

# Carer Support Service

## The Caring Times

Ballarat, Golden Plains, Moorabool & Hepburn Shires



Grampians  
Health  
Ballarat

### ISSUE 09

Dear Carers,

I joined the Carer Gateway team at Grampians Health in March 2021 as soon as I heard about the program. Having cared for my mum for 40+ years, I could appreciate the need for a service focused on caring for Carers.

In my conversations with you, I am reminded that you are the wives, husbands, children (adult and young), relatives, friends, and loved ones of people with complex care needs. Your lives have been taken from the ordinary into the extraordinary care experience. That is why I choose to use the word you, rather than a carer, in this letter. **You** hold a wealth of knowledge and are courageous, ardent advocates, insightful and reflective as you get things off your chest in Coaching and Care Plan Coordination. Accepting our support, you set goals to get the best out of life for yourself and the person you care about. And achieve them. You are amazing.

My passion at work is Facilitated Coaching, which allows you to work one-on-one with a coach who supports you through conversation towards improving your overall well-being. With Christmas fast approaching comes a mixed bag of emotions for many of us as we prepare for family gatherings, being alone on Christmas day or heading out bush for a couple of days to slow the pace.

Whatever you do this year over the festive season and summer holidays. Please take time for yourself, pat the cat, brush the dog, plant a flower in your garden, play music, dance, and let yourself laugh out loud. Whatever it is that brings you into the here and now, reminding you of who you are, who you were and will become through the selfless act of caring for another.

Please take care of yourself this Christmas and on the caring journey:

*"Keep something beautiful in your heart to survive difficult times and enjoy good times. ... May you live this day compassionate of heart, clear in word, gracious in awareness, courageous in thought, generous in love."*

John O'Donohue

See you in the new year; cheers to 2023 and all that it brings, the ups and downs that are inevitable in life. Remember, you are part of the carer community. May your cup be (half) full of kindness this festive season.

Stay mindful,

Marlea

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### Events coming up:

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

	What are we doing	Who is it for	Where
<b>January</b>			
12 <sup>th</sup>	School holiday Movie event	Young Carers	Showbiz
19 <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
20 <sup>th</sup>	Memory Mingle	Carers of people with memory problems and the person they care for	Online
24 <sup>th</sup>	School holiday tenpin bowling event with Little Dreamers	Young Carers	Ballarat Sth Community Centre
<b>February</b>			
2 <sup>nd</sup>	Q&A session (Advocacy service)	All Carers	Online
16 <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
17 <sup>th</sup>	Memory Mingle	Carers of people with memory problems and the person they care for.	Online
23 <sup>rd</sup>	Caring Together workshop Facilitator: Counsellor, Mary O'Mara	Carers whose loved one is in permanent care. <i>(2 part workshop)</i>	Online
<b>March</b>			
2 <sup>nd</sup>	Q&A session (Ballarat Regional Multicultural Centre)	All Carers	Online
16 <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
17 <sup>th</sup>	Memory Mingle	Carers of people with memory problems and the person they care for	TBA
TBA	Camp	Young Carers	TBA

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

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## Carer Counselling.

Today I would like to shine the spotlight on this service, which has already assisted so many of our carers.

It may help to speak with a counsellor to discuss your situation if you are feeling stressed, sad or frustrated. They can provide strategies to help you work through your emotions. Carer Gateway provides free counselling to carers.

### **In-person one-on-one counselling**

Carer Gateway service providers offer in-person counselling where you can speak one-on-one with a professional counsellor who is experienced in supporting carers.

This type of counselling allows you to speak openly and honestly about how you're feeling in relation to your caring role. A trained counsellor will work with you to understand and help you explore your concerns. Your counsellor will provide a safe space to explore specific issues and work together on the way forward.

Carers can access six in-person one-on-one counselling sessions over a shorter or longer period of time, depending on your needs. It can also be a good idea to speak with your GP and discuss a Mental Health Plan. You can then access your 6 sessions through the Carer Gateway at no cost to you and if you require further support you may be able to access this through your MH plan.

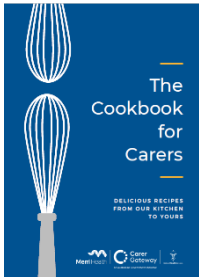
To access this type of counselling, call Carer Gateway on **1800 422 737** Monday-Friday, 8am-5pm. If you are already registered you can also call our office on **03 5333 7104**.

### **Phone counselling**

The Carer Gateway Counselling Service provides counselling and resources to support carers. Professional counsellors talk one-on-one with you about the concerns you have and how you feel about your carer role.

For more information or to book a phone counselling appointment you can call Carer Gateway on **1800 422 737** and select option 2 to speak to our [phone counselling](#) team. You can also request a call back by visiting the [phone counselling](#) page. <https://counselling.carergateway.gov.au/s>

## Carer Cookbook



Our Carer Cookbook is now out!

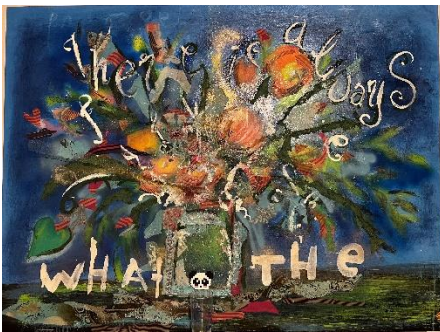
Special thank you to all Carers who participated and/or supported us in making this become a reality. Please have a look at our website to download your free copy today

[Carer Cookbook \\* click here \\*](#)

or scan the QR code to download



## Carer Story



Some artworks & quotes created by one of our very talented Carers, Sherelle.

*'Perhaps the reason artists make things is not only because it is fun to do so, but because it is nice to communicate'*

*'The heart of caring is a reflective note'*

*'Dementia .... she is a landscape of love. A postcard on the edge who communicates with her heart and mind like snapshots'*

*'They care about me'*

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

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