

What's News for Carers?



carerrespite
& carelink services

FREECALL 1800 052 222

Helping carers
find the balance

Welcome to our Spring Newsletter

There is so much happening over the coming weeks. Mental Health Week runs from October 6 to 12, and then we have our big week of celebrations with Carers Week from October 13 to 19. Check out pages 3-5 for all the details of the exciting Carers Week events happening in the region. This is a great opportunity for you to plan some time for yourself and enjoy a well-deserved break.

Important News for Barwon Carers

Are you a carer of a person with a disability living in Barwon - local government areas of City of Greater Geelong, Colac Otway Shire, Borough of Queenscliff and the Surfcoast Shire? As you may already know the roll out of **DisabilityCare Australia** has commenced with staged transition of people with disability going onto the scheme.



If you haven't yet had contact with **DisabilityCare Australia** or you're not sure if the person you care for is eligible you can complete the My Access Checker on the **DisabilityCare Australia** website www.disabilitycareaustralia.gov.au For those families that have been contacted by **DisabilityCare Australia** please check all your paperwork carefully to ensure that you have returned forms that are required to get the process started.

One of the core aims of **DisabilityCare Australia** is to support families and carers in your caring roles. Your views and experiences will be important in the planning process for **DisabilityCare Australia**. You will play a vital role at various points when the person you care for enters the scheme; including informing decisions about their ongoing support needs. You may also help, at the request of the person you care for, in goal setting, assessment and the planning process.

DisabilityCare Australia will take into account the supports that maintain a carer's health and wellbeing. This support may include participation in a support group or a special interest network. In deciding whether to fund or provide a support, **DisabilityCare Australia** will take account of what it is reasonable to expect families, carers, informal networks and the community to provide.

To prepare for your first meeting with your **DisabilityCare Australia** planner, it would be a good idea to make a list of the various types of services your family is using. Consider the supports you have had through **Carer Respite & Carelink Services** that have helped sustain and support your caring role, such as a break during the school holidays, curriculum days and occasional overnight care. Explain to your planner what supports you in your caring role. If you have already had your first planning meeting but didn't discuss taking a break, please consider making contact with your person's planner at **DisabilityCare Australia** to discuss further on **1800 800 110**.

This is a very positive time and journey for families and **Carer Respite & Carelink Services** is coming on this exciting journey with you - for respite service information and carer support, and for your immediate and emergency respite needs call **1800 052 222**.

Special Reminder

For respite booking or support ring **1800 052 222** (not 1800 200 422, this goes to My Aged Care - this is for information around aged care only NOT respite)

If you want to arrange respite, require referral to services for ongoing support or just need someone to talk to about your caring role, ring **1800 052 222** - we provide carers and other callers with information on local support services.

Our after hours emergency service also operates on this number 24 hours a day, 7 days a week, so if you have an emergency that requires immediate in-home respite you can call us on **1800 052 222**.



The aim of **Mental Health Week** is to improve community awareness and knowledge about mental ill

health and reduce the stigma and discrimination associated with mental health problems.

In the Barwon region, a diverse range of activities will be hosted throughout the community and opportunities are now open for individuals, community groups and workplaces to become involved in several ways. This include the Wellbeing Walk, Wellbeing Awards and Wellbeing Grants. The Wellbeing Walk will be held over three days during shopping hours at Westfield Shopping Centre, commencing Saturday, 6 October. The Wellbeing Walk will be on 5 treadmills to symbolise the fact that one in 5 people will be affected by a mental health problem each year. To download a full Calendar of Events please visit

<http://www.barwonhealth.org.au/media-centre/item/mental-health-week-2013>

Mental Health Week 'Get Amongst It'

South West Healthcare - Mental Health Services are celebrating Mental Health Week so come along and 'get amongst it'. There will be a range of activities for all to join in and plenty of information to explore. No RSVP required.

When: Thursday, October 10

Time: 10am to 2pm

Where: Civic Green, Warrnambool

'Amazing' Young Carers Activity

To celebrate Mental Health Week, young carers are invited to join other amazing young carers at 'Amaze N Games' for mini golf, mazes, games and BBQ. You can bring a family member or friend if you want...and it's free! Assistance with transport is available if required.

When: Sunday, October 6

Time: from 11am

Where: Bellarine Hwy, Wallington

RSVP: Ring Elizabeth on FreeCall 1800 052 222

CARERS CARNIVAL

DISCOVER THE ARTIST WITHIN
WEDNESDAY 16TH OF OCTOBER, 2013

ROLL UP, ROLL UP 9:15AM - 3:30PM

DROMOLAND HOUSE

258 PAKINGTON ST, GEELONG WEST

THE BILLY TEA BUSH BAND

TRACE BALLA ★ PLAYING UP

UKULELE WORKSHOP WITH **LISA SINGLINE**

ART THERAPY ★ TOPPY TAYLOR

RELAXATION WITH **TIBETAN BOWLS & GONGS**

HELEN MILLAR ★ MOSAIC ARTIST

SINGING FOR THE SOUL WITH **BELINDA MCARDLE**

NUMBERS LIMITED ★ BOOKINGS ESSENTIAL

CALL 1800 052 222 FOR FREE TICKETS

RESPITE AVAILABLE

REGISTRATION AND CHOICE OF WORKSHOPS ON ARRIVAL



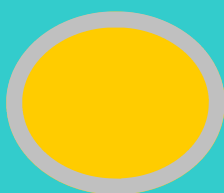
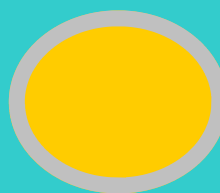
Kelly Auty & her Wild Women Show

Wild Women Show takes you on a powerful journey of the lives, music and fashions of some of the greatest female singers of the 20th century including; Bessie Smith, Billie Holiday, Josephine Baker, Edith Piaf, Etta James, Peggy Lee, Patsy Cline, Dusty Springfield, Aretha Franklin & Janis Joplin.

Carers please join our Carers Week Celebrations

Thursday 17th October
10.30am to 3pm

Includes morning tea & lunch

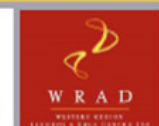


City Memorial Bowls Club
50-58 Cramer St
Warrnambool

To RSVP and further information please contact:
Barwon Health Carer Respite & Carelink Services on
1800 052 222 during business hours

RSVP by Monday 14th October. Respite available.
Transport available from Portland, Hamilton & Camperdown

Proudly supported by



Voucher available in printed newsletter only

Voucher available in printed newsletter only

MACS Complete Care would like to acknowledge the dedication and wonderful work of family carers and treat you to a

Carers' decadent 'High Tea' and entertainment

Date: Friday 18 October 2013

Time: 2pm - 4pm

Bookings: are essential as places are limited

Phone: **MACS Complete Care** on **1300 622 778**

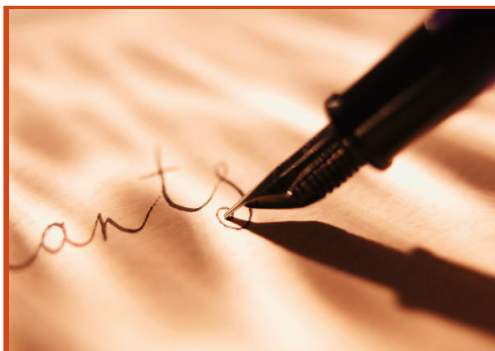
and speak to Nancy or Lyn for more details
and to book your complimentary ticket

RSVP: Friday 11 October 2013

Carers Week October 13 to 19

For carers in the Colac region, we are supporting you and a friend or family member to attend any session at **Colac Cinema** between October 13 to 19 inclusive. Present the original coupon (left) on this page at the box office and enjoy some time out during Carers Week.

We will also be supporting families to attend the Geelong Show to enjoy some time out together. Cut out the coupon (above) and present it at any entrance gate for admission for up to 2 adults and 3 children. Only original vouchers will be accepted. Valid for admission on any one day of the Show. These vouchers are valid for use only by carers registered with Barwon Health Carer Respite & Carelink Services and their immediate family members. Non-transferable.



'Writing Your Cares Away'

Carers Vic and Bellarine Community Health invite all carers to come and celebrate Carers Week. Learn how writing your thoughts and feelings can reduce stress and assist positive health and wellbeing. Spelling and grammar skills are not important! Lunch is provided and a free goodie bag for everyone.

When: Wednesday, 16th October

Time: 12pm to 2pm

Venue: Bellarine Community Health, 21 Palmerston St, Drysdale

RSVP by October 9: Places are limited. Call Denise Heathcote on **5251 2291** or visit reception at any Bellarine Community Health site to book.



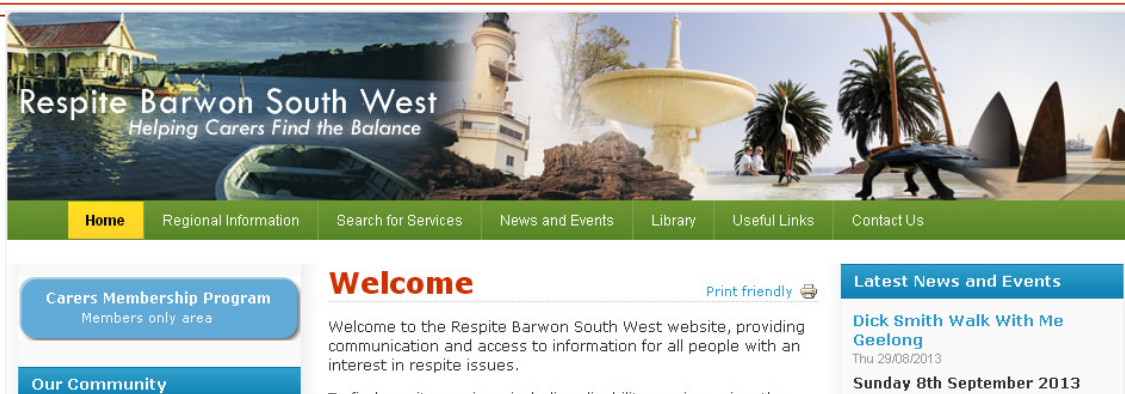
Carers Calendar

Time is running out to get your photos in for our Carers Calendar. We have received some wonderful photos already but we would love to have more! A focus group with selected carers will be finalising the calendar content on October 11 so please send your photos in as soon as possible and **no later than October 9**.

Email your images to carer_respite@barwonhealth.org.au. If you have a lot of images or they are very large please consider putting them on a memory stick; we will be happy to post this back to you once we have copied them. Photos can be of any subject provided any scenic shots are taken in the Barwon South West region.

Have you visited our website lately?

Respite Barwon South West is a great way for carers and service providers to keep up with all the news and community events in the region with information updated weekly. The



Latest News and Events feed onto the front page so you can see coming events. You can click on the **Search for Services** link to access a range of on-line search engines including **Respite Finder** (for disability services), **Service Seeker** (community support services), **Respite Seeker** (residential respite vacancies and bookings) and the **Commonwealth Carelink Centre Services Directory** (community and support services). You can also access the **Carers Membership Program** web page from this site. Visit our site at www.respitebarwonsouthwest.org.au

Living with Grief & Anxiety

The Anxiety Recovery Centre Vic invite you to attend a free community education seminar 'Living with Grief & Anxiety'. Guest speakers include Greg Roberts, a social worker with 15 years experience working the health and community services sector with a key interest in grief, loss trauma and stress management; Michelle Graeber, CEO - Anxiety Recovery Centre, Vic; and Jan McNess - a bereaved mother who will share her personal experience of grief and anxiety.

When: Wednesday, 2nd October

Time: 7pm to 9pm

Venue: The Geelong Club, 74 Brougham St, Geelong (between Westfield carpark entrance / exit)

RSVP: RSVP is essential, call ARCVic Office on **9830 0566** or book online at www.arcvic.org.au

WRAD Carers Forum

Western Region Alcohol & Drug Centre presents a Carers Forum providing support and information for those who have a loved one with substance use issues, providing information on drugs and alcohol, carer health and wellbeing and support services in the region. Meet others in a relaxed and supportive environment.

When: Friday, October 11

Time: 11am to 2pm

Venue: WRAD, 172 Merri Street, Warrnambool

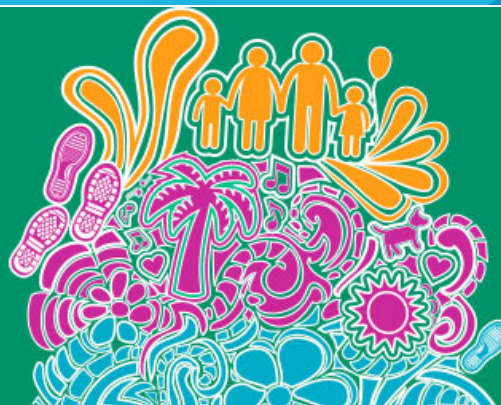
RSVP: 1300 009 723 to reserve your place

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It's that time of year again - Walk to Care is just around the corner!

Join us on Sunday, 17 November to raise awareness and funds for carers in Victoria with a 4km walk and fun family day out...you can even bring your dog! With a great community festival atmosphere, live entertainment and food vendors - there will be something to keep everyone in the family busy.



**WALK
TO CARE**
17 NOVEMBER 2013
Coulson Gardens, Maribyrnong
walktocare.com.au

The kids will love the face painting, jumping castle and petting zoo - while a health and wellbeing tent will be a perfect place for the adults to get some rest and relaxation. Plus the whole family will feel energised with the fun Zumba warm-up activity. There will be special guests and a fabulous line-up of local talent throughout the day. Tell your family and friends to support you and let's all walk together to show support for Victoria's 700,000 family carers! For more information or to register go to www.walktocare.com.au

Get Active Kids & Teens

Get Active is a fun-filled recreation program for kids and teens with disabilities in the Barwon region during each school holiday period. The program is run by *Leisure Networks* and is open to any school aged child with a disability and their siblings/ family members. There's six different activities every holiday so why not give one a try? Upcoming activities include; hockey, athletics, cricket, kids in the kitchen, Jirrahlinga wildlife visit and sausage sizzle, and a fun activity session.

For more information go to the *Leisure Networks* facebook page. To register contact *Mathew Kelly* on **5224 9925** or **0422 835 150**.

Ageing Well Expo

The annual Barwon Health Ageing Well Expo will be held on October 9 at the McKellar Centre in North Geelong. Nearly 40 local businesses and community services are hosting stalls at this free community event showcasing 'ageing well' services in the region. The Expo will provide you with all you need to know about healthy lifestyles, accessing activities and services, and keeping safe and well in the community.

When: October 9

Time: 10am to 2pm

Venue: McKellar Centre, Ballarat Rd, North Geelong

Special Families Dance Party

The *Treehouse Autism Support Group* invites all Geelong families living with disability to a free afternoon of music and fun. Special visit by Woody, Elmo and Dorothy! To register email *Sharon* or *John* at demops@aapt.net.au or check out **The Treehouse Geelong** facebook page.

When: Saturday, 12 October

Time: 1.30pm to 4pm

Venue: Club Italia, Bellarine Hwy, Moolap

Expanded Day Hospice Program

Anam Cara House Geelong has expanded and improved its popular Day Hospice program thanks to funding from *Give Where You Live* and the *Percy Baxter Trust*.

Give Where You Live funding has allowed the Day Hospice program to run three days a week with a new Wednesday afternoon session with a special focus on excursions into the community. A generous grant from the *Percy Baxter Trust* has enabled the purchase of a wheelchair accessible bus, which can be used for these special outings and to collect and drop home Day Hospice guests. The Day Hospice program now runs on Tuesday 10am to 3pm, Wednesday 1.30pm to 5.30pm and Thursday from 10am to 3pm. A new Day Hospice Co-ordinator has been appointed and is revamping the program to include new activities, recruit new entertainers and provide for 'bucket list' activities for the guests.

Please contact the *Hospice Manager* on **5222 5831** to book in a guest or to organise a time to tour Anam Cara House Geelong.

Residential Respite Information Day

If you have been considering residential respite in an aged care facility for the person you care for, or you would like to find out if this type of respite might be suitable for your family member, come along to our next information day. Guest speakers on the day include representatives from the Aged Care Assessment Team, Centrelink, a residential care facility and Carers Victoria.

To RSVP please contact us during business hours on **1800 052 222**. Lunch and morning tea is provided and respite or assistance with transport can be arranged if required.

When: Tuesday, 29 October

Time: 9.30am to 3pm

Venue: Newcomb Community Health Centre, 104-108 Bellarine Hwy, Newcomb

Dementia Cafe

The Dementia Café is a café-style support program for people with dementia and their family carer. The group meets in the lounge area at The Victoria Hotel, 42 Bank St, Port Fairy from 12 noon until 2-2.30pm. There is no cost with all food and drinks provided. If you are interested in participating in this program please contact *Tina* on **5559 4976** or *Narelle* on **5559 4916**. This is an initiative of the South West Carer Respite Program - Warrnambool City Council, supported by the Victorian State Government.

Port Fairy meeting dates: October 30, November 27 & December 18

Hamilton meeting dates: October 1, 15 & 29, November 12

BARWON OFFICE

Barwon Health
104-108 Bellarine Hwy
Newcomb 3219

PHONE

4215 7600

SOUTH WEST OFFICE

78a Fairy St
Warrnambool 3280

PHONE

5564 6054

CONTACT US

Carers and local community information line

FreeCall 1800 052 222

EMAIL

carer_respite@barwonhealth.org.au