

ADELAIDE HILLS & FLEURIEU

CARERS & disABILITY LINK

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NEWSLETTER ~ MARCH 2017

I hope you all enjoyed the Christmas season (although I know it can be tough for some) and I wish you and your families all the best for the coming year. May you be blessed with new hope, new joy and new beginnings.

I was blown away the other day by a gift given to me. I was not expecting it. It was not a thank you gift given to me for something I had done, or a celebration gift. It was just a thoughtful gift given to me with well wishes, and it just humbled me to think that someone would do that for me.

It is so easy to forget what a wonderful world we live in, when you see so much negativity and hurtfulness on television, and hear the petty grumbles of people on the street (including our own).

But it takes just one person, bringing you a bunch of flowers, leaving you a Christmas gift or sending you a card, to refocus on the beautiful in our world. Whether it feels like it or not sometimes, there are more nice people in the world than nasty, and we need to remind ourselves of this when we start to feel overwhelmed by the struggles and negativity around us.

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One thing about working or volunteering at Carers and Disability Link is that we have the wonderful opportunity to meet so many different people. They come from all walks of life, many different cultural backgrounds, many different life experiences, and with many different expectations of their life to come. What a privilege to meet and walk alongside such people. What a privilege to be able to support and serve our fellow life travellers.

We hope that as we support you in your life, that we can make the same difference that the bunch of flowers made to me - that we fill you with joy, happiness, and a new appreciation for those around you.

Be the reason someone smiles today.



Vicki Williamson

CEO Carers and Disability Link



Carers & Disability Link has successfully achieved accreditation at Certificate level of the Service Excellence Program

Social Skills/ Linking your

Child to our Community

Attention all Carers of

Children with a disability aged 8-16 years

Does your child fall between the gaps with funding ?

What could our community offer your child ?

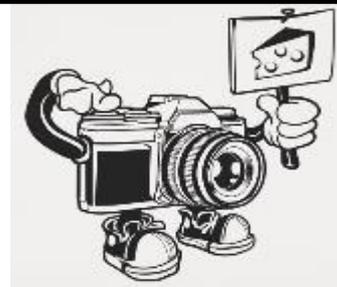
Would you like your child to learn more social skills?

Could your child to be more connected to their
community?

If you have any ideas, please phone the office on
8389 7383 or

email Woodside@cadl.support

We would love to hear from you !



PHOTOGRAPHS

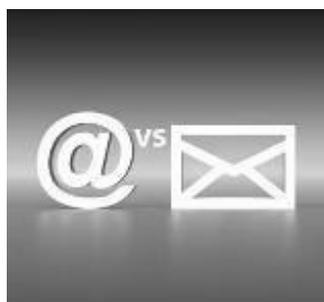
AT EVENTS

Carers and Disability Link will be taking photographs at different events. You may be in them!

Your image may be captured at events and printed in our newsletter and electronic publications for promotional and educational purposes only.

If you have concerns about your image being used for these purposes, please chat with the staff on the day.

Yesterday's the past,
tomorrow's the future but today is a gift.
that's why it's called the present.



**SNAIL
OR
E-MAIL?**



Due to the rising cost of postage, in 2017 we are giving you the option to receive your newsletter via email instead of post.

We would greatly appreciate if you could please email us at woodside@cadl.support and let us know that you would like to receive your newsletter via email. Many thanks.... ☺

CATASTROPHIC FIRE DANGER DAYS

To ensure the safety of all Carers, Clients, Staff, Volunteers and Independent Contractors on Catastrophic Fire Danger Days all Carers & Disability Link support groups, outings, home visits and transport will be cancelled. Caring Coffee Club and Hello Monday groups may be cancelled.

Staff will be by their phones on these days so please phone if you wish to speak to them.

Direct Care Services may also be unavailable, depending on the location of clients. So please keep this in mind and make alternate arrangements to ensure that you are safe and in a safe location.

If you have a Case Manager (such as Aged Care Packages, Disability Services, NDIS) please make sure that you discuss what will happen on a Catastrophic Fire Danger day with them.

If you have any further questions, please contact

Carers and Disability Link on 8389 7383

Adelaide Autism Conference Series

"Truly Understanding Behaviour"

Social Cognition and Emotional Regulation:

Tips, Techniques and Strategies for Effective Support of behaviour.

Special educator and presenter - Kari Dunn Buran who is the world renowned author of 5 - Point Scale, When My Worries Get Too Big and Winner of 2013 Mum's Choice Award, will be presenting on a range of Topics aimed for Families, educators and other professionals.

NDIS Funding can be used to Access this Conference.

Date: Friday 7th April 2017

Time: 9.30-4.00pm

Where: The Adelaide Convention Centre - River Bank Rooms 6-8.

For further details and costs you can register online at www.autismsa.org.au or contact the Training and Consultancy Coordinator at nwelz@autismsa.org.au or 0401 784 404.

SA Ambulance...

Are you covered ?

Ambulance Cover

From 1 November 2016 South Australians will continue to have access to interstate Ambulance Cover with the launch of a new tiered scheme.

Standard Ambulance Cover will continue to include all ambulance attendance within South Australia, with interstate coverage available for an additional \$15 per year or \$30 for those on family plans

SA Ambulance Service has introduced two tiers of cover to provide members with greater control over the level of security they need.

Ambulance costs are not covered by Medicare and even if you have private health insurance, your policy may not cover the cost of an ambulance. Many private health insurance schemes only cover you and your family for emergency ambulance services. Many illnesses or injuries require additional patient transportation which are classified as 'non-emergency' (e.g. for tests, ongoing treatment or transfer to another hospital).

We strongly recommend checking with your private health insurance provider to find out if you are covered for ambulance transport and if so, your level of cover.

Below is the current costs for ambulance fees :

SA Ambulance Service will invoice and recover monies for ambulance services relating to treatment and/or transport of persons except where:

- *The person holds a valid and current Ambulance Cover membership
- *The service is for the initial attendance at a motor vehicle accident
- *Payment for the invoice is the responsibility of another party and such party has acknowledged responsibility for payment of the invoice.

The following ambulance fees table outlines categories and call out fees; current as of 1 July 2016:

GAZETTED FEES as of 1 July 2016

Provision of retrieval team	\$3,096
Emergency call out	\$934
Non- Emergency call out	\$208
Treat no Transport (flat rate)	\$205
Plus kilometre charges	\$5.40

The cost of an emergency ambulance is generally around \$934.

It is advisable to be covered by ambulance cover because if a person is not covered by SA Ambulance and an ambulance is called for assistance, that person may be charged for the call out or transportation to a hospital (see above fees). Even if a person refuses an ambulance but one is called and the SA ambulance deem it necessary to transport that person to hospital, they may still be charged for the call out and transportation.

DEMENTIA CARERS "DUSTY MUSICAL" DAY RETREAT



Well the year started off with a fantastic Day retreat for some of our Dementia Carers.

Our fun & relaxing day began at the popular Bici Espresso Café on Hutt Street where we all enjoyed coffee & delicious cake in a private room. Then we were off to the festival Theatre to see "Dusty the musical" the extraordinary story of the life and music of Dusty Springfield, one of pop music's greatest female stars. And what a performance! It was fantastic & everyone enjoyed it tremendously.

An early dinner was then enjoyed at the Lion Hotel on Melbourne Street. I must say, it is always a pleasure to spend time with such amazing people who show such understanding, empathy and warmth to others, even though I know they perhaps are having a challenging carer journey themselves.

Hugs to all! Nicki

SOCIAL GROUP for CARERS

The Hut Community Centre invites you along for socialising, fun and activities.
Includes afternoon tea.

WHEN: 4th Wednesday of each month

TIME: 1.30 — 3.30pm

WHERE: The Hut Community Centre, 1 Euston Road, ALDGATE

TEL: 8339 4400

www.thehut.org.au

LIGHTNING GROUP- FOR CARERS AND THE CARED FOR

Hi wonderful Carers,

March: Fancy a trip to the beautiful Rosary garden on a warm sunny day with your cared for? Walk the Labyrinth or stroll around the garden and/or have morning tea, it's entirely up to you. Visit the compact but delightful Misty Creek Nursery for your entire garden needs



April: Half hour tour of the lovely Glen Ewin Estate at Houghton, visit the amazing, Newman's Nursery for a browse and morning tea on the way to the Tea Tree Gully Hotel for lunch.



DAY TRIPPERS FOR CARERS

April: Come join us for a leisurely day at the beautiful Gorge Wildlife park (the fruit bats are amazing!) and then lunch at the popular Cudlee Creek Café. Meet new people, have some fun, be adventurous!



A day out at the Desalination Plant



A great day was had by all who attended. This is a group photo of all the Carers and volunteers sipping/ toasting water made by the Desalination plant.

We felt very privileged to be the first group ever to try the desalinated water at the plant. Cheers!

**JOIN THE
TEAM!**



★ OP SHOP VOLUNTEERS NEEDED ★

Monday - Friday, occasional Saturdays

Call Vicky on 8389 7383

for more details or for a Volunteer
Registration form

OP SHOP



CARERS &
ABILITY LINK

Best Kept Secret in the Hills

10am - 4pm Monday-Friday, 9am - 2pm 3rd Saturday Monthly

37 Onkaparinga Valley Road, Woodside, 5244 - 8389 7383

Capers at Christmas



It was fun, laughter and bargains galore at our huge Christmas Sale in December.

New customers were wowed by our fabulous new Op Shop on the corner of Main Street and Tiers Road, Woodside.

As the Woodside Pageant cruised past the windows on Thursday 22

December, crowds flooded into the shop and courtyard, making the most of late night shopping and grabbing all they could for a \$1! Volunteers and staff were non stop chatting, assisting, dancing, packing, and making coffee for eager and happy shoppers until the doors finally closed at 10pm.



CARERS &
ABILITY LINK

BIGGEST THANKYOU...EVER!

To our Volunteers who worked tirelessly throughout December and January, sorting, cleaning, pricing, and presenting stock ... Our Volunteer team make extraordinary things happen, they bring friendship and a smile to shoppers, and they help our organisation shine as uniquely as each star in the sky!

Thank you!

Vicky

ONE DAY ONLY!
OP SHOP
Best Kept Secret in the Hills
37 Onkaparinga Valley Road, Woodside, 5244 - 8389 7383

CRAFT SALE

9am - 2pm
SATURDAY 18 MARCH

DONATIONS OF UNWANTED CRAFT MATERIALS WELCOME!

GROUP	ACTIVITY
CARERS AT THE HUT — 1.30PM TO 3.30PM WEDNESDAY 22ND MARCH	OUTING TO MELBA'S CHOCOLATES & THE CHEESE FACTORY IN WOODSIDE. TO BOOK CALL 8339 4400
CUPPA CHATS — 2PM TO 3.30PM THURSDAY 16TH MARCH	MEET AT CAFÉ RUFFINO 1/15 HIGH STREET STRATHALBYN. NO BOOKING REQUIRED
FORGET ME KNOTS — 9AM TO 3.25PM THURSDAY 23RD MARCH	SA POLICE HISTORICAL SOCIETY MUSEUM TOUR (\$5). SOUTHWARK HOTEL FOR LUNCH. MEALS \$13 - \$20. TO BOOK CALL 8389 7383
GADABOUTS — 9.30AM TO 4.30PM WEDNESDAY 8TH MARCH	VIRGINIA NURSERY. ST KILDA. HOTEL FOR LUNCH \$10 SPECIALS INCLUDE A DRINK. ST. KILDA
LIGHTNING GROUP — 9.30AM—2.15PM WEDNESDAY 15TH MARCH	CARERS & CARED FOR. ROSARY GARDEN. MISTY CREEK NURSERY. LUNCH AT CAFÉ PRIMO GRAY'S
OLD TIME MOVIES —1.30PM TO 3.30PM WEDNESDAY 22ND MARCH	"THE FIVE PENNY'S" WITH DANNY KAYE. AFTERNOON TEA PROVIDED.
SHOPPER'S DELIGHT —10AM TO 3.30PM WEDNESDAY 15TH MARCH	A VOLUNTEER DRIVER WILL TAKE CARERS TO RUNDLE MALL/PLACE. TO BOOK CALL 8549 1299
TOMORROW'S TREASURES MONDAY 20TH MARCH 12NOON TO 3PM TUESDAY 21ST MARCH 10AM –1PM	SCRAPBOOKING. COMPREHENSIVE HOME BASED STUDIO IN WOODSIDE. ADDRESS SUPPLIED ON BOOKING. JUST BRING ALONG YOUR PHOTOS & ALBUM. \$10 FOR 3 HOURS. TO BOOK CALL 8389 7383
YOUNGER ONSET DEMENTIA SUPPORT GROUP 6PM TO 8PM THURSDAY 9TH MARCH YOD CARER GROUP 12 NOON—1.30PM TUESDAY 21ST MARCH	CARERS AND CARED FOR. SUMMIT HEALTH, WELLINGTON ROAD MOUNT BARKER. DINNER PROVIDED. TO BOOK CALL 8389 7383 CARERS ONLY. MOUNT BARKER GOLF CLUB 435 BALD HILLS ROAD MOUNT BARKER. MEALS \$10 TO \$19. NO BOOKING REQUIRED.

TO PARTICIPATE IN THESE GROUPS/OUTINGS PLEASE CALL THE RELEVANT TELEPHONE NUMBER TO BOOK. ALL ENTRY FEES, MEALS & REFRESHMENTS ARE AT CARERS EXPENSE UNLESS OTHERWISE STATED.
HOT WEATHER POLICY: ACTIVITIES AND OUTINGS MAY BE MODIFIED DUE TO HOT OR INCLEMENT WEATHER.
 CATASTROPHIC FIRE DANGER DAYS: TO ENSURE THE SAFETY OF ALL CARERS, STAFF & VOLUNTEERS, ALL ACTIVITIES INCLUDING SUPPORT GROUPS, OUTINGS AND HOME VISITS WILL BE CANCELLED. ALL INVOLVED WILL BE ADVISED BY PHONE, EMAIL OR TEXT MESSAGE.