



## Carers enjoy wild day out at Werribee Zoo

In March, carers joined together for a wild day out at Werribee Open Range Zoo.

Carers learnt that a zebra is black with white stripes and that giraffes have adapted to eating eucalyptus leaves. They saw a cheetah being fed, watched a very patriarchal Gorilla 'chilling' and an emu came so close to the bus they could almost touch it.

The most exciting and unexpected part of the day was the safe capture of a tiger snake while the group gathered to view the lions.

Barwon Health Carer Support worker Linda said the weather was ideal for strolling around the park getting to know one another.

"We were treated to a private bus tour and a great lunch at the Safari Café overlooking the meerkats, and this provided a welcome rest and opportunity to socialise."

"Participating in meaningful social activities like this is really great for the emotional and social wellbeing of carers," said Linda.



## A message from Jennifer Polley

Carer Support Coordinator, Barwon Health

Welcome to the second edition of Barwon Health's Carer Support newsletter for 2023. It's hard to believe that Easter has come and gone and we are already heading towards winter (I'm sure everyone has felt the weather changing, so stay warm). I hope everyone had a safe and happy Easter with friends and family, and did not indulge in too much chocolate.

Here at Barwon Health Carer Support, the year has got off to a busy start supporting our new and ongoing carers, attending expos and community presentations, building our support groups, and providing face-to-face activities for carers to meet other carers and build connections. The team is doing an amazing job to keep up with the competing demands of their roles!

On a bittersweet note this will be my final newsletter. I am retiring at the end of June 2023, after being with Barwon Health Carer Support for 15 years (the last seven years as coordinator), to spend time with my first grandchild and to enjoy some travel opportunities. But what an amazing journey I've had working in this space; connecting with countless inspiring carers who do an incredible job of supporting loved ones, often in extremely difficult circumstances. Your stories, courage, and strength are the reason I have been so passionate about this program. I have also been privileged to work with the most dedicated and supportive group of individuals at Barwon Health. I am confident that I am leaving you all in very good hands!

Kind regards,

Jennifer



*Who was the first Australian to win the Tour de France?*

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

Congratulations to Yolanta who solved the riddle in the last edition of Carer News.



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.



Seeking expressions of interest:

**Commonwealth Home Support Program - Group Activity**

At Carer Support, one of our goals is to help maintain relationships between carers and care recipients through planned respite. The Commonwealth Home Support Program - Group Activity helps us to achieve this goal by providing social connections for your loved one, while you get a regular weekly break.

**Eligibility**

- Care recipients must be over the age of 65 and not receiving a home care package.

**When**

- The group will run one day per week for four hours.

**How it works**

- Each group activity will have a maximum of six care recipients participating and two care workers.
- Each outing will be of a social nature and will be decided upon by the care recipients attending the group.

**Where:**

- Geelong region.
- A central meeting place will be designated as a pick up and drop off point.
- Two cars will be allocated to the group with an allowance of 40kms per trip.

**Cost**

The only cost for the service is \$2 per hour, billed each month.

**If this interests you or the person you care for, contact Barwon Health Carer Support ph (03) 4215 7600.**

**Geelong Rainbow Festival & Pride March**

Barwon Health Carer Support proudly represented the organisation and carers at the 2023 Geelong Rainbow Festival and Pride March.

The festival took place at Geelong West Park and was an opportunity for organisations to connect with the LGBTIQ+ community in a safe and inclusive environment.

"We networked with other service providers and more than 30 carers and care recipients throughout the day," said Carer Support Coordinator Jennifer.

"It was the second year we have attended the event and it continues to be a great way to engage in meaningful conversations about the supports available to carers."





## Families make special memories in Sorrento

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

### Young carer Jasmine gives thanks

My family and I went to Sorrento on the ferry, thanks to the young carers program. It was my siblings and my first time ever in Sorrento, we all enjoyed the fun and games as well as sitting down near the beach seeing the boats and the calming ocean.

I think that trips like this are very important for families, like getting out of the house and doing activities together as well as spending time with each other and creating more memories.

As a young carer I support my family by getting out of the house, waking my sisters up for school early in the morning, helping my mum around the house, just the simple things.

The young carers program supports me by helping me get out of my comfort zone like going horse riding with other young carers, meeting new people, as well as inviting my whole family to go on trips like Sorrento!



Photo: Jasmine (centre) and her family.

## Meet Gladys - 'The Carer Scarer'

Seven young carers and their family members used their creative flare to bring Gladys to life as part of the 4th Annual Great Australian Scarecrow Competition.

Gladys stood gloriously tall along the fence of Flying Brick Cider Co in Wallington before moving to her 'forever' home at the Bluebird Foundation in South Geelong after the competition concluded.

Young Carer Support Worker Lizzie said building Gladys engaged young carers in a fun and creative activity.

"Our young carers showed interest and enthusiasm in this spontaneous opportunity and the added bonus was family members becoming involved and lending their expertise."





# Carer tips & resources

## \$250 Power Saving Bonus

In March 2023, a new round of the Power Saving Bonus program commenced. Victorian households are now able to receive a new \$250 payment, including any households that received a payment through previous rounds of the program.



## Victorian Carer Card Program

The card provides discounts and benefits to carers. Applications can be made online. Alternatively, you phone the Carer Card team on 1800 901 958. Apply for a Carer Card online:



## Victorian Government's Utility Relief Grant Scheme

The Victorian Government's Utility Relief Grant Scheme helps low-income Victorians experiencing unexpected hardship with overdue energy or water bills. The amount of the grant depends on how much you owe at the time of application.



## Jobs Victoria Advocates

A Jobs Victoria Advocate can support you with your job search. Your local Advocate can help you find employment support, training and education, share information and tips, support you to apply for jobs on the Jobs Victoria online hub, and connect you to other services such as housing support.



## Care 360 Budget Estimator

This budgeting tool may help you understand the primary costs associated with aged care and how much you can afford to spend on aged care accommodation.



## COVID-19 boosters

Getting a COVID-19 booster dose remains the best way to prevent severe illness or hospitalisation, especially in people over 65 and those at higher risk of severe illness. For more information on COVID vaccines, ph (03) 4215 4444, visit [bswphu.org.au/covid-19-vaccine](https://bswphu.org.au/covid-19-vaccine)





# PORTLAND

## *Social*



## Carer Connect Roadshow



The Carer Connect Service Provider Roadshow is about sharing the programs, services and resources available in the South West community. Carer Connect will be visiting two more regional centres including:

- Camperdown – 30 May
- Mortlake – 7 September, Library Foyer & Community Meeting Room, 10am-2pm

Each roadshow features:

- Service providers
- Information displays
- Advice on supports for you and the person you care for
- Giveaways and activities for the kids

For enquiries  
ph 5561 8111 or email  
vkearney@mpower.org.au

## Introduction to glass mosaics

**Where: Julia St Creative Space Portland**  
**When: Friday 12 May 2023, 10am - 1pm**

This introduction to glass mosaics is a fun 2-3 hour workshop for people who are new to mosaics.

The focus is on spatial awareness and the mosaic process using 'soft glass' (smooth irregular-shaped moulded glass that does not require cutting).

In this workshop carers will complete an ungrouted mirror mosaic using their chosen colour combination of the supplied 'soft glass'.



**Free event for carers.**  
**RSVP 7 May 2023**  
**cs.events@barwonhealth.org.au**  
**phone (03) 4215 7600.**



## Pathways for Carers to provide connection for Surf Coast carers

Pathways for Carers offers carers a chance to attend free walking events in Victoria together, and to learn more about news, services and supports. Free morning tea and guest speaker follows each monthly walk.

### When

Third Monday of the month.  
Meet at 9.45am for a 10am start



### Where

Four Kings Car Park Anglesea, meeting at the playground, walking along the boardwalk followed by a morning tea at 4 Kings Coffee and Food. Wheelchair accessible. Toilets and car parking available.

For questions about this walk please contact Sherridan on 0455 198 905 or email [sbourne@surfcoast.vic.gov.au](mailto:sbourne@surfcoast.vic.gov.au)

**FIND A WALK NEAR YOU**

[www.pathwaysforcarers.com.au](http://www.pathwaysforcarers.com.au)

## Art for Carers: Online

First Tuesday of every month  
1-2pm AEDT  
Free. Bookings essential.



A monthly, online program for carers from across the country.

Take a deep dive into works from the National Gallery's collection with curators, conservators, educators, and invited guests.

You will need your own internet connected computer, laptop or device with webcam and in-built microphone.

Please contact [access@nga.gov.au](mailto:access@nga.gov.au) if you require further information or assistance.

Ticket holders will receive a link to access this online program by 11am (AEDT) on the day of the event.

## Warrnambool Art Therapy

Join us for a relaxing art therapy session in a safe, welcoming and nurturing space. You don't need to be artistic to benefit from this workshop. Morning tea included.

### When

Tuesday 6 June at 10am-12 noon.

### Where

Middle Island Medical Centre (The Ballroom), Fairy Street, Warrnambool (stair and elevator access).



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



# Meet Danielle

## Carer Support Worker Barwon Health



I came to Barwon Health Carer Support in 2017 as a support worker.

In late 2022, I moved into the Carer Coaching position which I enjoy. It gives me the opportunity to work with carers 1:1 to learn more about the person and their caring journey.

My role is to help carers explore areas that they find most challenging and would like to work on. It also gives carers the opportunity to work towards some personal goals that they would like to achieve.

I have always enjoyed connecting with people and find out more about them as a person. Hence I am often referred to as the 'chatterbox' of the team. I also facilitate the monthly Northern Suburbs Carer Support Group and Walk Down Memory Lane in Colac.

Prior to joining Carer Support I worked in youth and family services for 28 years across a range of positions. Whilst I loved my work I felt it was time for a change. Working with carers has given me a new lease of life and I have not looked back.

For time out I enjoy getting out in the garden which is a new hobby. My husband Terry and I also enjoy travelling and spending time each year on the NSW border. The Murray is a beautiful area to relax and enjoy the sounds of wildlife.



### Baked Egg Parcel

Serves: 2

Time: 45 minutes

#### Ingredients:

- 4 slices wholemeal bread
- 4 eggs
- 2 tomatoes, diced
- 4 tablespoons reduced-fat cheese, grated
- 2 slices lean ham, diced
- 1 tablespoon chives (fresh or dried), finely chopped
- Cooking oil spray

#### Method:

1. Preheat oven to 220°C (200°C fan-forced).
2. Grease 4 ramekins or small oven dishes with cooking oil spray.
3. Place 1 slice of bread in each ramekin.
4. Whisk together eggs, tomato, cheese, ham and chives.
5. Pour a quarter of the mixture into each dish.
6. Bake for 30 minutes. Allow to cool slightly before eating.

Find more  
Community Kitchens  
recipes here:



Scan here







## Hidden Accessibility Program - Melbourne Airport

Travelling through an airport can be a stressful experience. It can be even more stressful when you or someone you are travelling with has a disability which is not immediately apparent to airport staff.

Not all disabilities are visible, in fact, many of us have non-visible impairments or conditions. In some cases, individuals may experience both visible and non-visible impairments or disabilities.



To ensure a seamless and stress-free experience, Melbourne Airport has implemented the Hidden Accessibility Program for its International and Domestic Terminals.

The Hidden Accessibility Program provides travellers who require additional assistance with the support and resources they may need for a pleasant travelling experience. To help staff identify those who may need additional assistance, a sunflower lanyard can be worn by travellers who voluntarily request one. This discreet lanyard can be worn throughout the entire airport precinct, including international and domestic terminals.



**For more information about the Hidden Accessibility Program scan the QR code or visit the [website](#).**



## Disability Support Pension Help

Disability Support Pension (DSP) Help is a free online resource that assists people in better understanding the Disability Support Pension, clarifies the assessment process at Centrelink, and is designed to help people make more effective Disability Support Pension applications and appeals.

Gaining access to the Disability Support Pension can be challenging and often depends on the quality of supporting medical evidence provided in the application. DSP Help addresses this by assisting applicants and support workers in understanding what is required and by providing resources that can be used when approaching their doctors and specialists for evidence.



**Scan here to learn more**





## Carers set sail in Portland

Seventeen carers attended a social boat cruise around Portland Bay in late February.

It was an entertaining trip with the captain sharing stories about the area and some anecdotes about a great white shark that caused havoc when it attacked a boat during a fishing competition!

Carers got to hear about the possibilities of catching a fish and in the afternoon some of carers had a go with a line off the end of the boat.

Cheryl from Carer Support said everyone thought it a relaxing time and an enjoyable event.



### *Darryl's maiden voyage*

Portland local Darryl has been a carer for his wife since 1978. The Portland boat cruise was the first carer social event Daryl has attended and here's what he had to say...

*"The cruise was well organised and very relaxing. I met some really nice people and it was good to do something different and escape reality for a short time.*

*As a male carer I have found the hardest thing to do is to ask for help when I need it. Asking for help can feel like you have failed but my message is don't be afraid to take the first step - the hardest part is finding the courage to ask for help.*

*If opportunities come up to meet other carers, tell yourself you're worth it and that you are worthy of the break. You're a special person and what we do as carers is so important.*

*Since the cruise I've kept in touch with a couple of carers and have had them over to our house. Knowing that someone is there and understands you and doesn't judge you has been great."*

Darryl is a talented glass artist and wanted to give something to cruise operators on behalf of the carers who attended as a way of saying thanks. Daryl presented the boat's captain (left) with a one-of-a-kind glass tuna, much to the captain's surprise and delight.



**Darryl**  
Carer & Artist



## What's coming up

### May

Portland, Introduction to glass mosaics, 12 May, 10am

Surf Coast Pathway for Carers - Anglesea, 15 May, 9.45am

Camperdown Carer Connect Roadshow, 30 May

### June

Colac Carer Support Lunch at Gellibrand Hotel, 6 June, 11.30am

Warrnambool Carer Art Therapy Workshop, 6 June, 10am

Koroit Morning Tea, Olde Courthouse Inn, 8 June, 10.30am

Surf Coast Pathway for Carers, 19 June, 9.45am

### July

Hamilton Carers Lunch at The Grand Hotel, 27 July, 12pm

Surf Coast Pathway for Carers, 17 July, 9.45am

To RSVP or learn more  
about any of the events listed, please contact us:  
[cs.events@barwonhealth.org.au](mailto: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
Barwon South Support Group	Monthly: Tuesday	(03) 4215 7600
Geelong Carer Walking Group	Fortnightly: Thursday	(03) 4215 7600
Colac Carer Support Group	1st Tuesday of the month	(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](mailto:carersupport@barwonhealth.org.au) and request to be added to the email distribution list.



### Our Team

Jennifer, Gabrielle, Bec, Cheryl, Danielle, Deb, Donna, Emily, Elizabeth, Jodi, Kristy, Laura, Linda, Melissa, Robyn, Lindy and Emma.



### Let's Connect

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