

CARER NEWS

Freecall 1800 052 222



**Barwon
Health**

Carer Support

Winter 2016 Newsletter



Welcome to our Winter newsletter.

The weather has turned very chilly but that's no excuse for staying indoors as there is

so much happening

for carers in the Barwon South West region in the coming weeks.

Over the past few months we've supported many carers in Barwon to take part in Jamie Oliver's Ministry of Food cooking courses. This activity has been very popular and we've had great feedback from those who have taken part and learnt to cook healthy, low-cost meals. We will offer more classes in the future if there is sufficient demand. Please let us know if you are interested.

Emergency Support

Barwon Health Carer Support provides a 24 hour emergency service for carers needing to access immediate, short term in-home respite in the event of an emergency such as carer illness or accident, a family crisis or when you just can't cope. When you need urgent respite, call us on

FREECALL 1800 052 222

24 hours / 7 days

After 5pm weekdays and on weekends and public holidays the after hours response team will answer your call.

If there is a medical emergency and you or the person you care for require immediate medical assistance, first call **000**. If you are concerned about the health of the person you care for, and are not sure whether they should see a doctor, you can call NURSE-ON-CALL for assistance and advice on **1300 60 60 24**. This helpline operates 24 hours a day, 7 days a week.

If you require a doctor to visit in the home, you can call National Home Doctor Service on **13 7425**. The call centre is open from 4pm on weekdays and from 10am on Saturday, all day Sunday and public holidays. Home visits are bulk billed for Medicare cardholders. Currently this service is available in the greater Geelong area and Bellarine Peninsula.

Coming up....

National Carers Week October 16-22

Carers Concert: 20 October, Warrnambool

Movie and lunch: 21 October, Colac

High Teas: for carers in Barwon region

See the enclosed flyer for details of the Carers Week activity in your area. (Please call us if you have not received a flyer with your newsletter and we will send one to you.)

You can also visit our website at

www.respitebarwonsouthwest.org.au

to find out about all the latest news and events.

BARWON OFFICE
104-108 Bellarine Hwy
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P: 4215 7600

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EMAIL carersupport@barwonhealth.org.au

WEB www.respitebarwonsouthwest.org.au

CONTACT US
For carer support (24 hrs)
FreeCall 1800 052 222

Carer Support Group News

Belmont Carer Support Group

Meets monthly on a Tuesday from 1pm to 3pm at Barwon Health Belmont Community Health Centre, facilitated by our Carer Support Worker, **Aleisha**.

Upcoming dates and activities:

September 13: Guest speaker from Centrelink

October 11: Cuppa and a catchup

Corio Carer Support Group

Meets monthly on a Friday from 1pm to 3pm at Barwon Health Corio Community Health Centre, facilitated by our Carer Support Worker, **Gail**.

Upcoming dates and activities:

September 2: Guest speaker from Centrelink Financial Information Services

October 7: Geelong Library & Heritage Centre followed by cuppa at GPAC

Bellarine Carer Support Group

Meets monthly from 1pm to 3pm at Central Baptist Church in Clifton Springs, facilitated by our Carer Support Worker, **Charlotte**.

Upcoming dates and activities:

August 16: Guest speaker from COTA - Making the Most of Consumer Directed Care

September 20: Lunch at Café Zoo (pay own way)

This group will then merge with the Ocean Grove group.

Ocean Grove Carer Support Group

Meets monthly on a Wednesday from 1pm to 3pm at Collendina Recreational Centre, Minerva Close in Ocean Grove, facilitated by our Intake & Response Worker, **Kristy**.

Upcoming dates and activities:

September 14: Joy of Stress DVD and cuppa

October 12: cancelled due to Carer's Week

Newcomb Carer Support Group

Meets monthly on a Monday from 1pm to 3pm at Newcomb Community Health Centre, facilitated by our Intake & Response Worker, **Kristy**.

Upcoming dates and activities:

September 12: Dave Duncan, Occupational Therapist

Making Memories - Colac

Making Memories is an opportunity for people with memory loss or dementia and their family carer to meet with others in a supported and friendly environment for a regular morning tea. This is a joint initiative with Alzheimer's Australia, Vic. The group meets monthly at Baronga Motor Inn, Colac from 10.30am to 12 noon.

Upcoming dates:

August 31, September 28, October 26, November 30

Men's Carer Support Group (Geelong)

On June 16, a few male carers celebrated Men's Health Week with a morning tea and a visit from Ian and Wayne from the Geelong East Men's Shed (GEMS). The carers were also involved in planning activities for the Men's Carer Support Group over the next 12 months. It was decided that the group would continue to meet every two months. Activities such as bus trips to various locations is the preferred type of activity, however some carers advised that although they would love to go on bus trips, they need to stay 'close to home' due to their caring role.

Upcoming activities for the Men's Carer Support group:

August 25: Bus trip to the Queen Vic Markets

October 19: Bush Walk on the Surf Coast

December 14: Tour of Geelong Botanic Gardens

If you would like to be placed on the mailing list to receive a copy of the upcoming event schedule for the men's group please contact Serena at **Barwon Health Carer Support** on **1800 052 222**.

For more information about these support groups contact us on

FREECALL 1800 052 222 during business hours.

A reminder also should you require respite to allow you to attend these meetings, or assistance with transport, we can arrange this at no cost to you.

New Activities in Barwon

Carer Support is working with **Barwon Health Day Programs** to strengthen and energise the program and activities provided. We have sought feedback from carers and are excited to introduce a number of fun, new activities that carers and care recipients can enjoy *together*. Some of the activities coming up over the next few months include: ukulele for beginners; line dancing; cushion making; art classes; whittling; woodwork and yoga, as well as outings to Werribee Zoo, musical entertainment and morning melodies at GPAC. These activities are open to *everyone*. Bookings are essential for all activities.

In June, **Carer Support** organised an evening dine out experience for carers, care recipients and families at the Belmont RSL. This was a very successful evening. Due to popular demand **Carer Support** will hold another Dine Out event at the Commun Na Fein Hotel on 30 August, 2016 at 6pm. Places are limited so booking is essential.

If you would like to go on our mail or email list to receive flyers about future activities, or you would like further information about any of the above activities please contact *Gail* on **1800 052 222**.

Barwon Health Day Programs operate from four locations in the Geelong region; Belmont, Norlane, Torquay and Anglesea, on various week days.

We encourage you to use the centres in a way that best suits your needs. This could mean a regular booking each week on one or more days, attending some of our new activities above or simply using the centres for occasional care so that you can attend appointments, do some shopping or just have a few hours to relax. If you would like to arrange occasional care you simply need to contact the Centres to book ahead (minimum 24 hours notice). Contact either *Maree* at Norlane Day Program on **4215 7301** or *Jan* at Belmont Day

Program on **4215 7049**. If you would like to see the day programs 'in action' feel free to drop in for a cuppa and chat with staff.

Café Care Connect

Do you care for an older person or someone with dementia? Would you like to meet other carers? Would you like to find out about other services available that can help you?

Café Care Connect is a group for **carers and the person they are caring for** to spend some fun time together in a supportive and welcoming environment for a cuppa, cake and conversation. The program is a partnership between **Gateways Support Services** and **Geelong West Neighbourhood House**. For more information phone *Chris* or *Stella* at Geelong West Neighbourhood House on **0422 394 630** or *Gateways Respite Co-ordinator* on **5221 2984**.

Café Care Connect meets fortnightly on a Tuesday from 1pm to 3pm at Geelong West Community Hub.

New! Carer Drop-in at Newcomb Health Centre

All carers are welcome to drop into the Activities Room at Newcomb Community Health Centre on the 2nd Thursday of each month from 1pm to 3pm to *relax, rest and recharge*. The carer drop-in will be launched on **Thursday, September 8 at 1pm** with a delicious afternoon tea. All carers are welcome. For catering purposes, please RSVP by September 1 by calling us at **Carer Support** on **1800 052 222**.

This drop-in centre will give carers a chance to have a cuppa and chat with other carers in a relaxed, informal setting. Carers are invited to bring any project that they may be working on such as craft, knitting or sewing. Board games, cards and adult coloring books will also be available.

Disability Program: Carers, families and the system

Are you the parent of a child with a disability, or carer for a person with a disability? Do you want to know more about the National Disability Insurance Scheme (NDIS)? This program explores changes in the disability support system and discusses future planning with a family-centered approach. The program is presented by Carers Australia Vic.

The program consists of four sessions of 3 hours in duration (10am to 1pm). Participants must attend the first session to continue in the program.

Session 1: Preparing for change 28 October
Carers will explore the differences between the current and emerging new service system (NDIS).

Session 2: Adapting to change 4 November
This session explores the challenges and concerns carers may have in relation to change and planning for the future. It enables the carer to take steps towards developing a plan that works for them and for the person they care for.

Session 3: Managing the change 11 November
Carers will learn about the NDIS plan management options on offer, identify the necessary skills and build on their existing capacity and knowledge to self-manage the plan.

Session 4: Making your voice heard 25 November
This session will provide carers with an overview of their prevailing rights and the rights of the person you care for, ways to advocate and strategies to communicate effectively with professionals in the service sector.

Venue: Frances Hewett Community Centre, Hamilton

Cost: FREE

RSVP: by Friday 21 October to Mpower Inc on 5561 8111

DSV Comes to Warrnambool

Do you care for someone with Down Syndrome? Meet the team from Down Syndrome Victoria and join other parents for dinner at Rafferty's Tavern, Warrnambool on **Thursday, 25 August** from 6pm. Meals and drinks at own cost. To RSVP phone **1300 658 873** by 18 August

On **Friday, 26 August**, Down Syndrome Victoria presents a day of workshops to gather useful information. Workshop topics include:

Moving into Teens: Going to High School

Living Life to the Full

Pre & Primary School Years

Morning tea and lunch provided. Registration is essential on **1300 658 873** by 18 August.

Where: Mpower, 71 Koroit Street, Warrnambool

Time: 9am to 3pm

Mental Health Week

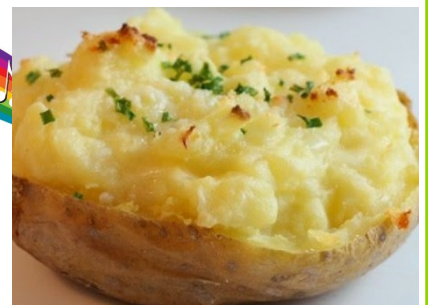
9-15 October, 2016

Devonshire Afternoon Tea

A FREE event for carers caring for someone with a mental health condition, disability or chronic health condition or who is frail aged. Bookings are essential. Please RSVP by 30 September.

When: Tuesday, 11 October **Time:** 2pm to 3.30pm

Where: Mid City Motor Inn, Colac



Karaoke & Baked Potatoes

A FREE event for mental health carers.

When: Wednesday, 12 October

Time: 11.30am to 2.30pm

Where: Geelong Conference Centre

Bookings are essential. Please RSVP by 3 October.

RSVPs to **Barwon Health Carer Support** on **FREECALL 1800 052 222**.

Alzheimer's Australia Vic. Education Sessions

Effective Communication: The focus of this session is on how dementia changes communication and possible alternate communication strategies which may be helpful. We also explore issues around anxiety and reactive behaviour and how best to support the person with dementia with this. This session is suitable for family and friends of a person diagnosed with dementia who already have a basic understanding of dementia and who needs assistance with effective communication.

When: Tuesday, August 9 - 1pm to 3:30pm

Coping with Changes in Behaviour: This program deals with some of the changes in behaviour caused by dementia as well as the possible triggers to these behaviours. We teach participants a problem-solving approach which helps carers to understand and better manage these changes. This session is suitable for family carers who need support coping with changed behaviours.

When: Wednesday, September 14 - 1pm to 3:30pm

Considering Residential Care: In this program, we discuss the often difficult decision of placing a loved one into residential care including the barriers to making this decision. Information is also provided about the residential care system, including the different types of care available, the associated costs as well as the key features of a good facility. Important legal issues are also outlined. The emotional issues regarding the placement of a loved one in residential care are also discussed.

When: Wednesday, October 5 - 1pm to 3:30pm

The venue for the three sessions above is Alzheimer's Australia Vic, Geelong Hub - Suite 1, 318 Pakington Street, Newtown.

To Book the Geelong Sessions: Contact Narelle Cullen on **5229 6979**. Places are limited so please book early. Should you require respite or travel assistance to attend these sessions, please call **Barwon Health Carer Support** on **1800 052 222**.

The Caring Role: A Compassionate Approach:

This program includes information about dementia, changes and communication. It also incorporates the loss and grief associated with becoming a carer. We talk about how to create an environment to facilitate the caring role as well as maintaining and getting support as a carer. The program is offered as small group sessions where participants will be encouraged to share their experiences and be able to listen to and support others. The program runs over four weeks, with each session being 3 hours in duration. The venue for this session is the Mpower Conference Room, 71 Koroit Street, Warrnambool. **When:** Friday, October 7 to 28 - 10am to 1pm

To Book This Session: Contact Jason Kelly on **0418 352 383**. Places are limited so please book early. Should you require respite to attend this session, please call Jason Gilmour at Mpower on **5561 8111**.

Dementia and Dancing

September is Dementia Awareness Month. Alzheimer's Australia Vic and the Dementia Agency Network Geelong invite carers and their family members to an afternoon of 'dementia and dancing' on **September 22**. Dr Alastair Mander will present the annual David Hooker Research Oration, followed by a tea dance and refreshments.

The public lecture by Dr Alastair Mander from 1:30pm to 2:30pm will offer an overview of dementia and present a summary of current research. This is a great opportunity to learn the latest about dementia and ask the questions you've always wanted to ask. Dr Mander is a Geelong-based geriatrician with a long-standing interest in memory disorders. He is involved in both dementia research and treatment. The tea dance will follow at 2.30pm with dancing and afternoon tea with music provided by the very entertaining Don Fisher.

This is a free event but bookings are essential. Please call **5229 6979** to book.

Carers Membership Program

We hope you are enjoying your Carers Membership Benefits Program. We provide this program to family carers to help you save money on dining out, activities and breaks away. We pre-purchase this program from Entertainment Publications (the 'Entertainment Book'). Businesses participate in the program to attract new customers and bring repeat business. There is no cost to the businesses who join the program. Please make the most of your membership by using it when you are out and about!

There are also many great offers that can only be accessed on the Membership website.

To access the website visit...

www.respitebarwonsouthwest.org.au

and click on the link for the Carers Membership Program.

This link opens a **new** window. Use the Member number printed on your card to login and check out the offers available.



Geelong East Men's Shed

Did you know there are approximately 930 Men's Sheds in Australia? The Geelong East Men's Shed is one of many located in the Barwon and South West regions. Ian and Wayne from the Geelong East Men's Shed (GEMS) attended the Men's Carer Support Group morning tea on June 16 to tell us more about GEMS.

GEMS is located in Grinter Reserve, on the north side of Splashdown Leisure Centre, 125 Coppards Road, Moolap. The Shed is open Monday to Friday

from 9am to 3pm and all men are welcome to attend for as little or as long as they like. There is no pressure to join straight away, with most men attending a few times before they decide if they would like to join. New members are provided with an induction to become familiar with using the equipment.

Members work on a range of projects, for example, constructing items for community groups or making items for themselves and family or friends. Some members just prefer to sit and have a cuppa and a chat, which is OK too. The shed has recently acquired a metal lathe, which will soon be in operation. GEMS members hail from right across the Geelong region. If you're interested in working on a project, learning some new skills or teaching others, or you would like to make more social connections, then GEMS might be the place for you!

To find out more about Geelong East Men's Shed, please visit: www.geelongeastmensshed.com or call 0447 106 036. To find out more about Men's Sheds in your area, please visit: <http://mensshed.org/> or call 1300 550 009.

Newsletter Delivery

Due to an increase in postage and print costs, we are now delivering our newsletter primarily by email. If you are receiving this newsletter by post but have access to an email account please advise us and we will send you the newsletter electronically in future.

If you do not have access to email we will be happy to continue sending to you by post. This change will make a big difference in helping us to keep our costs down.

OUR TEAM

Acting Manager
Jennifer Polley

Barwon Team

Aleisha Brown
Susan Cox
Serena Griffin
Tina Gordon
Gail Humphries
Kristy Leorke
Elizabeth McCracken
Jennifer Polley
Cynthia Rossack
Deb Smith
Charlotte Stace
Linda Verhoeven

South West Team

Gail Blackwood
Lyn Boyd
Robyn Hose
Kath Massey