

Carer Support Service

The Caring Times



Grampians
Health
Ballarat

Ballarat, Golden Plains, Moorabool & Hepburn Shires

ISSUE 13 – JANUARY 2024

Out with the old – in with the new ... as we get closer to celebrating in the New Year...

Hi there amazing Carers! My name is Karen and I have been working with Grampians health for nearly 3 years now. I have enjoyed meeting or working with many of you and our incredibly supportive team at Carer Support Services during this time.

The last time I wrote a spiel for the newsletter was during COVID and that now seems like a lifetime ago too. It's also hard to believe it's almost Christmas time - this year has flown?!?!

As our social world opened – we have been able to offer a lot more face-to-face social events in 2023, including Memory Mingle, IPPS, Pathways for Carers and Movie nights. I am looking forward to 2024 already as we plan some exciting new events / adventures for you all. We are always open to suggestions from you too.

Being a carer is often a busy job and caregivers often find they have less time for themselves. This is where our roles involve supporting you, where we can try to assist in easing your day-to-day concerns, lending a supportive ear (or chats through our Personal Coaching service), on referring to services and providing some Respite activities – please reach out, we are only a phone call away and it may be that “little chat” may help lift your spirits for the day.

At Carers Support Services - my work predominantly involves working with our wonderful Young Carers (aged 4-25 years old) These young carers often juggle school, employment, and their caring responsibilities, including providing emotional and advocacy support, assisting with medication, supporting with showering and other personal care tasks, household chores, and looking after siblings. This year, we were lucky enough to receive some grant money through Carer Gateway to plan a Big Day Out in Melbourne for our Young Carers – where we ventured to the big smoke for the day, visiting the aquarium in the morning, lunch at an Italian restaurant (The Spaghetti Tree) and then we attended the magical Harry Potter theatre show. From feedback provided from our Young Carers, a great time was had by all.... We also provided an overnight Camp this year and have another planned in 2024 for our Young Carers to take some time out and hang with their peers.

If you know any Young Carers out there – please get them to call Carer Gateway 1800 422 737 and register, so we can work together with them to assist in their caring role – or even just to provide social activities where they can engage with each other through a range of opportunities to share and connect. We usually offer one activity per school holidays.

Wishing you all a very Merry Christmas and hoping you are surrounded by friends and loved ones – Happy New Year and stay safe.

Karen White



For Christmas closure details - please see page 4

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Events coming up:

	What are we doing	Who is it for	Where
January			
18 th	Pathways for Carers	All 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
February			
22 nd 29 th	Caring Together workshop Facilitator: Counsellor, Mary O'Mara	Carers whose loved one is in permanent care. <i>(2 part workshop)</i>	Online
15 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
16 th	Memory Mingle lunch (with guest speaker from Dementia Alliance)	Carers of people with memory problems and the person they care for	Ballarat Golf Club
March			
7 th	Q&A session (Fiona Newsome: Local Dietician)	All Carers	Online
21 st	Pathways for Carers	All 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
21 st	Harmony Day Anh Do: The Happiest Refugee	All Carers invited to bring a friend/family member	Civic Hall Ballarat

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 all you want to know about a different subject each month.

In November, we met with Linda Borner from Child & Family Services (CAFS) and discussed the topic of Gamblers Help.

Did you know that over 64.3 million dollars was lost in Ballarat through gambling last year and over 7 billion dollars in Victoria?

CAFS Gamblers help team assist people experiencing gambling harm and others affected by that harm, such as family members, friends etc.

Their free services include a dedicated team of Financial and Therapeutic Counsellors in addition to education and information sessions for Professionals, Students, Parents, Carers, Teachers and Community organisations and groups.

For more information, you can scan the QR code to visit the Gamblers help website cafs.org.au/gamblers-help

Or call them free and confidential on **1800 682 237**



Australian Carers Guide

The Australian Carers Guide is a 132pp quarterly publication packed full of helpful, practical and entertaining content all in one easy-to-read magazine.

Available in print at all [newsagents](#) or click [subscribe](#) to have the magazine delivered to your door.

Alternatively, you can scan the QR code to download your free copy.



Do you know another carer?

Forward this email to a friend and show your support!

Christmas opening hours



The team at Carer Gateway Ballarat, Carer Support Service want to wish each and every one of you a very Merry Christmas and a wonderful New Year.

It has been a pleasure to work alongside you in 2023 & we look forward to an exciting New Year.

Please note that we are closing for some staff respite over the Christmas period.

Close at 3:00pm on Friday 22nd December – Reopen at 9:00am on Tuesday 2nd January 2023

For emergency respite, please call Carer Gateway on **1800 422 737**

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)