



Down Memory Lane Colac Dementia Support Group

Down Memory Lane is a support group for carers, and their loved one with memory loss, hosted by Barwon Health Carer Support and Anam Cara House Colac.

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: Third Wednesday of the month,
11am-12.30pm

Where: Legacy House, 45 Gellibrand St,
Colac

RSVP: Danielle at Barwon Health Carer Support - phone (03) 4215 7600.



Dementia Care - Group Coaching Opportunity (September/October)

This 4-week program offers carers of a person with dementia the chance to learn about what supports and services are available and how to best care for their own emotional and physical health. This is a free event at Newcomb Community Health Centre.

For more details,
phone (03) 4215 7600 or email
cs.events@barwonhealth.org.au



Northern Suburbs Carer Support Group

Opportunity for carers from northern suburbs to connect with other carers to share information and have a chat. On occasions guest speakers attend.

When: Second Thursday of the month, 10-12pm

Where: Meetings generally take place at Norlane Community Centre but may change depending on activity.

Please confirm attendance so you can be advised of any changes to time and venue.

RSVP: Danielle, Barwon Health Carer Support phone 4215 7600 or email cs.events@barwonhealth.org.au



Name the captain of our national women's soccer team, the Matildas?

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!

Congratulations to Helen from Belmont who answered Cadel Evans as the first Australian to win the Tour de France in the last edition.



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.



SAVE THE DATE

NATIONAL CARER'S WEEK 2023

National Carers Week will run from Sunday 15 to Saturday 21 October.

It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend.

We are busily planning the events for this week and anticipate sending this by mid-September so keep an eye out for the flyer.

Save the date....one event confirmed:

- High tea at Café Zoo in Drysdale, Tuesday 17 October 2-4pm.

If you haven't already subscribed to our e-newsletter. Send an email to cs.events@barwonhelth.org.au with 'Subscribe' in the subject line and include your full name. This will ensure you receive updates in a timely manner.

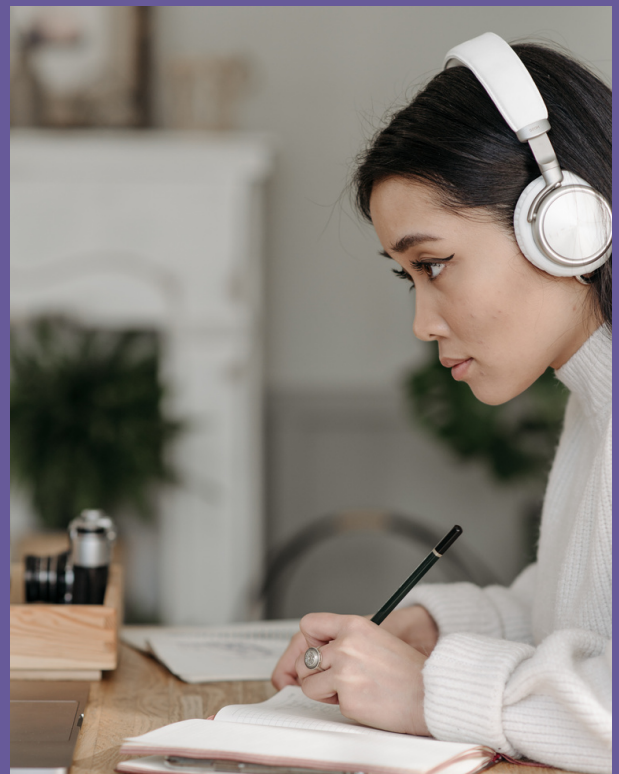
Are you studying, re-training for a new career or considering returning to the workforce?

Carer Gateway has tailored support packages that may be able to assist you with your learning.

For example we may be able to help with tutoring, educational supplies, technology or a training course.

If this is something you need support with, give us a call and discuss your needs.

We will schedule a support planning appointment to discuss your situation and identify your goals and needs.





FREE COMMUNITY LUNCHES

Join Torquay Community House for a delicious and nutritious two course lunch each month, connecting members of our community to share a meal together.

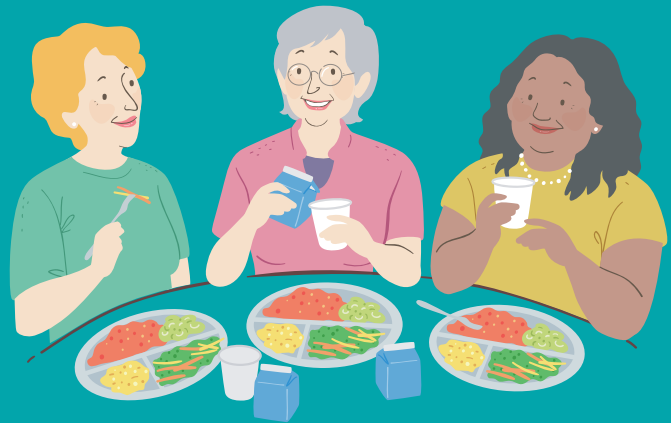
In partnership with Surf Coast Secondary College, students will help prepare and serve a hearty soup and dessert.

Supported by Feed Me Surf Coast.

When: 1st Tuesday of each month,
12:00 - 1:30pm

- 6 September
- 3 October
- 8 November
- 5 December

Where: Torquay Community House,
14 Price St, Torquay



Bookings: administration@torquaycommunityhouse.org.au
or call us on 03 5261 2583. Please advise any dietary requirements.



SURF COAST
SECONDARY COLLEGE



**Torquay
Community
House**

respect • equality • inclusion

genU ABI Support Group

The Acquired Brain Injury (ABI) Support Group is filled with conversation, puzzles, games, craft sessions and a monthly outing of the members choice! ABI support group is an opportunity for people living with an acquired brain injury (ABI) to get together for support and to provide respite for their carers.



When: Tuesdays weekly from 11am-1pm

Where: Eastern Hub. 285A McKillop St, East Geelong, 3219

Bookings can be made at CHSPRespite@genu.org.au or by phone (03) 5249 8910



GROUP RESPITE PROGRAM

Barwon Health Carer Support would like to establish small group respite outings for older people across the region.

If you care for someone over 60 years, who is able to walk short distances without assistance and interested in getting out of the house for 2 to three hours a week or fortnight, we would love to hear from you.

We carefully match care recipients with similar interests who live in the same general area. A worker from a care agency will take your loved one on an outing to places of interest. This gives the carer a break and provides important socialisation and companionship for the person who is cared for. We arrange the care workers to meet at a central location for pickup and drop off. Within reason, participants can choose their outings each week depending on their interests – a drive to the boat ramp, a plant nursery, the waterfront, Bunnings etc.

We are currently seeking a match for an older male with early stage dementia who lives on the Bellarine Peninsula to go out with a male care worker for 2 hours respite each fortnight.

We will also establish groups in other areas if we can match participants together. The ratio will always be one care worker to two care recipients.



If you would like more information on this small group respite call us on (03) 4215 7600.

This program is funded by the State Government through the Support for Carers Program. There is no cost to you other than incidental expenses such as food, coffee or entrance fees.

VMCH Carer Events

Please note: You need to be registered with the VMCH Support for Carers Program in order to attend these events.

Colac: Lunch
Friday 1 September
Babil @ Oddfellows

Geelong: Lunch
Friday 8 September
St Lords

Warrnambool: Lunch
Thursday 14 September
Proudfoots by the River

Rocky Road Workshop:
Bellbrae
Monday 11 September



How to sign up for these events?

Get in contact with the VMCH Intake Team on 1300 698 624 between 8am-5:00pm Monday-Friday or email hello@vmch.com.au



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
FIND A WALK NEAR YOU
www.pathwaysforcarers.com.au



Community Kitchens Recipe

Vietnamese Chicken Noodle Salad

Serves: 4

Cooking Time: 30-40 minutes

Ingredients:

- 2 chicken breasts
- ½ packet vermicelli (rice) noodles
- 1 carrot
- 3 tbsp rice vinegar or lime juice
- 1 tsp sugar
- 1 garlic clove, crushed
- Salt and pepper
- 3 shallots, finely sliced
- ½ cucumber
- ½ tsp sesame oil
- 1 tbsp fish sauce
- 3 tbsp mint or coriander leaves
- ½ mild chilli, finely sliced

Method:

1. Pan-fry the chicken for approximately 10 minutes or until cooked through.
2. Boil vermicelli noodles according to packet directions, drain and set aside.
3. Cut the carrot into 10cm sections, finely slice lengthwise then cut into matchsticks.
4. Mix the vinegar or lime juice with the sugar, garlic, salt and pepper.
5. Toss with the sliced shallots and carrot and set aside.
6. Roughly shred the chicken.
7. Cut the cucumber in half lengthwise and finely slice.
8. In a large bowl, combine the noodles, chicken, cucumber, sesame oil, fish sauce,
9. Mint/coriander and chilli with the shallots, carrots and their dressing and toss lightly



What's coming up

September

- Colac Carer Group, Lake View Cafe - 5 September 10.30am - 12pm
- Mortlake Carer Roadshow, Mortlake Community Centre, Thursday 7 September, 10am - 2pm
- Newcomb Peer Support Group, Newcomb Community Health Centre, 11 September, 1pm - 3pm
- Carespace, Newcomb Community Health Centre, 13 September, 6pm - 8pm
- Northern Suburbs Support Group, Norlane Community Centre, Rose Ave, 14 September, 10am - 12 noon
- Down Memory Lane, 45 Gellibrand St Colac, 20 September, 11am - 12.30pm

October

National Carers Week - 15 - 21 October

- High tea at Café Zoo in Drysdale, Tuesday 17 October 2-4pm

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
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 and request to be added to the email distribution list.



Our Team

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



Let's Connect

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