

NEWSLETTER FOR OUR COMMUNITY

May, June & July 2018

A letter from our CEO

Whilst the reforms to the delivery of services in Aged Care, and Disability Services have been rolling out over the past few years, we have been contributing towards and now waiting for the Commonwealth Government to advise us of the next chapter in support for family carers.

Well, here it is. Over this past month things have been getting clearer regarding which direction the Government will take in their ongoing support for family carers. The Minister for Social Services, The Hon Dan Tehan and the Assistant Minister for Social Services and Disability Services The Hon Jane Prentice MP, announced on the 5th of March that the Turnbull Government would provide an additional \$85.6 million to fund new supports and services for Australia's unpaid carers and would introduce a range of new tailored services to help carers get the support they need early before they reach crisis point. *[We have included information provided by the Department of Social Services about these changes further on in our Newsletter, so please take time to read this.]*

Whilst this will mean greater assessment, more on-line services, and a more fixed service offering than we are used to with our current South Australian Model of Carer Support, it does bring consistency for carers across Australia, many of whom have not experienced anything like the support carers receive in SA.

In responding to these changes, our Board and Staff are committed to ensuring your organisation, Carers and Disability Link, is in the best position to continue supporting family carers across the Yorke Peninsula, Barossa, Adelaide Hills and Fleurieu, as we have done for the past 22 years. We will continue to work with our sister Carer Support organisations in SA to ensure carers themselves continue to be the key drivers of carer support in South Australia into the future. There will be no changes to the way we are supporting carers in the transition to the new service delivery model and we will work hard to ensure there is minimal disruption to the carer support you are receiving as these changes start coming into effect in September 2019.

We will keep you informed of these changes as we get more information, and if you have any questions or concerns, please feel free to contact myself or our Regional Managers in the Adelaide Hills (Kate Preiss) or on the Yorke Peninsula (Heidi Jamieson). Our contact details are on the front page of this newsletter.

Take care,

Vicki Williamson
CEO



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



Our Barossa Team



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



Save The Date

The Christmas Party for Special Children are thrilled to be celebrating and hosting their 25th event!!

The **2018 Christmas Party for Special Children** will be held once again at the Adelaide Zoo on

Sunday 25th November!

Further information including booking will be advertised soon.



If you have any questions in the meantime, contact CADL on 8562 4000





CP FOOTBALL

For Players living with Cerebral Palsy or Brain Injury

Thursday 19th April, 2018 - 3pm - all ages

Barratt Reserve East, West Beach Rd, West Beach

Registration:

Igor Negrao - Disability Manager
0403 703 816 disability@oneculturefootball.org

Joint Partnerships / Sponsors



HOLIDAY CAMP FUN, SKILLS & GAMES!



CAMP 1 - Saturday 21st & Sunday 22nd April
CAMP 2 - Wednesday 25th & Thursday 26th April

Time: from 9am to 1pm
Venue: Adelaide High School, West Terrace

NDIS Price: \$120 per day
0423 003 188 Nader Ibrahim
admin@oneculturefootball.org



NORTHERN STARS

Inclusive Football Program For All

Saturdays during school terms
9am (Juniors) & 10am (Seniors)

Dauntsey Reserve, Elizabeth North



Registration:

Nader Ibrahim - NDIS Coordinator
0410 960 061 ndis@oneculturefootball.org

Igor Negrao - Disability Manager

0403 703 816 disability@oneculturefootball.org

www.oneculturefootball.org

@ 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.



Supporting successful communication

Presented by Dementia Australia

This workshop explores the difficulties that people living with dementia can experience in communication and the impact this has as the condition progresses. You will learn to identify barriers to communication and develop strategies to support successful communication for the person living with dementia and those in the support relationship.



At the end of this session you will understand:

- how dementia can impact on a person's ability to communicate
- how to identify barriers to communication
- how to develop strategies to support successful communication for the person living with dementia

WHEN 3rd May 2018

TIME 9.30am - 12.30pm

WHERE Senior Citizens Centre

24A Murray Street

Nurioopta, SA 5355



3 hours



Suitable for all staff providing support to people living with dementia and their carers

BOOKINGS ESSENTIAL

To book contact Reception (08) 8562 0300 or csreception@barossavillage.org



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

Work hours vary from time to time to
accommodate other commitments.

Book an Appointment Online

You can book either a 20 chat, or a one hour support
appointment.
At the moment, this is limited to appointments at the
office.

<https://10to8.com/book/ntsyqf-free/>

Or book the old fashioned way by calling or texting
0417 082 732

MAY 2018

May Dates

- 9 Chill
- 15 Study Space Nuriootpa
- 16 Fleur Social Club
- 17 Study Space Kapunda
- 23 The Thing
- 29 Study Space Nuriootpa
- 31 Study Space Kapunda

Contact Pam to book

Study Space

Young Carer homework groups at Nuriootpa and Kapunda
Libraries give Young Carers (Year 7 to 13) two hours of
uninterrupted, stress-free study time. We have access to all
the library's resources, including computers and WiFi. After
school snacks and drinks are provided. You can book
yourself a lift from school, and/or home after.
Kind Hearted Kitchen meals are available on request.

Tuesdays/Thursdays 4:00 PM to 6:00 PM

Chill

A relaxed, informal social
group for Young Carers
of school age,

Chill provides fun activities,
games and crafts.

We play, we make, we eat,
we laugh, we chill.

Wednesday
3:30 PM to 6:30 PM

The Thing

This is a group where we can talk... about important stuff...
stuff that's bothering you, and stuff you need help with, and
stuff at home and stuff at school and all kinds of stuff!

So, here's The Thing! You can come along and share the
thing that's bothering you, and help other Young Carers with
the thing that's bothering them!

The Thing
Young Carers aged 9 years and over

Wednesday, 4:00 PM to 6:00 PM.

JUNE 2018

June Dates

- 2 Mid Term Treat
- 5 Study Space - Nuriootpa
- 7 Study Space - Kapunda
- 13 Chill
- 19 Study Space - Nuriootpa
- 20 Fleur Social Club
- 21 Study Space - Kapunda
- 22 To 8 July Pam on Leave

Contact Pam to book

Fleur Social Club

FSC is a closed group for Young Adult Carers.

Providing peer support for Young Carers transitioning from school to whatever comes next, if you are interested in joining us for coffee, please contact Pam.

Mid Term Treat

Saturday, 2 June (Time TBC)

For school-aged Young Carers

Meet at CADL and travel together to Williamstown for a

COST:

\$5



Tea party, cakes, fun, games, and
MESSY MESSY ART!

Don't wear your good clothes!

Don't have a mad hat? Don't worry!
You can make one on the day!

Contact Pam to book



Young Carers

JULY 2018

July Dates

- 11 Winter in the City
- 18 Bake Drop In
- 25 Fleur Social Club
- 31 Study Space-Nuriootpa

Contact Pam to book

Winter in the City

For school-aged Young Carers

Wednesday 11 July

9:00 AM to 5:00 PM \$5.00

Meeting at Carers and Disability Link in the morning, we will travel together to Gawler where we will continue our journey by train. Activities will be decided by the group on the day.

LIMITED PLACES BOOKINGS ESSENTIAL

August Dates

(Details to be confirmed)

- 2 Study Space - Kapunda
- 8 Chill
- 14 Study Space - Nuriootpa
- 15 Fleur Social Club
- 16 Study Space-Kapunda
- 22 The Thing
- 25 Mid Term Treat
- 28 Study Space - Nuriootpa
- 30 Study Space - Kapunda

Bake Drop In

Sign In, Bake, Eat (or not!), Sign Out

Wednesday 18 July

2:00 PM to 5:00 PM

Donation to help cover costs please



Been there... **DONE THAT!**

**Young Carer Teen Retreat
April 2018**



Young Carers

NDIS UPDATE

~ *Did you know??* ~

- ~ You cannot use Transport out of your Core Supports if you are receiving a periodic Transport payment, noted on your Plan. This is a decision made by the Government, not CADL and is effecting people nationally.
- ~ Due to where we live, (rural and remote) and not having access to public transport please ask your LAC or NDIA Planner to add Core Supports, travel component as a **STATED SUPPORT** to your Plan.
- ~ If you are receiving a Carers payment and the person you care for is approved for an NDIA Plan, you **must** inform Centrelink.
- ~ Where there is a gap in your Plan there is no guarantee that Support Coordination or Plan Management will be continued.
- ~ If you have Support Coordination on your Plan, and you have a concern about the NDIS, please call your Support Coordinator to discuss this.
- ~ Feros Care now have support with Mission Australia in Adelaide Hills and Bapt Care in York Peninsula.



It is difficult to keep up with all the changes within the NDIS, good luck and lets keep moving forward !!!

Massage

Bowen

Reflexology

RELAX

Some Practitioner's have generously offered their services, one day per month to Carers & Disability Link Carers at discounted rates. If you would like to know more or book in, please contact us at Carers & Disability Link.

Breathe

\$\$\$\$\$

Sonia is offering
Carers, Clients
and their
Family Members
a **20% discount**
on visits

\$\$\$\$\$



Sonya Thorn
Naturopath

17 Second Street, Nuriootpa
(Next to CADL)

Call 0407 611 557 or book online @

www.sonyathornnaturopath.com





New services for carers

The Australian Government is investing an additional \$85.6 million to roll out a range of new early-intervention services for Australia's 2.7 million unpaid carers.

Getting help early can make a big difference to a carer's life. From October 2018, carers will benefit from a range of new services and supports to help manage daily challenges, reduce stress and plan for the future.

What is changing?

The Australian Government will introduce a range of new tailored supports and services for carers set to benefit anyone looking after a person with disability, mental illness, chronic condition, or an older person requiring support.

To fund the new services for carers, the Australian Government will introduce a \$250,000 family income test threshold to the Carer Allowance payment from 20 September 2018. The income test also applies to Carer Allowance Health Care Cards.

This brings Carer Allowance in line with other welfare payments including Carer Payment, which includes an income test. This change will only affect one per cent of Carer Allowance recipients.

How will the new services benefit carers?

Carers are unique and valuable members of our community with varying circumstances and needs.

The new services will be designed to help carers manage their daily challenges, reduce stress and plan for the future. They will help carers get the support they need before reaching crisis point.

Evidence shows us that getting help early can make a big difference to a carer's life. It can help to reduce emotional or physical strain, assist carers to stay in work or study, take breaks from caring responsibilities, and ultimately improve their health and well-being.

What new services will be available to carers?

From October 2018, carers will be able to access a range of new services through [Carer Gateway](#), including:

- national phone and online counselling services to help carers manage daily challenges, reduce stress and strain, and plan for the future

- online peer support, connecting carers with other carers for knowledge and experience sharing, emotional support and mentoring
- online coaching resources with simple techniques, and strategies for goal-setting and future planning
- educational resources to increase skills and knowledge of carers relating to specific caring situations, to build confidence and improve wellbeing.

From September 2019, the Government will establish a new network of Regional Delivery Partners across Australia to deliver and/or coordinate local and targeted services including:

- needs assessment and planning
- targeted financial support packages with a focus on employment, education, respite and transport
- in-person and phone-based coaching, counselling, training and peer support
- information and advice
- access to emergency crisis support
- assistance navigating relevant, local services available to carers through federal, state and local government and non-government providers including the NDIS, My Aged Care and palliative care.

Regional Delivery Partners will also conduct outreach activities, and link to social, health, education, community and cultural groups, to better understand regional needs.

Will existing services for carers be affected?

Carers can continue to access support through their usual service providers until the commencement of the Regional Delivery Partners from September 2019.

What is the difference between Carer Allowance and Carer Payment?

The Australian Government provides a range of payments, benefits and concessions for eligible carers. The two main payments are Carer Allowance and Carer Payment.

Carer Allowance is an income supplement available to people who provide daily care and attention in a private home to a person with disability or a severe medical condition. It can be paid in addition to a social security income support payment.

Carer Allowance recipients caring for a child under 16 receive a Health Care Card. A claimant who does not qualify for Carer Allowance, but still provides at least 14 hours of weekly care for a child under 16, will be entitled to a Health Care Card.

Carer Payment is an income support payment for people who are unable to support themselves through substantial paid employment because of the demands of their caring role. Carer Payment is income and assets tested and paid at the same rate as other social security pensions.

Who will be affected by the change to Carer Allowance?

An estimated 6,900 current Carer Allowance and/or Health Care Card recipients (around one per cent) will be affected by the introduction of the \$250,000 income threshold. Carers and their partner, where applicable, will be income tested.

Around 99 per cent of Carer Allowance recipients will have no change to their payment under this new scheme.

What is Carer Gateway?

The national online and telephone service - [Carer Gateway](#) - was launched on 14 December 2015 to make it easier for carers to find information, practical advice and services to support them in their caring role.

[Carer Gateway](#) has already connected over half a million carers with practical advice and information.

Carers can contact [Carer Gateway](#) by visiting the website at www.carergateway.gov.au or calling the 1800 422 737 phone number, Monday - Friday, 8am-6pm.

Key facts

- An estimated 2.7 million carers in Australia provide care to people with disability, people with long-term health conditions, mental illness, or those who are frail or aged.
- Research shows that 80 per cent of carers may not be aware of the support and services available to them.
- 625,452 carers were receiving Carer Allowance and/or a Carer Allowance (child) Health Care Card as at 30 September 2017.

More information

For more information about this measure visit the [Department of Social Services](#) website (www.dss.gov.au).



We need you!!

We extend an invitation to you all to come to a planning meeting to help us set our course for the coming 3 years. We need your comments and assistance to help us be aware of what we are doing right, what you would like us to continue doing or do more of, or what you feel is not necessary or misses the mark.

Your thoughts and feedback are so important to us as we look to the future of Carers and Disability Link Inc.

Where: CADL Meeting Room

When: Wednesday 16th May - 1pm to 3pm

RSVP: 9th May 2018 on 8562 4000 or

barossa@cadl.support

Refreshments provided.

We look forward to seeing you all and hearing what you have to say. If you are unable to attend and would like to pass on your thoughts, please call Kerry or Rita on 8562 4000 or email.

Thank you for your commitment to Carers and Disability Link.

KEEP THE DATE



DEMENTIA FRIENDLY GARDEN OPENING

SUNDAY 21ST OCTOBER

BAROSSA BUSHGARDENS—11.30AM

To support members of our Barossa community who are living with dementia to not be at risk of social isolation we need 'safe places' in our community that foster tranquility, acceptance and support. Our Dementia Friendly Community Garden will open to the public on Sunday 21st of October and we would like you to join us.

More information on the opening day will be advertised soon!!

If you would like to be involved
contact us on (08) 8562 4000



BAROSSA VALLEY

CARERS &
DisABILITY LINK



'Forgettquette' –

what to do when
someone you love
begins to forget

First, change the way
you think about people
becoming senile. Try to
not see it as tragic.
Deep down, they're still
the person you love.
Just remember that
you'll have to adapt to
their changes, not the
other way around.

As the disease
progresses, use simple
words and short
sentences. But *never*
talk to them in a baby
voice.

*Author—Joan Savers. This novel is a
new purchase from the Barossa
Library for our community.*



Dementia Friendly Communities

NEWS & EVENTS

Barossa's 'Dementia Friendly Community Garden'

Last year the Dementia Friendly Communities group held it's first 'Family Fun Run & Walk'. Monies raised from the event were donated towards the Dementia Friendly Community Garden Project at the Barossa Bushgardens in Nuriootpa.

Also late in 2017 the DFC group were successful in receiving a Government Grant, to assist in building the Dementia Friendly Community Garden.

Why does the Barossa need a Dementia Friendly Community Garden?

The DFC garden would provide a 'safe' place where people living with & affected by dementia can visit and engage in activities of interest. With a dementia diagnosis people can often withdraw from society fearing they will be judged and misunderstood.

The 'DFC Garden', located at the 'Barossa Bushgardens' will provide a place of serenity, warmth and welcome.

The garden is for *every-body* but under-pining it all is :-

A place for people living with/ affected by dementia to feel safe, accepted and valued

A place where people from the community can visit, learn about dementia and actively contribute through volunteering

The design of the garden is based upon a recent Dementia Friendly Communities Audit of the garden space and also takes into account consultation with people living with dementia and their carers.

How can you become involved?

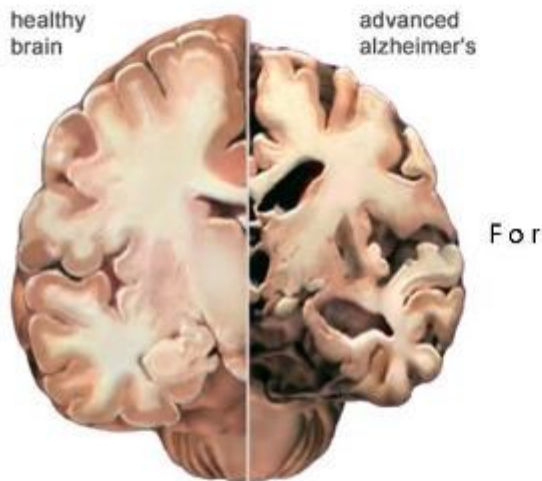
If you would like to be involved please contact Carers and Disability Link on - 85 62 4000 or email Barossa@cadl.support

Bev Saegenschmitter, DFC Project Coordinator and/or Elspeth Morgan from Carers and Disability Link would love to discuss the project with you and how you, your school, service group, business or organisation could be involved in this exciting community project.

OFFICIAL OPENING of DFC COMMUNITY GARDEN: Sunday 21st October, 2018

Bev's Blurp.....the dementia brain & how the loss of connections impact the entire family.....

Dementia affects the functioning of the brain gradually; sections of the brain become damaged and stop operating properly. It is this brain damage that causes the **changes** in behavior, thinking and personality. Dementia can happen at any age and to anyone it is not a normal part of aging.



Caregivers, it is important to firstly acknowledge **change**, briefly the losses and subsequent grief that impacts on every aspect of their lives as they support someone who has dementia. Caring for a person with Dementia can be emotionally and physically stressful. Some family members may be unsure of their feelings, they may not understand how they feel. It is important to remember that all members of the family are affected in different ways by their relative's dementia.

Dementia is characterised by many on-going **changes** and consequent losses for both the person with dementia and for the person caring for them.

There are the practical losses and the 'invisible' losses – *the dreams lost before they were even lived*. Perhaps the most felt loss is that of 'connection'. It's a basic human need to feel like we belong somewhere, to keep connections intact on some way. We all experience grief over the losses of family life when these significant *connections* do not work as we hope or plan.

This experience of dementia presents very real & significant feelings of grief. Grief can simply be defined as a person's reaction to losses and **changes** in life. It is how we respond when we experience loss.

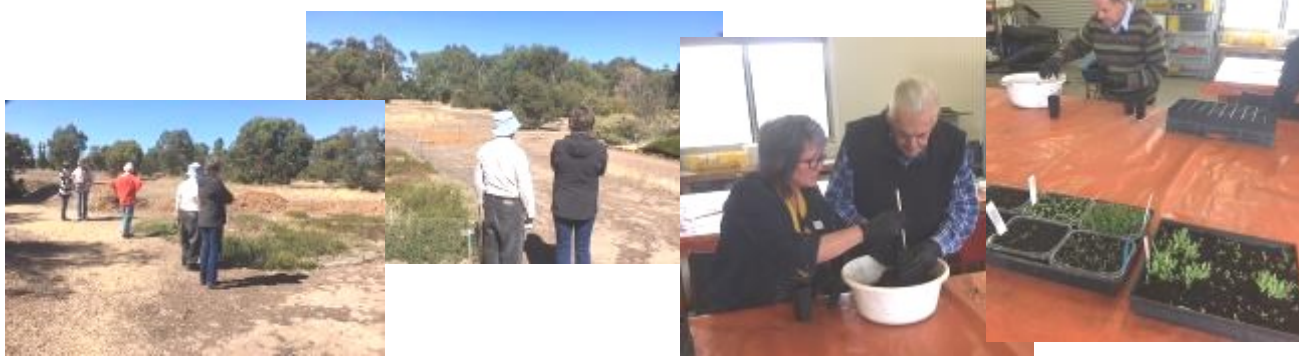
If you are living with someone you care for who is affected by dementia you are probably facing grief & loss issues in your own life. This is a time when YOU as a 'carer' need support to cope with these very profound changes. At this time in my life I found great support & encouragement by attending 'Carers & Disability Link' Carer Support Groups. Call CADL on 85 62 4000 to discuss what support options that may suit your needs best.

Kindest Regards, *Bev Saegenschnitter*



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Garden Progress Pictures



Brought to you by:



Lunch at the Weintal

Come along for a dance and sing-a-long with the magical sounds of the keyboard played by musician extraordinaire –

Peter Hutchins

“Bring your dancing shoes and get ready to Rock n’ Roll, do the Hokey Pokey, the Birdie Dance, Fox Trot, Waltzes and more”

Where: Weintal Resort, 235 Murray St. Tanunda

When: Tuesday 22nd May 12pm—3pm

Lovely 2 Course meal at a subsidised cost of \$25 per head including tea/coffee

Please RSVP by Thursday 17th May to Carers and Disability Link 8562 4000



BAROSSA VALLEY

CARERS & DISABILITY LINK

Supporting your choices

A TIME TO REFLECT

A time to remember and reflect on your special person
who is no longer with you.

Thursday 7th June

**Vine Inn (Hoopman Room), Nuriootpa
11:00 am**

*Our theme is reflection & there will be an opportunity to place words
or verse in a basket to honour our special memories*

Carers and friends are invited to join our Carer Support Team to
attend a ceremony held by Mary Plush.

This will then be followed by lunch, if you would like to attend

12:00 pm

\$22.50 (2 course lunch)

RSVP: 30th May - (08) 8562 4000

or barossa @cadl.support

In our hearts ~ In our minds ~ In our lives





On the 15th March 2018 at a local hairdresser in Eudunda, a client, Ken Westervelt generously donated his time (and hair) to have his head shaved for the fantastic cause, The Worlds Greatest Shave. All of the proceeds were donated to the Leukaemia Foundation.

Ken encouraged the Eudunda Community to contribute money by using collection tins at many venues and was able to raise approximate \$500.

On the day, the local Carers and Disability Link Op Shop, run by kind hearted volunteers, pledged the takings from the Op shop for the day to be added to the donation. Funds raised ended up being close to \$1000.

This was a tremendous result from the Eudunda community and is a testament of how committed and generous the Eudunda Community is.



**HURRY
Limited Seats
Available!!**

Men's Day Retreat

Friday 25th May 2018



- ☑ Depart Carers Link, Nuriootpa at approx. 9:00am
- ☑ Travel through Tanunda, Main North Road, Port Expressway to arrive at Pt Adelaide by 10:30
- ☑ Check out the shops in and around Port Adelaide.
- ☑ Leave at 12:30pm and go on to Coopers Brewery for a tour commencing at 1:00pm
- ☑ The tour takes approx. 90 mins.
- ☑ After finishing the tour, leave for Elizabeth going through Salisbury.
- ☑ Arrive at the Schnithouse by 5:00pm for a meal.
- ☑ Leave by 6:00pm and arrive back at Carers Nuriootpa by 7:00pm.
- ☑ Cost \$15 per person.



Please RSVP by Friday 18^h May 2018

By calling CADL on 8562 4000 or email barossa@cadl.support

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.

Funding for Retreats comes from Department of Social Services and other funding bodies and is limited when the number of Carers wishing to attend Retreats is considered. 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 wants 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.

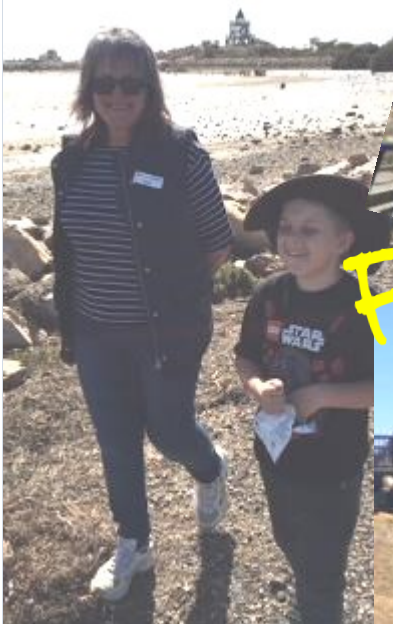
No names or expression of interest will be taken until the retreats have been advertised in the newsletter.

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

What a wonderful day at St Kilda on Tuesday the 17th April for our CADL Family Fun Day! The weather was perfect and the food was great and the company was fantastic!!

Great time had by all!

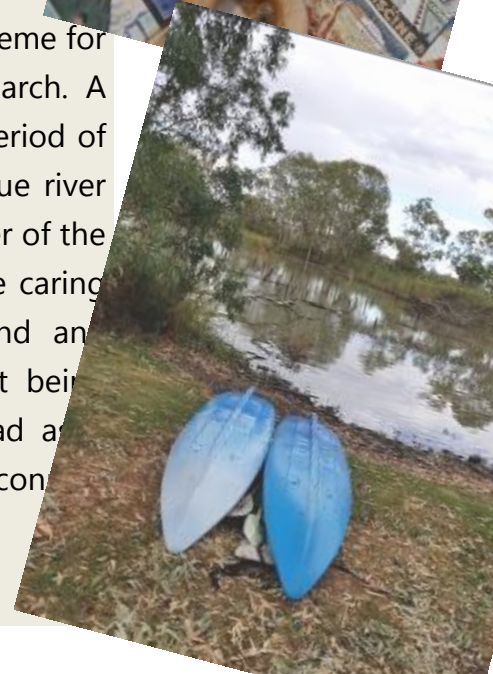


Mental Health

Carer Retreat

23 – 25 March 2018

Fun, food and friendship was the overarching theme for a retreat to Pompoota for a group of carers in March. A small group of mental health carers shared a period of companionship and relaxation in the picturesque river setting. The retreats serve as a positive reminder of the need to balance the carers own needs with the caring role and provided some time to talk, unwind and recharge the batteries. And it turns out that being woken by a large flock of corellas isn't as bad as it sounds and gives us a chance to reconnect with the natural world.



Fancy a cuppa & a chat?



Are you interested in a casual catch up around the kitchen table?

The Kettle's On...



Everyone is welcome for a Cuppa and a Bikkie.

When: Friday Mornings

Time: 9.45 am

Where: Carers & Disability Link

(Kitchen or court yard depending on the weather)



**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!*

Country Stitchers

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

Volunteers meet at the Reusch Centre on the 2nd & 3rd Thursday of the month, beginning in February till November.



Volunteers wanted!

For information, please call

Bev on 0437 711 883

Or Colleen on 0459 050 025

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 Helen at the Warehouse on 8562 2786 or Norma at the Tanunda Clothing Shop on 8563 1105 for more information.

Check out the extended shop at Tanunda

Community Helpers raise many \$\$ for Carers & Disability Link and other charities.

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!

Carer Support Groups 2018

Hi Carers,

We have made it easier for you to see the dates for the groups you attend. Just simply go to the frame that best describes what type of carer you are and you will see the events that are relevant to you in the same numbered frame on the next page.

Please speak to your Carer Support Worker if you are unsure and please let us know what you think of the new format.

We are interested to hear what you think and how we can improve .

1

MHC&F's

Carers of people living with a mental illness, and the person they care for.

MH Carers

Carers caring for a person living with a mental illness.

Reflections

Carers of people living with a mental illness, who would like to share their experiences and issues as Carers with other Carers in similar situations, and in return, offer support and insight into what has been helpful to them.

2

Mixed Blessings

Parents and Carers of children who have a wide variety of disabilities and illnesses

Caring for Carers

A course for Parents/Carers of children with a disability. Contact with Coralie is required if interested

3

Let's Lunch

Carers and the person they care for who is living with Dementia or Memory Loss.

Lets Lunch R&R

Carers who have been attending Let's Lunch whose caring role has changed.

4

In for the Long Haul

Parents and Carers of older children or adults with a disability.

5

Chicken & Chips

(Employed Carers): Carers who are employed or studying, and voluntarily care for family members or friends who may have a wide variety of disabilities and illnesses.

6

Williamstown Carers

Carers caring for people who have a wide variety of disabilities & illnesses who live in the Williamstown region.

Top Blokes

Male Carers.

BV Carers

Carers caring for people who may have a wide variety of disabilities and illnesses who live in the Barossa Valley and surrounds and who enjoy a social outing.

Happy Wanderers

Older Carers (over 65 years) caring for people who may have a wide variety of disabilities and illnesses, and the person they care for.

Eudunda /Robertstown

Carers caring for people who may have a wide variety of disabilities and illnesses who live in these areas, and the person they care for.

7

Dementia Carers

Carers caring for a person with Dementia or Memory Loss.

Creative Carers

Carers caring for a person with Dementia or Memory Loss.

Freeling Carers

Carers caring for a person who is frail aged and have a focus on dementia or memory loss, who live in Freeling and surrounds.

June, July & August Groups 2018

1

MHC&F's

June 4th	Monday 12pm	Sir John Franklin
July 9th	Monday 12pm	Drive & Picnic
August 13th	Thursday 9.30am	Virginia Nursery

MH Carers

June 14th	Thursday 7pm	@ CADL
July 12th	Thursday 6pm	@ CADL
August 9th	Thursday 7pm	@ CADL

Reflections

June 19th	Tuesday 4pm	@ CADL
July 17th	Tuesday 4pm	@ CADL
August 21st	Tuesday 4pm	@ CADL

2

Mixed Blessings

June 4th	Monday 9.30am	CADL
July 4th	Monday 9.30am	GC Cafe
July 24th	Monday 9.30am	GC Café
August 6th	Monday 9.30am	CADL

Caring for Carers ~ Coralie will be in touch ☺

3

Let's Lunch

June 7th	Thursday 12pm	Vine Inn
July 5th	Tuesday 12pm	Big Day Out
August 16th	Thursday 12pm	Roseworthy

Lets Lunch R&R

June	Thursday 12pm	
July 17th	Thursday 12pm	Big Day Out
August	Thursday 12pm	

4

In for the Long Haul

June 11th	Monday 10am-3.30pm	Schnithouse
July 10th	Monday 11.30am	Soul w Zest
August 13th	Monday 6pm	Angas Park Hotel

5

Chicken & Chips

June 4th	Monday 6pm	Gungellan
July 9th	Monday 6pm	Vine Inn Hotel
August 13th	Monday 6pm	Angas Park Hotel

6

Williamstown Carers

June 4th	Friday 12pm	Mt Pleasant Hotel
July 13th	Friday 12pm	Gawler Palace
August 10th	Friday 12pm	Southern Hotel

Top Blokes

June 28th	Thursday 12pm	The Vine Inn
July 26th	Thursday 12pm	Clare Castle Hotel
August 23rd	Thursday 12pm	Southern Hotel

BV Carers

June 21st	Thursday 9.30am	Morgan Hotel
July 19th	Thursday 9.30am	St Kilda Hotel
August 16th	Thursday 9.30am	Taminga Hotel

Happy Wanderers

June 25th	Monday 9.30am	Mt Pleasant
July 30th	Monday 9.30am	Lyndoch Hill Tea Rooms
August	Monday 9.30am	Eudunda

Eudunda /Robertstown

June 12th	Tuesday 6pm	Point Pass Hotel
July 10th	Tuesday 9.30am-4pm	Munno Para Shops
August 12th	Tuesday 12pm	Robertstown Hotel

7

Dementia Carers

June 18th	Monday 10am	Linke's Bakery
July 9th	Monday 10am	Reusch Centre
August 13th	Monday 10am	Reusch Centre

Creative Carers

June 4th	Monday 10am	Reusch Centre
July 2nd	Monday 10am	Reusch Centre
August 6th	Monday 10am	Reusch Centre

Freeling Carers

June 20th	Wednesday 1.30pm	St.Marks Lutheran Hall
July 18th	Wednesday 1.30pm	St.Marks Lutheran Hall
August 15th	Wednesday 1.30pm	St.Marks Lutheran Hall

Please RSVP to your Groups,
at least two days prior by calling
Admin on 8562 4000 or emailing us
at barossa@cadl.support

YC's

Pgs 6,7 & 8