

## CARER EVENTS



It's been a busy few months with our carer events!

Barwon Health Carer Support hosted 18 events with more than 400 carers taking time out of their busy schedules to attend. Carers had a great time experiencing high teas, lunches, movie days, wellness retreats and a gold prospecting adventure.

We hope these events allowed you to take a break from your caring responsibilities, to relax, connect, and most of all - have fun!



## A message from Bec

Carer Support Coordinator, Barwon Health

Welcome to the second edition of the Barwon Health Carer Support newsletter for 2024, and my first edition at coordinator!

I joined Carer Support in March after previously working as a senior social worker in the Barwon Health Primary Care team. I am grateful to be given the opportunity to be part of an amazing team in Carer Support.

We've hit the ground running with carer events, community presentations, attending expos and building our support groups. The team is doing an amazing job to keep up with the competing demands of their roles.

We look forward to continuing to support you on your caring journey and encourage you to contact us if your circumstances have changed, or if you have any questions or concerns that we may be able to assist you with.

Kind regards,

*Bec*

## HAVE AN IDEA FOR A CARERS EVENT?

We'd love to hear your suggestions on the types of activities and events you'd like us to organise for carers like yourself.

While we're open to new ideas, please keep them practical and enjoyable for everyone.

As a thank you for your input, one lucky carer will be randomly chosen to receive a \$50 Woolworths grocery voucher.

Email your suggestions to [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au) or call (03) 4215 7600. We can't wait to hear from you!



We, Barwon Health, acknowledge the Traditional Owners of the land, the Wadawurrung people of the Kulin Nation. We pay our respects to their Elders both past, present and emerging.

Barwon Health is committed to LGBTIQ+ inclusion.



## RESIDENTIAL RESPITE INFORMATION DAYS

Residential Respite Information Days aim to help you gain a better understanding of respite in a residential aged care facility.

Hosted at Barwon Health's Newcomb Community Health Centre, you'll learn about how to access residential respite, how to navigate My Aged Care and Centrelink, hear from an aged care facility, and better understand the importance of self-care.

A carer from the most recent information day left feeling more confident to make informed decisions about respite options. "Lots of great information and excellent speakers," they said.

Please join us at our next Residential Respite Information Days:  
**Thursday 25 July 2024**  
**Thursday 22 October 2024**



**RSVP: [cs.events@barwonhealth.org.au](mailto:cs.events@barwonhealth.org.au)  
 or ph (03) 4215 7600.**

*Agenda and details will be shared closer to the dates.*



## South West Carers

It was great to be part of the MPower 'Carefoot Bowls' event and meet so many of you. If we didn't get the chance to talk to you and you'd like to know more about our service, please call (03) 4215 7600.

**We've got more events coming up!  
 Keep an eye out for the details in  
 your email or on our Facebook page.**





## Rainbow Carers

### Have you heard of the new queer safe space in Geelong?

QHub is an inclusive space for LGBTQIA+ young people and their families.

The hub is home to a wide range of activities available for any of its visitors. They have comfortable places to sit, a queer library, pride flags hung across the walls, and much more.

QHub also offer free counselling for young people and their families. The main goal of this space is inclusivity and to make sure everyone knows they are welcome.

You can follow QHub on their social media, @QHubGeeong, or contact them for more information, email [qhub@ds.org.au](mailto:qhub@ds.org.au) phone (03) 9663 6733.



## First Nations Carers

Positive Partnerships launched a new podcast series called **'Yarning With Our Mob'**.

During the podcast series, Positive Partnerships team leader of Aboriginal and Torres Strait Islander Families & Community Programs, Maria Watson-Trudgett of the Wiradjuri people, yarns with parents, carers and service providers who share their stories and challenges about autism in indigenous communities.

You can subscribe to this podcast wherever you listen to your podcasts.



## Young Carers saddle up for a day of horse riding



During the April school holidays, young carers enjoyed a horse riding adventure with Spring Creek Horse Rides in Bellbrae.

The day included horseback riding through the bush, learning how to whip crack, a picnic lunch, and a great deal of fun, bonding, and relaxation.

For some young carers it was their first time on a horse and cracking a whip. The young carers had a wonderful day out.



# REAL CARER STORIES

Rosemary is an unpaid carer for her elderly mother. The level of care became overwhelming and recognising she needed help, Rosemary reached out to Barwon Health Carer Support and Carer Gateway. Carer Support intake worker Donna helped Rosemary with the process to access residential respite for her mother.

**“Thank you Donna for putting in respite for my mother so quickly. The transition has been seamless. She is already a different person since being there.”**

Carer Support worker Jodie, was a great sounding board for Rosemary and offered helpful support.

**“Jodi , we spoke on the telephone for over an hour and our conversation went into so many caring areas. Thank you for listening and supporting my personal needs.”**

Rosemary highly recommends Barwon Health Carer Support and believes all carers should get in touch, especially early on in their caring journey as it can help carers better look after themselves and the person they care for.

**“Thank you so much Donna and Jodi for your support and the help you have given my mother and myself. Your work and care is very much appreciated.”**



**Your feedback matters!**

## We want to hear from you.

We're committed to providing the best possible services to support you in your caring role. Your feedback helps us understand what's working well and where we can improve.

If you would like to give feedback, please email [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au) or phone (03) 4215 7600.



## Are you a carer for someone living with dementia?

If so, you may be interested in a support service to help carers who are caring for someone with dementia.

Australian Multicultural Community Services (AMC Services) are facilitating a government funded project called 'Staying at Home', focusing on people living with dementia and their carers.

**The 'Stay at Home' service helps the carer develop skills so the person they care for can stay at home longer, rather than go into permanent care.**



Their Dementia Wellbeing Centres provide support and care to people living with dementia and their carers through five government funded sessions.

The aim of the initiative is to empower carers, provide valuable wellbeing support and foster a nurturing community to enhance the caregiving journey.

Enjoy a complimentary morning tea and lunch, fostering connections and shared experiences as you engage in facilitated activities.

If you're interested in joining a 'Staying at Home' support group or would like more information, contact Mariana Azar by calling 0403 186 979 or email [mariana.azar@amcservices.org.au](mailto:mariana.azar@amcservices.org.au)



## ANDREW LOVE CANCER CENTRE WELLNESS LOUNGE

Barwon Health's Andrew Love Cancer Centre Wellness Lounge is a welcoming non-clinical space offering extra support to patients and carers during cancer treatment.

This is a place to find support or take some quiet time away from the busy hospital environment. You can join weekly activities, take time out in the quiet rooms, have a chat around the table with people affected by cancer, enjoy the garden space or make yourself a cuppa rather than sit in the waiting room.

Barwon Health Carer Support staff visit the Wellness Lounge each fortnight. If you're a carer of someone living with cancer and would like to know more about the support we can offer or when we next visit, please email [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au) or call (03) 4215 7600.

## Do you need help to connect with My Aged Care?

If you or someone you know, is looking for guidance on how to access My Aged Care, the lovely volunteers at Bellarine Community Health are here to help!

They will be at Bellarine Community Health's Portarlington site on Fenwick Street every Tuesday and Thursday from 10am to 12pm. No appointment is needed.

The volunteers may not have all the answers you are after, but they can help give some insight and direction on what to do.

*This volunteer program operates on a demand basis and may pause based on the level of need.*





# Carer tips and resources

## Australian Red Cross Get Prepared app

When emergencies happen there are lots of decisions to make and a lot to do. The Get Prepared app helps you create a personal emergency plan, so you can take care of yourself and the person you care for.

[www.redcross.org.au/emergencies/prepare/get-prepared-app/](http://www.redcross.org.au/emergencies/prepare/get-prepared-app/)



## Smoke Alarm Subsidy

The Victorian Smoke Alarm Scheme and the Tasmanian Specialised Smoke Alarm Program are Government funded subsidies providing specialised smoke alarms to deaf and hard of hearing people living in Victoria and Tasmania.

[www.expression.com.au/services/smoke-alarm-subsidy](http://www.expression.com.au/services/smoke-alarm-subsidy)



## RACV Emergency Wheelchair and Scooter Assist

RACV Insurance offers 24/7 emergency help for wheelchair or mobility scooter for just \$30 a year. Buy online or call RACV on 13 72 28.

[www.racv.com.au/cars-transport/roadside-assistance/wheelchair-scooter-assist.html](http://www.racv.com.au/cars-transport/roadside-assistance/wheelchair-scooter-assist.html)



## New resources to support carers caring for someone in Residential Aged Care

Palliative Care Victoria has recently released the Dignified and Respectful Decisions project – a new set of resources for carers that are caring for a family member in residential aged care who can no longer make decisions for themselves.

[www.pallcarevic.asn.au/dard](http://www.pallcarevic.asn.au/dard)







## Meet Bec

### Carer Support Coordinator

#### Tell us a little bit about your role?

My role as the coordinator of Barwon Health Carer Support and Carer Gateway is to support the team in their roles to ensure high quality services and supports are implemented for carers.

#### What is the most rewarding part of your job?

Providing guidance to our team and ensuring the carers wellbeing is at the forefront of everything we do. Also being part of a multidisciplinary team who are passionate and dedicated in supporting carers in their caring journey.

#### What do you like to do in you spare time?

Reading a good book or watching a captivating TV series and spending time with my family and our beautiful golden retriever, Sage. When I'm in need of some self-care I go for a walk outside and listen to a podcast. I'm also a huge Geelong Cats fan and enjoy watching the footy.



### Community Kitchens Recipe Zucchini Slice

Serves: 6  
Prep time: 30 minutes  
Cooking Time: 45 minutes

#### Ingredients:

- 5 eggs
- pepper
- 300g zucchini, grated
- 400 g carrot, sweet potato or pumpkin, peeled and grated
- 1 1/2 cups canned corn kernels or frozen peas, drained
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- 3/4 cup wholemeal self-raising flour
- 1 cup reduced-fat cheddar cheese, grated
- olive or canola oil spray
- 3 large tomatoes, sliced, optional
- green side salad, to serve

#### Method:

1. Preheat oven to 200°C (180°C fan forced).
2. Whisk eggs in a medium jug, season with black pepper and set aside.
3. Squeeze grated vegetables to remove some of the excess moisture.
4. In a large bowl combine all ingredients except tomato and green salad. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in zucchini mix and flatten with a spoon. Cover with tomato slices arranged in a single layer.
6. Bake for 40-45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before dividing into 6 pieces and cutting into slices. Serve with a green side salad.

Find more  
Community Kitchen  
recipes here:





## What's coming up

### June

**Eastern Carer Support Group**

Monday 3 June at 1:00pm - 3:00pm

Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb

**Colac Cinema**

Thursday 6 June at 12:00pm

'IF Movie'

Movie screening for carers and their family members.

**Dementia Carer Support Group**

Wednesday 12 June at 10:00am - 12:00pm

Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**CareSpace Support Group**

Wednesday 12 June at 6:00pm - 8:00pm

Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**Northern Carer Support Group**

Thursday 13 June at 10:00am - 12:00pm

Norlane Community Centre, 39 Rose Avenue, Norlane

**Colac Carer Support Group**

Wednesday 19 June at 1:30pm - 3:00pm

*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**Down Memory Lane Support Group**

Wednesday 19 June at 11:00am - 12:30pm

Legacy House, 45 Gellibrand Street, Colac

**Geelong Carer Support Group**

Thursday 20 June at 10:00am - 12:00pm

*Location changes depending on activity. Please confirm attendance to be advised of venue.*

### July

**Geelong Village Cinema (VJunior)**

Tuesday 2 July at 1:00pm

'The Garfield Movie'

Movie screening for carers and their family members.

**Eastern Carer Support Group**

Monday 8 July at 1:00pm - 3:00pm

Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb

**Dementia Carer Support Group**

Wednesday 10 July at 10:00am - 12:00pm

Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**CareSpace Support Group**

Wednesday 10 July at 6:00pm - 8:00pm

Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**Northern Carer Support Group**

Thursday 11 July at 10:00am - 12:00pm

Norlane Community Centre, 39 Rose Avenue, Norlane

**Down Memory Lane Support Group**

Wednesday 17 July at 11:00am - 12:30pm

Legacy House, 45 Gellibrand Street, Colac

**Colac Carer Support Group**

Wednesday 17 July at 1:30pm - 3:00pm

*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**Geelong Carer Support Group**

Thursday 18 July at 10:00am - 12:00pm

*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**Residential Respite Information Day**

Thursday 25 July at 9:00am

Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb





## What's coming up

### August

**Northern Carer Support Group**

Thursday 8 August at 10:00am - 12:00pm  
Norlane Community Centre, 39 Rose Avenue, Norlane

**Eastern Carer Support Group**

Monday 12 August at 1:00pm - 3:00pm  
Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb

**Dementia Carer Support Group**

Wednesday 14 August at 10:00am - 12:00pm  
Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**CareSpace Support Group**

Wednesday 14 August at 6:00pm - 8:00pm  
*Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb*

**Geelong Carer Support Group**

Thursday 15 August at 10:00am - 12:00pm  
*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**Down Memory Lane Support Group**

Wednesday 21 August at 11:00am - 12:30pm  
Legacy House, 45 Gellibrand Street, Colac

**Colac Carer Support Group**

Wednesday 21 August at 1:30pm - 3:00pm  
*Location changes depending on activity. Please confirm attendance to be advised of venue.*

### September

**Eastern Carer Support Group**

Monday 9 September at 1:00pm - 3:00pm  
Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb

**Dementia Carer Support Group**

Wednesday 11 September at 10:00am - 12:00pm  
Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**CareSpace Support Group**

Wednesday 11 September at 6:00pm - 8:00pm  
Newcomb Community Health Centre 104-108 Bellarine Highway, Newcomb

**Northern Carer Support Group**

Thursday 12 September at 10:00am - 12:00pm  
Norlane Community Centre, 39 Rose Avenue, Norlane

**Down Memory Lane Support Group**

Wednesday 18 September at 11:00am - 12:30pm  
Legacy House, 45 Gellibrand Street, Colac

**Colac Carer Support Group**

Wednesday 18 September at 1:30pm - 3:00pm  
*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**Geelong Carer Support Group**

Thursday 19 September at 10:00am - 12:00pm  
*Location changes depending on activity. Please confirm attendance to be advised of venue.*

**If you are interested in attending any of the Carer Support events, please RSVP by emailing [cs.events@barwonhealth.org.au](mailto:cs.events@barwonhealth.org.au) or phoning (03) 4215 7600**





South West Region  
**Carer Support Groups**

Facilitated by MPower	When	Contact
Portland Carers Group	Last Friday of the month	(03) 5561 8111
Casterton Carers Group	3rd Friday of the month	(03) 5561 8111
Warrnambool Carers Group	3rd Wednesday of the month	(03) 5561 8111
Hamilton Carer Support Group	1st Monday of the month	(03) 5561 8111
Coleraine Carer Support Group	2nd Wednesday of the month	(03) 5561 8111
Terang Carer Support Group	2nd Thursday of the month	(03) 5561 8111
Timboon Carer Support Group	1st Tuesday of the month	(03) 5561 8111



**Mailing List**

If you are getting the newsletter by post but would prefer to receive it electronically, please email [carersupport@barwonhealth.org.au](mailto:carersupport@barwonhealth.org.au) and request to be added to the email distribution list.



**Our Team**

Bec, Kristy, Gabrielle, Cheryl, Danielle, Deb, Donna, Bec, Emily, Elizabeth, Jodi, Laura, Linda, Melissa, Sue, Robyn and Ria



**Let's Connect**

Join the [Barwon Health Carer Support](#) Facebook group to stay up-to-date with events and connect with other carers.