

# NEWLETTER FOR THE ADELAIDE HILLS SEPTEMBER—NOVEMBER

Highlights in this edition...

MH CARERS RETREAT

CARERS BIG DAY OUT

CARERS PAMPER DAY

MIXED GENERAL CARERS RETREAT

#### Adelaide Hills

39 Onkaparinga Valley Rd, Woodside SA 5244

Phone: 08 8389 7383

Woodside@cadl.support

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

## 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





CAROL  
CARER SUPPORT  
COORDINATOR



LYNDA  
ADMINISTRATION



VICKY  
VOLUNTEER  
COORDINATOR



DEBBY  
DIRECT CARE  
SERVICES  
COORDINATOR



JODIE  
CARER SUPPORT



GRAEME  
ADMINISTRATION



FIONA  
CARER SUPPORT



HEATHER  
CARER SUPPORT



JACQUI  
ADMINISTRATION &  
CARER SUPPORT



AMIE  
YOUNG CARER  
SUPPORT



MARIE  
CARER SUPPORT

# Regional Content



## MANAGER

ADELAIDE HILLS & FLEURIEU  
Due to family reasons, Carolyn has  
resigned as Manager, AH & F.  
We wish her well for the future.

### LOOK! NEW WALKING GROUP.

STARTING THURSDAY 14TH SEPTEMBER 10AM  
MEET AT OUR WOODSIDE OFFICE. SUITABLE FOR  
CARERS WITH A MODERATE FITNESS LEVEL. WE  
WILL WALK ALONG THE AMY GILLETT TRACK  
AND HAVE COFFEE IN A LOCAL CAFÉ.  
CALL RECEPTION ON 8389 7383 TO BOOK

CARERS WISHING TO ATTEND  
GROUPS OR OUTINGS

PLEASE REMEMBER TO CALL  
WOODSIDE RECEPTION ON 8389 7383  
OR  
STRATHALBYN RECEPTION 8549 1299  
TO BOOK YOUR PLACE.

MANY OF OUR OUTINGS AND  
SPECIAL EVENTS HAVE LIMITED SPACES.

## **BOWEN THERAPY EACH ALTERNATE TUESDAY at the WOODSIDE OFFICE**

Bowen Therapy is a holistic therapy that is non-intrusive and very effective. Bowen treatment affects the body in many complex ways promoting healing, pain relief, stress relief and recovery of energy.

The experience of the treatment is typically gentle, subtle and relaxing and it is these features that make Bowen Therapy so unique. Bowen Therapy allows and encourages the body to heal itself.

**PHONE BARB on 0437 387 070 TO MAKE AN APPOINTMENT.**

**Cost only \$10 to registered Carers.**

## **STRATHALBYN LIBRARY LAUNCH OF A NEW COLLECTION**

### **THE BRAIN HUB**

*Resources to help you keep your brain healthy and deal with memory loss*

**Sponsored by: Alexandrina Council, Hills Dementia Working Group, Alzheimers SA  
Hills Positive Ageing Project**

**WHAT:** Launch of **The Brain Hub** - a new collection at Strathalbyn library

**DATE:** Tuesday 19<sup>th</sup> September

**TIME:** 10.00am to 12.00 noon

**VENUE:** Strathalbyn Library, 1 Colman Tce Strathalbyn

#### **PROGRAM:**

10 am Memory and Ageing

11 am Morning tea

11.30 am Official launch and ribbon cutting

12 noon Close

**FREE EVENT – BOOKINGS 85557000 LOOK AFTER YOUR BEAUTIFUL BRAIN**





## ***Big Day Out***

**FRIDAY 10TH NOVEMBER 2017**

COME AND JOIN US FOR A CRUISE

AND LUNCH ON THE

**"WEST LAKES PRINCESS"**

2 hour cruise with a two course lunch

**CARER CONTRIBUTION \$20 FOR THE DAY**



**Battered Wild Barramundi or**

**Chicken A La Princess**

**(chicken breast with mango & black cherry filling)**

**Main course served with chips & salad**

**Delfin Log Cake or Mystery sweet of the day.**

**Tea/coffee with chocolates.**



Departing from Woodside

Picking up in Mount Barker

& also departing from Strathalbyn

Returning approximately 5.00pm

THERE ARE LIMITED SPACES

SO CALL AND BOOK YOUR PLACE EARLY

**CALL RECEPTION 8389 7383 TO BOOK**

# MENTAL HEALTH CARERS RETREAT TO BIG 4 HOLIDAY

## PARK BLANCHETOWN

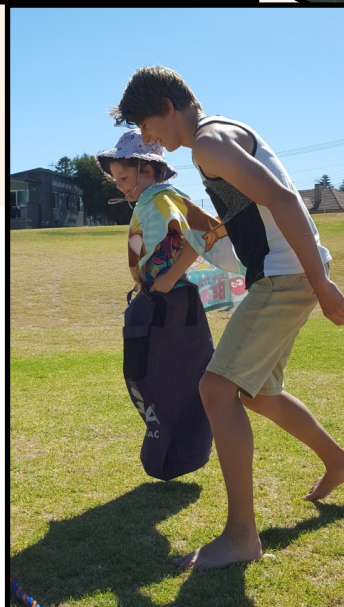
Friday 6th October to Monday 9th October  
Carer contribution for the retreat is  
\$75.00 per carer (non refundable).

There are limited places.  
Shared accommodation.

To receive an application form  
please call:  
Reception on 8389 7383



# 2017 Sibling Retreat





Try our all NEW delicious

12oz cup

\$4

Meastro Blend Espresso

# OP SHOP



Best Kept Secret in the Hills

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

37 Onkaparinga Valley Road, Woodside, 5244 - 8389 7383



## Dress Up Day for YOUNG CARERS

Live music, scrumptious cakes, games and lucky dips ensured a fun day all round on Friday 14th July with the Shop's first Dress Up Day, raising funds and awareness for the Centre's Young Carer Program. Amie Johnson— Young Carer worker supports over 50 young carers aged 5-18 years. The program offers a listening ear to young people

who are caring for a family member, as well as the opportunity to meet others in similar situations , and have some fun at monthly catch-ups and short yearly breaks.



### Baristas Needed!

We are looking for well presented, friendly volunteers to Learn the art of delicious espresso coffee ♥

Call Vicky on 8389 7383 NOW!



# Brighton Beach—Mixed General Carers Retreat

*Staying in the lovely Seabreeze Villas at Brighton Caravan Park in Kingston Park  
3 nights: Monday 25<sup>th</sup> returning Thursday 28<sup>th</sup> September 2017.*

This retreat is for Carers, and also Carers registered as caring for each other (not Carers and their cared-for) to relax, have time out and have some fun! Please contact us if you need help arranging respite for the person who you care for.



An interesting retreat with some different and “mysterious” activities, as well as plenty of relaxation time, you will need to be reasonably mobile for this one, although those who use walkers and walking sticks will be fine. Please join us for a well-deserved break from day-to-day activities and a guaranteed fun time with some interesting new experiences! Breathe in the healthy sea air and listen to the waves at night as you drift off into a restful sleep ...

Please ring our Woodside Centre on 8389 7383 asap to express your interest in attending.

Acceptance unfortunately cannot be guaranteed as it will depend on how many apply, as well as need, participation in recent Retreats, and other considerations as assessed by the Carer Support team, but please do not let that deter you from applying, and do not think that others need it more than you. If everyone thinks that, there will be no-one going on Retreat!!! If you feel as though you need a break, then you need a break! The retreat is subsidised by State and Commonwealth government funding, keeping the cost down to \$75 per person which covers transport, accommodation, tickets, admissions, and two meals per day (breakfast and lunch or dinner). Hope you can come!

Disaster preparedness—Prepare for an emergency—Protect what matters most

the  
power of  
humanity



Emergencies can happen at any time. They can be as large as a bushfire, flood or cyclone or as personal as a death in the family. The better you prepare for them, the easier it is for you and your family to recover. While emergency services do all they can to help, the person most responsible for your wellbeing before, during and after an emergency is you.

Your Emergency RediPlan—RediPlan is a free disaster preparedness guide that will get you prepared for any emergency in four simple steps. Rediplan helps you:

- learn about the risks you face and how they might affect you
- make an emergency survival kit to help you through a disaster
- take action now to protect the important things in life
- create your personal emergency plan to help you when disaster strikes.

If you haven't prepared and made a plan, an emergency could disrupt your life in ways you don't expect. Get prepared and you'll be more confident, more in control and more likely to cope when disaster strikes.

**CALL 8100 4662 FOR MORE INFORMATION**

# Day Trippers Up & Coming Events



**Tuesday 5th September:** Do you want to attend the Royal Adelaide Show without the hassle of finding a park? Experience the animals, wood-chopping, arena events etc. as well as a variety of food to choose from. Enjoy a leisurely day with other Carers or browse around on your own. Show arrival 11am departing 3pm. Tickets approx. \$22.



**Tuesday 3rd October:** Do you enjoy tram rides but never get around to doing it? Then join us on a tram ride to spend the day at Glenelg. Enjoy shopping, walks along the beach and jetty, historical museum and boutique cafes. We will lunch at the Holdfast Hotel. Seniors \$12.50, before heading back on the bus.



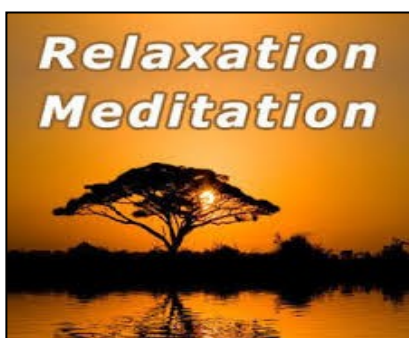
**Tuesday 7th November:** Do you enjoy op shopping? If you do then join us when we visit Savers the Op Shop SUPERSTORE in Noarlunga. So much to choose from that you will not be bored! Morning tea at Bec's café—a very fine café and lunch at the Christies Beach Hotel—seniors \$11.90.

## ***Lightning Group Up & Coming Events***

**Wednesday 20th September:** Visit the spectacular Mandalay Garden in Mount Barker Springs. Honestly you have to see it to believe it! It is truly one of the most beautiful gardens I have seen in the Adelaide Hills. Lunch at the Great Eastern Hotel—specials \$10.90



**Wednesday 15th November:** Have you ever wondered what goes on in a dairy? If so, then join us as we tour the famous Adelaide Hills Biodynamic Paris Creek dairy. The tour will not include the farm. Tour cost \$15 cost to Carers and the cared for \$10pp includes tea/coffee, a free tub of yoghurt & cheese tastings. Lunch at the Victoria Hotel Strathalbyn. Special \$11.50—\$16.50



**MINDFULNESS SUPPORT GROUP:** every second Monday 10am—12noon at the Woodside office. Would you like to learn some self help techniques to assist you in coping with your everyday life? Would you also like to connect with other Carers sharing your stories, information & experiences while doing some fun artistic activity? If you answered yes then this group is for you. We welcome Carers anytime!