

# Carer Support Service

## The Caring Times



Grampians  
Health  
Ballarat

Ballarat, Golden Plains, Moorabool & Hepburn Shires

ISSUE 16 – OCTOBER 2024

As we inch closer to **National Carers Week 2024 (13 – 19 October)** we would like to acknowledge and celebrate Carers and also to raise awareness of the 3 million Australians providing unpaid care and support to their family members or friends!

We want to shine a light on the profound impact carers have on our communities. This Carers week, we have asked our incredible Young Carer Advisor, Karen to talk to us about Young Carers .....

### What is a Young Carer?

- A young carer is anyone under 25 years old and helps take care of someone in your household or a friend who has a disability, chronic or mental illness, who is frail aged or has an alcohol or drug problem.
- Young carers may provide support every day, or every week, or only when they're needed.

### What can it look like??

- Helping with or doing the shopping
- Providing emotional support
- Taking care of your siblings
- Lending a hand with household chores
- Helping with showering or meal assistance
- Helping to get in or out of bed
- Taking to appointments

### How can we help??

- Counselling – *in person or online*
- Peer Support groups- *Connecting with other Young Carers*
- Help at home – *help with home chores -cleaning, cooking, grocery shopping, meal provision*
- Training Learning & tuition – *Driving lessons, skills development classes, tutoring*
- Goods & Equipment – *books, school uniforms, IT equipment*
- Personal Coaching – *identify any personal, school or work goals & create a plan to reach them*
- Social recreational activities – *including school holiday activities (We have previously been to LegoLand, Pinot & Picaso, Movie Days, Cooking classes at Carboni's and an overnight camp – just to name a few 😊)*

### How do I connect?

- You can call Carer Gateway on 1800 422 737 Mon-Frid from 8.00am – 5.00pm and self-refer or a Service Provider / School can refer you.
- Simple online E-referral via this link <https://ereferral.carergatewayvictoria.org.au/>
- Access the website to request a call back via [www.carergateway.gov.au](http://www.carergateway.gov.au)

If you know a Young Carer or are a Young Carer reading this – **please reach out** to contact us. We would love to chat with you to hear how we can support you in your caring role.

**We are off to Bendigo Discovery Centre this upcoming School Holidays on (30<sup>th</sup> September) It is a free event for registered Young Carers – so give a call and jump on board ....**

# Carer Support Service

## The Caring Times



**Grampians  
Health  
Ballarat**

*Ballarat, Golden Plains, Moorabool & Hepburn Shires*

### Events coming up:

	<i>What are we doing</i>	<i>Who is it for</i>	<i>Where</i>
<b>October</b>			
1 <sup>st</sup>	Trout Hatchery tour + Morning tea	Male Carers	Wendouree
1 <sup>st</sup>	Get Connected – Seniors Expo (10:00am – 2:00pm)	Showcasing a wide range of community, social & special interest groups across Ballarat	Mecure Hotel
1 <sup>st</sup>	Victorian Seniors Festival (10:30am – 1:30pm)	Showcasing a wide range of community, social & special interest groups across Bacchus Marsh	Bacchus Marsh
3 <sup>rd</sup>	Q&A Session (Carer Coaching)	All Carers	Online
3 <sup>rd</sup>	Caring Together Workshop	Carers whose loved one is in permanent care.	Online
10 <sup>th</sup>	Facilitator: Mary O'Mara	(2 part workshop)	
12 <sup>th</sup>	Carer Gateway Carer Event	All Carers (further details in newsletter)	Grazeland
13 <sup>th</sup>	Mental Health Expo – Circle of Solidarity (10:00am – 3:00pm)	Whole Community event (further details in newsletter)	Lake Esmond
15 <sup>th</sup>	First Nations Morning Tea	First Nations Carers	Oscars
16 <sup>th</sup>	Movie Night (evening event)	All Carers to see the movie 'Thelma'	Showbiz
17 <sup>th</sup>	Pathways for Carers	Meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea	Pipers by the Lake
18 <sup>th</sup>	Memory Mingle Werribee Zoo Safari (accessible bus tour)	Carers of people with memory problems and the person they care for	Werribee
30 <sup>th</sup>	Life after Caring Workshop	Carers who have recently lost the person they care for. (2 part workshop)	Online
	Facilitator: Mary O'Mara - PART 1		
<b>November</b>			
7 <sup>th</sup>	Life after Caring Workshop	Carers who have recently lost the person they care for. (2 part workshop)	Online
	Facilitator: Mary O'Mara- PART 2		
7 <sup>th</sup>	Q&A Session (TBA)	All Carers	Online
21 <sup>st</sup>	Pathways for Carers	Meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea	Pipers by the Lake
22 <sup>nd</sup>	LGBTQIA+ luncheon	LGBTQIA+ Carers	TBA
<b>December</b>			
5 <sup>th</sup>	Q&A Session (TBA)	All Carers	Online
10 <sup>th</sup>	First Nations Morning Tea	First Nations Carers	Oscars
19 <sup>th</sup>	Pathways for Carers	STARTING LATER for a Christmas special luncheon – official invite to come	Pipers by the Lake
20 <sup>th</sup>	Memory Mingle Christmas lunch	Carers of people with memory problems and the person they care for	Ballarat Golf Club

**If you are interested in any of these events, please contact us on phone (03) 5333 7104 or email [carers@gh.org.au](mailto:carers@gh.org.au) to register your interest. Our business hours are 9:00am – 5:00pm Monday – Friday**

---

## Are you an LGBTIQ+ Carer?

Lesbian, gay, bisexual, transgender, intersex, queer, asexual + (LGBTIQ+) carers face the same stresses and pressures as other carers but may also face added problems of discrimination and misunderstanding.

Our Carer Engagement team have been working to provide a safe space for LGBTIQ+ Carers. A space that offers understanding and recognition. We will be meeting bi-monthly over lunch.

If you would like to join this group - Please email us at [carers@gh.org.au](mailto:carers@gh.org.au) or give us a call on 5333 7104.

---

## 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.



---

## Coaching: Moving towards your goals

Coaching is about taking time out to think about how you are going, how you'd like things to be and how you might take steps toward making that happen.

Through your local Carer Gateway service provider, you can access a coaching service specially designed for Carers and the complex reality of being in a caring role.

With the option of One-to-one sessions with a coach or self-guided coaching online, it can help you to find a balance between your needs, and the reality of your responsibilities as a Carer.

For more information, please Call us on **5333 7104** , email us at [carers@gh.org.au](mailto:carers@gh.org.au) , visit the website <https://coaching.carergateway.gov.au>

or join us in an online Q&A session on **Thursday 3<sup>rd</sup> October** (*call or email to register your spot today*)

## Get Connected Seniors Expo

**Date:** Tuesday 1 October

**Time:** 10am-2:00pm

**Cost:** FREE

**Description:** Come and join the city of Ballarat Ageing Well Services team as we showcase a wide range of community, social and special interest groups across Ballarat who are keen to offer ways to join and participate. A fun filled day that shares many ways to explore, engage and evolve! Entertainment and refreshments provided.

**Venue:** Mercure Hotel and Convention Centre

**Enquiries:** Social Activities Team on 5320 5637 or email [socialconnections@ballarat.vic.gov.au](mailto:socialconnections@ballarat.vic.gov.au)

**Bookings:** Preferred not required via [Humanitix](https://www.humanitix.com)

## Moorabool Shire Seniors Festival Celebration Day & Expo

**Date:** Tuesday 1 October

**Time:** 10:30am-1:30pm

**Cost:** FREE

**Description:** Come and learn who's who in Moorabool Shire: Aged Care Service Providers, volunteer opportunities, social clubs, groups. Seniors looking to connect. No bookings required.

**Venue:** Bacchus Marsh Public Hall

**Enquiries:** Contact the community development team 5366 7100 or [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

## Carers Week 13<sup>th</sup> October – 19<sup>th</sup> October

Carer Gateway is hosting a special family day at Grazeland in Melbourne, and we'd love for you to join us! There will be dozens of food and drink stalls, live music, roving entertainers and the opportunity to connect with other carers.

**Date:** Saturday, October 12

**Time:** 12:00 PM – 4:00 PM

**Location:** Grazeland, 20 Booker St, Spotswood

**Cost:** Free (Maximum of four tickets per carer) Tickets are limited, so be sure to reserve your spot now!

**Bookings:** Register here: <https://loom.ly/NMCOksc>

**NOTE:** We will be running a free transport bus to & from this event.

To secure your spot, please call us as soon as possible on 5333 7104 or email [carers@gh.org.au](mailto:carers@gh.org.au)



FREE COMMUNITY EVENT !!

# LAKE ESMOND

BALLARAT 4 MENTAL HEALTH



Family Friendly Activities, Stalls, Music, Coffee & Food Vans, Free BBQ, keynote address & more!

## SAVE THE DATE!



# SUNDAY OCT 13, 2024



For more information, see  
**Ballarat Mental Health Collective**  
[facebook/BallaratMHCollective](https://www.facebook.com/BallaratMHCollective)