

## NEWSLETTER FOR OUR COMMUNITY

June, July, August 2017

### A letter from our CEO

As you know Disability can affect anyone at anytime, and having the right support makes a big difference.

The National Disability Insurance Scheme (NDIS) is the new way of providing individualised support for people with disability, their families and carers. It represents an important change to how services for people with disability are funded and delivered across Australia.

The NDIS is an insurance scheme, providing eligible people with a flexible, whole-of-life approach to the support they need, so they can pursue their goals.

Although the NDIS has been happening in South Australia, and supported by Carers and Disability Link since July 2013, this has been focused on those under the age of 18 years. On the 1<sup>st</sup> of July 2017 the final stage of the National Disability Insurance Scheme (NDIS) will commence. From 1<sup>st</sup> of July this year those aged between 18 and 64 years of age will be able to move to or enter the NDIS in a timed roll out based on where you live. It will start in our regions of Barossa, Light and Lower North on the 1<sup>st</sup> of July, moving to include the Fleurieu and Yorke Peninsula's in January 2018, and the Adelaide Hills in April 2018.

At Carers and Disability Link we are trying to make the shift to the NDIS as easy as possible for everyone. We are bringing services together, sharing information and tips, and providing support in the pre-planning process and in the post-planning Coordination of Services.

*Continued over page!*

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



Highlights in this edition...

Dementia Friendly Communities—Fun Run/Walk

NDIS Pre-Planning Information Dates!

Mystery Trip Photos

**Barossa & Districts**

15 Second St, Nuriootpa SA 5355

Phone: 08 8562 4000

Barossa@cadl.support

## A letter from our CEO.. *continued*

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

The National Disability Insurance Agency (those tasked with delivering the NDIS) have advised that if you currently receive disability services and are eligible to enter the NDIS, you will be contacted before you transition. If you are currently not receiving support, you may still be able to access the NDIS and should visit their website to go through the NDIS Access Checklist and then call NDIA on 1800 800 110.

We strongly encourage you to attend any NDIS information sessions that are available, including our free information sessions running for the next 2 months. These will reassure you that with help, the planning process does not need to be difficult or daunting. However, without a well thought out plan that includes the evidence needed you may not get what you had been hoping for or expecting. So start learning and planning as soon as possible.

The NDIS planning process is designed for you to be in more control, independent and to offer you choices to take the steps forward to achieve goals you may have never thought possible. This may be the opportunity you have been waiting for or dreamt of - a future with choices.

Carers and Disability Link are here to support you as you create an exciting plan for your future. Our support workers at Carers and Disability Link have a sound knowledge of Disability and Carer issues. They want to help you gain the most benefit from your NDIS plan.

If you are a Carer of someone about to enter the NDIS please take advantage of the knowledge and resources we have available specifically for you.

Take Care,



**Vicki Williamson**  
**CEO Carers and Disability Link**

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



# Carers & Disability Link Barossa Staff Members



**VICKI**

Chief Executive  
Officer (CEO)



**DAVID**

Chief Finance  
Officer (CFO)



**MARG**

Manager Direct Care  
Services



**HELEN**

Quality Officer



**DEBBIE C**

Carer Support



**DEBBIE P**

Carer Support



**LOUISE**

Carer Support



**CORALIE**

Carer Support



**BRENT**

Carer Support



**PAM**

Young Carer  
Support



**GABY**

Carer Support



**ROSEMARY**

Direct Care Services



**CHRISTA**

Direct Care Services



**MARION**

Direct Care Services



**ANNETTE**

Direct Care Services



**KATHRYN**

NDIS Support Coordinator



**ELSPETH**

Social Support



**MERINDAH**

Social Support & DCS



**INGRID**

Finance



**LISA**

Finance



**DEANNE**

Administration



**RITA**

Administration



**KERRY**

Administration

**Come along and find out what's available in  
YOUR local area & get yourself NDIS prepared!**



*Carers, family  
and friends welcome*

*Information for  
Children & Adults*


Proudly hosted by  
CARERS & disABILITY LINK

**Sunday 4th June 2017**

**REX Centre, Tanunda 11am—3pm**


 40+ Local & Regional Exhibitors

 NDIS approved providers

 Therapists - Speech, Physio,

OT, Counselling & more

 Community Support Groups

 Activity options for Participants  
& Carers

 Information & Advocacy Services

 Sensory Corner, Arts activities

**Enquiries 8562 4000 ~ [www.cadl.support](http://www.cadl.support)**

# Questions?

Come along and get yourself NDIS prepared!

## Open to general public ... questions around the NDIS:

What is the NDIS?      What is a NDIS goal?      What is an NDIS Plan?  
Why would I need to Pre-Plan?      What help is there for Carers?

*Information sessions running fortnightly at two convenient times, until July.*

**Sessions held here @ Carers and Disability Link**

---

**June 13th      Tuesday      5:30pm –6:30pm**

\*\*\*Please note the day change due to Public Holiday Monday

Extra discussion topic - What are the 15 support categories? Why it helps with goals?

---

**June 27th      Tuesday      9:30am –10:30am**

Extra discussion topic - Funds Management 'Who pays the bills?' MyGov - What to know!

---

**July 10th      Monday      5:30pm –6:30pm**

Extra discussion topic - What if I'm not happy with the plan? What if things change? What happens for when the plan finishes? What if the circumstances change during the plan?

*Feel free to email questions or topics you would like covered in the sessions to*

***Louiseb@CADL.support***



***Look Out for our Facebook posts and live streams***

# NDIS Tips For Carers

Families and Carers do not receive NDIS funding in their own right unless it is to improve their ability to support a participant with a disabilities. Some ways a carer can improve their opportunities prior to a planning meeting are – **Write a Carers Statement**, outlining

- Your ability to provide and sustain the care you are presently providing.
  - Are you willing and able to continue the caring role.
  - What things make it difficult for you to continue in your caring role.
    - The impact the caring role has on you.
- Any information you are happy to share with the planner about yourself and your family.

The Carer Statement allows the carer to inform the NDIS planner what supports they may need or which part of the caring role they need support with.

A helpful resource is in the Carer Checklist on the Carers Australia website

[www.carersaustralia.com.au/ndis-and-carers/support-for-families-and-carers](http://www.carersaustralia.com.au/ndis-and-carers/support-for-families-and-carers)

**Start planning as soon as possible.....**      **Attend information sessions.....**  
**Attend carer support meetings.....**      **Listen to other carers stories.....**

The word respite is not recognised by the NDIS. Instead you can explain that you need a regular break in order to sustain your ability to continue to provide care **OR** how the provision of care increases the person's independence.

Plan goals and have evidence to support these goals.

## **NDIS Planning Session**

The person you care for, case manager, carer support worker, assertive family member or a friend can support you if you think this is necessary. You are entitled to request a face to face meeting in your home, at an NDIA office or over the phone. What ever best suits you and your situation.

### **Some prompts if you are nervous when you receive your first call**

Ask "is this an information gathering call, or a planning call ?"

Say "To enable choice and control I would like to arrange a face to face meeting with my advocate( name ) and you."

Say "I would like to have the meeting in my home, to avoid extra stress on (name)"

If you have any further questions please call the office and speak to a Carer Support Worker.

**Carers and Disability LINK is registered to provide supports for  
National Disability Insurance Scheme (NDIS)**



BAROSSA VALLEY

**CARERS & disABILITY LINK**

Supporting your choices

Adult Carers & Clients

# Winter Wonderland Dinner

Come along and join us for a 2 course dinner and entertainment. Join other Carers and Clients for an evening meal with some fun and games. Bring your scarves and join in on our competition for the best, worst, funniest and longest.



Prizes for our  
**Scarf  
Competition**

Best, Worst,  
Funniest & Longest

**When: Friday 28th July 2017**

**Where: Vine Inn, Nuriootpa**

**Time: 5.30pm**

**Cost: \$22.50 per person**

**RSVP: CADL - 85624000 by 14th July**



# NEWS for young carers




**PamM@CADL.support**  
**0417 082 732**  
**Facebook.com/pamcarerslink**

## Hours

A standard work week for Young Carer Support is now

**Monday to Thursday**  
**2:00 PM to 7:00 PM**

Please note that Reception times have not changed, and remain  
 Monday to Friday  
 9:00 AM to 5:00 PM

## Nuriootpa and Kapunda

Face to face Young Carer Support is available off-site and after hours during Young Carer Study Space Group at Nuriootpa Library and Kapunda Library.

Check group calendar for dates and call to confirm on  
 0417 082 732

## Eudunda and Mount Pleasant

Face to face Young Carer Support **WILL NOT** be available from the Regional Youth Bus during the winter months.

The Bus will still be active.

Young Carer Support will still be available by arrangement.

## MID TERM TREATS!

**Term Two: Saturday, 3 June**

**Ten Pin Bowling!**

**LIMITED  
 PLACES  
 BOOKINGS  
 ESSENTIAL**



**COST:  
 \$5**

**Term Three: Saturday, 26 August**  
**Local SALA Festival Art Tour**

August is South Australian Living Artists Month and the Barossa is traditionally a big participant!



Details of the tour will be finalised when the official SALA program is released.

**Term Time Activities—Chill and Study Space.**  
**Now proudly supported by The Co-Op!**



Reminders for these groups are usually sent the week prior to the activity. Bookings are essential to ensure that these activities run smoothly and safely.

### Chill Dates

*Wednesdays*  
 3:30 PM to 6:30 PM

14 June  
 9 August

There is no Chill in July

### Study Space Nuriootpa Dates

*Tuesdays*  
 4:00 PM to 6:00 PM

6 June  
 20 June  
 1 August  
 15 August  
 29 August

### Study Space Kapunda Dates

*Thursdays*  
 4:00 PM to 6:00 PM

1 June  
 15 June  
 29 June  
 10 August  
 24 August



## For Young Carers from Year 7 to the end of High School

Overnight movies, food, activities, hanging out, maybe even sleep!  
Bring sleeping bag, pillow, whatever you want to put between you and the floor,  
torch, movies for all to view (G and PG only please).



We will provide some movies to choose from, dinner, snacks,  
breakfast, supervision (eagle eyed!).

Please book by Thursday 29 July.

### SCHOOL'S OUT!

End of Term Sleepover for Teens  
Friday 7 July 5:00 PM  
through to Saturday 8 July 11:00 AM

# SCHOOL HOLIDAYS!

### Winter in the City

*Wednesday 12 July*  
9:00 AM to 5:00 PM \$5.00

Meeting at Carers and Disability Link  
in the morning, we will travel  
together in CADL vehicles to  
Gawler where we will continue  
our journey by train.

Once in the city, we will explore the  
North Tce cultural precinct.

Details of activities will be decided  
by the group on the day, and will  
depend on the weather and the  
exhibitions on offer at the time.

LIMITED PLACES  
BOOKINGS ESSENTIAL

### Art and Craft Drop In

*Wednesday 19 July*  
1:00 PM to 4:00 PM Donation

Drop into Carers and Disability Link  
and hang out with some other Young  
Carers while making Art.

I've borrowed a badgemaker,  
so you can design and make your  
own badges!

Sami will also be there to help you  
with your designs.

And there's other stuff too!

No booking required.

# Been there...

Autumn's Activities

# DONE THAT!

## Study Space

In Study Space, Young Carers get to hang with others and it gives you time to do homework without getting distracted.

Also, Pam brings great snacks to munch on while you work!

*Jaxon, Young Carer aged 12*



## Teen Retreat—Victor Harbor

*18-21 April 2017*

Eleven Young Carers, aged 12 to 18, took part in Teen Retreat this year. Our "travel journal" is too long to publish in it's entirety here, and so I have extracted

all the adjectives and made a list!  
different, astonishingly good, restored, sublime, fun, great, good, closest, happy, short, spinny, okay, new, disappointed, bigger, tall, useful, quiet, calm, soothing, amazing, simple, huge variety, wet, nice, appreciated, thankful.

Thanks to volunteers Patrick and Sami, without whom we could not have gone.



## Art and Craft Drop In

*26 April 2017*

*"Hi Pam, H and L really enjoyed today. Comment before "what if we don't like it?" Comment after "I did not have to listen to J's whingeing and I made friends" voiced H and "it was awesome" voiced L. This time also allowed one on one time with J doing a jigsaw puzzle. Feeling proud of my boys today. A huge thankyou Pam, cheers"*

- text message from a mother, after her family's first Young Carer activity. Sums it all up nicely I think!



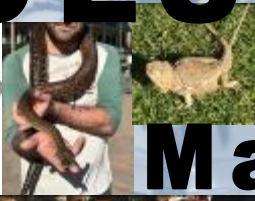
Young Carers

# CLUES

Old Gum Tree

# Beach

Museums



# 1836

# Marina



# Cuppa

# Smiles



# Tram

# Trees



Luna Park

Magic Mountain

The Beach House

# Water

# GLENELG 2017

# Elephants

What a fantastic beautiful day to end our Mystery Trip at the BEACH! In Glenelg! There were 57 of us on the buses without knowing the destination, but excited to enjoy a break and have some fun.

As you can see from some of the clues above, we had some people guessing, and some very sure of the destination. Our first destination was the Watermark Hotel, where we enjoyed a wonderful all you can eat buffet. The food was great!

After eating all we could eat and enjoying time to catch up with other carers over a meal, everyone was handed an envelope with a \$5 note inside and a small map of Glenelg, with the last instructions for the day.....which was to have the rest of the afternoon to walk around Glenelg. They could stay close or go for a long walk, they could buy a cuppa, or ice-cream or what ever they fancied with their \$5.

It was wonderful on the way home in the bus, hearing how everyone spent the afternoon. People wandered and sat and we found that we all kept running into each other and catching up in different places. Some just sat by the ocean and enjoyed a cuppa or an ice coffee. Others couldn't wait to have their favorite coffee from their favourite coffee shop. Others had wonderful memories of a certain ice cream shop they visited as a kid and enjoyed buying the same ice-cream and reminiscing while they ate it.

Thanks to all the Carers for what you do. Thanks for making it a great day. It was a privilege for you to trust us to take you all on this wonderful day, and hopefully you all found time to have a laugh, meet someone new, relax and recharge your energy levels a little.

# Social Support Group News

Wow it's been a busy and fun time!

There have been a lot of activities at Hello Monday in the last two months!



We are building a vertical herb garden for our kitchen volunteers to use fresh herbs in their cooking, so have been busy drilling, sanding and painting! We also had a 'pub afternoon' and enjoyed a game of indoor bowls.

**What's Coming Up:** We are about to plan for the next six months—so tell us what you would enjoy, we value your ideas!

If you are over 65 and looking for a group to reminisce with and have fun at please call us and find out more!

**NEW START TIME FOR HELLO MONDAY—NOW STARTING AT 12.30pm**



In the men's group, a few of us built scarecrows out of old pots for the Vintage Festival, while after the festival the ladies undressed the 15 Bushgardens scarecrows out in the paddock! It's amazing to think of the number of plants that have been potted, weeded, sorted, labelled and tended to by our wonderful groups!



## CARING COFFEE CLUB

The Scottish Day was wonderful with our Scottish contingent dressing up, making shortbread and bringing in beautiful tartans and books to share. A huge hit was viewing the Model Aeroplanes thanks to the Barossa Valley Model Aeroplane Club. With Poetry, BBQ's, Ballroom Dancing, Guest Speakers and more, this is a special group of friends who enjoy each other's company.



# Social Support Group News

## Important New Information about Groups:

(Bushgardens - Monday and Wednesday, Hello Monday and Caring Coffee Club)

When you arrive at any of the groups mentioned above we now require you as a client (or a carer on behalf of the person you care for) to **SIGN IN** on arrival and **SIGN OUT** when departing.

This is new legislative requirement and has been implemented for safety reasons so we know at all times what participants are in our care.

**Please see your friendly Carers and Disability staff member on arrival to sign in your attendance.**

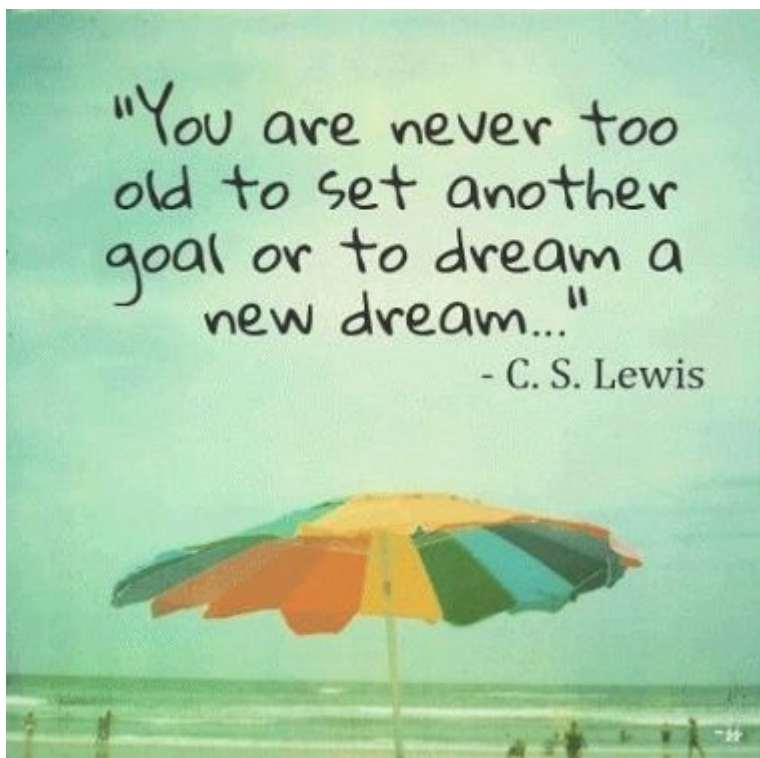
Carers' and Disability Link Social Support Programs ('Caring Coffee Club', 'Bushgardens', 'Hello Monday' and 'Food, Fun & Friendship Outing' ) for 'over 65's' are funded by the Commonwealth Home Support Program.

To join one of our groups, individuals need to register by calling the 'My Aged Care' contact centre on 1800 200 422, or by visiting the [www.myagedcare.gov.au](http://www.myagedcare.gov.au).

At Carers and Disability Link we are committed to guiding and assisting people through the My Aged Care registration process. If you need assistance with this please call Elspeth Morgan on 8562 4000 for a chat or to arrange appointment time.



"You are never too old to set another goal or to dream a new dream..."  
- C. S. Lewis



Our groups are wonderful because of the WONDERFUL PEOPLE who come along and make it so... we laugh, we sing, we share our stories and we care for one another.

SHARE YOUR GOALS AND DREAMS WITH US!  
WHAT IS ONE THING THAT YOU WOULD ENJOY DOING THIS YEAR?

IF WE CAN HELP YOU TO MAKE IT HAPPEN IN OUR GROUPS WE WILL TRY... YOU NEVER KNOW WHAT IS POSSIBLE UNTIL YOU ASK...

# Carer Support

This newsletter we are focusing on Carer Support Workers in the area of Disability.... In the newsletters to come we will look at other Carers Support Workers for frail aged and male Carers, dementia Carers and Mental Health Carers. And I'm sure you have all seen the Young Carer pages in the newsletters with our Young Carer Support Coordinator Pam. We have two support workers working with Carers of adults and children with a disability.

*Are you a Carer?  
Would you like support or to talk to someone?  
we are here, just call.*

*Carers and Disability Link  
have Carer Support Workers  
who are there to  
walk along side you  
in your caring role.*



Coralie Bubner walks along side the Carers of Children with a disability up to the age of around 16 years, where the focus is still on school.

Coralie facilitates the group 'Mixed Blessings', information, education and peer support for Carers with children under 16 years old with a disability.

Louise Bach walks along side the Carers of Children with a disability over the age of 16 years (where the focus is on post school options) or adults with a disability up to 65 years.

Louise facilitates the group 'BV Carers', a social outing group for any female CADL Carers and the group 'In it for the Long Haul' - Carers of an adult with a disability.

We also have Brent Bennett, our Male Carer Support worker who runs a monthly group, Chicken n Chips on a Monday night for Employed Carers. Louise's 'In it for the Long Haul' group combines twice a year with the Employed Carers group—thereby giving the option to introduce an alternative group for working carers.



We are currently part of the way through 6 information sessions to keep you informed about the NDIS. If you would like to know more about the NDIS please feel free to come along. Dates are in this newsletter.

**NDIS Pre Planning**— if you about to commence pre planning for the NDIS, prior to your meeting with an NDIS Planner, we are available to help you. We have two wonderful Volunteers Mary-Lou and Mary-Ann who are able to sit down with you and help write a pre plan for you to take to your planning meeting. Just ring to make an appointment.

We have also been involved in getting ready for the **Disability Community Expo!!** We hope you can all attend as it will be a great day!

Other volunteers who assist us in our support of Carers are Sue Worzfeld who may call from time to time to see how you are and Christine Pessano who helps with filing and paperwork and may contact you to update our data base.

Announcing the **FORTHCOMING RELEASE** of the **ALL NEW**

# CareAlert Smart Dialler



The most **flexible & brilliant** personal alert system in **Australia**

**WELL WORTH WAITING FOR**  
— *buying anything else would be a mistake*

## Special Features Making CareAlert the Clear Choice



**ALL  
Other  
BRANDS**

Operates on standard Landline or on NBN or via inbuilt Sim Card via the 3G Mobile Network.	✓	✗
Allows a home phone to make and receive calls even during a blackout	✓	✗
You can choose no-cost monitoring by friends/family/Triple Zero or 24/7 professional monitoring at a small cost	✓	✗
Can switch between professional monitoring and no-cost family monitoring with one call to CareAlert	✓	✗
If monitoring centre fails to action an emergency call within a time frame – Triple Zero will automatically be called	✓	✗
For South Australian residents – when the Government Personal Alert Rebate Scheme ends you will not have to continue to pay on-going monitoring fees (save a minimum of \$1400 over 5 years)	✓	✗
If the NBN or Landline fails, the Smart Dialler automatically switches to Sim Card operation. If the sim card is faulty or has no credit, the unit still has the ability to call Triple Zero	✓	✗
Dual button activation pendant eliminating false alarms	✓	✗
Ability to re-program unit to contact different people in an Emergency	✓	✗

IDC000799

**For More Information Call: 1300 75 85 95**



Dementia  
Friendly  
Communities

# Family Fun Run & Walk

A Dementia friendly community event

On Sunday 21<sup>st</sup> May 'Dementia Friendly Communities' held their first 'DFC Family Fun Run/walk' at the Angaston Oval. The weather was exceptional and the atmosphere warm, positive and friendly.

A total of 70 participants registered and participated in the event. The event consisted of a 1km Memory Walk, 5km walk, 5km run and 10km run.

The event was opened by DFC Project Coordinator, Bev Saegenschnitter. Bev explained that all monies raised from the event will be donated towards creating a Dementia Friendly Communities *garden space* at the Barossa Bushgardens in Nuriootpa.

Grant Taylor MC, spoke briefly about his journey with his wife living with dementia and emphasised why we need to keep talking about Dementia and educating the community.

Mandy Talbot spoke of her mother whom passed away from Alzheimers a few days earlier. Mandy also shared a poem that resonated with many people in the crowd who have had their own lived life experiences with dementia.

The one lap of the oval 'Memory Walk' started off at 10am. It was an opportunity for the participants to celebrate, acknowledge and reminisce for those they have lost to dementia. It was also an opportunity to walk together and acknowledge those who are currently living with dementia and their carers and family. It was a touching experience as we walked along with others in such a pleasant atmosphere accompanied by lovely music.

A special guest appearance of the Dementia Friendly Communities mascot "Peter the Brown Bear" provided extra entertainment and fun for the children as they played games.

A total of just under \$1000 was raised on the day!!







Sponsors for the event were Carers and Disability Link and The REX. Both Craig from The Rex and Vicki Williamson (CEO) Carers and Disability Link thanked the DFC committee for initiating the event & their actions as leaders raising awareness of Dementia within our community.

All participants received a certificate of participation. First place winners were presented with a voucher or gift. 10km 1st place winner, Chris Smith from the Coop Nuriootpa, stated he thought the DFC committee were doing a great job and hoped to be involved in the future in other events, "If you see a Community event, why wouldn't you support it?"

Participant feedback was great! A big thank you to the KIWANIS & Hot & Fluffy coffee for providing food and beverages on the day.

The next walk will be on the radar, as we review the response from feedback forms. Thank you to all who helped, attended and shared the day with us.



**Vicki , CEO of Carers & Disability Link congratulating Chris, 10km 1st Place winner!**



# Women's Information Service



## Can't find the information you are searching for?

The Women's Information Service provides information to South Australian women online, over the phone and in person. We aim to increase access to information that promotes choice and empowerment.

You can phone us or visit our shopfront:

 Ground Floor  
101 Grenfell Street  
Adelaide 5000

 (08) 8303 0590  
1800 188 158 (rural toll free)

 wis@sa.gov.au

 facebook.com/sawomen

 twitter.com/wis\_adelaide

 pinterest.com/WomensInfoSA

Our trained staff and volunteers can give you a hand with your information needs and provide details about services which may assist you.

# WANTED

We are looking for people who have creative ideas or would like to be involved with

**FUN...Draising**  
for Carers & Disability Link.

### **You will.....**

- Meet Others
- Share Creative Ideas
- Give back to CADL
  - Brainstorm
- Support our local Community
- Strengthen Relationships
  - Promote other organisations

Please contact us @ Carers & Disability Link on 8562 4000 or barossa@CADL.support if you are interested.

### **Snaccident :**

n. Eating an entire box, bag, block of something by mistake...

# Broadband for Seniors Internet Kiosk

**Free access to the internet** Are you over 55 years of age and wanting to know more about how to use your computer, access the internet, keep in touch with family and friends....?

Well, Carers and Disability Link through the Broadband for Seniors Program are offering free tutoring (1 hour per session) on **Wednesday** mornings between 9am and 12 noon.

**Just phone Rita, Deanne or Kerry on 8562 4000 to book an appointment.**

Our computers and programs are up to date and **include a touch screen computer**. Our tutor is competent in several programs and is constantly updating his skills and knowledge to ensure he can answer any questions and give you an opportunity to learn something new each time. If you are over 55 years and already confident on the computer, you are welcome to come in and use the computers free of charge between 9am and 5pm Monday to Friday. Please note however, that this is for computer use only and does not include printing of documents. Why not book in now to start your computer journey or to update your existing skills.

## Community Helpers Inc.



We are always looking for Volunteers to help in the Nuriootpa Warehouse and Tanunda Clothing Shop.



Please ask for David at the Warehouse on 8562 2786 or Norma at the Tanunda Clothing Shop on 85631 105 for more information.

### CARERS AND DISABILITY LINK

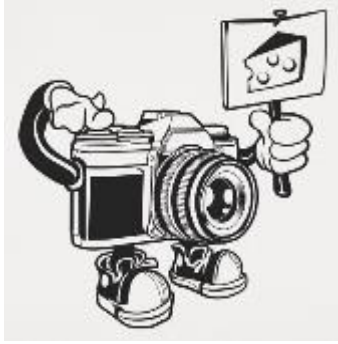
*is committed to providing quality support and services to all  
Family Carers and Clients.*

To help us to continually improve our services 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:**

.....  
.....  
.....

Please send your comments by post to Carers and Disability Link, 15 Second Street, Nuriootpa 5355, or drop it into the office. You may send us an email to [barossa@cadl.support](mailto:barossa@cadl.support) or write it on a piece of paper if you do not wish to cut this out!



## 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.

## Country Stitchers

are a fundraising Group of Carers and Disability Link and regularly hold trading tables in the Foodland Mall at Nuriootpa.

**Items made include;**

**Cot Quilts and Children's Clothing**

Meeting at the Reusch Centre on the 2nd & 3rd Thursday of the month.

For more information, please call Bev on 0437 711 883.

**Visit their Next Trading Table**

**In Foodland mall**

**21st—24th June!**



**Carers and Disability Link  
are offering Free Financial Advice  
to carers by Anthony**

As a free service to our Carers,  
he can provide assistance with:

**Centre Link enquiries**

**Retirement Planning**

**Superannuation**

**Investments**

**Personal Insurance**

**Estate Planning**

**Budgeting**

(Budgeting does not include immediate household budgeting. Please call Lutheran Community Care on 85622688 for assistance in this area)

**Please call Anthony on 85 612 400**

**Mention Carers & Disability Link  
when booking**

*Anthony has been in the Barossa for the past 6 years,  
has over 20 years experience in the financial industry*

**Books available in the office NOW!**



**\$70**



Call into the office and pick up a copy

Or order a book or digital copy online

at: [www.entertainmentbook.com.au/  
orderbooks/9n26730](http://www.entertainmentbook.com.au/orderbooks/9n26730)

**All proceeds to go to**



# The Kettle's On....

*Fancy a Cuppa?*



Are you interested in a casual catch up around the kitchen table at Carers & Disability Link?

**Everyone is welcome** to join our friendly volunteers, Helen and Barb, for a Cuppa and a Bikkie.

**When:** The first Tuesday of the month

**Time: 10 am – 11.30 am**

**Where:** Carers & Disability Link

(Kitchen or court yard depending on the weather)

**Diary Dates: Tuesday 6th June and 4th July**

## KAPUNDA MINI FORUM

*"HOW TO GET THE HOME HELP YOU NEED"*

Carers & Disability Link would like to invite Carers to attend a Kapunda Mini Forum at the Kapunda Visitors Centre at 53 Main Street Kapunda on Thursday 20<sup>th</sup> July from 10am to 12.30pm .

An information session is offered on how to understand the Commonwealth Home Support Programme and services they provide under the programme from 10am to 11am. This will be followed by a representative from Country Home Services to discuss the services they deliver across regional South Australia from 11.15am to 12.15pm.

Morning tea will be provided.

**Please RSVP by Thursday 13<sup>th</sup> July 2017**

Any queries or to RSVP please call Carers & Disability Link on 8562 4000 or email us [barossa@CADL.support](mailto:barossa@CADL.support).



**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

[barossa@cadl.support](mailto:barossa@cadl.support)

and let us know that you would like to receive your newsletter via email. Many thanks.... ☺

[www.CADL.support](http://www.CADL.support)

# JUNE EVENTS

DAY / DATE	GROUP	DETAILS / TIME
Thursday 1st	YC Study Space	4pm @ Kapunda Library
Friday 2nd	FFF Group	10am @ Various Locations
Saturday 3rd	YC Mid Term Treat	1pm - 4pm @ Barossa Bowl Land
Sunday 4th	Disability Expo	11am - 3pm @ The Rex
Monday 5th	Mens Bushgardens Hello Monday Bowen Therapy Creative Carers Mixed Blessings MHC&F's	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre Call CADL to make an appointment 10am @ The Reusch Centre 10am @ CADL 12pm @ The Willaston Hotel
Tuesday 6th	The Kettle's On... YC Study Space	10am @ The CADL Kitchen 4pm @ The Nuriootpa Library
Wednesday 7th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Family Carer Program	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 10am @ CADL
Thursday 8th	Biggest Moring Tea MH Carers	10.30am @ CADL 7pm @ CADL
Friday 9th	FFF Group Williamstown Carers	10am @ Various Locations 12pm @ The Bakehouse Tavern
Tuesday 13th	NDIS Information Session Chicken & Chips @ In for the Long Haul	5.30pm - 6.30pm @ CADL 6pm @ The Vine Inn
Wednesday 14th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Family Carer Program Kapunda Carers YC Chill	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 10am @ CADL 12pm @ The Sir John Franklin, Kapunda 3.30pm - 6.30pm @ CADL
Thursday 15th	BV Carers Let's Lunch (Combined) YC Study Space	9.30 am @ CADL 12pm @ The Southern Hotel, Gawler 4pm @ Kapunda Library
Friday 16th	FFF Group Retired Carers	10am @ Various Locations 12pm @ The Valley Hotel, Tanunda
Monday 19th	Dementia Carers Barossa Advisory Committee Meeting Mens Bushgardens Hello Monday	10am @ The Reusch Centre 10am @ CADL 10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre
Tuesday 20th	Reflections YC Study Space Eudunda / Robertstown	5pm @ CADL 4pm @ Nuriootpa Library 6pm @ The Eudunda Top Pub

## **JUNE EVENTS *continued***

<b>DAY/DATE</b>	<b>GROUP</b>	<b>TIME/DETAILS</b>
Wednesday 21st	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Family Carer Program Country Stitchers Trading Table	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 10am @ CADL Wednesday - Saturday @ The Co-op Mall
Thursday 22nd	BOM Meeting Top Blokes	11am @ CADL 12pm @ The Greenock Tavern
Friday 23rd	FFF Group	10am @ Various Locations
Monday 26th	Mens Bushgardens Hello Monday Reflexology Happy Wanderers	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre Call CADL to make an appointment 10am @ CADL
Tuesday 27th	CFC Purple NDIS Information Session	9.30am - 11am @ CADL 9.30am - 10.30am @ CADL
Wednesday 28th	CFC Blue Ladies Bushgardens Caring Coffee Club Broadband for Seniors Family Carer Program Freeling Carers	9am @ Kapunda Library 9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 10am @ CADL 1.30pm @ The Church Hall, Freeling
Thursday 29th	YC Study Space	4pm @ Kapunda Library
Friday 30th	FFF	10am @ Various Locations

## **JULY EVENTS**

Monday 3rd	Mens Bushgardens Hello Monday Bowen Therapy Mixed Blessings Creative Carers	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre Call CADL to make an appointment 10am - 2pm @ CADL 10am @ The Reusch Centre
Tuesday 4th	Kettle's On... Dementia Carers Outing	10am @ CADL 11am
Wednesday 5th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment
Thursday 6th	Let's Lunch R&R	12pm @ The Clubhouse, Tanunda
Friday 7th	FFF Group YC Teen Sleepover	10am @ Various Locations 5pm to 11am Saturday @ CADL
Monday 10th	Mens Bushgardens Hello Monday MHC&F's NDIS Information Session	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre 12pm @ The Eudunda Hotel 5.30pm - 6.30pm @ CADL

## **JULY EVENTS *continued***

<b>DAY/DATE</b>	<b>GROUP</b>	<b>TIME/DETAILS</b>
Tuesday 11th	Let's Lunch	12pm @ The Clubhouse, Tanunda
Wednesday 12th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Kapunda Carers YC's City Outing	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 12pm @ The Sir John Franklin 9am - 5pm, meet @ CADL
Thursday 13th	Let's Lunch MH Carers Country Stitchers	12pm @ The Clubhouse, Tanunda 6.30 @ CADL 9.30am - 2.30pm @ The Reusch Centre
Friday 14th	FFF Group Williamstown Carers	10am @ Various Locations 12pm @ Bar 41
Monday 17th	Mens Bushgardens Hello Monday Dementia Carers	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre 10am @ The Reusch Centre
Tuesday 18th	In for the Long Haul Reflections Eudunda/Robertstown	11.30am @ The North Kapunda 5pm @ CADL 6pm @ The Point Pass Hotel
Wednesday 19th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Freeling Carers YC's Art & Craft	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 1.30pm @ The Church Hall, Freeling 1pm - 4pm @ CADL
Thursday 20th	BV Carers	9.30am @ CADL
Friday 21st	Retired Carers FFF Group	12pm @ The Angas Park Hotel 10am @ Various Locations
Monday 24th	Mens Bushgardens Hello Monday Mixed Blessings	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre 10am @ The Angas Park Hotel
Tuesday 25th	CFC Purple	9.30am @ CADL
Wednesday 26th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors CFC Blue	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 9am @ Kapunda Library
Thursday 27th	Top Blokes BOM	12pm @ The Gawler Arms Hotel 11am @ CADL
Friday 28th	FFF Group Winter Wonderland Dinner	10am @ Various Locations 5.30pm @ The Vine Inn
Monday 31st	Mens Bushgardens Hello Monday Reflexology Disability Carers Forum Happy Wanderers	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre Call CADL to make an appointment 9am - 3pm @ CADL 10am @ CADL



## AUGUST EVENTS

DAY/DATE	GROUP	TIME/DETAILS
Tuesday 1st	YC Study Space	4pm @ Nuriootpa Library
Wednesday 2nd	Ladies Bushgardens Caring Coffee Club Broadband for Seniors	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment
Thursday 3rd	Let's Lunch R&R	12pm @ The Vine Inn
Friday 4th	FFF Group	10am @ Various Locations
Monday 7th	Mens Bushgardens Hello Monday Bowen Therapy Creative Carers Mixed Blessings	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre Call CADL to make an appointment 10am @ The Reusch Centre 10am @ CADL
Tuesday 8th	Let's Lunch Tuesday	12pm @ The Roseworthy Hotel
Wednesday 9th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors Kapunda Carers YC Chill	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 12pm @ The Sir John Franklin 3.30pm - 6.30pm @ CADL
Thursday 10th	Let's Lunch Thursday MH Carers Country Stitchers YC's Study Space	12pm @ The Roseworthy Hotel 6pm @ CADL 9.30am - 2.30pm @ The Reusch Centre
Friday 11th	FFF Group Williamstown Carers	10am @ Various Locations 12pm @ The Old Bakehouse Tavern
Monday 14th	Mens Bushgardens Hello Monday Barossa Advisory Committee Meeting MHC&F's Chicken & Chips	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre 10.30am @ CADL 12pm @ The Monkey Nut Café, Lyndoch 6pm @ The Brauhaus Hotel, Angaston
Tuesday 15th	Eudunda/Roberstown Reflections Group	10am - 4pm, Gawler 5pm @ CADL
Wednesday 16th	Ladies Bushgardens Caring Coffee Club Broadband for Seniors In for the Long Haul Freeling Carers	9.30am @ Bushgardens 9.30am @ Reusch Centre Call CADL to make an appointment 11.30am @ The Angus Park Hotel 1.30pm @ The Church Hall, Freeling
Thursday 17th	BV Carers Country Stitchers	9.30am, Woodside Visit 9.30am - 2.30pm @ The Reusch Centre
Friday 18th	Retired Carers	12pm @ Soul w Zest
Monday 21st	Mens Bushgardens Hello Monday	10.15am @ Bushgardens 12.30pm - 3pm @ Reusch Centre
Tuesday 22nd	CFC Purple	9.30am @ CADL

## AUGUST EVENTS *continued*

DAY/DATE	GROUP	TIME/DETAILS
Wednesday 23rd	Ladies Bushgardens	9.30am @ Bushgardens
	Caring Coffee Club	9.30am @ Reusch Centre
	Broadband for Seniors	Call CADL to make an appointment
	CFC Blue	9am @ Kapunda Library
Thursday 24th	BOM	11am - 1pm @ CADL
	Top Blokes	12pm @ The Lyndoch Hotel
Friday 25th	FFF Group	10am @ Various Locations
Monday 28th	Mens Bushgardens	10.15am @ Bushgardens
	Hello Monday	12.30pm - 3pm @ Reusch Centre
	Dementia Carers	10am @ The Reusch Centre
	Reflexology	Call CADL to make an appointment
	Happy Wanderers	10am @ CADL
Wednesday 30th	Ladies Bushgardens	9.30am @ Bushgardens
	Caring Coffee Club	9.30am @ Reusch Centre
	Broadband for Seniors	Call CADL to make an appointment

## MENS RETREAT ~ Pompoota Homestead

The Men's Retreat was held at Pompoota House on the banks of the mighty Murray at Mannum on Friday 7<sup>th</sup> April through to Monday 10<sup>th</sup> April. The weather had been very mild at the beginning of the retreat then a cool change came through on the Sunday. This did not dampen the enthusiasm of the committed fishermen in the group. On the Saturday we all ventured out to Murray Bridge then onto Tailum Bend for morning tea then travelled onto a local winery then finished up at Strathalbyn for lunch finally returning back to Pompoota House around 5pm. A barbeque was held on the Saturday night taking in the beautiful surrounds of Pompoota House. On the Sunday we all ventured in Mannum for lunch (minus a few committed fishermen) and again finished the day with a fantastic barbeque enthusiastically provided by Deon and assisted by fellow carers. A presentation of the highly sought after trophy for the biggest fish caught was awarded to Nick Hann who I am sure will proudly showcase this in the family home.

The weekend provided much laughter and I felt privileged and honoured to be associated with a bunch of fantastic Carers and I would like to thank all who came along for making this a most memorable experience.

