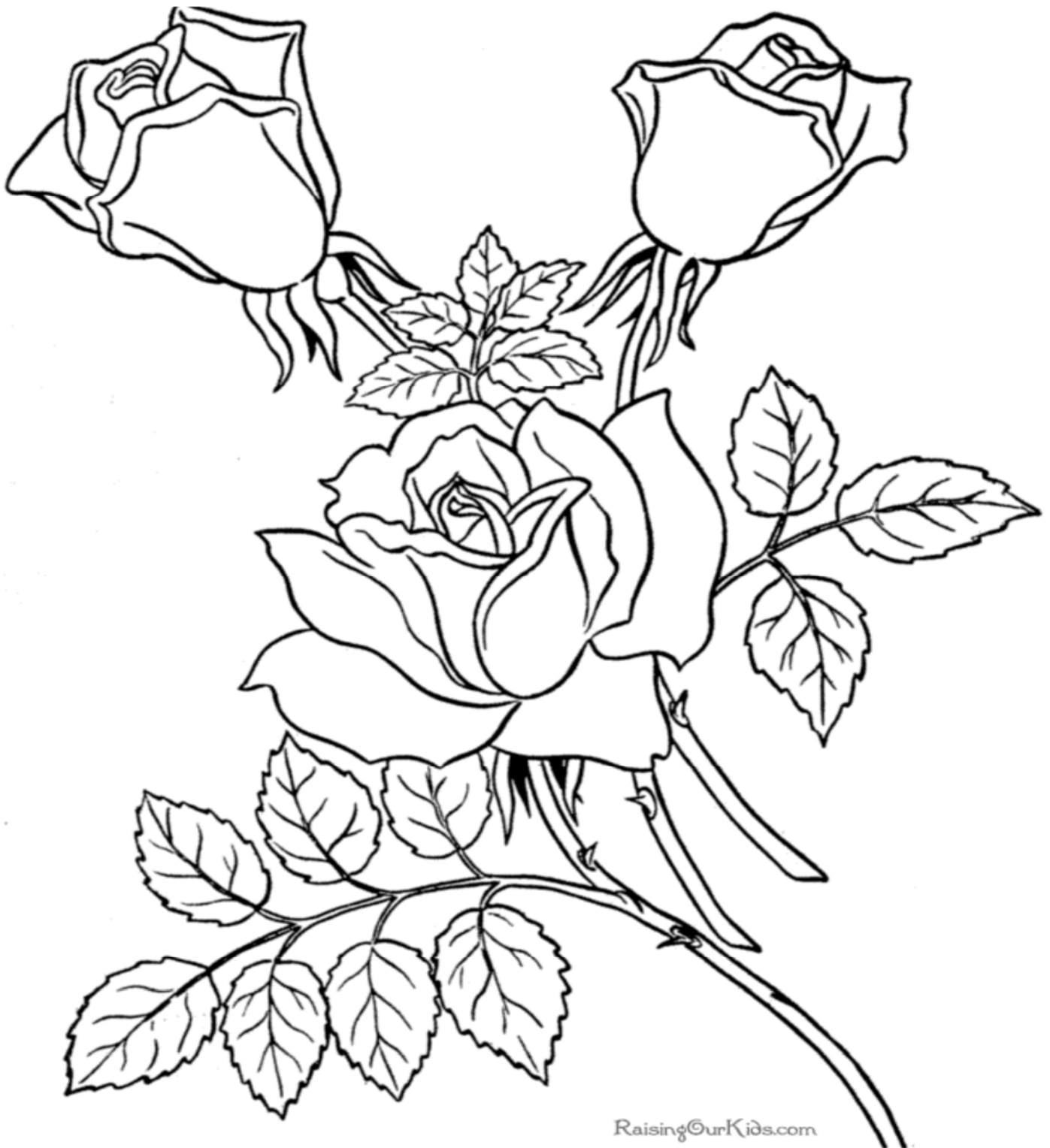
Joke:

Why was the 6 sad ? Because 7 8 9

CARE AND SHARE PAGE - COLOUR ME IN

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

Competition closes 30th June 2018. Open to all ages.



RaisingOurKids.com

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

Phone No:..... Winner will be notified by phone

May 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Walking Group Clare 09:30—10:00am	2 Saddleworth Visit	3 Elderberries	4 Carers Coffee and Chat Clare and Balaklava 10am— 11am	5	6
7 Clare Craft 10am—12noon	8 Walking Group Clare Burra Visit	9 Two Wells Visit	10 Elderberries	11 Carers Coffee and Chat Clare and Balaklava 10am— 11am Clare Friday Fella's	12	13
14	15 Walking Group Clare	16 Carer Outing— Martindale Hall	17 Riverton Visit Elderberries	18 Carers Coffee and Chat Clare and Balaklava 10am— 11am	19	20
21	22 Walking Group Clare Burra Visit	23 Kids & I group 10am—11am Two Wells Visit	24 NDIS Chat & Share Clare & Balaklava Offices 10am—12noon Elderberries	25 Carers Coffee and Chat Clare and Balaklava 10am— 11am Balaklava Friday Fella's	26	27
28 Craft Coffee and Chat Balaklava 10am—12noon	29 Walking Group Clare	30	31 Elderberries			

June 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Carers Coffee and Chat Clare and Balaklava 10am— 11am	2	3
4 Clare Craft 10am—12noon	5 Walking Group Clare Burra Visit Ups & Downs Morna Coats	6 Saddleworth Visit	7 Elderberries	8 Carers Coffee and Chat Clare and Balaklava 10am— 11am Clare Friday Fella's	9	10
11 Public Holiday	12 Walking Group Clare 09:30—10:00am	13 Two Wells Visit	14 Elderberries	15 Carers Coffee and Chat Clare and Balaklava 10am— 11am	16	17
18	19 Walking Group Clare Burra Visit	20 Sliver Screening	21 Riverton Visit Elderberries	22 Computer Workshop Clare and Balaklava 10am— 11am Balaklava Friday	23	24
25 Craft Coffee and Chat Balaklava 10am—12noon	26 Walking Group Clare 09:30—10:00am Carers Outing— Op Shopping	27 Kids & I group 10am—11am Two Wells Visit	28 NDIS Chat & Share Clare & Balaklava Offices Elderberries	29	30	