

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 CADL

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...

- AGM Family Carer Workshop
- Carers Week Retreats
- Variety Concert Family Pool Party

Barossa & Districts
15 Second St, Nuriootpa SA 5355
Phone: 08 8562 4000
Barossa@cadl.support

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

A Warm Winters Night In The Barossa Valley

On Friday the 28th of July over 40 Carers and Clients came together in the Barossa Valley at the Vine Inn for a Winter Wonderland Dinner. The room was filled with snowflakes and we all kept warm by our own home made Fireplace which set the mood for our winters night in. We had some laughs with our Winter Wonderland Quiz, Ripping competition for the best snowflake and Scarf competition. Overall it was a warm winters night of fun and friendship.



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

CHSP Coordinator



INGRID

Finance



LISA

Finance



DEANNE

Administration



RITA

Administration



KERRY

Administration

CARERS WEEK CELEBRATION

We Invite you to.....

Join us for lunch at the Nuriootpa Town Square to celebrate the Carers in our community

Thursday 19th October
Nuriootpa Town Square, next to Bank SA
11.30am - 1.30pm
FREE Sausage sizzle lunch

We look forward seeing you there.

Basic Computing & Budgeting Training for the Disability & Aged Care Sectors



Are you a Carer or Contractor and wanting to gain some basic computer skills?

Shaping Futures has developed a non-accredited training program to assist you!

Date: TBA

Time: TBA

Venue: Carers & Disability Link, Second Street, Nuriootpa

For more information or to register your interest please contact Carers and Disability Link on 562 4000 to allow dates and times to be arranged.

This program is funded through the Government of South Australia's WorkReady initiative.



BAROSSA VALLEY

CARERS & DISABILITY LINK

Supporting your choices

AGM
ANNUAL GENERAL MEETING

ALL CARERS AND THEIR FAMILIES ARE INVITED TO ATTEND!

When: Thursday 26th October 2017 @ 11.00am

Where: Vine Inn, Nuriootpa

Please RSVP by contacting

Carers & Disability Link on 8562 4000

Or email barossa@cadl.support by October 17th.

*We look forward
to seeing you
there!*

*Lunch Provided at
a cost of \$10*

Transport and respite can be arranged. Please let us know if you require it, when you RSVP!

The book of Reports will be available at the AGM and afterwards @ CADL..



Are you, or do you know someone who is passionate about supporting family, older people or people with a disability?

Do you or they have the skills or experience to help take Carers & Disability Link into the future?

Then why not nominate to become a BOARD MEMBER?

Please contact CADL for more information or to receive a nomination form. Nominations are currently open and close on Friday the 13th.



Family Pool Party

CARERS AND CLIENTS
COME AND JOIN US FOR AN EVENING BBQ AT THE POOL



Where: Nuriootpa Pool

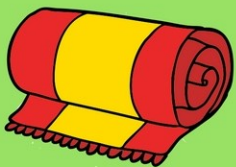
When: Friday 19th January 2018

Time: 5pm - 7.30pm



Cost: \$5 per person

RSVP: 8th January - 8562 4000



BBQ dinner provided by
the Barossa CADL Advisory Committee
BYO drinks - no glass or alcohol





THE RISING STAR

Amatuer Players

bring you a fundraising

VARIETY CONCERT

SUNDAY 5th NOVEMBER 2017

Angaston Town Hall

at 2pm

Music

Song

Dance

Skits

Adults \$12.00

Children under 12 years \$5.00

Tickets are available at Carers & Disability Link,
15 Second Street, Nuriootpa

* Tables of 10 available if required

For details phone: 8562 4000



BYO Drinks
& Nibbles
Tea & Coffee
Available

All proceeds of the concert go to



**CARERS &
disABILITY LINK**



You have been invited by
 Carers & Disability Link to submit a request for an invite
 to attend this year's **Christmas Party for Special Children**
 at the Adelaide Zoo on Sunday 19th November!
 A festive day full of entertainment, food, drinks, ice
 cream, presents and more!

The Christmas Party for Special Children is an invitation only event with the gates opening at 8.30am and the event officially concluding at 1pm, however invited guests are able to remain at the Adelaide Zoo until it closes at 5pm. Following is some important information for you to consider before submitting a request for an invite.

- Entry to the Adelaide Zoo to attend the event is for invite holders only;
NO Invite - NO Entry. NO child - NO Entry.
- Invites are exchanged for a wristband at the Zoo gate and must be worn on the wrist of the child or the parent / carer at all times during the event. Lost wristbands will not be replaced.
- Invites are strictly for children aged 3 to 16 years. Only **ONE** child can attend on each invitation and must be accompanied by a responsible adult. Each child's invite entitles **ONE** adult entry.
- Catering will be provided for the child only. Parents and carers may purchase refreshments from George's Café, The Fig Tree Café, and the Kiosk at the Immersion Exhibit or bring a picnic lunch. The Coffee Club will be supplying free Coffee for all in attendance!
- The Zoo will be closed to the public until 2pm at which time entry will be at ½ price should other family members wish to join you.
- Wheelchairs and prams will not be provided or be available for hire, if needed you will need to bring them with you.
- Guide / Assistance Dogs may enter the front gate and are given a suitable area with shelter and water while you're in attendance. Guide / Assistance Dogs are not allowed through the zoo as it is a quarantine zone.
- The Adelaide Zoo is a SMOKE FREE venue and the Christmas Party for Special Children is an alcohol free event.



Returning this form is not a guarantee of receiving an invite. It is subject to the number of invites issued to Carers & Disability Link by The Christmas Party for Special Children. Any queries or questions please contact admin staff at Carers & Disability Link on 85624000 or email – barossa@cadl.org

Please register your interest by returning this section to admin staff no later than Monday 18th September

Name of Child: _____ **Age:** _____

Age appropriate for child's ability (E.g. A 15 year old may be suited to a gift for 5-6 age group) **Age:** _____

Parent / Carer: _____

Email: _____ **Phone:** _____

Address: _____ **Postcode:** _____

FAMILY CARER WORKSHOP

LYNDOCH

Topics to be discussed in the program include:

- What is dementia?
- Effective communication
- Understanding changed behaviours
- Support and services available

When: Monday 18th September 2017

Time: 10am - 1pm

Where: Lyndoch Library
29 Barossa Valley Way
Lyndoch 5351

RSVP by: Monday 11th September 2017 - PH: 0476 848 784
or contact Carers and Disability Link on 8562 4000

**Registration is essential as
numbers are limited**

**For further information or to register
your attendance please contact**

**ALZHEIMER'S AUSTRALIA SA
(08) 8372 2100**

**UNDERSTAND ALZHEIMER'S
EDUCATE AUSTRALIA**
FIGHTDEMENTIA.ORG.AU

Alzheimer's Australia SA Inc
27 Conyngham Street Adelaide SA 5006

Funded by the Australian Government
Department of Health

DEMENTIA CARERS RETREAT

Al Mare – Port Victoria on the beautiful Yorke Peninsula
Tuesday 7th - Friday 10th November 2017



Enjoy the peace and tranquillity whilst watching the sun set over Spencer Gulf and Wardang Island.



Get in quick as there are only limited places and respite may need to be arranged

We are calling for expressions of interest for carers of a person living with dementia.

Retreat commences Tuesday morning, and finishes Friday.

Please express your interest before OCTOBER 10th 2017

by calling Carers and Disability Link on 8562 4000

Retreats provide a very welcome opportunity for Carers to take a break from their day to day caring role. They're a great time to relax and get to know other Carers.. While we acknowledge and value the financial contribution that Carers make towards attending retreats, accommodation and fuel costs associated with Retreats have risen considerably in recent times. This can mean that Carers may miss out on attending a retreat or miss out on the retreat of their choice. Carers and Disability Link want to provide all Carers who wish to, with the opportunity to attend a Retreat, and so the following guidelines are being used to determine who attends. We appreciate your understanding that the guidelines are necessary to give all Carers this opportunity. □ Attendance at each retreat is determined by an expression of interest and the need of the Carer for a break. □ No names or expression of interest will be taken until the retreats have been advertised in the newsletter. □ Priority will be given to, in order... Active Carers, in particular those who have not been on an overnight/day retreat in recent years; Active Carers who have been on recent Retreats; Relinquished Carers; Retired Carers; Carers who are able to attend specific Retreats (e.g. Dementia, Mental Health). Carers and Disability Link staff make the final decision on Retreat attendances.

WOMENS RETREAT #1 ~ WEST BEACH RESORT ~

25th - 28th September 2017



Calling for expressions of interest, primarily from women who care for adults who are frail aged or with a disability. The retreat commences on Monday morning and finishes on Thursday. This retreat is intended to provide time away to relax and recharge the batteries. A contribution of \$80 will be payable to help cover costs.

Please express your interest by Monday the 4th of September 2017 by calling Carers and Disability Link on 8562 4000 or email to barossa@cadl.support

WOMENS RETREAT #2 21st Saturday- 24th Tuesday

October 2017 ~ WEST BEACH RESORT ~



Calling for expressions of interest for anyone who is caring for someone to attend a 2-4 day retreat at West Beach Resort. This retreat is priority to carers of children under 18 years of age and are looking for a relaxing time away knowing we are part of a small group.

This retreat will give the opportunity to get away and have a relaxing time, enjoy some day activities while you take a break from your caring role. We ask for a contribution of \$80 to help cover costs.

Please contact CADL on 8562 4000 or email barossa@cadl.support to put your name down for an expression of interest.

Get in quick as there are only limited places and respite may need to be arranged.

HERE COMES THE NDIS



Do you have a disability and are hoping to go onto the NDIS?

Be prepared before you meet or talk on the phone for your NDIS planning session.

How do you get prepared? Spend time thinking about your needs and goals. Get your thoughts down on paper. You may find it helpful to chat to others. Carers and Disability Link have help-sheets and volunteers available to help you get prepared. Ph: 8562 4000.

Remember your NDIS plan will support your daily living, employment, lifestyle, therapies, learning, personal care, social activities, health and wellbeing.

When you are contacted about your NDIS plan, it is a good idea to check if the appointment is a planning meeting. Did you know it is ok to reschedule your planning meeting if you don't feel prepared. You are also able to request a face-to-face meeting.



CARERS & DISABILITY LINK

are a
Registered NDIS Provider

NEWS for young carers




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

Hours

A standard work week for
Young Carer Support

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

Please note Reception times are
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 is available off-site
and after hours from the
Regional Youth Bus on some
occasions when it visits
Eudunda and Mount Pleasant.

Check RYB schedule for dates
and call to confirm on
0417 082 732

MID TERM TREAT!

OP SHOP EXTRAVAGANZA

Saturday, 18 November

In the morning:

- Meet at CADL @ 9:00 AM
- Pile into a couple of vehicles
- Explore the Op Shops of Tanunda and Nuriootpa
- Spend a little money to buy a lot of stuff
- Head back to CADL with stuff!

YOUNG CARERS ONLY!

LIMITED PLACES

BOOKINGS ESSENTIAL

In the afternoon:

- Return to CADL for lunch
- Check out what everyone bought!
- Try on clothes and compare stuff
- Swap with each other the things we *thought* we liked and now don't!
- Go home between 2:00 and 4:00 PM

Please bring your own spending money in a secure wallet, purse or handbag with your name inside.

Term Time Activities—Chill and Study Space.
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

13 September
8 November

There is no Chill in October

Study Space Nuriootpa Dates

Tuesdays
4:00 PM to 6:00 PM

12 September
24 October
7 November
21 November

Study Space Kapunda Dates

Thursdays
4:00 PM to 6:00 PM

21 September
2 November
16 November
30 November

SCHOOL'S OUT SLEEPOVER!



End of Term Sleepover for Teens

Friday 29 September 5:00 PM
through to Saturday 30 September 11:00 AM

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, dinner, snacks, breakfast, supervision (eagle eyed!).
Donation to cover costs please.

Please book by Thursday 21 September.

Junior Camp Out

You asked for it. You got it!

Overnight camp out at Aussie Educamps *for Young Carers from Reception to Year 6*

Wednesday 11 October 10:00 AM to Thursday 12 October 4:00 PM
\$20.00

Meeting at Carers and Disability Link on Wednesday morning, we will travel together in CADL vehicles to the campsite. Pick up from CADL on Thursday afternoon.

Details closer to the date.

LIMITED PLACES
BOOKINGS ESSENTIAL



Art and Craft Drop In

Wednesday 4 October 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.

No booking required. Just drop in, sign in, make Art!

SCHOOL HOLIDAYS!

Young Carers

Been there...

Winter's Activities

Study Space

It's cool, not school!
Malakai, Young Carer aged 12



Winter Chill

14 June 2017

Tonight was really fun and we got lots of food and Milo! We played UNO and had ate noodles and there were lots of chips!
Thomas, Young Carer aged 11



DONE THAT!

Ten Pin Bowling

3 June 2017

Today we went bowling. There were two teams of six Young Carers. We all had lots of fun.

Chelsea, Young Carer aged 11



Winter in the City - 12 July 2017



The Young Carers took a trip to the bustling city of Adelaide, catching a train from Gawler. We then went to the art gallery to look at the wonderful pieces of work by both Australian and international artists; exhibits ranged from a taxidermy horse to paintings of beautiful landscapes and events, to ancient pieces of historical art.



At lunchtime, we went to the Botanical Gardens to marvel at the giant Amazonian lily pads, traverse through the bamboo forest, and relax on the sprawling lawns in the sunshine.



When it was time to head back, we went for one last walk back to the train station to make it back to Gawler and then Nuriootpa. Everyone was talking about all the amazing things we saw on our fantastic trip all the way home! A big thanks to all the volunteers for making this day possible.

Alex, Young Carer aged 19

Art and Craft Drop In - 19 July 2017

Today was a smaller group. But for all we're small, we're mighty! Together we made more than 100 pins, with custom-designed ones made by the Young Carers from scratch, as well as a series designed for the program! We also worked on the LCC art project, with a majority of the work done today, and a plan for the rest of the project in



place. All in all, we had a great time and were very productive!

Sami, Young Carer Volunteer



August Chill - 9 August 2017

We were visited by Mary Ann from the Barossa Advisory Committee, who was keen to hear what we thought about all sorts of things. And because she asked, we told her! Thanks for listening, Mary Ann!

And then we played Mario Kart on the Wii.

Pam, Young Carer Support Coordinator





Fancy a cuppa & a chat?



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

The Kettle's On...

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)



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.

@ ***Snail Or E-mail?*** @

Due to the rising cost of postage, 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

to let us know that you would like to receive your newsletter via email.

Many thanks....





Dementia Friendly Communities

2017 Dementia Friendly Communities Progress Update

In 2017 the aim was to change the focus of the Dementia Friendly Communities committee from awareness raising to providing Dementia Friendly audited spaces in already existing Businesses, Community & Health Centres, which will be areas that are inclusive & safe, where those living with Dementia are able to go without fear or rejection, intimidation, and where their condition is understood.

There has been a broadening of the Dementia friendly communities committee membership and includes; Residential Aged Care, Service Clubs, Health Professionals and Local Council. Introduction of new committee members brings;

A broader community involvement, **An** expansion of knowledge and **more** ideas and resources to support the goals and activities of the group

The committee will always be steered by carers whose objectives are the primary focus of the committee.

DFC Assessment of the Barossa Council

On the 15th June, The Barossa Council; was the first organisation in the region to undergo an assessment using the Dementia Friendly Communities Assessment Tool.

The assessment was to view the main entrance of the Council Chambers in Nuriootpa and the Library entrance in relation to the Dementia Friendly



Communities design principles.

An assessment was conducted by Matt Kowald (General Manager, Barossa Village), Bev Saegenschnitter (DFC Project Coordinator), an Occupational Therapist, a Council Representative, a carer and a person with Dementia (pictured above). 15 recommendations were developed for The Barossa Council to address.

Audit/Assessment training 18th May 2017 @ The Council Chambers

Matt Kowald conducted a session at the Barossa Council Chambers in Nuriootpa reviewing the tools that could be applied in the review of spaces for people with Dementia. We discussed the application of the environmental screening tools and discussed the importance of reviewing the environment in context that the person with dementia will be engaging with the space. All agreed that the most important part of the space is not necessarily the environmental factors but the staff engagement factors. Matt is working on an instructional video which would provide basic engagement strategies and scenarios which would be given to the staff to view. We would be doing this as a YouTube video with the questions answered by the people watching the video.

The next step would be to conduct an audit of the space. This is going to be done at the Barossa Council for the entrance foyer and library. This will be conducted by Matt Kowald and Mirium Popoinski, OT at Barossa Village. It was discussed that this would be best done with a consumer. This report would help inform the redesign of the space..

Out & About, Spreading the Word

DFC & Carer Support



On Wed 19th July Brent Bennett and Bev Saegenschnitter were guest speakers for a gathering of 24 people for the Eudunda Probus group in the Eudunda Institute. Brent spoke about his role for Carers & Disability Link as a Carer Support Worker that provides information about navigating the aged care system and facilitating support groups which enables carers to have some "time out" from their caring role with other carers. This was supported by Bev Saegenschnitter about her personal story, when she became involved with Carers & Disability Link, 14 years ago, when she had a need to be involved with a carers support group, a place that she could find comfort reassurance be understood amongst others that were on a similar journey. Bev then spoke about her role for Carers & Disability Link, as Project Coordinator for the "Dementia Friendly Communities" committee. Bev gave a brief overview about Dementia and some of the associated myth, along with the purpose of the Dementia Friendly Communities committee, which are to break down the barriers and stigma, with acceptance, independence, inclusion. Opportunities to educate in our community sectors, organisations like Probus will be more equipped with their knowledge and embrace the change for those people living with Dementia and their families.



C
O
N
T
I
N
U
E
D

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 The Manager 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.*

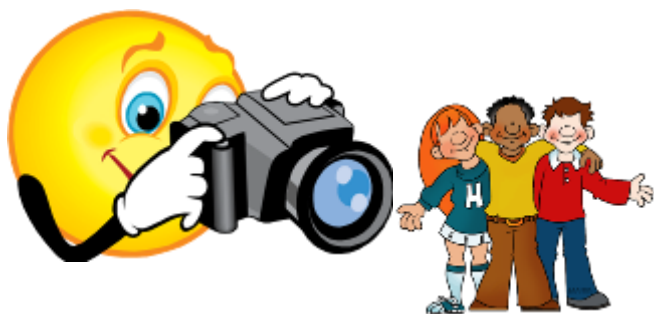
To help us to continually improve our services we encourage you to let us know what you think of what we do-whether it be a suggestion or a complaint to help us improve, or feedback on what we do well, we would love to hear from you.

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 or write it on a piece of paper if you do not wish to cut this out!

PHOTOGRAPHS



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.

Thank you.

Country Stitchers

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

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



Volunteers Wanted!

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

**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
and a country boy!*

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



**CARERS & young
disABILITY LINK carers**

out-and-about

with Barossa Community Transport bus trips

Monarto Zoo - 9 March

Tea Tree Plaza - 6 April

Adelaide Botanic Garden - 4 May

Marion Shopping Centre - 28 September

Glenelg - 26 October

Adelaide Zoo / museum - 30 November

pick up from home - first pick up 8:30 am

\$25.00 return (transport only) booking essential

to book or for more information call

8563 8411

email - transport@barossa.sa.gov.au



Barossa & Light Community Buses are a service of
The Barossa Council



The Barossa Council



out-and-about

Barossa Community Transport bus trips

Gawler Cinema Silver Screenings

Tue 8 August - Going in Style

Comedy. Morgan Freeman, Michael Caine, Alan Akin. Three retirees desperate to pay the bills risk it all by embarking on a bid to knock off the very bank that stole their pension money.



Tue 12 September - The Zoo Keepers Wife

Drama. The Zookeeper's Wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion.



Tue 24 October - Churchill

Drama. Follows Winston Churchill in the days before the D-Day landings. Only the support of wife Clementine can halt his physical and mental collapse and lead him to greatness.



Tue 14 November - Hampstead

Comedy. Diane Keaton, Brendan Gleeson. A widow finds unexpected love with a man living wild on Hampstead Heath when they take on developers who want to destroy his home.



Pick up from home - arrive around 10am and enjoy a cuppa before the film starts at 10:40am. After the movie, there will be a light lunch of sandwiches and cake. Special dietary needs can be catered for, tell us on the day.

\$20.00 includes bus, movie ticket, drinks and lunch

booking essential - to book or for more information call **8563 8411**

or email transport@barossa.sa.gov.au

Barossa Community Buses are a service of The Barossa Council



The Barossa Council

SEPTEMBER GROUPS & EVENTS

DAY / DATE	GROUP	DETAILS / TIME
Monday 4th	Bowen Therapy Mixed Blessings Living Well Forum—for older people	Please phone CADL to make an appointment 10am - 2pm @ CADL St Petri Hall 10-2pm
Tuesday 5th	Kettle's On	10am @ CADL Kitchen
Wednesday 6th	Broad Band for Seniors	Please phone CADL to make an appointment
Thursday 7th	YC Study Space	4pm @ Kapunda Library
Friday 8th	Williamstown Carers	12pm @ Monkey Nut Café, Lyndoch
Monday 11th	MHC&F's Creative Carers Chicken & Chips	12pm - 3pm 10am @ Reusch Centre 6pm @ The Vine Inn, Nuriootpa
Tuesday 12th	BOM & Advisory Committees meeting YC Study Space	11am - 2pm @ CADL 4pm @ Nuri Library
Wednesday 13th	YC Chill Kapunda Carers Broadband for Seniors	3.30pm - 6.30 @ CADL 12pm @ Sir John Franklin Hotel Please phone CADL to make an appointment
Thursday 14th	Let's Lunch Combined MH Carers	9.15 @ CADL , Cruise "Big Day Out" 7pm @ CADL
Friday 15th	Retired Carers	12pm @ Connections Café , Greenock
Monday 18th	Dementia Carers—Family Carer Workshop In for the Long Haul	@ Lyndoch see advert on page 9 6pm @ Greenock Tavern
Tuesday 19th	Reflections Eudunda/Robertstown	4pm—5.30pm @ CADL 6pm—8pm @Robertstown Hotel
Wednesday 20th	Broadband for Seniors Freeling Carers	Book in for an appointment 1.30pm at the Church Hall
Thursday 21st	BV Carers YC Study Space Dementia Carers—National Dementia day!	Anlaby—lunch and tour Meet at 9.30 at CADL 4pm at Kapunda library Join Debbie & Gaby at Tanunda Bakery 2-4pm
Monday 25th	Women's retreat—Louise Happy Wanderers Mixed Blessings	See advert Visit to Vadoulis nursery & lunch Join Coralie for a group meeting
Tuesday 26th	Caring for Carers—Purple	Call Coralie for more details
Wednesday 27th	Broadband for Seniors Caring For Carers—Blue Country Stitchers Stall in the Mall	Call for appointment Call Coralie for more details
Thursday 28th	Top Blokes Board of Management meeting Country Stitchers stall in the Mall	Check your invite for details! 11am at CADL meeting room
Friday 29th	YC School's out sleepover Country Stitchers stall in the mall	Book in with Pam!
Saturday 30th	Country Stitchers Stall in the Mall	

OCTOBER GROUPS AND EVENTS

DAY/DATE	GROUP	TIME/DETAILS
Tuesday 3rd	Kettle's on	Join us for a cuppa at 10am—all welcome!
Wednesday 4th	Broadband for Seniors	Call to book an appointment
Thursday 5th	Let's Lunch R & R	12noon lunch at Lyndoch Hotel
Monday 9th	MHC&F's Barossa Advisory Committee Meeting Creative Carers Chicken n Chips	Morning tea and lunch 10.30am at CADL 10am at the Reusch Centre @ Tanunda Club at 6pm
Tuesday 10th	Lets Lunch	12noon at the Lord Lyndoch
Wednesday 11th	Broadband for Seniors Kapunda Carers YC Art & Craft dropin	Call for appointment 12noon lunch at Sir John Franklin hotel See Young Carers pages!
Thursday 12th	Let's Lunch	at Lord Lyndoch at 12noon
Friday 13th	Williamstown Carers	12noon lunch at OB Tavern
Monday 16th	Mixed Blessings Dementia Carers	Lunch at Angas Park Hotel 10am at Reusch Centre
Tuesday 17th	Caring for Carers Purple Reflections Group	Call Coralie for details 4pm at CADL
Wednesday 18th	Broadband for Seniors Caring for Carers Blue	Call to make appointment Call Coralie for more info
Thursday 19th	BV Carers	Visiting Woodside! Lunch & Op Shop visit
Sat 21—Tues 24th	Womens Retreat—Coralie	Call to make Expression of interest
Tuesday 24th	In for the long haul	Lunch at Brauhaus
Wednesday 25th	Broadband for seniors	Call to make appointment
Thursday 26th	Annual General Meeting	See advert and book in! 11am at the Vine Inn
Monday 30th	Reflexology therapy Happy Wanderers	Call to make Appointment Outing in Herb's car and lunch at Weintal

Always check invitations for more details—some changes may be made after newsletter has been printed and sent to you!

NOVEMBER GROUPS AND EVENTS

DAY/DATE	GROUP	TIME/DETAILS
Wednesday 1st	Broadband for Seniors	Call to make appointment
Thursday 2nd	Let's Lunch	Lunch at 12noon
Sunday 5th	Variety Concert	See advert in newsletter and buy tickets!
Monday 6th	Mixed Blessings Creative Carers Bowen Therapy	Join Coralie at 10am 10am at the Reusch Centre Book in for appointment - call CADL
Tuesday 7th	Kettle's on	10am—join us for a cuppa
Tues till Friday 10th	Dementia Carers retreat with Gaby	Call us to make expression of interest
Wednesday 8th	Kapunda Carers YC Chill	Lunch at Sir John Franklin Hotel Let Pam know you are coming!
Thursday 9th	MH Carers	7pm at CADL
Friday 10th	Williamstown Carers	12noon lunch
Monday 13th	MHC&F's Barossa Advisory Committee Chicken n chips	Outing to Morgan 10.30 meeting at CADL Dinner at Vine Inn 6pm
Tuesday 14th	Let's Lunch	Lunch 12noon at Freeling Gungellan Hotel
Wednesday 15th	Broadband for Seniors Freeling Carers	Call to make appointment 1.30pm
Thursday 16th	BV Carers Let's Lunch	9.30am TTP shopping day 12noon at Gungellan at Freeling
Friday 17th	Retired Carers	Lunch at 12noon at the Weintal Hotel Tanunda
Saturday 18th	YC Mid Term treat	See Pam's info
Sunday 19th	Special Children's party at the Zoo	Call to make expression of interest
Monday 20th	Dementia Carers In for the long haul	10am at the Reusch Centre Lunch at Soul with Zest
Tuesday 21st	Caring for Carers Purple Reflections Eudunda & Robertstown	Call Coralie for details 4pm at CADL Dinner 6pm at Point Pass Hotel
Wednesday 22nd	Caring for Carers Blue	Call Coralie for more details
Thursday 23rd	Board of Management Top Blokes	11am at CADL Lunch at Williamstown
Monday 27th	Reflexology Happy Wanderers	Call to make appointment Lunch & Outing to Waikerie!
Wednesday 29th	Broadband for Seniors	Call to make appointment



CARERS & disABILITY LINK

Together, we link people with disabilities, carers and the aged, with care and support services through flexible and inclusive choices within our local community.

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



Registered NDIS Provider

Respected and adopted model for Carers for 22 years

- Carer Support
 - Individual and Group
 - Information & Education
 - Advocacy & Referral
- Disability Services
 - Personal Care
 - Life Skills
 - Household Tasks
 - Social & Community Participation
- Support Coordination to assist you to implement your plan
- Plan Management (Financial intermediary to manager your finances)
- Over 65 Support Groups