



# carerconnect Newsletter

April  
2024  
Issue 9  
5561 8111

<https://carerconnect.com.au>

[carerconnect@mpower.org.au](mailto:carerconnect@mpower.org.au)

**Welcome to the second edition of the 2024 Newsletter.**

## **SAVE THE DATE:**

CARER CONNECT ROADSHOW COMING TO PORTLAND LIBRARY,  
THURSDAY MAY 9th BETWEEN 12PM- 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](mailto:carerconnect@mpower.org.au)**



**Carers can be anyone.**

## THANK YOU

On behalf of Carer Connect I would like to take this opportunity to thank all the services and community members who attended the Carer Connect Roadshow at Gateway Plaza, Warrnambool on Thursday the 21<sup>st</sup> of March 2024.

Our aim was to enable carers and organisations to learn more about the supports offered in the area by bringing as many services as possible together in an independent environment that was accessible to all members of our community.

Again, thank you!



## CARER GROUPS- MPOWER

| APRIL |                                  |        |                                    |
|-------|----------------------------------|--------|------------------------------------|
| 01    | Hamilton Carers Meeting          | 11am   | Mpower (6 Nolte Street)            |
| 02    | Timboon Carers Meeting           | 11am   | Aberlea Lounge                     |
| 04    | Warrnambool Autism Support Group | 10am   | GHP Mpower                         |
| 05    | Camperdown Carer Support Group   | 11am   | Camperdown Community House         |
| 10    | Coleraine Carers Meeting         | 12pm   | The Catching Pen                   |
| 11    | Terang Carers Meeting            | 11am   | Middle Hotel                       |
| 17    | Warrnambool Carers Group         | 12pm   | Flying Horse                       |
| 19    | Casterton Carers Meeting         | 11am   | Old Courthouse Community Centre    |
| 19    | Mortlake Carers Group            | 1:30pm | Mortlake Community Health Building |
| 26    | Glenelg Carers Meeting           | 12pm   | Portland Library                   |

| MAY |                                  |        |                                    |
|-----|----------------------------------|--------|------------------------------------|
| 02  | Warrnambool Autism Support Group | 10am   | Mpower GHP                         |
| 03  | Camperdown Carer Support Group   | 11am   | Camperdown Community House         |
| 06  | Hamilton Carers Meeting          | 12pm   | The Botanical                      |
| 07  | Timboon Carers Meeting           | 11am   | Aberlea Lounge                     |
| 08  | Coleraine Carers Meeting         | 12pm   | The Catching Pen                   |
| 09  | Terang Carers Meeting            | 11am   | Middle Hotel                       |
| 15  | Warrnambool Carers Group         | 12pm   | Activity                           |
| 17  | Mortlake Carers Group            | 1:30pm | Mortlake Community Health Building |
| 17  | Casterton Carers Meeting         | 11am   | Old Courthouse Community Centre    |
| 31  | Glenelg Carers Group             | 12pm   | Portland Library                   |

| JUNE |                                  |        |                                    |
|------|----------------------------------|--------|------------------------------------|
| 03   | Hamilton Carers Meeting          | 11am   | Mpower (6 Nolte Street)            |
| 04   | Timboon Carers Meeting           | 11am   | Aberlea Lounge                     |
| 06   | Warrnambool Autism Support Group | 10am   | GHP Mpower                         |
| 07   | Camperdown Carer Support Group   | 11am   | Camperdown Community House         |
| 12   | Coleraine Carers Meeting         | 12pm   | The Catching Pen                   |
| 13   | Terang Carers Meeting            | 11am   | Middle Hotel                       |
| 19   | Warrnambool Carers Group         | 12pm   | Flying Horse                       |
| 21   | Casterton Carers Meeting         | 11am   | Old Courthouse Community Centre    |
| 21   | Mortlake Carers Group            | 1:30pm | Mortlake Community Health Building |
| 28   | Glenelg Carers Meeting           | 12pm   | Portland Library                   |

REG#A0010905X

# PARENT AND WORKING CARER EVENT COMING TO NARRAWONG

mpower.

## Relax and Recharge

### Parent Carers and Working Carers Event

Join us for a blissful 11am Group Sound Therapy Session at **Sonic Harmony**, Narrawong followed by delightful coffee and cake at **Bay of Whales Gallery and Coffee Shop**

**When** Sunday 28th April 2024



Respite is available for recipients if needed

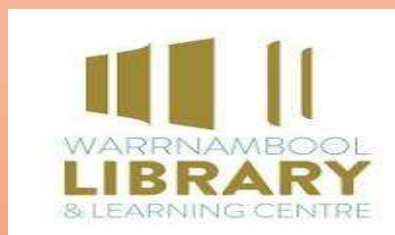
*Only 10 spaces available so book in fast*

To find out more or book please call 5561 8111



Don't forget to check out all the events happening at the Warrnambool Library

<https://library.warrnambool.vic.gov.au/>





# CARER RESPITE PROGRAM- SOUTHWEST VICTORIA



 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](http://www.warrnambool.vic.gov.au) | **Connect to Council**    

## JOIN US FOR A FREE COMMUNITY LUNCH TO COMBAT ELDER ABUSE

In collaboration with the Warrnambool City Council, Mpower invites you to join us in acknowledging the issue of Elder Abuse

**When:** Wednesday 12 June 2024

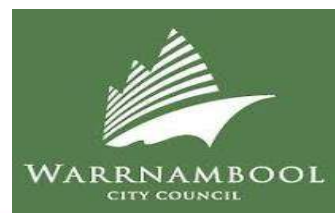
**Time:** 12:30pm-1:30pm

**Book:** Archie Reception



**JUNE 15**  
**WORLD ELDER ABUSE**  
**AWARENESS DAY**

**mpower** inc



wellways

Mental Health and Wellbeing Connect  
Centre

# Carer Coffee Group

Second Thursday of the  
month 10am-12noon



***Come enjoy a free cuppa and some company***

*Come along to our Coffee Group and Meet New People in  
a Fun and Engaging Way!*

*Looking for an enjoyable way to connect with others  
while sipping a delicious cup of coffee? Look no further  
than our coffee group! As a caregiver, don't miss out on  
the chance to engage with like-minded individuals in  
your area. Pop in to our coffee group and experience the  
joy of community connection.*

**2/223 Koroit street Warrnambool**

Enter through the Falk and Co doors and follow passageway  
on right

**Contact Lucy 0448236847 or Mel 0474630446**

## TANDEM CARERS

Join us at our Warrnambool information session!

Discover the key changes in the new Mental Health and Wellbeing Act 2022, effective from September 1, 2023.

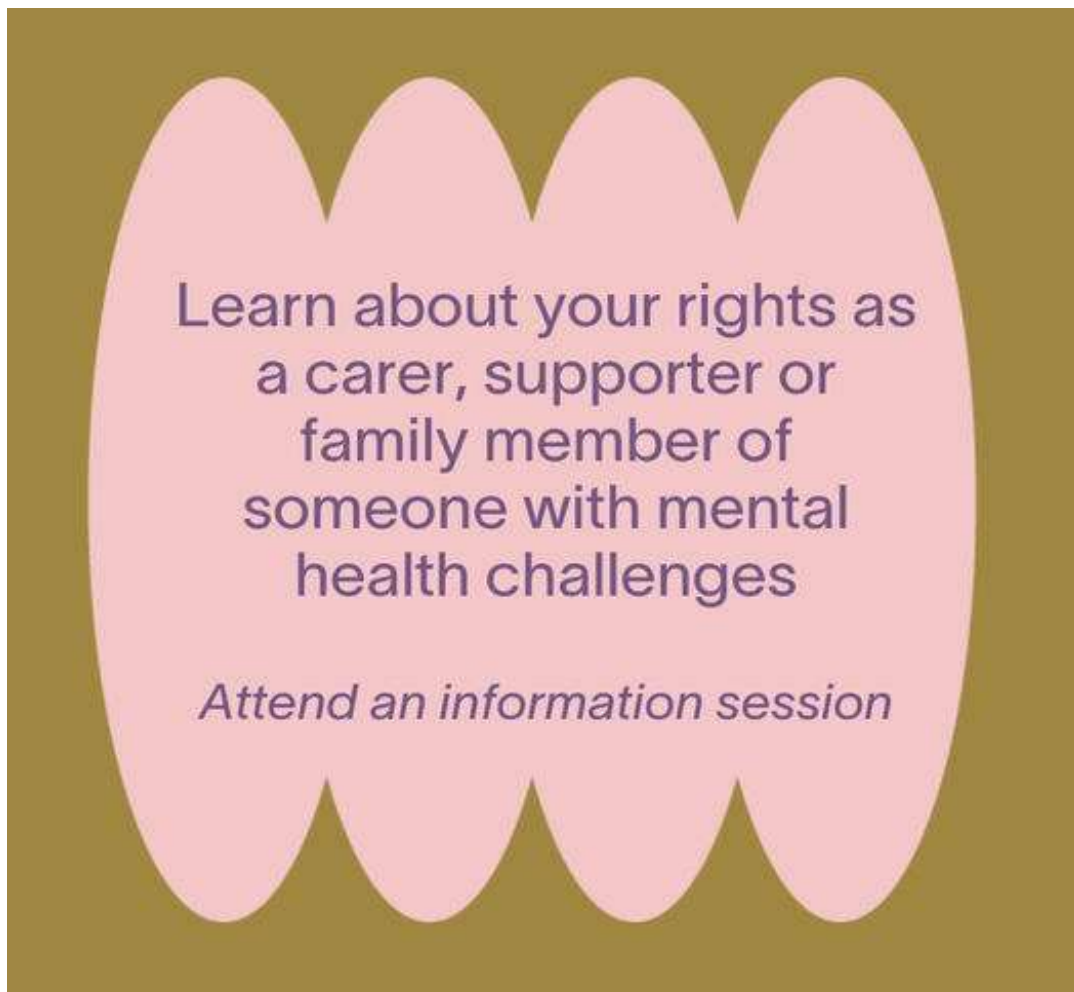
Learn about your rights as a support, carer, or family member of someone with mental health challenges.

Bring along your questions and enjoy a light lunch.

See you there!

Register Here: [https://tandemcarers.org.au/.../Event\\_Dashboard.aspx...](https://tandemcarers.org.au/.../Event_Dashboard.aspx...)

Learn about your rights as a carer, supporter or family member of someone with mental health challenges.







## headspace hub: A helpful haven for Family, Friends & Carers

Are you looking for a space to connect, share, and grow with others who understand the joys and challenges of raising teens?

Look no further! headspace Hub is your new go-to community for support, advice, and meaningful connections.



If you have any questions, you can contact our Family & Friend Peer Worker on 55618888 or [tmills@brophy.org.au](mailto:tmills@brophy.org.au)

To join the **Term 2 Online Tuesday Evening 5:30PM OR**

To join the **Term 2 IN PERSON Friday Mornings 10am** scan the QR code.





# BARWON CARERS/ CARER GATEWAY NEWS



## **Carers Lunch, Portland – Tuesday 16 April 2024**

Macs Hotel at 12:00pm

39–41 Bentinck St, Portland

Meals provided and drinks can be purchased at the bar

RSVP: Barwon Health Carer Support, [cs.events@barwonhealth.org.au](mailto:cs.events@barwonhealth.org.au) or phone (03) 4215 7600

## **Carers Lunch, Warrnambool – Wednesday 19 June**

Lady Bay Resort Restaurant at 12:00pm

2 Pertobe Road, Warrnambool

Meals provided and drinks can be purchased at the bar

RSVP: Barwon Health Carer Support, [cs.events@barwonhealth.org.au](mailto:cs.events@barwonhealth.org.au) or phone (03) 4215 7600

*Please let us know if you have any dietary requirements at either Carers Lunch.*

## **Movie Day**



**As a thank you to all of our hard working and dedicated Carers, Barwon Health Carer Support and Carer Gateway are offering South West carers two cinema vouchers per carer to Capitol Cinema Warrnambool with your choice of any movie**

To secure your cinema vouchers, please email [cs.events@barwonhealth.org.au](mailto:cs.events@barwonhealth.org.au) (include your full name contact number), or phone (03) 4215 7600.

## NEWS FROM CARERS VICTORIA

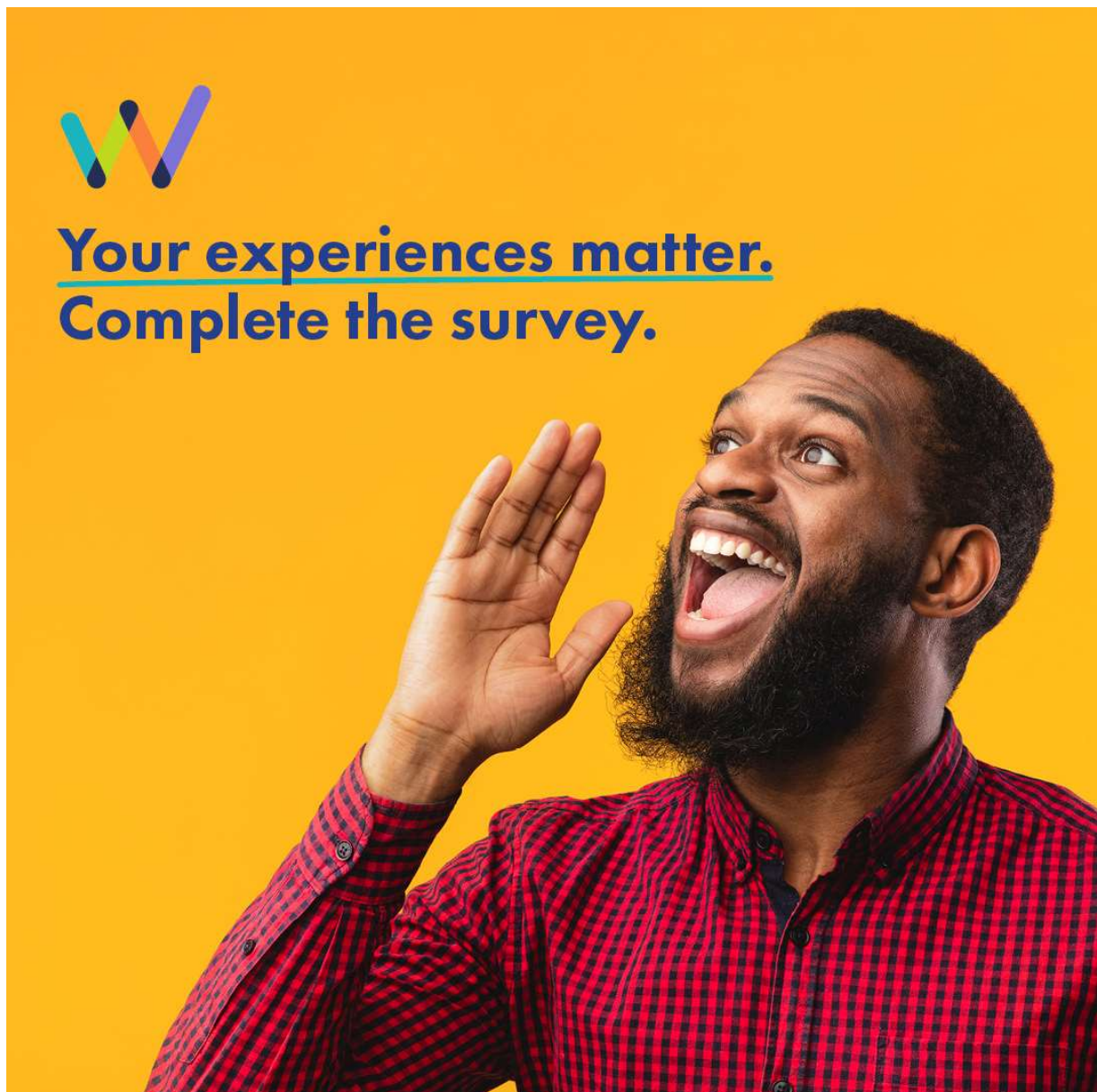
### **Carers, your wellbeing is a priority!**

Participate in the Carer Wellbeing Survey and contribute to a comprehensive understanding of your needs.

Your insights shape the support systems that make a difference. Let's build a caring community together.

Visit the Carers Australia website for more information.

<https://www.carersvictoria.org.au/>



## VICTORIAN SMOKE ALARM SUBSIDY



### Smoke Alarm Subsidy

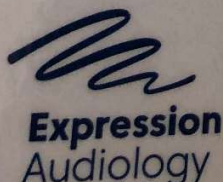
The Victorian smoke alarm subsidy scheme is a Government funded subsidy providing specialised smoke alarms to Deaf and hard of hearing people living in Victoria. The smoke alarm alerts users to fire hazard through sight (flashing light) and tactile (vibrating pad) to ensure safety within your home, particularly when asleep.

**To be eligible you must be**

- Deaf or hard of hearing with a severe to profound loss or a severe high frequency hearing loss  $\geq 70\text{dB}$  (2, 3 & 4kHz)
- A resident of Victoria
- Not eligible to other funding services that provide this package, eg NDIS, My Aged Care.

The smoke alarm pack retails at \$685. Those who are eligible will receive the pack for a \$50 out of pocket fee. The fee can be waived for those who hold a Pension Concession Card.

To apply for the subsidy, please visit [expression.com.au/services/smoke-alarm-subsidy](http://expression.com.au/services/smoke-alarm-subsidy) and complete the application form or contact our team via [info@expression.com.au](mailto:info@expression.com.au)



Email  
SMS/FaceTime  
Phone  
Web

[info@expression.com.au](mailto:info@expression.com.au)  
0402 217 586  
03 9473 1188  
[expression.com.au](http://expression.com.au)





## CARER ADVISORY SERVICE



Did you know that the Carer Advisory Service is available to you from Monday to Friday, 9:00 am to 5:00 pm.

To reach the Carer Advisory Service Please Call us at 1800 514 845 or email us at [access@carersvictoria.org.au](mailto:access@carersvictoria.org.au)



## Carer Support Services and Benefits – Carers VIC

### Services

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

### Benefits

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

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](mailto:carerconnect@mpower.org.au)

Please email [carerconnect@mpower.org.au](mailto:carerconnect@mpower.org.au) if you wish to contribute to the June edition of the Carer Connect Newsletter.

