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SA Country Carers
Support · Compassion · Connection

Newsletter: September & October 2016

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

We have been caring for decades ...

Here at SA Country Carers, we can say that we have been caring for decades ... quite literally! Not only does SA Country Carers turn 20 this year, we have a number of staff with milestone birthdays. The facts for 2016 are: this organisation turns 20; a volunteer turned 30; our new CEO turned 40; Support Services now have a 50 year old in the ranks; Carer Support staff have added a 60 to their line up and last, but not least we have a support worker who turned 70! Adding all that up we have quite a tidy sum of experience!

SA Country Carers started as an action group in Balaklava in the early 90's. Community consultations were held with the then Office for the Ageing (OFTA) and there were enough interested people to form a working group which became incorporated in 1996 as 'Carers Link Lower North', funded by Home and Community Care (HACC) through OFTA. The steering group and management committee were both made of all local community members. Funded programs began on 22 April 1996 from the original office at 221 Main North Road, Clare with 3 staff. Some other interesting facts about our history:

2000—received federal respite funding. Moved to the old Police House, Old Main North Rd, Clare to accommodate.

2002—funding increases bolstered respite services further

2003—addition of Centrelink Agency and Volunteer Resource Centre (VRC)

2004—changed name to Country North Community Services Incorporated (CNCS) to include VRC and Centrelink.

2005—income \$190,000, 7 staff. Carers Link amalgamated with CNCS

2007—additional funding reinforced services, old Police House outgrown

2009—moved to Blanche Street, Clare to accommodate further growth

2010—marked a rapid increase in respite demand, staffing restructure

2012—Carer Support funding increased, Balaklava office opened

2013—Ceased operation of Centrelink & Services SA

2014—Opened a Carer Support office at 245b Main North Road, Clare

2015—Income \$1.7m, 35 staff and in 2016, well we are still writing the story ...

Come celebrate our 20th Birthday with us

When: Thursday 20th October 2016, 2-4pm

Where: The Valleys Function Centre (Valleys Lifestyle—upstairs)

RSVP: Friday 14th October 2016 on 1300 686 405



News from the office



We would like to introduce and welcome new support workers to our Respite Team



Tanya Nadin



Colleen Weaver

Tanya has her Diploma in Community Service Work and has considerable experience working with people with a disability during her time as a swimming instructor. She has also had experience working with troubled youth and supporting adults & young people with mental illness.

Colleen has completed her Certificate 3 in Aged Care and has also had experience working with young people with behaviour support needs when she worked as a School Services Officer.

Good bye

We also said good bye to Carmel Paxton, from our Clare Office. Carmel has gone on to bigger and better things. We wish her well for the future and thank her for her work.

Absolutely Fabulous Fundraiser

Where: Blyth Cinema

When: Friday 23rd September 2016

Time: 7:00pm for 7:30pm start

Cost: \$25.00 per person



Join us for an evening at the movies as we continue our Grevillea House kitchen fundraising.

Price includes movie ticket, glass of bubbles (of course sweetie), tasteful cheese and crackers, Ab Fab style. Raffles and Door prizes will be available throughout the evening. Come dressed absolutely fabulously as we know you can, Prizes for the best Edina and Patsy on the night.

Bookings essential, call us.

Community Services Forum Change:

Please note there has been a change of date for this year's Community Service Providers Network forum. The new date will be 28th of September at the Clare Country Club with the registrations from 8.45am.

Please call 1300 686 405 or email admin@sacountrycarers.org.au for further details.

Carer Support— visiting a town near you

In recent years, Carer Support staff have been travelling to outreach offices at Burra and Two Wells on a regular basis. This is to provide Carer Support to families who find it difficult to reach our main offices at Clare and Balaklava. In 2016 our Carer Support Team will visit two more outreach towns, Riverton and Saddleworth, to provide ongoing, regular support and a friendly face for Carers. Please find outreach visiting dates below. If you would like to find out more, or to make a time to speak to one of the team please call 1300 686 405.

BURRA

Every second Tuesday
9.30 am—3:30 pm
18 Commercial St, Burra

September 13

September 27

October 11

October 25

TWO WELLS

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

September 14

September 28

October 12

October 26

SADDLEWORTH

9:30am—3:30pm
Saddleworth Library
19 Belvidere Rd,
Saddleworth

September 7th

October 5th

RIVERTON

9:30am—3:30pm
Riverton Community Hall
40 Torrens Rd Riverton

September 15th

October 20th

It's show time!

Staff and Volunteers will attend the Balaklava show on **Saturday September 24th**. We will be located inside, so look out for us in the Ralli Pavilion. We will have information and plenty of time for you to come and have a chat.

The Clare show is being held on **Saturday the 15th of October**. We will be there in our unmissable MAC Van with and egg and bacon sandwich breakfast and steak or sausage in bread for lunch. All proceeds from the day go in to Carer programs for local Carers and our financial assistance program. We hope to see you all down there throughout the day, drop in grab some breakfast or lunch and stay for a chat.



Carer Support Financial Counselling



For all our registered Carers, we now have a volunteer Financial Counsellor to assist you with your financial issues. The role of a Financial Counsellor is to assist to straighten out your financial woes and help you to plan for a more manageable future. If you would like to make an appointment to meet with our Financial Counsellor please call us on 1300 686 405 to make a booking. SACC would like to welcome our new volunteer, Kay, who will provide the financial counselling services.

Christmas in July

Many Carers came along to our annual 'Christmas in July' celebrations in Clare and in Balaklava with 22 and 29 attending respectively.

Our theme for the day was 'Wellness Begins Within', providing an opportunity for Carers to reflect on what they personally like to do to feel well on the inside. Guests were invited to write down their individual tips and share them with the rest of the group. This led to some interesting conversations and the opportunity for our local Carers to get to know each other better. We were looked after very well by the 'Terminus Hotel' in Balaklava and 'The Middle Pub' in Clare, resulting in a great day out for all involved.



Autism Coffee & Chat

This group provides peer support for parents caring for a child with autism. This casual group meets on the first Tuesday of the month at the **Clare Carer Support office** in our Carers' Corner and provides parents with the opportunity to chat about their experiences and gain knowledge from their peers.

Group dates coming up:

Tuesday September 6th From 10am-12pm

Tuesday October 4th From 10am-12pm

Up's & Down's coffee & chat

This group provides peer support for people caring for someone with dementia/memory loss. This casual group meets on the **first Thursday of the month at Clare and first Tuesday of the month at Balaklava. A Dementia Link worker will be available on the first Tuesday of the month at both offices.** The group provides Carers with the opportunity to chat about their experiences and gain knowledge from their peers. Tea, coffee and biscuits are provided.

Group dates coming up:

Thursday 1st September & 6th October from
11.30am -12.30pm Clare Office

Tuesday 6th September & 4th October from
11.30am – 12.30pm Balaklava Office

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 Clare Craft Group

Monday 26th September Monday 5th September

Monday 24th October Monday 10th October

Change of Venue for Clare Craft Group.

As from the 5th of September the Clare Craft Group will now meet at the **Clare RSL Hall (Burton St, Clare.)** The venue is much larger with excellent facilities and parking available. The craft group is for registered Carers and interested members of the community to come along and indulge in a craft activity or just enjoy some good company over morning tea.

The craft group relies on donations of all sorts of haberdashery items to be used during our sessions, so please, in anticipation of spring, clean out your cupboards and bring along any items you may feel we could use.

Completed craft items can be taken home for you to enjoy or sold in our craft shop to assist with the fundraising we do to provide on going support to Carers in our community.

Easy Moves

Easy Moves for Active Ageing is a safe and effective physical activity and exercise program. Engaging in regular physical activity assists with prevention and management of lifestyle-related chronic disease including heart disease, Type 2 diabetes and hypertension, and is linked to improved mental and social well-being, including positive outcomes for dementia sufferers. Regular strength and balance exercises are also important in managing osteoporosis and osteoarthritis and reducing the risk and severity of falls.

Balaklava Office/Kitchen Every Wednesday 9.30am-10.30am

\$7 Per session Call 1300 686 405 for RSVP



Carers Week 17th-21st October 2016

Carers Week is a time to celebrate Carers, and to say thank you for all that you do. Carers, if you ask them what they do they just say "I just do what I do".

Thank You

We know that they do so much more, they put their lives on hold to ensure the person they care for has all that they need. Carers multi-task and organise; they are mediators and negotiators, taxi drivers and occasionally slave drivers. They are the glue that holds things together, the social vessel that keeps the lines of communication open. They are compassionate and caring, giving and generous.

Through Carer Support we see many Carers not in need, but as partners in a facilitative role, we walk alongside with information and education so they can make the best decisions for them. We also advocate, ensuring Carers are heard and given opportunities to access what they need. We are quiet while they share their stories and truly thankful we can be there when they realise they have the ability to overcome obstacles, work through issues, make plans and achieve their goals.

Young Carers RAAF visit



In the July school holidays a group of our Young Carers visited the RAAF Base at Edinburgh. We spent the day looking through the training facilities and all the different sorts of equipment, as well as having talks from flight officers about the work that they do. We all got to

try on different helmets used in flying, and enjoyed going in to the hyperbaric chamber and looking at the ejecting seats from all different sorts of fighter jets as well as a variety of parachutes. Everyone experienced the flight simulator which was the highlight for the day. All the Young Carers enjoyed the day and some are even thinking about a career in the RAAF. Many thanks to the RAAF base staff for making this tour possible.



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

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 so we can update your details.

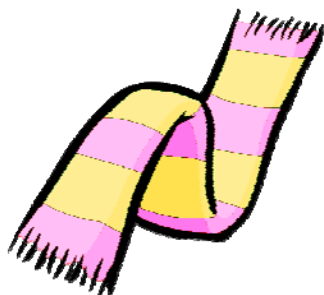


Have you seen our Facebook page? "Like Us" at **SA Country Carers** if you would like to keep up to date with events and services.

Winter Craft Sale at Carers Corner

Come down and grab scarves, beanie's and other knitted crafts for our end of winter sale.

All goods handmade by Carers and members of the community, donated to raise funds to support Carers in our region.



Op-Shop SALE



The SACC Op Shop in Saddleworth are holding a half price sale for 3 weeks starting from Thursday 18th August, 2016. Come and grab a bargain and support SA Country Carers.

Planetarium – Mawson Lakes

Experience the stars and planets at Adelaide's only Planetarium! Learn all about the constellations, stars and planets from the comfort of your own armchair. Enjoy the short movie "The Astronaut".

- When:** Wednesday 21st September
- Time:** Depart Clare Office 9.00am
Balaklava Office 9.45am
- Cost:** \$7per person (conc) \$9 Full price
- Lunch:** Stockade Tavern, Salisbury (meals from \$9.90)
- RSVP:** Wednesday 14th September



Safety on the road



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

If you answered 'yes', we invite you to attend COTA's older drivers workshop.

Burra Library

Tuesday, September 13th
10:30am-12:30pm
RSVP 6th September
Morning tea will be provided

Two Wells

Old Council Chambers

Wednesday October 12th
10.30am-12.30pm
RSVP by 5th October
Morning tea will be provided
To RSVP please call the office on 1300 686 405.

A day at the movies

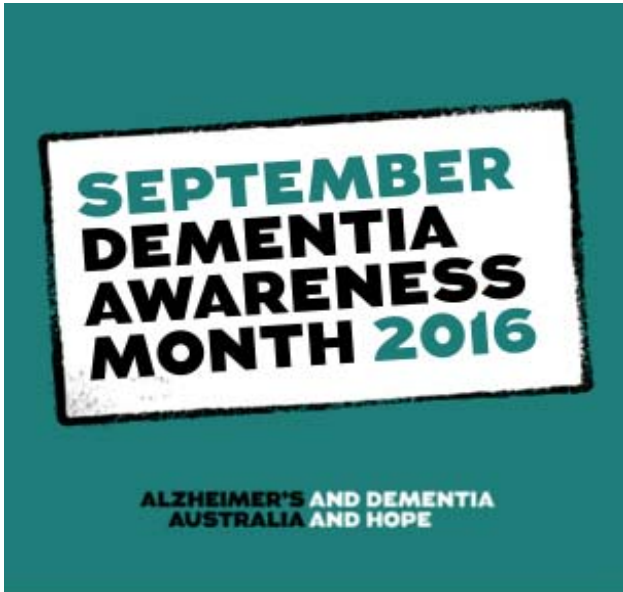
- Where:** Blyth Cinema
- When:** 10.30am Wednesday 19th October
- Cost:** \$10 Per person
- Lunch:** FREE Sausage Sizzle in the park at Blyth
- RSVP:** Monday 11th October



"Eddie the Eagle"

Inspired by true events, Eddie the Eagle is a feel-good story about Michael "Eddie" Edwards (Taron Egerton), an unlikely but courageous British ski-jumper who never stopped believing in himself – even as an entire nation was counting him out.

Dementia Awareness Month 'pop-up' Roadshow



You are
not alone

'POP-UP' ROAD SHOW

Dementia Awareness Month runs from September 1—30 every year. The theme for 2016 is "*You are not alone*".

As part of Dementia Awareness Month SA Country Carers will be visiting the towns of Riverton (12.45-1.45pm), Hamley Bridge (2.30pm – 3.30pm) and Wasleys (4.00pm – 5.00pm) on Tuesday the 20th of September. On Thursday the 22nd of September we will be in Pt Wakefield (10.00am -11.30am), Port Parham (12.00noon – 1.00pm), Thompsons Beach (1.30pm – 2.30pm) and Dublin (3.00pm – 4.00pm). Other providers will also be available to provide information and education on all dementia related topics.

COTA Workshops—Home Care Support Changes for Seniors

COTA are providing a free information session for seniors regarding home care support changes.

This is a chance to get information so that you can make the most of the changes rolling out under My Aged Care in both entry level, Commonwealth Home Support Program (CHSP) and Home care packages—Consumer Directed Care (CDC).

Remember, knowledge is power!

8th September 1:00-2:30pm in the Barbara J Long Room,
South Side of the Clare Town Hall.

Register for this informative event by phoning SA Country Carers on 1300 686 405.

Sweet potato skins



4 medium sweet potatoes
1 tablespoon olive oil
1/4 cup milk
1/4 teaspoon salt
ground pepper, to taste
1 cup shredded cheese
4 strips bacon, cooked until
crispy, and crumbles
sour cream and chopped chives
to serve

Directions:

* Preheat oven to 400°F
Line a large baking sheet with
parchment paper or a silicone
baking mat. Pierce each sweet
potato a few times and bake for
40-50 minutes or until soft. Allow
the potatoes to cool slightly. Slice
potatoes in half lengthwise.

* Reduce oven temperature to
375F degrees. Scoop out sweet
potato flesh, leaving a thin layer
of sweet potato inside, and add
flesh to a medium bowl. Place
skins back on the baking sheet
face up, drizzle with olive oil and
bake for 10 minutes.

* Mash the sweet potato flesh
with milk, salt, and pepper until
smooth and creamy. After 10
minutes, remove the skins from
the oven. Fill each with an equal
amount of mashed sweet potato
and top each with cheese. Bake
for 15 minutes until the cheese is
melted. Remove from the oven
and top with bacon. Serve with
sour cream and chopped chives,
if desired.

*Skins are best enjoyed immedi-
ately. Cover leftovers tightly and
store in the refrigerator for up to
3 days.

News from Respite Services

CHSP Centre Based Groups Elderberries and Friday Fella's

As from the 5th September there will be a few changes in how the two groups are run. In the past Elderberries were held on a Tuesday and a Thursday from 9:30am till 4pm and Friday Fella's was held each Friday from 9:30am till 2:30pm.

From September onwards, the Elderberries will now only be held on a Tuesday from 9am till 5pm and Friday Fella's time has been extended to 9am till 5pm.

While attending these groups the clients may spend the day at our respite facility-Grevillea House, and complete craft activities while enjoying a nice home cooked lunch. Alternatively they may spend the day out, including having lunch at a hotel or bakery.

If this is something you feel you may like to enquire about please do not hesitate to contact the respite team in the Blanche Street Office.



Elderberries current craft project (Molly Matthews, Audrey Hooker, Molly Eldridge, Peggy Sargent and Dorothy McEwin)

CHSP Cottage Grevillea House Aged Openings.

Grevillea House cottage respite currently has vacancies: this is an opportunity for your loved one to have a short holiday away from home so that you have the chance to catch up on the household jobs, or meet with a friend for a coffee after your sleep in. There is also provision for the Carer to attend the short break as well.

While staying at Grevillea House, clients have a room to themselves with a private ensuite. Qualified staff are rostered 24 hours a day to ensure all needs are met. Breakfast, lunch and tea are cooked according to client preferences. Most days an outing is planned or an activity is organised to suit the clients preferences.

Please give the respite team a call to find out more and the available dates for the rest of the year. Our Carer Support team can assist you with a referral to My Aged Care.



Disability Respite

We are currently working on booking our dates for respite for our disability groups for 2017.

If you are a registered Carer who already accesses our under and over 18 group respite, you will receive a letter in the coming weeks with the 2017 respite weekend dates.

If you care for a person who is registered with Disability SA, please phone Sarah or Laura on 1300 686 405 for further details on eligibility to attend.

Living Hope



Living Hope is a 2 day training program developed by the Salvation Army, with funding provided by the Department for Health and Ageing under the National Suicide Prevention Strategy.

The comprehensive program covers all aspects of suicide bereavement, and the course will cover the grieving process, trauma, resilience, understanding emotions and more.

Date: 10th-11th October 2016

Time: 9.30am—4.30pm

Where: St John Ambulance Centre, Balaklava

To enrol, please contact Gillian fuss, Secretary, Back2Basics 8841 3500



Colour me Spring!

Spring is in the air, so join in the colour and brightness. Return your floral entry to the Clare or Balaklava office by **September 30th**. The most colourful entry will win a spring surprise. Winners from the last newsletter are Emma Schulz & Joy Veitch and Anne Battye.

