

# Carer Support Service

# The Caring Times

*Ballarat, Golden Plains, Moorabool & Hepburn Shires*



ISSUE 11

Hello Carers,

We hope you are staying warm as winter temperatures have well and truly set in.

Another two weeks of school holidays are behind us and we hope that everyone has had an opportunity to have a break. Term 3 is here!

We have had many exciting things happen in the last few months. We had our relaunch of the Memory Mingle Lunch and we had our Young Carers enjoy a camp in Creswick. The Pathways for Carer walk continues to draw good numbers each third Thursday of the month. We take an easy walk through the Botanic Gardens, followed by morning tea at Pipers. It has proven to be a wonderful opportunity to get some fresh air, chat and meet new people that care.

Carer Gateway will soon start advertising for a Roadshow in Ballarat. If you know of anyone in a Caring role who is not yet registered with the Carer Gateway, please encourage them to come along to this event on August 1. There will be speakers, interviews, loads of information and our friendly team will be there as well. Registrations can be taken through Eventbrite. QR code with the link to the tickets can be found in this Newsletter.

Look out for the different events in this Newsletter, we look forward to see you come along!



# Carer Support Service

## The Caring Times



**Grampians  
Health  
Ballarat**

*Ballarat, Golden Plains, Moorabool & Hepburn Shires*

### Events coming up:

\* Delivery of programs is subject to COVID related guidelines and/or restrictions in place at the time.

	What are we doing	More information / Who is it for	Where
<b>July</b>			
20 <sup>th</sup>	Pathways for Carers	Carers meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
<b>August</b>			
1 <sup>st</sup>	Carer Gateway Roadshow	Free information session where Carers can find support and enjoy morning tea	Mecure Ballarat
3 <sup>rd</sup>	Q&A session (ACAS: Aged Care Assessment Service)	All Carers	Online
3 <sup>rd</sup> 4 <sup>th</sup>	ASIST Training for Carers	Applied Suicide Intervention Skills Training: A two-day interactive workshop for Carers registered with (or willing to register) with Carer Gateway	Oscars Hotel
17 <sup>th</sup>	Pathways for Carers	Carers meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
18 <sup>th</sup>	Memory Mingle lunch	Carers of people with memory problems and the person they care for	Ballarat Golf Club
22 <sup>nd</sup>	Tram Museum Tour & morning Tea	Mens group	Lake Wendouree
24 <sup>th</sup> 31 <sup>st</sup>	Life After Caring workshop Facilitator: Counsellor, Mary O'Mara	For Carers who have recently lost the person they care for ( <i>2 part workshop</i> )	Online
<b>September</b>			
7 <sup>th</sup>	Q&A session (TBA)	All Carers	Online
14 <sup>th</sup>	Pathways for Carers	Carers meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
TBA	School Holiday activities	Young Carers	TBA

**\*\* If you are interested in any of these events, please contact us on (03) 5333 7104 or email [carers@gh.org.au](mailto:carers@gh.org.au) to register your interest.**

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## Question & Answer Sessions (Online Q&A)

We invite you to join us online with the experts to provide information and have your questions answered. Ask all you want to know about a different subject each month.

Earlier this month, we had the pleasure of being joined by Phillip from Service Australia – Financial Information Service.

Financial Information Centre (FIS) information line **136 357**

Carers & Disability line **132 717**

- *Phone line gets busy, recommended to call at 8:00am*

DVA line **1800 838 372**

FIS webinars (online information. Book upcoming or watch recorded webinars)

Click on this link or scan the UR code

[Financial Information Service live webinars - Financial Information Service - Services Australia](#)

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## Carer Gateway Roadshow – Celebrating 26 years of Carer Support

Where can carers find free support and morning tea in **Ballarat?**

At our free information session

**\$250 hampers to be given away**

Date and time

**Tuesday 1 Aug 2023 10am - 1pm**

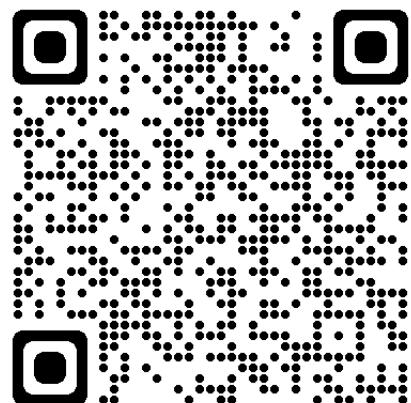
Location

**Mercure Ballarat Hotel & Convention Centre 613  
Main Rd, Golden Point VIC 3350**

To get your free ticket/s to attend, please visit

<https://www.eventbrite.com/e/carers-gateway-roadshow-ballarat-tickets-668049844067>

or scan the QR code below to take you directly to the website



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## Carer Story:

***Jess and Blake are proud parents to two young daughters. Their oldest, Sadie, has GNB1 syndrome, epilepsy and autism. Jess is Sadie's main carer and has been inspired to launch a range of planners and stationery for carers.***

GNB1 Syndrome is a rare genetic mutation that was discovered in 2016. In four-year-old Sadie's case, having GNB1 syndrome means global developmental delay, and hundreds of epilepsy seizures a day.

As full-time mum to Sadie and almost two-year-old Pacie (who is neurotypical) and a full-time disability carer to Sadie, Jess doesn't get much time out. Life is full of the busy-ness of primary parenting two pre-schoolers and Sadie's additional care needs and medical appointments.

Finding ways to get a bit of "me time" is one of the outcomes Jess values from her experience of Carer Gateway. She learned about the service a couple of years ago and also found support with trying a ketogenic diet for Sadie's epilepsy helpful.

"I've really grown into my role of mum and carer. I've learned to let go of the pressure of the high standards I set myself as a mum and relaxed into utilising things like television, snacks and easy meals so that I can get a little break – things that previously would've had me feeling guilty."

Jess has also found purpose in creating her own small business, At Sadie's Pace, that she hopes will help other carers and people with disability to stay on top of the admin of caring.

At Sadie's Pace is a range of premium planners and stationery for carers and people with disability. Jess couldn't find the kind of hard copy planner she wanted to help her keep track of Sadie's appointments and medications, so she created her own.

"I had so much paperwork and so many different planners, and I just wanted it all in one place. It's come from my experience but hopefully it helps others. I'll definitely use it myself!" says Jess.

Jess had the idea for the planners in March 2022 and works on them whenever she can. They're undated so can be started anytime and include features an episode diary, medication and sickness charts, therapy checklists, affirmations and even sticker pages!

She enjoys building her online identity and community as a 'medical mum' and has recently allowed herself to relax into spending time with her girls as a friend and a mum.

"I'm a lot more present with them than I used to be. We have fun together, and I don't feel as alone. It's so great."

If you would like to find out more about the journal, visit [atsadiespace.com.au](https://atsadiespace.com.au) or meet Jess in person and get your own copy of the journal at the Carer Gateway Roadshow on Tuesday 1<sup>st</sup> August at the Mecure Ballarat Hotel & Convention Centre!

**Further information regarding any articles featured in this newsletter is available by contacting**

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