



National Carers Week

In October 2022, National Carers Week presented many wonderful opportunities for carers to socialise and enjoy a break with other carers.

National Carers Week aims to raise community awareness among all Australians about the diversity of carers and their caring roles.

National Carers Week is an initiative of Carers Australia, funded by the Australian Government Department of Social Services, and coordinated with the assistance and participation of the National Carer Network.

Locally, Barwon Health hosted 13 events with more than 200 carers taking time out of their busy schedules to attend. Highlights included an evening of entertainment at Piano Bar with Andy Pobjoy, lunch at the Forrest Brewery, high teas at Cafe Zoo in Drysdale and RACV Club Torquay and a hit of golf at The Range in Curlewis.



If you would like to share feedback about Barwon Health's Carers Week events, please email cs.events@barwonhealth.org.au



A message from Jennifer Polley

Carer Support Coordinator, Barwon Health

Welcome to the first edition of Barwon Health's Carer Support newsletter for 2023.

On behalf of the team at Carer Support, we hope you had a wonderful Christmas and are off to a positive start in the New Year.

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.

We have some great events and social opportunities coming up over the next few months and we would love for you to take some time for yourself and come along. Reach out if we can assist you in accessing the supports that you need in order to attend.

Kind regards,

Jennifer



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.



Can you solve this riddle?

*If 6 horses eat 6 bales of hay in 6 days,
how many bales will 12 horses eat in 12 days?*

**Email the correct answer,
your full name and contact details to
cs.events@barwonhealth.org.au by 5pm,
24 February 2023 to go in the draw to win a prize.**



A new podcast series showcasing the different experiences of carers across Victoria launched in October 2022.

The Care Mosaic explores the challenges unpaid carers face on a daily basis.

Each episode looks at a particular type of caring relationship, including young carers, carers supporting their ageing parents and carers who are partners - focusing on the nature of caring and how it features within other aspects of their life.

The stories also touch on the support carers have received, including counselling, group support, coaching, respite and skills courses.

The Care Mosaic podcast is available on:



Spotlight on the Life Book Group

Barwon Health Carer Support's Life Book Group is helping carers and care recipients experiencing memory loss to create a meaningful tool to share details about their lives when they attend hospital or respite.

Held over four sessions, the Life Book Group supports participants to create a 'life book', compiling special memories and photos to provide an insight into care recipient's lives. Participants also complete a questionnaire to assess a care recipient's needs and what matters most to them when they are entering hospital or respite.

Barwon Health Carer Support Worker Linda Verhoeven said a 'life book' can help to reduce the confusion and anxiety created around memory loss for carers, care recipients and staff and is also a great conversation starter with family and friends.

Eighty four-year-old Ray, a former builder, was diagnosed with dementia two years ago and entered residential aged care last year.

Ray's wife of 26 years Judy described participating in the Life Book Group as a really enjoyable experience for both of them.

"We photocopied photos and stuck in memories about Ray's life including pictures of our family, the truck he used to drive when he had a business, photos of our dog Derek and other important things in our life," Judy said.

"Ray carries the book with him every day in the seat of his walker and it means people caring for him can see a snapshot into the kind of life he had before he became unwell – he has been the most wonderful husband to me."

The Life Book Group offers a nurturing and relaxed environment for carers and care recipients to talk and share experiences. Barwon Health Carer Support hosts two groups per year, often in partnership with Dementia Australia.



Photo: (L-R) Ray and Judy Hogan.



Music engagement for people living with dementia

Dementia Australia has recorded a specialised education video for people living with dementia and their carers. In the video, Music Therapist Geena Cheung discusses what music therapy is and how to use music for health and wellbeing, with a focus on engaging people living with dementia.

Participants will gain knowledge in:

- Music interventions to use at home to support health and well-being
- Therapeutic outcomes of the music therapy interventions
- How to access music therapy services.

To view this video please register your access details by scanning the QR code. Upon registering you will receive access on screen and an email to view at a later stage.



Scan here

Rainbow Young Carers

Rainbow Young Carers is a safe space for all young carers (aged from 12 to 25) who identify as LGBTIQ+ to:

- Hang out with other young carers in the rainbow community.
- Make new friends to talk, laugh and share your experiences with.
- Take a break from your caring role and just be you.
- Participate in fun events and activities.

Young carers who identify as members of the LGBTIQ+ community face unique challenges and will benefit from connecting with other young rainbow carers across Victoria.

As a new group, monthly chat sessions will be held online with events starting, both online and face-to-face, once the group is established.

RSVP: carerevents@alfred.org.au or ph 9076 6644



"Everyday is different, you are challenged to your limits but at the same time learn so much about yourself and strength that you didn't even know you ever had!"

You are surrounded by other carers who have an understanding of what you are going through and a loved one that inspires you to be the best version of yourself."

Jess, Carer





MEN'S CARER SUPPORT GROUP COFFEE CATCH UP

Are you interested in attending our Men's Support Group in February?

We're seeking expressions of interest from male carers who would like to get together and connect with other male carers and plan great activities for 2023.

When: Monday, 27 February 2023, 11am to 12pm

Where: Ferguson Plarre, Newcomb Central Shopping Centre, 71 Bellarine Highway, Newcomb

RSVP

cs.events@barwonhealth.org.au or ph 4215 7600



Down Memory Lane...

A support group for carers, and their loved one with memory loss, hosted by Barwon Health Carer Support and Anam Cara House Colac

Come along with your loved one and connect with other carers who are supporting someone with memory loss. Enjoy friendly conversation, listen to topics of interest, and enjoy morning tea together.

When: 3rd Wednesday of each month , 10.30am -12 noon

Where: Legacy House, 45 Gellibrand Street, Colac

Cost: \$5 per person to help cover morning tea

RSVP

Contact Naomi on ph 5233 8203 or Barwon Health Carer Support on ph 4215 7600.





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. We also have guest speakers and self care activities, as part of the program. Light refreshments included.

- When: 2nd Wednesday in the month from 6pm to 8pm
- Where: Newcomb Community Health Centre, 104-108 Bellarine Highway, Newcomb

RSVP

cs.events@barwonhealth.org.au or ph 4215 7600

Geelong Carer Walking Group

The Geelong Carer Walking Group resumes on Thursday, 2 February and is a great opportunity to socialise with other carers, have a coffee and enjoy stepping out.

Walking groups are hosted fortnightly on Thursday mornings, alternating between the Geelong Botanic Gardens and the Geelong Waterfront.

Walking groups offer a leisurely stroll and are for all fitness levels, ages and abilities.

If you would like to attend for the first time or if you are a returning regular, RSVP to cs.events@barwonhealth.org.au or ph 4215 7600.



We are seeking expressions of interest for a Bellarine-based walking group. Get in touch if you're interested!

LET'S CONNECT

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



Scan here



Potato Caesar Salad

Serves: 6
Cooking time: 25 mins

Ingredients

4 medium potatoes
3 boiled eggs, sliced
3 rashers of bacon
4 slices of rye bread
1 large cos lettuce
2 tbsp grated low fat parmesan cheese

Dressing

1 tsp Seeded Mustard
1 clove Garlic, chopped
200g low fat natural yoghurt
3 sprigs basil, chopped
1 tsp lemon juice

Method

1. Boil potatoes for 15 minutes until tender. Drain, cool and cut into small cubes.
2. Cook bacon until crisp. Drain on paper towels and cool before chopping into pieces.
3. Place bread in toaster then cut into cubes.
4. Tear lettuce into pieces.
5. Combine all salad ingredients (including eggs and cheese) in a serving bowl.
6. In a separate bowl, stir in mustard, garlic, yoghurt and basil. Use the lemon juice to achieve correct consistency. Drizzle the dressing over salad and serve.

*Recipe courtesy of
Community Kitchens
Healthy BBQ Kit.*



Emergency Respite

Do you need emergency respite?

Phone 1800 422 737

24 hours, 7 days a week



Emergency respite may be required when a carer needs to take a break urgently due to stress or illness, or when a carer is admitted to hospital at short notice. It may be due to a family emergency or death in the immediate family.

In-home respite may then be put in place overnight or for a few hours as required, in most circumstances.

Lunch in COLAC

Join other carers for a hearty lunch at the East Colac Hotel on **Wednesday 22 March 2023** at 12 noon. Meals provided and drinks can be purchased at the bar.

RSVP: ph 4215 7600



Young carers go horse riding

During the September school holidays last year, 20 young carers saddled up for a horse riding experience through the Bellbrae bush, at the wonderful Spring Creek Horse Rides.

This is a favourite place for many Barwon Health young carers, but for some, it was their first time riding a horse!

In addition to horse riding through the bush, the day also consisted of a bus trip, picnic lunch and a lot of fun, friendships and time to relax.

For Ali (pictured top) and Ally (pictured bottom) it was their first time on a horse. They thoroughly enjoyed the day, with Ali describing the experience as 'awesome'!

Young carers had such a wonderful day and plans are underway for another trip to Spring Creek Horse Rides later in the year.





Meet Elizabeth Young Carer Support Worker

Tell us a little bit about your role?

I work three days a week as the Young Carer Support Worker and one day as counsellor to carers of any age. My role with young carers is focussed on supporting young people aged up to 25, by facilitating peer group activities, exploring options for individual support that alleviates the stresses of the caring role or assists them to have a break. Encouraging self-care is an important part of my role and helping people to find ways of looking after themselves is part of that. I started my work with people as a Youth Worker after studying at the Community Welfare Training Institute. I have worked with street kids and set up youth health centres. I then branched out into mental health community support where I worked for St Luke's Anglicare in the Bendigo/Castlemaine area and later did a Certificate IV in Mental Health Support and a Diploma in Counselling to expand my understanding. I started working at Barwon Health Carer Support 19 years ago in the role of Mental Health Carer Support Worker, before transitioning to the young carer role. I love my job!

What is the most rewarding part of your job?

I feel fortunate that I've been given the opportunity to combine my skills and passion. The best part of my job is helping people to find their passion or a way that they can nurture themselves in a meaningful way. This is essential for wellbeing.

What is something people might not know about you?

I studied print making (fine art) at Latrobe University and exhibited work in several galleries including Ballarat Art Gallery and The Convent in Daylesford. I also screen printed fabrics with a friend, under the name Art Gecko.

Cats or dogs, and why?

Dogs! Dogs are such great beings. They are in the moment, playful, affectionate, loyal and smart.

PAKO FESTA

 cultura.

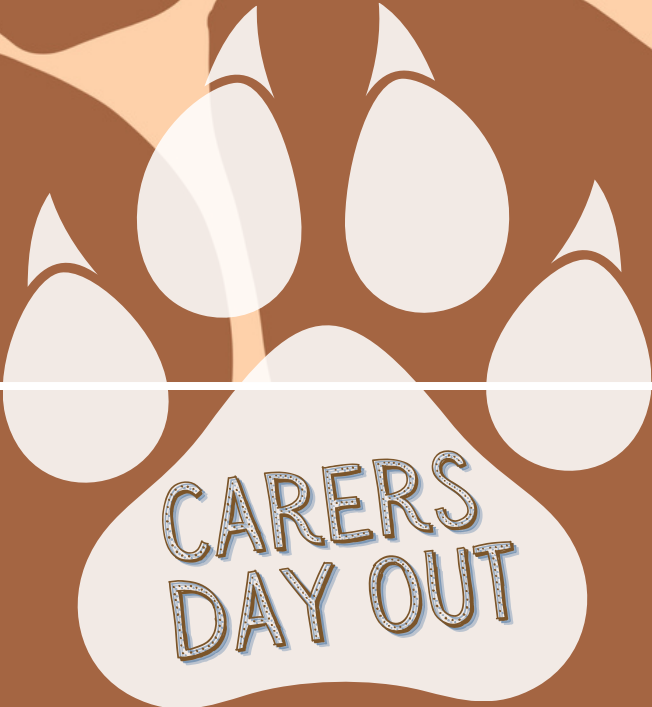
**Saturday
25 February 2023
Pakington Street
Geelong West**

Pako Festa is Victoria's largest free multi-arts and cultural party. The event celebrates and highlights the extraordinary contribution of individuals, cultural groups and multicultural communities in Geelong and across Australia.

Organisers are excited to bring the event back home and stage the 41st Pako Festa in Pakington Street in all of its former glory, a large outdoor street party in the one location.

Look out for the Carer Gateway team who will be joining the celebrations!





**CARERS
DAY OUT**

Werribee Open Range Zoo

Tuesday, 14 March 2023

Bus leaves

Bunnings North Geelong
at 9.30am & returns at 3.30pm

Lunch provided

RSVP

27 February 2023

 cs.events@barwonhealth.org.au

 Phone (03) 4215 7600



**Barwon
Health**





Join Barwon Health's Lived Experience Network

Be a part of improvements in Barwon Health Mental Health, Drugs & Alcohol Services

Barwon Health Mental Health, Drugs & Alcohol Services need to adapt and improve to give our community the best services possible.

We invite anybody aged 16 and over to join the Lived Experience Network. We are committed to working with people with lived experience of mental health, alcohol and other drugs and their family members, carers and supporters.

If you're interested in signing up to our newsletter or if you would like to share your ideas and insights to help improve our services, please contact us:



0435 184 820



mhdaslen@barwonhealth.org.au

GRAND BUS TOUR



Visiting aged care facilities on the Bellarine

When: Thursday, 30 March 2023

Meet at Bunnings Leopold car park at 9am.
Bus departs at 9.30am and returns by 4pm.

Morning tea, lunch & afternoon tea provided.

RSVP

cs.events@barwonhealth.org.au or
ph 4215 7600



What's coming up

February

Geelong Walking Group - Thur 2 February

Down Memory Lane (Colac) - Wed 15 February

Pako Festa (Geelong) - Sat 25 February

Men's Carer Support Group (Newcomb) - Mon 27 February

Boat Cruise in Portland Harbour (Portland) - (Date TBC)

March

Werribee Open Range Zoo - Tue 14 March 2023

Grand Bus Tour (Bellarine) - Thur 30 March 2023

Lunch at East Colac Hotel (Colac) - Wed 22 March 2023

Flagstaff Hill Tour & Lunch (Warrnambool) - 15 March 2022

April

Geelong Rainbow Festival - April (date TBC)

To RSVP or learn more
about any of the events listed, please contact us:
cs.events@barwonhealth.org.au or ph (03) 4215 7600





Barwon South West Region Carer Support Groups

Group name	When	Contact
Bellarine Carer Support Group	Monthly: Wednesday	(03) 4215 7600
Eastern Carer Support Group	Monthly: Monday	(03) 4215 7600
Northern Carer Support Group	Monthly: Thursday	(03) 4215 7600
Men's Carer Support Group	TBC	(03) 4215 7600
Barwon South Support Group	Monthly: Tuesday	(03) 4215 7600
Geelong Carer Walking Group	Fortnightly: Thursday	(03) 4215 7600
Colac Carer Support Group	Monthly	(03) 4215 7600
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

Co-ordinator: Jennifer | Customer Service: Gabrielle
 Team: Bec, Cheryl, Danielle, Deb, Donna, Emily, Elizabeth, Jodi, Kristy, Laura, Linda, Melissa, Robyn, Emma