



carerconnect Newsletter

February
2024

Issue 8

5561 8111

<https://carerconnect.com.au>

carerconnect@mpower.org.au

Welcome to the first edition of 2024 Newsletter.

SAVE THE DATE:

CARER CONNECT ROADSHOW COMING TO GATEWAY PLAZA, WARRNAMBOOL.

THURSDAY MARCH 21ST BETWEEN 10AM- 2PM.

Please email or contact the Carer Connect Coordinator if your agency wishes to be a part of this expo. It's a great opportunity to network and promote your service.

PH: 5561811 or

EMAIL: carerconnect@mpower.org.au



Carers can be anyone.

Carers can now benefit from most of discounts available to Seniors Card holders.

Carer Card holders can now enjoy most of the discounts available to Seniors Card holders in more than 4,000 participating businesses across Victoria.

We have merged the Carer Card and Seniors Card discount directories so that Carer Card holders can access an even wider range of discounts, including:

- eating out
- shopping
- getting help with your finances
- leisure and recreation activities like seeing a movie at a Village cinema.

To find out more information please go to:

https://www.carercard.vic.gov.au/directory_search_results.



Don't forget to follow Carer Connect on Facebook



Carer Support Program | 2024 Calendar

FEBRUARY			
01	Warrnambool Autism Support Group	10am	GHP Mpower
02	Camperdown Carer Support Group	11am	Camperdown Community House
05	Hamilton Carers Meeting	11am	Mpower (6 Nolte Street)
06	Timboon Carers Meeting	11am	Aberlea Lounge
08	Terang Carers Meeting	11am	Middle Hotel
14	Coleraine Carers Meeting	12pm	The Catching Pen
16	Casterton Carers Meeting	11am	Old Courthouse Community Centre
16	Mortlake Carers Group	1:30pm	Mortlake Community Health Building
21	Warrnambool Carers Group	12pm	Flying Horse
23	Glenelg Carers Meeting	12pm	Portland Library

MARCH			
01	Camperdown Carer Support Group	11am	Camperdown Community House
04	Hamilton Carers Meeting	12pm	The Botanical
05	Timboon Carers Meeting	11am	Aberlea Lounge
07	Warrnambool Autism Support Group	10am	Mpower GHP
13	Coleraine Carers Meeting	12pm	The Catching Pen
14	Terang Carers Meeting	11am	Middle Hotel
15	Casterton Carers Meeting	11am	Old Courthouse Community Centre
15	Mortlake Carers Group	1:30pm	Mortlake Community Health Building
20	Warrnambool Carers Group	12pm	Activity
29	Glenelg Carers Meeting	12pm	Portland Library

Most events include lunch
Additional information will be emailed out prior to the event

Bookings - 5561 8111

REG#A0010905X



South West Carer Respite Program



The Council's South West Carer Respite Program provides many different respite choices to support Carers & Care Recipients.

Our program includes the municipalities of Warrnambool, Glenelg, Moyne, Corangamite and Southern Grampians Shires.

**To discuss further please phone:
5559 4800**



www.warrnambool.vic.gov.au

Connect to Council    

Mpower in conjunction with local bowling clubs are inviting you to Carefoot Bowls at the following bowls clubs.

Timboon- 4th March

Camperdown 15th March

Coleraine-20th March.

Hamilton-17th April.



EVERYONE WELCOME

For more information & to register contact Mpower on 55618111

JANUARY 2024

Mental Health and Wellbeing Connect Centre Newsletter



The Fact Of Self Care

It can be interpreted that self-care includes everything related to efforts to stay physically healthy, including maintaining personal hygiene, fulfilling the nutrients the body needs, and seeking medical care when needed.



MAKE UP



TRY COOKING



NAIL POLISH



HAIR CARE

A Look around the Centre



Centre Details

Address: 223/2 Karait street Warrnambool
Inside same door as Falk and Co, down
passageway to the right
Opening Hours: Monday - Friday 9am - 5pm
If centre is unattended, please call Mel
0474630446 or Lucy 0448236847

First Nations Artwork

Beautiful First Nations Artwork for Our Office Space
We feel fortunate to have purchased some stunning artwork from Kristy DeBono, which we plan to showcase around the office. Her artistry is truly remarkable, and we invite you to browse her Instagram page for more beautiful pieces: https://www.instagram.com/kokaiar_art?igsh=MWdqcjhoMWtrZGtvZA==.



A message from us!

2024: Ready, set, go! Our Centre is now open to all you lovely carers out there! We're buzzing with excitement about the awesome plans we have in store for you this year! Brace yourself for a ton of Carer Catchup's and fun activities to come. We're still on cloud nine after the fantastic response we got for our Carers Christmas in December, and we're already amped up to make next year's event even bigger and better! Our team is passionate about supporting you in every way possible, and we mean it when we say your needs are our top priority. So, don't be shy to give us a shout-out with your suggestions or requirements. We're always here, ready to provide you with the best care and support!

We say a heartfelt goodbye to Shivan, you will be a dearly missed member of our team, as you step away from work to spend time with your beautiful family.

Mel and Lucy



If you care for a family member or friend with a disability, medical condition, mental illness, or who is frail due to age, Barwon Health Carer Support Carer Gateway offers support and services to unpaid carers living across the Barwon South West region of Victoria. Our team works closely with carers to assist them in their caring journey and to support their physical and emotional wellbeing. Every caring journey is unique and the supports we provide are based on individual needs and circumstances of each carer.

We are funded by the Victorian Government (Support for Carers Program) and Australian Government (Carer Gateway and Commonwealth Home Support Program) to provide flexible support options to carers in our region. Barwon Health's delivery of Carer Gateway services is in partnership with Merri Health.

We encourage anyone who is in a caring role to call 1800 422 737 or visit carergateway.gov.au to get support that is right for you. Emergency respite is available 24/7 on the same number. And if you know a carer, let them know it's OK to ask for support and tell them about Carer Gateway.

Wherever you are in the South West of Victoria, you can contact Barwon Health Carer Support, Monday - Friday 8:30am -5:00pm by calling 4215 7600 or emailing carersupport@barwonhealth.org.au.

Young Carers event on Monday 4 March 2024:

Bowling and pizza night for Young Carers, Monday 4 March 2024.

Bowling from 5:00pm at The Bowl, followed by dinner at Bojangles Pizza Restaurant.

RSVP: cs.events@barwonhealth.org.au or ph (03) 4215 7600.

BARWON HEALTH CARERS EVENTS ACROSS SOUTHWEST VICTORIA IN MARCH AND APRIL:

Hamilton and Hamilton Area Carers

Come join us for a free lunch at 12 noon on the 20th March 2024

Where: The Cally- Caledonian Hotel Motel

153 Thompson St, Hamilton VIC 3300

RSVP: cs.events@barwonhealth.org.au or PH: (03) 4215 7600.



Portland and Portland Areas Carers

Come Join us for a free lunch at 12 noon on the 16th April 2024

WHERE: Macs Hotel

39-41 Bentinck St, Portland VIC 3305

RSVP: cs.events@barwonhealth.org.au or ph (03) 4215 7600.



Carers Victoria- Warrnambool FORUM

Empower your voice! Advocacy workshop and carer forum in Warrnambool.
Carers, its time to amplify your voice and navigate the maze of services with confidence.

**Join us for a dynamic Advocacy Workshop and Carer Forum on Wednesday
28th February from 10:00am – 2:00pm at the Archie Graham Community
Centre.**

Discover the strategies for negotiating to ensure you receive the practical, financial and emotional support you deserve.

This workshop also aims to equip you with the knowledge and skills to approach professionals informed and ready to negotiate effectively.

Make sure you mark your calendars and join us for an impactful session.

TO SECURE YOUR PLACE PLEASE CLICK ON LINK BELOW:

<https://carersvictoria9969.eventbrite.com.au>

Or PH: 1800 514 845



Carers Victoria in partnership with Warrnambool City Council

NEW FUEL DISCOUNTS FOR VICTORIAN GOVERNMENT CARER CARD HOLDERS



Carers Victoria

Great news for carers when you need to fill up the fuel tank!

Victorian Carer Card holders can access fuel discounts through a new partnership with United Petroleum. The Department of Families, Fairness and Housing (DFFH) has announced that Victorian Carer Card holders can register for a digital or plastic United fuel discount card. This will allow them to save 4 cents per litre on fuel at United service stations across Australia.

Visit the Victorian Carer Card website www.carercard.vic.gov.au to check eligibility requirements and apply online. You can also contact the DFFH Carer Card team at carercard@dffh.vic.gov.au or call 1800 901 958 if you would like an application form sent to you.

Stay safe in extreme heat this summer.



During extreme heat it is easy to become dehydrated or for your body to overheat.

Extreme heat can affect anybody however the people most at risk:

- are aged over 65 years, especially those living alone
- have a medical condition such as diabetes, kidney disease or mental illness

COPING WITH THE HEAT

- Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- Keep yourself cool by using wet towels, putting your feet in cool water, and taking cool (not cold) showers.
- Spend as much time as possible in cool or air-conditioned buildings.
- Block out the sun at home during the day by closing curtains and blinds
- Keep in touch with sick or frail friends and family.

Call those at risk at least once a day on extreme heat days.

- Offer to help family, friends and neighbours who are aged over 65 or have an illness by doing shopping or other errands so they can avoid the heat. Take them somewhere cool for the day or have them stay the night if they are unable to stay cool in their home.
- If you observe symptoms of heat-related illness, seek medical help

PREPARE FOR EXTREME HEAT

Stock up on food, water and medicines so you don't have to go out in the heat.

Visit your doctor to check if changes are needed to your medicines during extreme heat.

PREPARE FOR A POWER FAILURE:

Carer Support Services and Benefits – Carers VIC

Services

Carer Gateway	1800 422 737 https://www.carergateway.gov.au
Carers Victoria	1800 514 845 www.carersvictoria.org.au
Services Australia	132 307 https://www.servicesaustralia.gov.au/caring-for-someone
Support for Carers Program	https://www.betterhealth.vic.gov.au/health/servicesandsupport/carers-services-home-help-and-support#victorian-support-for-carers-program
Disability Gateway	1800 555 677 https://www.disabilitygateway.gov.au/
Little Dreamers	1800 717 515 https://www.littledreamers.org.au/
Tandem	1800 314 325 https://www.tandemcarers.org.au/
Amaze	1300 308 699 https://www.amaze.org.au/
ECCV	03 9354 9555 (during business hours) https://eccv.org.au/
Rainbow Door	1800 729 367 https://www.rainbowdoor.org.au/

Benefits

Carer Payment	https://www.humanservices.gov.au/individuals/services/centrelink/carer-payment/eligibility
Carer Allowance	https://www.humanservices.gov.au/individuals/services/centrelink/carer-allowance/eligibility/eligibility-rules
Carer Card	Phone 1800 901 958 (during business hours) www.carercard.vic.gov.au
Companion Card	Victorian Companion Card Information Line 1800 650 611 www.companioncard.org.au
Benefits for concession card holders	<ul style="list-style-type: none"> • Energy Concessions • Municipal rates concession • Recreation benefits and Concessions • Care Registration Concessions • Water and sewerage concession • Housing support https://www.carersvictoria.org.au/benefits/victorian-government-concessions-and-benefits-full-listing
Mental Health Carer Support Fund	Tandem Information Line 1800 314 325
Other Benefits	<ul style="list-style-type: none"> • Half Priced Taxi Card • Victoria Mental Health Carer Support Fund • NDIS • Carer Adjustment Payment • Child Disability Assistance • Payment Disability Parking Permit • Better Life Mobile phone plan • Qantas Carer Concession Card https://www.carersvictoria.org.au/benefits

Thank you for continuing to support and share the Carer Connect Newsletter with colleagues, clients, carers, friends, and family. Carers can be anyone 😊.

Our aim is to keep carers and those who support them updated on information, education and programs relevant to the caring role.

If you would like to be included on the email list please ring 5561 8111 and ask for the Carer Connect Coordinator or email carerconnect@mpower.org.au

Please email carerconnect@mpower.org.au if you wish to contribute to the April edition of the Carer Connect Newsletter.