

Carer Support Service

The Caring Times



Grampians
Health
Ballarat

Ballarat, Golden Plains, Moorabool & Hepburn Shires

ISSUE 12 – OCTOBER 2023

Hello Carers,

In August 2023, Grampians Health Ballarat Carer Support Service completed 26 proud years of supporting Carers in our community.

As a service outlet for Carer Gateway (an Australian Government initiative) and a Victorian Government funded Support for Carers Program provider, we have had the pleasure of supporting over 950 Carers in the past twelve months. Our experienced team has extensive knowledge and a great depth of understanding of the needs of Carers in our community. We are committed and passionate about providing respectful, meaningful and effective support and services to Carers.

We want to say a Very Big Thank You to the thousands of Carers whom we have supported over the years, for being a part of this incredibly rewarding journey with us. We couldn't have done it without you... without your support, without your feedback, without your morale boosting thank-you notes, without your kind and generous wishes, without your smiles. We are grateful for the opportunity to serve you, and for trusting us to support you on your caring journey... for the past 26 years... and counting...

We would like to take this opportunity to also thank the hundreds of Health and Community Care Workers who have worked in our team over the years, or referred Carers to us. It is our privilege to be a part of such a supportive local network.

As we inch closer to National Carers Week 2023 (15 – 21 October), we would like to acknowledge and celebrate Carers, who look after their loved ones so passionately; who enrich the lives of the person they care for, with their understanding, empathy and compassion; who keep on giving their all ... day after day after day.

Dear Carers... you've got this!

Rajat Taneja
Manager
Carer Support Service



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Events coming up:

	What are we doing	Who is it for	Where
October – CARERS WEEK 15th – 21st			
5 th	Q&A (Ballarat Autism Network)	All Carers	Online
8 th	Lake Esmond Community event and Circle of Solidarity for Mental Health <i>(further details below)</i>	All Carers	Lake Esmond
10 th -31 st	Mindfulness Meditation Facilitator: Jane Southwell	All Carers (4 week course)	Online
17 th	Art class with Mel Tolliday	All Carers	Online
18 th	Movie Night	All Carers	Regent
19 th	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 th	Memory Mingle bus trip	Carers of people with memory problems and the person they care for	TBA
26 th	Difficult Decisions workshop Facilitator: Counsellor, Mary O'Mara	For Carers who are looking at permanent care for the person they care for <i>(Part 1 of 2-part workshop)</i>	Online
November			
2 nd	Difficult Decisions workshop Facilitator: Counsellor, Mary O'Mara	For Carers who are looking at permanent care for the person they care for <i>(Part 2 of 2-part workshop)</i>	Online
2 nd	Q&A (TBA)	All Carers	Online
16 th	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

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.

Our business hours are 9:00am – 5:00pm Monday - Friday

Are you an LGBTIQA+ Carer?

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

Our Carer Engagement team has recently caught up with one of our Carers to discuss what we need to offer to provide a safe space for the LGBTIQA+ cohort. A space or program that offers understanding and recognition.

We would love to create a mailing list that helps us target carers in this cohort, so we can organise a get together for our adult LGBTIQA carers. Don't miss out and have your name added to this list, so we can send you invites in the New Year and update you with current information and events that we become aware of. **Please email us at carers@gh.org.au or give us a call on 5333 7104.**

- You may also be aware of the online group for adult LGBTIQA+ carers that meets once a month for informal sessions. This group is run by Alfred Health Melbourne. You can fill out an expression of interest form here <https://forms.office.com/r/VgP5z0CuyE> or contact your local office on the email and phone number mentioned earlier.
- For Young Carers aged from 8-18 that identify as LGBTIQA+ who would like to meet online, hang out with other Young Carers, make new friends, talk, laugh and share experiences or to just take a break from the caring role to just be themselves! **Please email Karen (Young Carer worker) at carers@gh.org.au or give us a call on 5333 7104**

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 us what you want to know about a different subject each month.

Earlier this month, we explored the topic of Home Care Packages.

A Home Care Package provides you with Australian Government-funded help. The range of care and services available is extensive.

There are four levels of Home Care Packages:

- Level 1 supports basic care needs
- Level 2 supports low level care needs
- Level 3 supports intermediate care needs
- Level 4 supports high care needs



Assessments are organised through My Aged Care and you will be assigned a package based on your needs. You then choose a Home Care Package Provider and the services you need.

You can scan the QR code to visit the My Aged Care website <https://www.myagedcare.gov.au/> or call them direct on **1800 200 422**

Mental Health Expo

Free Community Event that will be held at Lake Esmond Gardens on Sunday 8th of October, 2023. It will incorporate the Circle of Solidarity around Lake Esmond, Service Providers, Organisations, and Support Groups that support Consumers, and Family/Carer/Supporters.

There will be a free BBQ, Coffee Van, Ice Cream, and maybe other food vendors this year. Ballarat Brass Band is keen to participate again this year and will seek out other musicians.

Some Stall holders will provide activities for kids and adults alike, including Bunnings Activity Stall is set to return. With Lucky Door prizes and show bags with merch and information flyers of services to handout at the 3 entry gates



The Ballarat Mental Health Collective are excited to share that the **Lake Esmond Community Event** and **Circle of Solidarity** for mental health is returning in 2023: **Sunday 8th of October**



Image is credited to Ballarat Times News group/Michael Chambers.



Carer Poem

Heartache by Murray

It's hard to watch your loved one
Slowly fade into the dark
To miss the glow that once was shown
By the sparkle .in her eyes.

To see her suffer all day long as her body
Starts to fail.
And the mind that now starts to dull
once was so very sharp

You watch her always sleeping
Scared she may fall
With all the help we're getting
It is you that always remain.

Helping her up constantly
And helping her change clothes
Ensuring she his eating
And taking all her meds.

Little time for anything except
Sleep when you can
all alone with thoughts and fears
As your own frailties begin to show.

No chance of any intimacy
No one with whom to cry
No one to hug and cuddle
Only the doggies see my pain.

But soldier on one must
Because you love her
With all your heart.
together through good and bad times
Together until we pass

Image from unsplash.com

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

Business Hours: Monday – Friday 9:00am – 5:00pm (Closed Public Holidays)