

UPCOMING BARWON HEALTH CARER SUPPORT EVENTS

Social Supports Program Open Days

Barwon Health Carer Support invites carers and the person they care for to the Barwon Health Social Supports Program (SSP) in Belmont. The SSP offers social activities to engage people in their community. SSP staff will provide an overview of the program to carers while the person they care for enjoys onsite activities.

Details will be shared closer to the dates.

Tuesday 12 March
Monday 8 April
Wednesday 15 May



Residential Respite Information Days

Hosted at Barwon Health Newcomb Community Health Centre, the information days will help you gain a better understanding of respite in a residential aged care facility.

Agenda and details will be shared closer to the dates.

Friday 19 April
Thursday 25 July
Tuesday 22 October



Grand Bus Tour - Thursday 23 May

Join us as we showcase residential aged care facilities on the Bellarine Peninsula. We'll be visiting Arcare Point Lonsdale, Arcare Portarlington and Ryman Deborah Cheetham Retirement Village in Ocean Grove. This is a great opportunity for carers who are considering respite or permanent care for someone they care for. Agenda and details will be shared closer to the date.

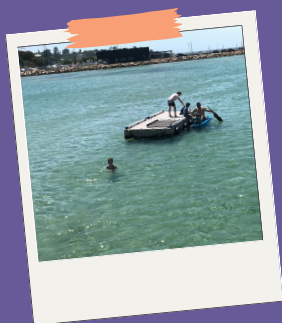
If you are interested in attending any of the above Carer Support events, please RSVP by emailing cs.events@barwonhealth.org.au or phoning (03) 4215 7600



SORRENTO FAMILY DAY OUT

Each year Barwon Health Carer Support hosts a trip for young carers and their families to the peaceful seaside town of Sorrento. Attendees take the ferry from Queenscliff and after arriving in Sorrento, share a fish and chip lunch and play games on the picturesque foreshore.

Over 20 people attended the event in January on a beautiful summers' day. The annual Sorrento trip commenced seven years ago and is now the program's dedicated family event.



Down Memory Lane

A support group for carers, and the person they care for with memory loss, hosted by Barwon Health Carer Support and Anam Cara House Colac.

Come along with the person you care for and connect with other carers who are supporting a family member with memory loss. Enjoy friendly conversation, listen to topics of interest, and enjoy morning tea together.



When: 3rd Wednesday of each month , 11:00am -12:30pm

Where: Legacy House, 45 Gellibrand Street, Colac

Light morning tea provided. Refreshments can be purchased at café next door.

RSVP

Contact Barwon Health Carer Support by phoning 4215 7600 or Anam Cara House 5233 8203
Registration for this group is important as there are limited spots available.



What iconic Australian band sang the song "Back in Black"?

Email the correct answer, your full name and contact details to cs.events@barwonhealth.org.au to go in the draw to win a prize!



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.

Carer Wellness Retreat



Barwon Health Carer Support hosted a transformative two-night retreat, bringing together eight carers from varied backgrounds.

Facilitated by Wellness and Positive Change expert Jo Surkitt, the retreat was a haven for healing, connection, and rejuvenation hosted at Summer House Retreat in Jan Juc.

The primary focus of the retreat was to provide carers self-care activities and practices to strengthen their physical, emotional, and mental wellbeing. Carers often put the needs of others before their own. During the retreat carers found solace and healing in this holistic approach to self-care.

The retreat's itinerary included wellness sessions, yoga, mindfulness, sound healing, meditation, tai chi, hammam bathing, nature walks, conscious discussions, sleep practices, a 5-star culinary journey, and mindful art. Each activity aimed to restore and revitalise, offering these carers a toolkit for sustainable well-being.



As carers learned to prioritise their own well-being, they discovered renewed energy and a sense of balance. The ripple effect of such retreats extends beyond the individuals, positively impacting the care they provide and, ultimately, the well-being of those they support.

“I'd like to say a huge thank you! It was amazing and has helped me so much. To loving me, to a place of acceptance with my new caring role. Forever grateful,” a carer from the retreat said.

As the curtains closed on this retreat, the eight carers left not only with enhanced self-care tools but also with a renewed sense of purpose and a community of allies who understand the challenges and triumphs of their unique journey.





Carefoot Bowls

Mpower Warrnambool is inviting you to
Carefoot Bowls Community Day.

Meet local service providers and find out how they can help you and the person you care for.

Timboon

Monday 4 March 2024

Fox Street, Timboon

3:30pm - 6:30pm

RSVP by 27 February 2024

Camperdown

Friday 15 March 2024

8 Thornton Street, Camperdown

3:30pm - 6:30pm

RSVP by 8 March 2024

Coleraine

Wednesday 20 March 2024

74 Turnbull Street, Coleraine

3:30pm - 6:30pm

RSVP by 13 March 2024

Hamilton

Wednesday 17 April 2024

90/92 Kennedy Street, Hamilton

3:30pm - 6:30pm

RSVP by 10 April 2024

No bowling experience necessary.

All equipment supplied.

RSVP to MPower - phone (03) 5561 8111

CARER LUNCHES

Come and meet other carers from the South West region for a hearty lunch!

HAMILTON

Wednesday 20 March 2024

The Cally - Caledonian Hotel Motel at 12:00pm.

PORTLAND

Tuesday 16 April 2024

Macs Hotel at 12:00pm

Meals provided and drinks can be purchased at the bar.

RSVP: Barwon Health Carer Support, cs.events@barwonhealth.org.au or phone (03) 4215 7600



SAVE THE DATE!

Carer Connect Roadshow at Gateway Plaza in Warrnambool

Thursday 21 March 2024, from 10:00am - 2:00pm

Join us to talk about the services and supports available to you in your caring role.

Look forward to seeing you there!

No RSVP required.



New fuel discounts for Victorian Government Carer Card holders and Senior Card holders

As of December 2023, the Victorian Government announced individuals holding the VIC Seniors Care and Carers Card are eligible to acquire a United fuel discount card, available in digital or plastic formats. This initiative, introduced by the Department of Families, Fairness, and Housing (DFFH), enables cardholders to enjoy a fuel discount of 4 cents per litre at United service stations nationwide.

To find out more, visit the [Seniors Online Victoria](http://www.seniorsonline.vic.gov.au/discounts/united-petroleum) website www.seniorsonline.vic.gov.au/discounts/united-petroleum.

CARESPACE GROUP

CareSpace is a peer support group for those caring for a young person, who is experiencing mental illness.

It is a safe supportive space where people can share their experiences and receive support from others who may have experienced similar situations.

Light refreshments included.

When: 2nd Wednesday in the month

Time: 6:00pm to 8:00pm

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

RSVP



cs.events@barwonhealth.org.au



(03) 4215 7600



Are you looking for tasty and healthy meals that are ready to eat when you need it?

That's exactly what Dhauward-Wurrung Elderly Community Health Services Inc. in Portland are bringing to the table! These ready-made meals are crafted in a Class 1 registered kitchen and immediately snap frozen to preserve freshness for you to store safely in your freezer for up to two months.

The menu offers a range of options on a weekly basis, with a rotation every six weeks to ensure plenty of choices for everyone.

Contact Dhauward-Wurrung Elderly & Community Health Services Inc. for pricing and to order your pre-made meals.

Phone: (03) 5521 7535

Email: catering@dwech.com.au





Warrnambool Young Carer Pizza and Bowling Night

Monday 4 March 2023

Meet at The Bowl in Warrnambool from 5:00pm for a round of bowling followed by dinner at Bojangles Pizza Restaurant.



RSVP

cs.events@barwonhealth.org.au

or phone (03) 4215 7600

PlayConnect+

Supporting families with children with disability or developmental concerns.

**Torquay Children's Hub
27 Grossmans Road, Torquay
Tuesdays at 9:30am - 11:30am**

PlayConnect+ playgroups are open to all children with disability and/or developmental concerns aged 0-6 years. The playgroups are for children, their families, carers and siblings. No diagnosis is required. All sessions are facilitated by qualified professionals. PlayConnect+ playgroups are a great way for families to connect, share knowledge, ideas, and have fun!

Register your interest with local facilitator Judy Middelkoop:

jmiddelkoop@playgroup.org.au

Phone: 0472 722 587

Scan the QR code for more information on Playgroup Victoria.

SCAN ME!



Community Kitchens Recipe

Healthy Bean Burrito

Serves: 6

Prep time: 15 minutes

Cooking Time: 20 minutes

Ingredients:

- Olive or canola oil spray
- 1 onion, finely chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tbs smoked paprika
- 1 zucchini, grated
- 1 x 400 g can no-added-salt diced tomatoes
- 2 carrots, grated
- 1 cup frozen or fresh corn kernel
- 2 x 400 g cans no-added-salt red kidney beans, drained and rinsed
- 1 x 400 g can no-added-salt brown lentils, drained and rinsed
- 2 tomatoes, chopped
- 12 leaves lettuce, shredded
- 6 tortillas

Method:

1. Spray a large non-stick saucepan with oil and place on medium to high heat.
2. Cook onion for 3 minutes, stirring occasionally.
3. Add spices and cook for 1 minute until fragrant.
4. Add zucchini, carrot, corn kernels, canned tomatoes, lentils and beans.
5. Simmer uncovered for 15 minutes, or longer if time permits, stirring occasionally until thickened.
6. If desired, heat tortillas in the microwave for 1 minute on HIGH, or according to packet instructions.
7. To serve, top each tortilla with bean mix, tomato and lettuce then roll up to enclose filling.

Find more
Community recipes
here:





What's coming up

March

Warrnambool Young Carer Bowling & Pizza

Monday 4 March at 5:00pm

Timboon Carefoot Bowls

Monday 4 March at 3:30pm

Barwon Health Social Supports Program Open Day

Tuesday 12 March at 10:00am

Camperdown Carefoot Bowls

Friday 15 March at 3:30pm

Coleraine CareFoot Bowls

Wednesday 20 March at 3:30pm

Hamilton Carers Lunch

Wednesday 20 March at 12:00pm

Carer Connect Roadshow

Thursday 21 March at 10:00am

April

Barwon Health Social Supports Program Open Day

Monday 8 April at 10:00am

Portland Carers Lunch

Tuesday 16 April at 12:00pm

Hamilton Carefoot Bowls

Wednesday 17 April at 3:30pm

Residential Respite Info Day

Friday 19 March at 9:30am

May

Barwon Health Social Supports Program Open Day

Wednesday 15 May at 10:00am





Barwon South West Region
Carer Support Groups

Facilitated by Barwon Health Carer Support	When	Contact
Geelong Carer Support Group	3rd Thursday of the month	(03) 4215 7600
Eastern Carer Support Group	2nd Monday of the month	(03) 4215 7600
Northern Carer Support Group	2nd Thursday of the month	(03) 4215 7600
Colac Carer Support Group	3rd Wednesday of the month	(03) 4215 7600
Dementia Carer Support Group	2nd Wednesday of the month	(03) 4215 7600
Down Memory Lane	3rd Wednesday of the month	(03) 4215 7600
CareSpace Group	2nd Wednesday of the month	(03) 4215 7600
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 and request to be added to the email distribution list.



Our Team

Kristy, Gabrielle, Bec, Cheryl, Danielle, Deb, Donna, Emily, Elizabeth, Jodi, Laura, Linda, Melissa, 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.