

NEWSLETTER FOR OUR COMMUNITY

September, October & November 2017

A letter from our CEO

What a wonderful thing it is to see families sharing together, strangers meeting for the first time then walking away as friends. Well that is what it is like to be part of Carers and Disability Link.

And I am sure this comes from the work of the original steering committee of carers as they set down what was most important to them when supporting them in their caring roles and in supporting their family members. They set these out as statements of what they believed in, who they worked for and with, and what they wanted to achieve.

These are known in the Carers and Disability Link circles (Carers, Clients, Staff and Volunteers) as our Philosophies, Principles and Objectives. These have been whole-heartedly adopted as the central and guiding values of our organisation, and have become a powerful reference for us to reflect upon and standard for us to strive to meet.

As I was saying, "What a wonderful thing it is to see families sharing together" showing acceptance of each other, wanting to share with each other, wanting each person to have a wonderful time, cheering each other on, and without fuss nor fanfare recognising each other's right to participate and be who they are. As are written in our philosophies:

We believe in the right of all carers and clients to live a balanced, quality of life in harmony with their individual needs.

As one carer and volunteer shared with me the other day,

"How unique and how wonderful this is".

I personally feel very blessed to be a part of this unique and wonderful community, because knowing you are accepted for who you are, rings true for us all.

So, thank you to those brilliant people who formed our Philosophies, Principles and Objectives, who gave us the grounding that encourages us all to accept and value each other, and appreciate the strengths and rights of each individual. We will continue to strive to match your example.

Take Care



Vicki Williamson
CEO Carers and Disability Link

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

Barossa & Districts

15 Second St, Nuriootpa SA 5355

Phone: 08 8562 4000

Barossa@cadl.support

Yorke Peninsula

Shop 3, 21 Frances St, Kadina SA 5554

Phone: 08 8821 2444

Yorke@cadl.support

Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

Woodside@cadl.support

Fleurieu

(Tues, Weds, Thurs)

7 Catherine St, Strathalbyn SA 5255

Phone: 08 8549 1299

Strath@cadl.support

WE'RE READY & ACCREDITED FOR THE NDIS



Australian Government
Department of Health and Ageing



Government
of South Australia



NEWSLETTER FOR THE YORKE PENINSULA

Welcome to Spring!

Well, it is trying to warm up.

In this issue you will find your invitations to Carers Week activities and sessions held in October. Carers are anyone who provides support to a friend or family member, who has a disability, is frail aged or has a chronic mental or physical illness. We would love to help you celebrate your special week in the Calendar year! Please have a read and let us know which one you choose.



**WE'RE READY & ACCREDITED
FOR THE NDIS**

I already know that there are quite a few carers who are getting together to attend are you one of them?

Your caring role is unique to you! Each Carer has a different story, and has a different commitment and cares for someone that is an individual with their own set of needs. Carers Week is a celebration of the important role you play in that someone's life. A time to acknowledge that you too are an individual with your own interests, your own goals, your own ambitions in life AND that you are still a person outside of your caring role and it doesn't need to define you.

So a big thank you for all that you do.

Advisory Committee opportunity

When Carers and Disability Link changed their name we also changed the type of committee we have to support us on the Yorke Peninsula. This year Carers and Disability Link formed an Advisory Committee and we are looking to expand this group now that this small group have finalised the Guidelines that give this committee a framework to work within.

We would love to see new faces on the Committee to support the wonderful Committee we have. Do you have an interest in community development? Are you able to provide information about needs and gaps of services or support in the community? Can you share your life stories that will help us shape what we do and how best we can do it? If you can spare an hour or two a month, enjoy sharing ideas with others and want to contribute to our wonderful organisation this just might be the thing for you? For further information please call me to discuss on 1300 783 785 or 8821 2444 I would love to chat with you and explore what you could contribute.

Wishing you many good things!



Heidi Jamieson
Manager

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





Heidi



Layne



Amanda



Sue
Carer Support Worker



Kerri
Carer Support Worker



Cheree
Carer Support Worker



Mazz
Carer Support Worker



Nathan
Care Worker



Rebecca
Care Worker



Kylie
Office Administrator



OUR TEAM

3C's Op Show News

50% OFF
SPECIAL SALE

The wonderful Volunteers at the 3C's Op Shop in Maitland are going to hold some massive sales in the next couple of months!

The first one will be the first week in September, which will be **50%** off all **menswear** in the shop to celebrate **Fathers Day**.

The second one—which is a **MASSIVE 50%** off **storewide**, will be October 16th - 21st to celebrate **Carers Week**. - and keep an eye out in Carers Week for some of our Kadina Staff helping out in the Op Shop on various days!

The third sale will be the first week in November, and will be **50%** off all **books** in the shop.

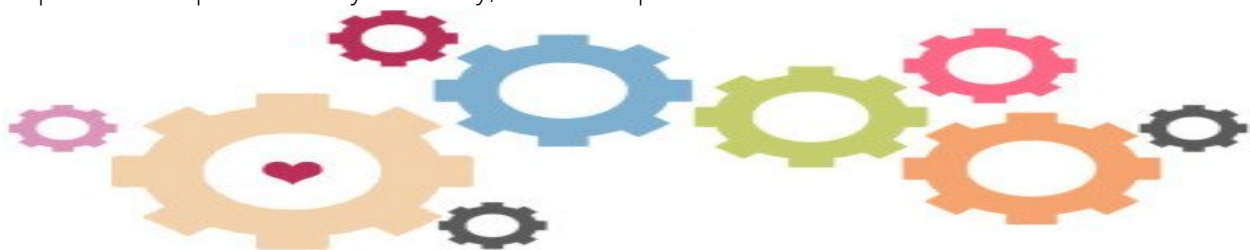
With the help of the 3C's and the funds that are raised through the Op shop, Carers and Disability Link is able to give support to our Carers through a wide variety of services.

All money raised by the Op Shop goes towards Respite and Services for Carers on the Yorke Peninsula. They have helped purchase a 10 seater bus for our Carer programs, and helped fund our Young Carer Program as well

There is many ways that you can help support the 3C's Op Shop, simply by donating your unwanted, clothing, books and other items (but please no electrical items or furniture), or by even considering volunteering in the Shop with the fantastic team they have in place.

To donate goods, you can take direct to the Shop at 28 Robert Street, Maitland, or you can drop it into the Clothing bin at the front of the Carers and Disability Link Office in Kadina.

To enquire about volunteering at the shop, please contact our office on 1300 783 785 or pop into the shop which is open Monday to Friday, 10am - 3pm



we love our
VOLUNTEERS

Accessing the NDIS

Information you need to know to access the NDIS.

Availability in your area

The NDIS is being introduced progressively around Australia from 1 July 2016. To participate in the NDIS right now, you must live in an area where the NDIS is currently available. In some of these areas, you also need to be a certain age.



You may meet the access requirements up to six months prior to the NDIS rolling out in your area.

How people will join the NDIS has been agreed by Commonwealth and State / Territory governments.

If you already receive supports from a State or Territory government disability program, you will receive a letter then a phone call from an NDIS representative when it is time to transition to the NDIS.

Until you have transitioned to the NDIS and have an NDIS plan, your existing supports and services will continue.

Becoming a participant

To become an NDIS participant you will need to meet the age, residency and disability or early intervention access requirements. In some States and Territories people currently receiving supports will be moving to the NDIS first.



To see if you might meet the access requirements, use the NDIS Access Checklist on the website.

Evidence of your disability

To allow the National Disability Insurance Agency (NDIA) to determine whether you meet the disability or early intervention access requirements, you may need to provide us with evidence of your disability. This includes information on what your disability is, how long it will last and its impact on your life.

For some people already receiving supports from State and Territory disability programs, evidence of your disability may not be needed.



This is because some State and Territory programs have the same eligibility criteria as the NDIS.

Can I access the NDIS?

To become an NDIS participant you must:

- ✓ Have a permanent impairment that significantly affects your ability to take part in everyday activities, or have a developmental delay;
- ✓ Be aged less than 65 when you first apply to enter the NDIS and meet additional age requirements if you live in SA or TAS;
- ✓ Live in Australia in an NDIS area on a specified date;
- ✓ Be an Australian citizen or hold a permanent visa or a Protected Special Category visa.

Contact us

National Disability Insurance Agency

☎ Telephone 1800 800 110

For people with hearing or speech loss

☎ TTY: 1800 555 677

👂 Speak and Listen: 1800 555 727

For people who need help with English

🗣️ TIS: 13 14 50

Yorke Peninsula information expo



Free community event

This free community information expo is open for people with disability, family and disability support workers, plus people interested in working in the disability sector.

It will provide information about the upcoming implementation of the National Disability Insurance Scheme (NDIS) in the Yorke Mid North region.

The event will include two elements: the public expo, plus a presentation.

The expo will be open from **11:00am-2:00pm**. The presentation will be held at 11:30am.

Disability Workforce Hubs

Disability Workforce Hubs connect job seekers with local employers, training providers and employment agencies to help fill local job opportunities in the growing disability sector. Each hub has an Employment Coordinator who works with local employers and supports connections to local job seekers. There are six Disability Workforce Hubs across the State, two in metropolitan Adelaide and four in regional South Australia. Get connected at a Disability Workforce Hub near you:



Hosted by RDA Yorke and Mid North, with shopfronts in three locations:

- ◆ Port Pirie - 85 Ellen Street
- ◆ Clare – 318 Main North Road
- ◆ Kadina - Kadina Town Hall,
(Corner of Taylor and Digby St)
Phone: 1300 742 414



An Update from Cheree

Hello Everyone!!

Wow September is here all ready, the year is flying once again and we are all looking forward to seeing more of that warm sun.

I have been thinking about the **Copper Coast Carers Support Group** and I have changed it to a new day which will be a **Monday** at 12pm, once a month. I believe in the past the group was held on Mondays, so I am hoping this will be a more suitable day for everyone as I understand life and appointments do clash time to time. We have enjoyed morning teas and luncheons at various Bakeries and Cafes and you will see I have incorporated Hotels around the Copper Coast area in the coming months just for a change.

The **CYP Carers Support Groups** This year we have enjoyed lovely morning teas and luncheons together across Maitland, Ardrossan and Port Clinton.

Some of the CYP Carers recently enjoyed a day trip to Port Pirie, thank you for all your lovely feedback it was a most enjoyable day for everyone, and we look forward to being able to do this more in the future.

I am really looking forward to the next part of the year; I thoroughly enjoy my time with all you wonderful people.

Both of these groups are focused on Carers and are a support group where you can meet new people and share your caring roles if you wish, it does help speaking with other Carers who may be going through the same type of caring role you are. The Carer Support Worker is available for any of your questions you may have or information you are looking for. If you know of anyone who is a Carer and looking for support we are happy to have a chat and sign them up as a Carer with Carers and Disability Link. Invite them along to one of our groups.

Remember that we are only a phone call away if you need a chat, want to rsvp to any groups, or if you need any assistance. Even if I am unavailable, one of our lovely team will be happy to take your call.

I look forward to hearing from you

Take care & kind regards

Cheree

*you
are
amazing*

REMEMBER THAT.

Kickin back with Kerri

I'm baaaack! Well, I've been back since May but I'm well into the swing of things now. I had a daughter named Charlotte who was born on the 30th of December and she is absolutely adorable. I am more than happy to prove how gorgeous she is, just ask to see a photo!

In Young Carer news!

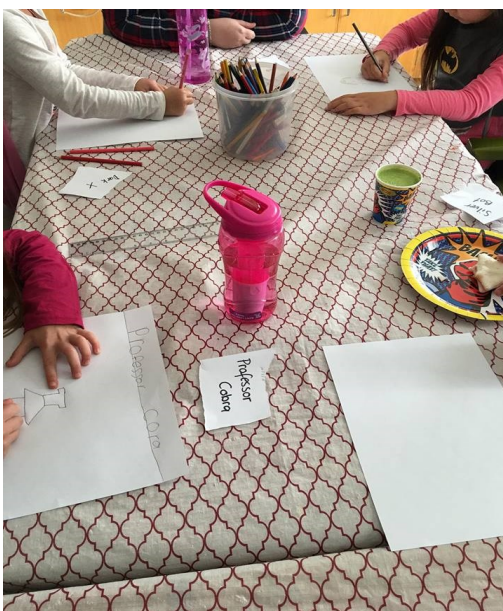


Kool Kidz (ages 5-12) had a superhero theme school holiday activity. We ate superhero food and did superhero craft! This term we will be making Father's day cards and other crafty fun!

Kit Kat Youth (13-18) had a PJ party and we played 'Games with a Twist' and ate yummy comfort foods! This term we will hang out and play games at Rose House.

In October school holidays the young Carers will get to have some adventures in Adelaide.

I would like to thank Carers and Disability Link and especially our Maitland Op shop which provides us with the opportunity to support these young Carers and to participate in fun times.



If you know any young Carers who are in the need of some support, either one on one or if they would like to attend our groups to meet other young Carers and to have a break, then please contact me at Carers & Disability Link. I am currently working on Mondays and Tuesdays but any one of our awesome staff would be able to help with any enquiries or pass on a message to me.

Social Butterflies will re-commence on September the 25th and we will be going out for dinner in Moonta. Please let me know if you would like to attend and if transport is required.

Bye for now!



Yarns with Sue

Hello everyone! Welcome to Spring and hopefully some warmer weather. The cold did not seem to have deterred too many people from attending the groups that we run, and we really appreciate the effort that it takes to decide to get up, dress warmly and go out into the cold.

Our **Northern Dementia Group** meets on the 2nd Tuesday of each month at Rose House, in Goyder Street, Kadina. In July we had a lovely morning tea at the Cornish Bakehouse in Moonta which was enjoyed by all. I am currently attending Dementia Essentials Training Program in the Barossa, which I am finding extremely interesting, and I hope this will help update my knowledge and understanding of the illness, and better help me to support the Carers of a person with Dementia.

The **Parkinson's Support Groups** meet in Kadina on the 3rd Thursday of each month at Rose House (Goyder Street), and in Yorketown in the Carers and Disability Office behind the Church that the roof blew off. The southern group have decided to meet monthly on the second Wednesday of each month. Both groups have enjoyed an information session with Anne Heard from Parkinson's SA, who is an absolute fountain of information and practical advice!

Port Broughton & Bute Carers meet for lunch in various venues in Port Broughton on the first Tuesday of each month, so if you live in the area, we would love to have you join us.

Mazz and I have been enjoying some wonderful home visits and social get together with **Carers** from the **Southern Yorke** area, we've been having lunches at various venues on the fourth Friday of each month, and the group is getting bigger every time - this is a great opportunity to catch up with other Carers and to realise that you are not alone.

The **Point Pearce** Ladies have been joining the Central Yorke lunches recently, and we had a lovely Christmas in July in Maitland that was enjoyed by all.

Last but not least, we are still having our **Needles & Pins** Craft group on the third Friday of each month, from 6pm to 9pm at Rose House in Kadina—we are all trying to finish projects and inspire each other to try new crafts, and we always have a great night.

In October we will be celebrating and showing our appreciation of the amazing work that Carers do to keep their loved ones safe, happy and well - whether they are still at home or in Residential Care, with Carers Week. WE have events planned in the North, South, and an information stand for Central - Please come along so that we can say **"Thank You"**. You all do such an amazing job, and are an inspiration to us all.

Memoirs with Mazz

SYP CARERS GROUP

We have been attending Home visits with some of our Southern Carers and enjoying some one on one time with the ones we have visited. We are still planning more home visits up until the end of this year. We will attempt to get to see as many people as we can. It has been wonderful to see new faces at our lunches and look forward to meeting new people as we move around the foot.

Our groups are growing with a lot of people braving some cold days to meet with friends made through these luncheons.

A visit to the Inland Sea in Warooka proved to be a great place to go. Not only did we get a delicious meal but were able to purchase fresh sea food too.

With the closure of the Melville hotel, we went to the Yorke Hotel which is always a lovely meal, We attended the Tavern on Turton for our August lunch. We have had a lot of responses for these gatherings and hope it continues.

Please remember to RSVP so we book for the correct amount of people each time.

Yarns & Craft

Attendee's of the Yarns & Craft group have been working on some lovely crafts at Rose House. It has been great to see some new faces and the usual people who attend. We have some very talented people in our group and are starting to see some lovely art work being made which we will display at Rose House.

Very exciting times ahead. Watch this space for our complete projects.

All welcome to attend. Please bring along a project you are working on or join us on what ever is being made at the time. New idea's makes for exciting times. Come along and join us for a cuppa and chat. If you are not craft minded we can assist you with a wealth of knowledge from experienced ladies that has wonderful ideas.

Copper Coast Bounce Back. *A group for Carers caring for people with Disabilities.*

During the past 3 months we have held lunches at Chesters Café, which I was not able to be at but Cheree said those that did attend had a nice meal. Due to School Holidays in July we didn't hold a lunch and our August one is booked for Café Mia. Please remember to book in for these lunches so we are able to book enough space.

We are there from 12pm. Come along and meet new people and enjoy lunch or just a chat. No pressure. This group is usually held on the third Friday of each month. Keep an eye on the Newsletter Calendar for dates

Our lunches and morning teas for all of our support groups are a great way to meet fellow Carers and to sit in a relaxed environment, getting to know each other - what better way to start conversation than during a great meal prepared by some of our wonderful local establishments.

Memoirs with Mazz

Silver Scissors SYP Craft Group.

We have commenced a craft group named Silver Scissors, at the Yorketown office on the second Wednesday of the month. (September will be the first Wednesday) This group is for any Carer who would like to join in. You are able to bring along your cared for but please remember that you will need to provide for their care needs. Please bring along a project you have been working on or just join us for a cuppa and a chat. Anyone can bring along new people to register if they would like.

We are encouraging the **Parkinson's** people to attend this group then stay on for The Parkinson's group in the afternoon. People can wander down the street to purchase lunch or bring along a sandwich and stay at the office. We would love to see a men's group evolve out of this and we are willing to set up another room with games on offer to keep them entertained if this is of interest.

Ladies enjoy a chin wag and the fella's can entertain themselves and discuss their work history , bowling or anything else of interest to them.



Have your say

Carers and Disability Link is committed to providing quality support and services to Family Carers and Clients.

To help us to continually improve our service we encourage you to let us know what you think of what we do . . . whether it be a suggestion or a complaint to help us improve, or feedback on what we do well, we would love to hear from you.

I would like to say:

NATIONAL CARERS WEEK 15-21 OCTOBER 2017

The team at Carers and Disability Link Yorke Peninsula are very excited to announce 3 events to celebrate National Carers week.



In recognition of our Carers and how wonderful they are, we will be having an Open Day at Yorketown on Wednesday 11th October at our Yorketown Office, with facials, foot spas, and a light lunch.

On Wednesday 18th October, we will be having a Carers day at the Kadina Town Hall, with facials, Foot Spas, head & shoulder massages, nails being painted and a light lunch.



All this for a gold coin donation!!

Please RSVP by calling the office on 1300 783 785.

On Tuesday 17th October between 9am - 12pm, Cheree and Kerri will have a stand out the front of the Ardrossan Foodland with all sorts of information, and ready to answer your questions, or just have a bit of a chat and a catch up.

We look forward to seeing you at any of these events, to say hello, and to thank you for being the fantastic dedicated Carers that you all are!!

Thank You!

Celebrating Our Carers

Wednesday 11th October, 10am - 3pm

SYP Open Day

Yorketown Office, 39 Warooka RD, Yorketown

Facials, Foot Spas and a light lunch

Gold Coin Donation

Tuesday 17th October

Information Stand

Foodland Ardrossan

9am - 12pm

Wednesday 18th October, 10 am - 2pm

Carers Week Celebration Day

Kadina Town Hall

Facials, Foot Spas, Head & Shoulder Massages

Light Lunch

Gold Coin Donation

nbn™ News



It is important that you register your professionally monitored medical alarm / autodialler or emergency call button with **nbn™**: <http://www.nbnco.com.au/connect-home-or-business/information-for-home/device-compatibility/medical-alarm-register.html> and call your medical alarm provider to find out if your device is compatible before moving to the **nbn™** network. (Please see following article about Care Alert Smart Dialler and NBN)

Professionally monitored medical alarms

Professionally monitored medical alarms are used by people who need to be able to call a professional service for help in an emergency. They typically have a base unit and a wireless pendant with a help button on it. Professionally monitored medical alarms also generally have an ongoing monthly fee.

When the help button is pressed, the alarm base unit's loudspeaker is used to speak to an operator at a professional medical alarm monitoring service. The monitoring service can then take appropriate action such as dispatching an ambulance or contacting family.

Family and friend autodiallers/emergency call buttons

Autodiallers and emergency call buttons are used by people who need to be able to call family or friends for help in an emergency. They typically have a base unit and a wireless pendant with a help button on it. When the help button is pressed, the alarm base unit calls a pre-assigned phone number and plays a pre-recorded message or activates a loudspeaker to enable a speakerphone conversation. Generally autodiallers are purchased for a one-off price and have no ongoing monthly fees.

What you need to do

1. If you have a medical alarm, autodialler or emergency call button, it is essential that you register your alarm with **nbn** online or call **1800 227 300**. This will help **unbn™** identify homes where support may be needed to help minimise a break in service when the existing network is switched off.
2. Call your medical alarm, autodialler or emergency call button provider for advice before moving to the **nbn™** network.

Questions you could ask your provider:

- Will my alarm work properly when connected to the **nbn™** network?
- Will my alarm be able to dial out during a power outage when connected to the **nbn™** network?
- What alternatives are there to using a landline connection?

CareAlert®
SMART DIALLER

What does the NBN mean if you have a Care Alert?

If you already have a Care Alert Smart Dialler and are looking to get NBN or to eliminate having a landline you can arrange the purchase of a CareAlert Mobile Gateway. The CareAlert Mobile Gateway uses sim card technology which does away with fixed phone lines and uses the mobile network. This still allows you to make and receive calls with your existing home handset telephone PLUS your CareAlert Smart Dialler will still operate as normal, even during a power failure. Once you are connected to NBN through fibre to the node, you will NOT be able to make emergency calls during a power failure. With the CareAlert mobile gateway you will have full operation 24/7 despite loss of mains power.

There are 3 Purchase Options available to buy the Gateway on its own

- 1 x Mobile Gateway, No sim card: \$239

This option allows you the freedom to choose your own sim card provider.

(The gateway does not function on the lower 850MHz bandwidth such as Aldi or Kogan etc)

- Emergency only sim card: \$249

Includes 80 mins of talk and 365 day expiry*

- Talk / Emergency sim card: \$299

Includes 400 mins of talk and 365 day expiry*



If you havent yet purchased a Care Alert Smart Dialler you could consider the CareAlert Independent package. It also uses sim card technology which does away with fixed phone lines and uses the mobile network. This still allows you to make and receive calls with your existing home handset telephone PLUS your CareAlert Smart Dialler will still operate as normal, even during a power failure. Once you are connected to NBN through fibre to the node, you will NOT be able to make emergency calls during a power failure. With the CareAlert Independent Package you will have full operation 24/7 despite loss of mains power.

PLEASE NOTE: *This pack also includes a FREE programming telephone.*

There are 3 Purchase Options available to buy the Gateway Package Deal

- 1 x CareAlert Smart Dialler plus Mobile Gateway Package Deal (CareAlert Independent Package):
No sim card: \$469

This option allows you the freedom to choose your own sim card provider.

(Our gateway does not function on the lower 850MHz bandwidth such as Aldi or Kogan etc)

- Emergency only sim card: \$479

Includes 80 mins of talk and 365 day expiry*

- Talk / Emergency sim card: \$499

Includes 400 mins of talk and 365 day expiry*



A SPECIAL FEATURE of the CareAlert Mobile Gateway is that should your sim card become expired, your CareAlert can still dial out to "Triple Zero"

You can receive as many calls as you like without any charge.

And Care Alert offers AfterPay – a terrific payment instalment option where you can use the device while paying it off

Visit <http://www.carealert.com.au/CAMG1> for more information or call 1300 758 595

All information on this page comes from www.carealert.com.au

PLEASE NOTE: The Care Alert Independent Package, Smart Dialler, and Gateway are not covered by the Personal Alert Systems Rebate Scheme at this stage.

For further information on Alert systems covered by the Scheme, please go to <https://www.sa.gov.au/topics/care-and-support/financial-support/concessions/personal-alert-systems-rebate> or call 1300 700 169 .

Ambulance Cover

From 1st November 2016, South Australians have continued 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. The cost of an emergency ambulance is generally around \$934.

SA Ambulance has introduced two tiers of cover to provide members with greater control over the level of security they need. You cannot predict when or where you or your loved ones will need an ambulance, so it is important that the Ambulance Cover scheme offers members peace of mind should they be involved in an emergency.

For all general enquiries email: SAASAmbulanceCover@health.sa.gov.au or call 1300 136 242.

Aged Rights Advocacy Services

For information & advice on your rights OR the rights of an elderly person you care for; Call **ARAS** - Aged Rights Advocacy Services on 1300 700 600 or 8232 5377.

ARAS will:

- Provide strategies to protect yourself
- Provide support to resolve your concerns or to speak on your behalf
- Ensure your wishes are listened to and respected

ARAS will also assist people

- Receiving community based aged care services
- Living in an aged care facility
- At risk of, or who are being abused by family and friends
- Living in a retirement village

Useful Numbers

Carers SA Advisory Service	1800 242 636
Respite & Carelink Centre	1800 052 222
My Aged Care Phone Line	1800 200 422
Mental Health Triage Service	13 14 65
Beyond Blue	1300 224 636
National Dementia Helpline	1800 100 500
Dementia Behaviour Management	1800 699 799
Disability SA	1300 786 117
LIFELINE	13 11 14
Kids Help Line	1800 551 800
Seniors Information Service	8168 8776
Cancer Council Helpline	13 11 20
After Hours GP Helpline	1800 022 222
Police Assistance	13 14 44
Fire, Police, Ambulance	000



myagedcare

My Aged Care is a national online and phone service to help you find out about aged care services, and what services may be available to help you.

There are different types of aged care services to support you, whatever your needs. When you call the My Aged Care contact centre, the staff will ask questions to help understand your needs. They can help you find out if you are eligible for aged care services.

Call the My Aged Care contact centre on 1800 200 422.



YORKE PENINSULA

CARERS & ABILITY LINK

SEPT ACTIVITIES 2017

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

Please see reverse side for further information relating to the below dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 st Wise Owls Kadina	2 nd	3 rd
4 th Forget Me Nots	5 th Port Broughton & Bute carers lunch CYP Carers Support Group Lunch	6 th Silver Scissors SYP Parkinson's	7 th Yarns & craft Wise Owls Ardrossan	8 th	9 th	10 th
11 th Forget Me Nots Copper Coast Carers Lunch Edithburgh Country Classics	12 th CYP Lunch KitKat Youth	13 th	14 th NYP Dementia	15 th Copper Coast Bounce Back Wise Owls Kadina	16 th	17 th
18 th Forget Me Nots	19 th	20 th	21 st NYP Parkinsons Wise Owls Ardrossan	22 nd Needles & Pins	23 rd	24 th
25 th Forget Me Nots Social Butterflies Edithburgh Country Classics	26 th CYP Carers Support Group	27 th Storm Trekkers	28 th	29 th SYP Carers Lunch Wise Owls Kadina	30 th	



YORKE PENINSULA

CARERS & DISABILITY LINK

SEPT ACTIVITIES 2017

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Wise Owls Kadina Respite Group	Every First Friday	Rose House, Goyder Street, Kadina, 9am to 2pm , cost to attend Activities: Craft, Morning Tea, Lunch, various Contact Layne Penley for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Port Broughton & Bute Carers	Tuesday 5 th	Lunch- Sunny side Hotel, Port Broughton 12pm	To RSVP call 1300 783 785
Copper Coast Carers	Monday 11 th	Lunch - The Cornish Kitchen Moonta 12pm	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 26 th	TBA	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 5 th Tuesday 26 th	Maitland Hotel 12pm Morning Tea. The Old School, Port Clinton 10.30am	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 6 th Thursday 21 st	Yorketown office 1-3pm Rose House, Goyder Street, Kadina 11am	To RSVP call 1300 783 785
Dementia Support Group	Thursday 14 th	Rose House, Goyder Street, Kadina 10am	To RSVP call 1300 783 785
Bounce Back Support Groups	Friday 15 th	Saltwater Café Wallaroo 12pm	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 29 th	Ventnor Hotel, Port Vincent	To RSVP call 1300 783 785
Social Butterflies	Monday 25 th	Royal Hotel	To RSVP call 1300 783 785
Yarns & Crafts	Thursday 7 th	Rose House, Goyder Street, Kadina	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 22 nd	Rose House, Goyder Street, Kadina 6 to 9pm	To RSVP call 1300 783 785
Young carers	Tuesday 12 th	Rose House, Goyder Street, Kadina 3pm KitKat Youth	To RSVP call 1300 783 785
Silver Scissors	Wednesday 6 th	Yorketown Office 10-12pm	To RSVP call 1300 783 785

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Coming along to a group? Need respite so you can attend? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

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.

HOT WEATHER POLICY

Activities and outings may be modified due to hot or inclement weather.



YORKE PENINSULA

CARERS & ABILITY LINK

OCT ACTIVITIES 2017

Coming along to a group? ☺ Please RSVP to the Kadina Office

Phone: 8821 2444 or 1300 783 785

Please see reverse side for further information relating to the below dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 st
2 nd Forget me Nots	3 rd Port Broughton & CYP Lunch Young carers Shopping trip	4 th	5 th Yarns & Craft Ardrossan Wise Owls	6 th	7 th	8 th
9 th Copper Coast Carers Lunch Young Carers Forget Me Nots Edithburgh Country Classics	10 th CYP Lunch	11 th Silver Scissors SYP Parkinsons Open Day SYP	12 th NYP Dementia	13 th Wise Owls Kadina	14 th	15 th
16 th Carers Week Forget Me Nots	17 th CYP Lunch CYP Information stand Ardrossan Foodland	18 th Open Day Kadina town hall 10-2pm	19 th NYP Parkinsons Ardrossan Wise Owls	20 th Bounce Back Needles & Pins	21 st	22 nd
23 rd Forget Me Nots Edithburgh Country Classics	24 th CYP morning tea	25 th	26 th	27 th Wise Owls Kadina SYP Carers & Dementia Support Groups	28 th	29 th
30 th Forget Me Nots	31 st CYP Carers Support Pt Turton Country Bumpkins					



YORKE PENINSULA

CARERS & DISABILITY LINK

OCT ACTIVITIES 2017

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Wise Owls Kadina	Every First Friday	Rose House, Goyder Street, Kadina 9am – 2pm Activities: Craft, morning tea, lunch, various.	
Port Broughton & Bute Carers	Tuesday 3 rd	The Wheatsheaf Hotel Price (Subject to numbers)	To RSVP call 1300 783 785
Copper Coast Carers	Monday 9 th	Wombat Hotel Kadina 12pm	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 24 th	TBA	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 10 th Tuesday 17 th Tuesday 24 th Tuesday 31 ST	Lunch Maitland Hotel 12pm Coffee House, Ardrossan 12pm Morning Tea, The Old School, Port Clinton 10:30AM Lunch Maitland Café 12pm	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 11 th Thursday 19 th	Yorketown office 1-3pm Rose House, Goyder Street, Kadina 11am	To RSVP call 1300 783 785
Dementia Support Group	Thursday 12 th	Rose House, Goyder Street, Kadina 10am	To RSVP call 1300 783 785
Bounce Back Support Groups	Friday 20 th	Cornish Kitchen Moonta 12pm	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 27 th	Edithburgh Hotel 12pm	To RSVP call 1300 783 785
Social Butterflies			To RSVP call 1300 783 785
Yarns & Crafts	Thursday 5 th	Rose House, Goyder Street, Kadina 10am	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 20 th	Rose House, Goyder Street, Kadina 6-9pm	To RSVP call 1300 783 785
Silver Scissors	Wednesday 11 th	Yorktown office 10-12pm	To RSVP call 1300 783 785
Young Carers	Monday 9 th Tuesday 31 st	Kit Kat - Adelaide Trip Kool Kidz - Rose House, Goyder Street, Kadina	To RSVP call 1300 783 785

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YORKE PENINSULA

CARERS & ABILITY LINK

NOV ACTIVITIES 2017

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Please see reverse side for further information relating to the below dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 st	2 nd Yarns & craft Ardrossan Wise Owls	3 rd	4 th	5 th
6 th Edithburgh County Classics Copper Coast carers	7 th CYP & Dementia lunch	8 th Silver Scissors SYP Parkinsons	9 th NYP Dementia	10 th Wise Owls Kadina	11 th	12 th
13 th Port Broughton & Bute Carers Luncheon Forget Me Nots	14 th Port Broughton lunch CYP Lunch	15 th	16 th NYP Parkinsons Ardrossan Wise Owls	17 th Bounce Back	18 th	19 th
20 th Edithburgh County Classics	21 st Point Pearce	22 nd	23 rd	24 th Wise owls Kadina SYP Carers	25 th	26 th
27 th Social Butterflies	28 th CYP Morning tea	29 th	30 th Ardrossan Wise Owls			



YORKE PENINSULA

CARERS &
disABILITY LINK

NOV ACTIVITIES 2017

Wise Owls Ardrossan Social Support Respite Group	Every Second Thursday	Ardrossan RSL Hall, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Forget Me Nots Dementia Based Respite Group	Every Monday	Rose House, Goyder Street, Kadina, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Edithburgh Country Classics Respite Group	Every Second Monday	Edithburgh RSL, 10am – 2pm, cost to attend Activities: Craft, Lunch, various Contact Layne Penley for further information	1300 783 785
Port Broughton & Bute Carers	Tuesday 14 th	TBA	To RSVP call 1300 783 785
Copper Coast Carers	Monday 6 th	Anglers Inn hotel, Wallaroo 12pm	To RSVP call 1300 783 785
Point Pearce Women's Group	Tuesday 21 st	TBA	To RSVP call 1300 783 785
CYP Carers Support Group	Tuesday 7 th Tuesday 14 th Tuesday 21 st Tuesday 28 th	Lunch Maitland Hotel 12pm Coffee House, Ardrossan 12pm Maitland Cafe 12pm The Old School, Pt Clinton 10.30am	To RSVP call 1300 783 785
Parkinson's Support Group	Wednesday 8 th Thursday 16 th	Yorketown office 1-3pm Rose House, Goyder Street, Kadina 11am	To RSVP call 1300 783 785
Dementia Support Group	Thursday 9 th	Rose House, Goyder Street, Kadina 10am	To RSVP call 1300 783 785
Bounce Back Support Groups	Friday 17 th	Goyder Street Café, Kadina 12:30pm	To RSVP call 1300 783 785
SYP Carers Support Group	Friday 24 th	Curramulka Hotel	To RSVP call 1300 783 785
Social Butterflies	Monday 27 th	Anglers Inn, Wallaroo	To RSVP call 1300 783 785
Yarns & Crafts	Thursday 2 nd	Rose House, Goyder Street, Kadina 10-12:30 pm	To RSVP call 1300 783 785
Needles & Pins Sewing Group	Friday 17 th	Rose House, Goyder Street Kadina 6 – 9pm	To RSVP call 1300 783 785
Young carers	Tuesday 21 st	Kit Kat Youth. Rose House, Goyder Street, Kadina 3pm	
Silver Scissors	Wednesday 8 th	Yorketown office 10-12pm	

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