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SA Country Carers
Support · Compassion · Connection

Newsletter: September & October 2015

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

SA Country Carers welcomes Eve Rogers, CEO

It is with great delight that I begin my appointment in the position of CEO, at SA Country Carers. Firstly, let me begin by thanking and acknowledging the exceptional work of Sandra Watson and the whole team, particularly in keeping everything going, while recruitment and appointment was made.



I began on Monday 17 August and have been on a very steep and motivating learning curve since then. I am enjoying the challenge immensely and have already met some exceptional people, doing remarkable things in the Mid-North community.

After my appointment I moved to Clare from the Riverland, where I have lived since 1998. I have two young boys (8 and 6) who will be starting at a local school in a couple of weeks and I have just celebrated my 16th wedding anniversary with my husband, Jason.

My previous appointments have been in Senior and Executive Management across the Riverland and Murray Mallee regions, in both the education and health sectors. Most recently I was the CEO of a private organisation running the Accident and Emergency service out of the Riverland General Hospital, in Berri. These positions have provided me a great deal of knowledge and experience, particularly in regard to the health provision hurdles presented to people living in rural and remote areas of South Australia.

Already I can see the quality of work underway within this community and within the business; I am heartened by it.

I intend to work with the team in concentrating on continuing the quality of service and support, already in place. With the changing face of funding for the sector, I am sure I will enjoy the challenge of making it work for this organisation. At the heart of everything will be ensuring a positive and productive culture, with the SA Country Carers' most prominent, those being; professionalism, equity, teamwork, collaboration and empathy.

Here's looking towards a bright future for all of us at SA Country Carers!

Regards, Eve Rogers.

Farewell!

Staff and volunteers farewell Carer Support Worker Mandy Binns from our Balaklava Office. We wish her all the best for the future.

My Age Care

Over the next few months you may encounter changes to respite and support services due to the implementation by the Australian Government of: "My Aged Care".

My Aged Care is made up of a website and a national contact centre. Together they can provide information on aged care, whether for yourself, a family member, friend or someone you're caring for. For further information and assistance you can make contact by phone on 1800 200 422 or www.myagedcare.gov.au

Our Funding Provider



home and community care

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"

Saddleworth Op-Shop turns 2!

On Friday September 4 volunteers and staff will celebrate the SA Country Carers Op-Shop's second birthday. Since opening the doors on September 6, 2013 volunteers and staff have worked tirelessly to ensure that the



op-shop provides people in our community with affordable goods, and a friendly community atmosphere. Led by Margaret Wayman, the opportunity shop has achieved great things over the last two years and has grown the volunteer base to 10. The shop has proved a hit with locals, many of whom frequent the shop on a weekly basis for a chat and a shop.

“Lots of people come in every week to see what's new and have a chat. It's a good place to be and has a great community feeling”, Margaret said.

The op-shop is always looking for volunteers and donations are always welcome to ensure that there is always something new to offer. If you would like to find out more about donating goods, or volunteering, please call 1300 686 405.

On Friday September 4 the op-shop will host a morning tea to celebrate the second birthday. The celebration will run from 10am—12pm, with morning tea provided. The op-shop is located at 8 Belvidere Street, Saddleworth.

Carers Week - Moving right along

- **Are you an older driver?**
- **Are you interested in knowing what this means to you?**
- **Or are you worried about someone else's driving?**

This year, SA Country Carers will celebrate Carers Week (October 11-17) by hosting COTA at a seminar about obligations and opportunities for older drivers.

Where: Clare RSL Hall (Burton St, Clare)

When: Tuesday October 13th

Time: To be advised at time of RSVP

Where: Balaklava CWA, Council Chambers

When: Thursday October 15th

Time: To be advised at time of RSVP



Staff at both the Clare and Balaklava Office will also host a 'Carers Coffee Morning' on Monday 12th and Wednesday 14th for all to enjoy.

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

**September 1st, 15th & 29th
October 13th & 27th
November 10th & 24th**

TWO WELLS

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

**September 9th & 23rd
October 14th & 28th
November 11th & 25th**

Dates for the remainder of the year
will be published in a future
newsletters

**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.

Young Carer School Holiday Fun



In the July school holidays Carer Support staff accompanied Young Carers from across the Mid North to 'Bounce' in Adelaide for a day of jumping and bouncing on enormous trampolines. The morning was enjoyed by all who

attended, with Young Carers from 8 to 16 all enjoying the fun participating in different trampoline games and activities. The Carers enjoyed lunch at Hungry Jacks and playing chasey in the playground before everyone piled into the vans to come home. On the way home everyone said what a great day it had been and that they can't wait to visit again.

Carer Wellness Workshop

The recent Carer Wellness Workshop was well attended. We heard from 3 different speakers. Meg from the Medical Centre spoke about different ways to help care for physical health including care plans, skin checks, and Webster packs for easy dispensing of medication.

We were able to pick up some good tips from Kerry from Life-styles fitness Centre to help us to maintain muscle strength and coordination. There is an opportunity to come and try different activities at the Centre for \$5.00 for an hour session. A great way to see what the Centre has to offer and meet Kerry who is very encouraging and keen to help anyone to improve their general health and physical strength and reminded us of the great benefits of exercise to mental health.

After a cuppa and some tasty scones, a special order from Clare Rise Bakery, we enjoyed a session of gentle relaxation exercises with yoga instructor Jan Olssen. We all felt the benefits of this time which was a great way to end the morning.



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.



Christmas in July

This year SA Country Carers held two Christmas in July parties to encourage Carers from around the region to attend the event closest to them.

Clare Christmas in July

It was great to see everyone enjoying themselves at the recent Clare Christmas in July. Thanks go to the Middle Pub this year for the festive decorations and nice meal. The theme was “keeping things simple”. We were encouraged to make some time for something that we really enjoy such as Sudoku, crosswords, gardening, reading with a cuppa and chocolate, or doing some craftwork as a way to balance the challenges of the Caring role. Staff members Amelia and Lynne dressed for the occasion in traditional English Christmas jumpers! Perfect for the Clare winter.

Balaklava Christmas in July

We had a great attendance at the Balaklava Christmas in July, and everyone chatted and enjoyed the afternoon, it was great to see people moving around and sitting with different people throughout the afternoon. The group went to the Terminus Hotel, and they did a wonderful meal and decorated the room very nicely. All our Carers received a small gift that went with the theme for the day of “keeping things simple” It was also Mandy’s last day with us and everyone was able to say goodbye, overall we had excellent day!



Ageing in style expo—Two Wells

SA Country Carers had a stall at the 2015 Aged Care Expo which was held at Two Wells on August 13th. The hall was packed with different service providers with lots of information on offer. There were some local traders as well. The Expo was attended by a large amount of people who chatted and mingled, coffee and scones also added a lovely homely feeling. Staff caught up with representatives from Anglicare, Southern Cross Care, Relationships Australia and local medical clinics as well as many more services. It was a great opportunity for SA Country Carers to network and learn about other services in the area.

Discount Scheme

Balaklava:

Balaklava Chemplus

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

Wendy’s Café & Cakes

10% off food items

Balaklava Electronics

5% off floor stock. No sale items

Clare:

Pinks Mitre 10

Up to 10% off selected items

Closet & Robe

10% off storewide. Excludes sale items

Main Street Bakehouse

Buy one coffee, get one free (to equal value or less)

Saddleworth:

A W Vater & Co

10% off selected clothing & hardware items

Saddleworth Meats

10% off products. Excludes sale items

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.



Paskeville Field Day Men's Retreat



Come along for a full day at the very popular Paskeville field day, explore all the exhibition's and enjoy a men's day out.

This day will involve a lot of walking so please ensure that you are prepared with appropriate footwear.

Date: Wednesday 30th September

Where: Paskeville

Time: 9am—4pm

Transport: Clare and Balaklava office at 9am

Cost: \$15 entrance fee. Lunch at own cost

RSVP: Wednesday 23rd September

School holiday movie day & BBQ



All Carers and family members are invited to join us at the Blyth Cinema for a movie afternoon and BBQ in the park.

We will be having a BBQ lunch from midday, before spending the afternoon at the cinema.

Date: Wednesday October 8th

Movie cost: Adults \$8, children \$5. Family \$25 (2 adults 2 kids)

Movie: RV Runaway Vacation (starring Robin Williams)

RSVP: Friday October 2nd

Carer workshop home safety



SOUTH AUSTRALIA POLICE
KEEPING SA SAFE

SA Country Carers invites you to join us for an information morning to discuss your safety at home, and preparing yourself and your home for a bushfire. The CFS and SA Police will speak about keeping you and your family safe, and strategies you can put in place to maintain your piece of mind;

Date: Thursday October 15th

Where: Barbara J Long Room, Clare Town Hall

Time: 9:00am—1:00pm

Cost: \$5, includes morning tea

RSVP: Friday 2nd October

*Please feel free to bring family and friends to this workshop

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 September 28th—card making
- * Monday October 26th—card making. Gold coin donation (combined group at Balaklava)

Clare Craft Group

- * Monday September 7th
- * Monday October 26th—card making. Gold coin donation (combined group at Balaklava)

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:

Sept 21st-24th 2015

Oct 12th-15th 2015

Oct 26th-29th 2015

Nov 2nd-5th 2015

Nov 16th-19th 2015

Dec 7th-10th 2015



Recipe



EASY YUMMY CHICKEN

Ingredients:

- Required chicken pieces for your meal
- 1/2 cup parmesan cheese
- 1 cup Greek plain yogurt
- 1 tsp garlic powder
- 1/2 tsp seasoning salt
- 1/2 tsp pepper

Method:

Spread the above ingredients over your chicken. Bake for 45 min at 375 deg in a casserole dish with no lid. Very easy and delicious. Can be served with salad, chips or vegetables.

It's show time!

SA Country Carers will be attending the Clare and Balaklava Show again this year. Staff and volunteers will be providing information about the services SA Country Carers provide. We will also be hosting a BBQ at the Clare show site for those who go after a quick easy lunch snack. If you are planning on spending a day at the show drop past for a chat and say 'hello'!

BALAKLAVE SHOW: Saturday, September 26th, Ralli Park

CLARE SHOW: Saturday, October 17th, Show Grounds

Mid North Garden Busters

A great opportunity exists for registered Carers thanks to Barossa Lower North Futures, and a grant from the Foundation for Rural and Regional Renewal, ANZ Seeds of Renewal Program. A team of local students is available to provide basic garden maintenance services such as mowing, weeding and pruning, for approximately 2 hours per visit. A payment of \$10 towards fuel is appreciated.



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



SA COUNTRY CARERS

3 Offices Located at:

1 Blanche Street,

CLARE SA 5453

26 George Street,

BALAKLAVA SA 5461

245B Main North Rd