



Hello Carers!

We hope this edition finds you well & not too scorched after the Summer we have just endured (or should I say still enduring!)

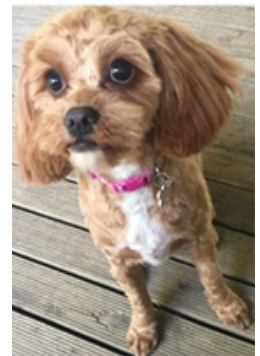
It has been a busy time here at HQ. Since the last newsletter, we were lucky enough to celebrate Christmas with many Carers (and Santa), we've been to the movies & created some amazing artworks with our Young Carers, attended some really informative online Q&A sessions, had the privilege of joining in some incredible workshops, shared lunch with some special Carers & been on some magical walks around the botanical gardens I am super excited for this weeks walk so that we can check out the Begonias!

We have also been lucky enough to welcome some new staff members - so without further ado, I will let them introduce themselves I hope to see you at one of our upcoming events!

Warm Regards,
Tracey

My name is Charmaine and I started at Carers Support Services in October 2024. I have been welcomed by a very supportive team with different areas of expertise. Currently, I am working in care plan coordination with carers and completing by training in coaching.

I came from Melbourne to live in the region in 2015. I love being surrounded by nature and enjoy walking my cavoodle on many different tracks near home. I don't really follow football, but somewhere along the line I went for the Tigers. In my spare time I enjoy taking photos, looking at art and gardening.



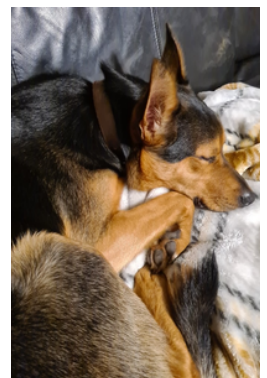
I'm Caroline one of the newest members to the Carer Gateway Team. I began my journey with this fantastic team in September 2024, coming across from the Mental Health Support for Carers space at Grampians Health.

I am part of the Assessment and Planning Team so when you come through for your Carer Star Appointment chances are I will be speaking with you!!!

I have a very busy life outside of work with my beautiful husband, 4 children and a Kelpie along with my own personal ongoing experience of caring for some members of my family.

I love the beach and you will find me jetting off for holidays in the tropics and living life to the fullest.

My favourite quote is a mantra I like to live by thanks to Maya Angelou - 'I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.'





UPCOMING CARER EVENTS

Date	What are we doing	Who is it for	Where
March			
3rd	First Nations Carer Lunch	Aboriginal / Torres Strait Island Carers	Ballarat
5th	O -Week	New Students	Fed Uni
6th	Q&A: Residential Admissions & Financial Services	All Carers	Online
20th	Pathways for Carers / Walk & morning tea (Meet at 9:45am)	All Carers	Pipers Cafe
21st	Harmony Day afternoon tea celebration "A taste of Italy!"	All Carers	Ballarat
28th	LGBTQIA+ Carers Lunch	LGBTQIA+ Carers	Ballarat
April			
3rd	Q&A: Peer Support Program	All Carers	Online
3rd 10th	Difficult Decisions workshop with Counsellor, Mary O'Mara. 2 part workshop	For Carers who are looking at permanent care for the person they care for	Online
9th	Young Carer Event (16 years +) Grill'd and Pinot & Picasso	Young Carers (16+)	Ballarat
11th	Memory Mingle Bus Trip	Carers of people with memory problems and the person they care for	Day Trip
17th	Pathways for Carers / Walk & morning tea (Meet at 9:45am)	All Carers	Pipers Cafe
19th	IPPS Easter	Peer Support Carers	Postal
May			
1st	Q&A: Elder Rights Advocacy	All Carers	Online
5th	First Nations Carer Lunch	Aboriginal / Torres Strait Island Carers	Ballarat
15th	Pathways for Carers / Walk & morning tea (Meet at 9:45am)	All Carers	Pipers Cafe
16th	LGBTQIA+ Carers Lunch	LGBTQIA+ Carers	Ballarat

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



Harmony Day Celebration – Friday 21st March

Harmony Day is the celebration that recognises our diversity and brings together Australians from all different backgrounds.

It is a time to celebrate that Australia is one of the most multicultural societies in the world. It's about inclusiveness, respect and a sense of belonging for everyone.

Wearing the colour orange signifies social harmony, tolerance & mutual respect.

Join us for afternoon tea to celebrate!

Date: Friday 21st March 2025

Time: 2:00pm – 4:00pm

Location: Ballarat

RSVP:

Phone: 5333 7104

Email: carers@gh.org.au



Cost: Free for Carers who wear a hint of orange

Are you an Aboriginal / Torres Strait Islander Carer?

Our Carer Engagement team have been working to provide a safe space for Aboriginal and/or Torres Strait Islander Carers. A space that offers understanding and recognition.

We will be meeting bi-monthly over lunch.

Our next lunch is in May.



If you would like to join this group, Email us at carers@gh.org.au or give us a call on 5333 7104.

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

Carer Support Service

Post: P.O Box 199 Ballarat VIC 3353

Phone: 5333 7104

Email: Carers@gh.org.au

Our business hours are

9:00am – 5:00pm

Monday – Friday



Carer Gateway Community Forums

Caring for a loved one can bring joy but some days it can be lonely or a little bit confusing. The Carer Forum provides a safe, anonymous space to connect with other carers and support each other.

Caring for a loved one is important work. Many Australians dedicate countless hours and a whole lot of heart to their caring role. Some days caring brings great joy, but some days it can be lonely or a little bit confusing and some days you need a break.

No matter how you feel today, every day you can reach out to carers like you for support, guidance, advice, and a laugh or two. The Carer Forum is open online 24 hours a day, 365 days a year.

It's where Australian carers can meet others facing similar challenges in their caring roles. Some days you'll need a pick-me-up, one day you'll need some tips, everyday you'll find support and sharing, goodwill and guidance and a Forum filled with friends.

The Carer Forum is not a professional counselling service, it's not a government hotline, it's not a service portal... It's something a whole lot simpler... It's everyday people helping each other everyday! So jump online today and visit

<https://forum.carergateway.gov.au/s/> or scan the QR code to set up your anonymous profile and dive into the discussion groups.



FREE EVENT



Ageing Well Expo

Date: Wednesday 26th March

Time: 10am-2:00pm

Cost: FREE

The Ageing Well Expo will provide opportunities to explore options, support and services available locally to help us make informed choices as we age.

Over 50 stalls including information from: Local health, home care and social services, advocacy & support groups, government services, a focus on health and wellbeing plus aids and equipment options.

We would love to see people 55 years and over, carers or interested family members and friends. You can just drop in or stay for a while!

Venue: Mercure Hotel and Convention Centre

Bookings: This is a free event, no booking required



For more information, scan the QR code, or visit ballarat.vic.gov.au

Contact Ageing Well Services on

Phone: 5320 5500

Email: ageingwell@ballarat.vic.gov.au



Caring for others & yourself: Carer Wellbeing Survey

Open: Now

Closes: 18th April at 11:59pm

Your voice matters! Share your lived-experiences with us so we can better advocate for the support services that will improve the lives of carers. This year, in addition to asking about your well-being, we have questions about accessing respite care, being a young carer or a carer in a defence family, and life after a caring role ends. The survey has been developed by the University of Canberra's WellRes Unit, Health Research Institute, Department of Social Services, and Carers Australia.

If you prefer a paper copy of the survey or need assistance, you can reach the University of Canberra at 1800 981 499

In addition, by completing the survey, you can enter a prize draw. Full terms and details are included in the survey.

You can access the survey by going to www.carersaustralia.com.au/carers-wellbeing-survey.

or by clicking on the QR code

