

Carer Support Service

The Caring Times



Grampians
Health
Ballarat

Ballarat, Golden Plains, Moorabool & Hepburn Shires

ISSUE 08

Welcome Carers,

Spring has sprung; it is the time for flowers to bloom and for all of us to come out of our winter hibernation. The weather is slowly starting to warm up and the days are getting longer. Let's get out into nature, take a deep breath and recharge!

We are also finally emerging from the Covid dark cloud and beginning to reconnect with our friends, family and communities. These make for some lovely moments.

Time to introduce myself; I am Simone van Bergen and I am the newest staff member to Carer Support Service. I have already had the great pleasure to speak to and assist some of the awesome and amazing Carers that we support. I can't wait to meet and support more of the unsung heroes that are Carers.

I am an avid traveller and am getting excited about a short-planned trip to WA next month and soon after that to the Maldives. Obviously, I am trying to get away from Ballarat's cooler weather for a little while and trying to make up for the few years when we couldn't go anywhere. I am sure you can relate.

I thoroughly enjoy socialising with family and friends, craft and all things Christmas! My sizzling sausage dog 'Lotti' keeps me sane and busy at the same time. She loves to get out and about to run and socialise with dogs of all sizes and enjoy many adventures.

I have past experience in Nursing, Aged Care and Disability sectors and look forward to learning more about our wonderful community sectors so that I can assist Carers further in the future.

Speak to you soon (don't forget that when we call it comes up as a private number, we are not a scammer)

Simone van Bergen



Carer Support Service

The Caring Times



**Grampians
Health
Ballarat**

Ballarat, Golden Plains, Moorabool & Hepburn Shires

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
October			
6 th	Q&A Session (Carer Employment Program)	All Carers	Online
9 th	Mental Health Festival at Lake Esmond	Open for all	Lake Esmond
Carers Week Celebrations			
18 th	Macramé Class with Mel Tolliday	All Carers	Online
21 st	Memory Mingle (Trivia quiz)	Carers of people with memory problems and the person they care for	Online
23 rd	In Tails performance with David Hobson & Colin Lane	All Carers (ticketed event)	WCPA
November			
3 rd	Q&A Session (Fire Prevention)	All Carers	Online
3 rd – 1 st Dec	Mindfulness Meditation with Jane Southwell (5 week workshop)	All carers	Online
18 th	Memory Mingle	Carers of people with memory problems and the person they care for.	Online
10 th – 17 th	Difficult Decisions workshop Facilitator: Counsellor, Mary O'Mara	For Carers who are looking at permanent care for the person they care for (2 part workshop)	Online
18 th – 25 th	Life After Caring workshop Facilitator: Counsellor, Mary O'Mara	For Carers who have recently lost the person they care for (2 part workshop)	Online
December			
1 st	Q&A Session (Home Care Packages)	All Carers	Online
16 th	Memory Mingle	Carers of people with memory problems and the person they care for	Online
TBA	School Holiday Events	Young Carer	TBA

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

Do you know we offer Coaching?

Carer Gateway offers coaching in 2 different ways. Today I would like to shine the spotlight on this service, which has already assisted so many of our carers.



One on one coaching

This type of coaching is offered by our local staff over the phone. When you have registered and are contacted by our staff, we have a conversation with you to identify in what areas you need support. For some people this means that a coaching referral is appropriate.

Carers often put aside their own needs because the needs of the person they care for. In coaching it is about taking time out to think about your own wellbeing and consider how you can find space in your life to make room for your needs as well.

In 6 sessions, you can reflect with your coach on how things are going for you and see if there are some changes you might like to make. The coach will assist you with possible steps that can help you to implement those changes. If you think this service may be of assistance to you, please discuss with our staff, when you are being contacted. You can also let us know by contacting (03) 5333 7104.

Self-guided coaching

This type is offered online through the Carer gateway website, so you can access it anywhere, anytime via your home computer, mobile phone or tablet.

This program was designed in partnership with carers and it will help you reflect on how things are going for you currently and how you would like things to be. Sessions are conducted online and you can go about them in your own pace. They include information, practical tips, resources, reflection activities and stories from other carers. For this service, please go to <https://coaching.carergateway.gov.au/>

What our Carers have been up to ...

What a busy few months it has been since our last newsletter!

- Priscilla: 40 double passes were offered to Carers to see the Ballarat Lyrics Theatres performance of Priscilla, Queen of the desert.
- Q&A: We have welcomed guest speakers from Senior Rights Victoria to speak to our Carers & answer all the questions
- Q&A: We have welcomed a guest speaker from Travellers aid to speak to our Carers to find out about the amazing services they offer.
- Workshop series facilitated by counsellor Mary O'Mara were conducted online including Difficult Decisions, Caring Together & Life after Caring.
- Memory Mingle: Monthly get togethers for carers looking after a person with memory loss and the person they are caring for.
- Art classes: Our popular art classes have included learning to paint life like waterdrops with acrylic paint and our Young Carers have been sketching & framing prints. We have loved watching confidence grow & masterpieces become reality. Well done to those who have participated thus far.
- Our Young Carers have also had the opportunity to access vouchers to take another Young Carer or a friend to the movies and out for lunch.



Ballarat Mental Health Collective

Mental Health Month runs throughout October 2022.

It is a national promotion to increase awareness and acceptance of mental illness by reducing negative stigmas and promoting positive mental health in our community.

The Ballarat Mental Health Collective (BMHC) is a not-for-profit collective that plans a range of local community activities to raise awareness about mental health and promote good mental health. The BMHC is a collaboration of local mental health service providers.

It is estimated that 1 in 5 Australians will be affected by mental illness yearly. 1 in 2 people will be affected in their lifetime. We are all vulnerable, and many have been even more during this uncertain and challenging time.

You are invited to join in:

BMHC Art Exhibition Launch 2022:

WHEN: 2:00 pm Tuesday 4th October / **WHERE:** Atrium, Ballarat Community Health, 12 Lilburne St Lucas
Come along and see the beautiful artwork in person. No rsvp is necessary. Prizes will be awarded at the opening event.

MHC Circle of Solidarity for mental health

WHEN: 10:00 am Sunday 9th October / **WHERE:** Lake Esmond, 233 Larter Street Canadian
Fun activities for all ages! Free BBQ, Stalls, Live Music, and Coffee There will be a Circle of Solidarity, where we reach out to each other in a circle for Mental Health around the lakeshore. BMHC Circle of Solidarity is a Child Safe event with accessible public toilets.

Any access requirements, please email bmhccommunityevent@gmail.com

Brighten Up Ballarat

WHEN: All day Wednesday 12th October

It's your day. Colour it however you want. Join BMHC in promoting positive mental health. Wear bright colours or engage in a small act of kindness. Tag us on your socials, Instagram and Facebook #BrightenUpBallarat

BMHC Online Silent Auction

WHEN: 7th October to 8:00 pm 17th October

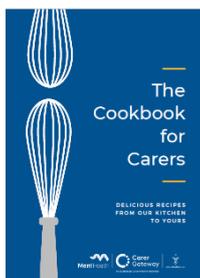
A great place to start your Christmas shopping while supporting the BMHC fundraiser. You'll find all sorts of treats and fun local outings generously donated by our community services and local traders.

To register your interest to receive the link to the Mini Auction, see facebook link for further information.

Connect with BMHC and the local community on Social Media: You can find us on Facebook at Ballarat Mental Health Collective. Facebook <https://www.facebook.com/BallaratMHWeek>



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



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