

Carer Support Service

The Caring Times

Ballarat, Golden Plains, Moorabool & Hepburn Shires



Ballarat Health Services

ISSUE 06

A New Year, a New Beginning

Ring in the New Year and bringing hope and new resolutions with us!

We are hoping....

- That we can finally meet in person again like back in the good old days before COVID.
- That we can work with you to help you to fulfil your goals and possibly achieve one or two of your new year's resolutions.

We know that caring consumes a lot of time and energy. Even the smallest intention can get lost in the craziness of life. Good intentions such as finally arranging loose ends, starting something new that you have always wanted to do, finding the support you need, getting a project done, visiting a friend you haven't seen for ages or just to have a rest and relax can be forgotten. They can be difficult to achieve when you are time poor and exhausted.

We hope that the programs and support we can provide, may help you to create time to focus on yourself and possibly put a tick next to a goal, a resolution that you hope to achieve in 2022.

It is still a challenging time where everything seems to change so quickly. COVID regulations and restrictions seem to vary week to week. It has changed the way service providers are able to deliver assistance and we all have learnt a new language that includes QR codes, PCR tests and RATS. Who would have thought 2 years ago we would be doing so much online, such as, grocery shopping, seeing a doctor or catching up with friends?

As carers, juggling everything you do during the day can be difficult, as well as staying on top of all the changes outside your home. Carer Support Services-Ballarat, have also had to adapt to these strange times. We are providing different online programs to keep you up to date with changes and to get in touch with other carers. New online programs include question and answer sessions (the most recent one about the Aged Care Assessment Service) Memory Mingle, Young Carers activities, facilitated coaching and last but not least IPPS.

IPPS is a facilitated peer support group available to all Carers that will enable connections with other carers in similar circumstances, learn from other Carers through the sharing of lived experiences and relief from carer stress through personal connections. As part of the facilitators team I am happy to answer any questions you and welcome you to one of our groups

We are here to help you to reach your goals and would love to hear from you what you would like to see us organise in this year. Any ideas or feedback are always welcome and we are looking forward to hearing from you.

Stay safe and keep well

Gert Vrij



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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
March			
1 st – 29 th	Mindfulness Meditation Facilitator: Jane Southwell	All Carers (5 week course)	Online
3 rd	Q&A Session	All Carers	Online
18 th	Memory Mingle	Carers of people with memory problems and the person they care for	Online
18 th – 25 th	Life after caring workshop Facilitator: Counsellor, Mary O'Mara	Carers who have lost the person whom they care for (2 part workshop)	Online
21 st	Harmony Day "What does Harmony Day mean to you" Competition & online Cuppa & Chat	All Carers	Online
30 th	The Resilience Project	All Carers (ticketed event)	WCPA
April			
7 th	Q&A Session	All Carers	Online
15 th	Memory Mingle	Carers of people with memory problems and the person they care for	TBA
18 th – 25 th	Caring Together workshop Facilitator: Counsellor, Mary O'Mara	Carers who have recently had the person they care for enter an Aged Care facility (2 part workshop)	Online
TBA	School Holiday Activities	Young Carers	TBA
TBA	Easter craft activity Facilitator: Artist, Mel Tolliday	All Carers	Online
May			
5 th	Q&A Session	All Carers	Online
20 th	Memory Mingle	Carers of people with memory problems and the person they care for	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.

Expressions of interest

Reflect & Connect: * Postponed *

This free 3- day residential therapeutic group, suitable for carers of people with mental health conditions has to be postponed again, due to the current developments with COVID.

For those of you who have already expressed interest; please rest assured that we will contact you as soon as we have a new date, to give you the opportunity to attend. For anyone who may be interested,

don't hesitate to put your name down and we will contact you if there are places remaining. This program offers the opportunity to come together with other carers and allows space and time to express and explore your experiences.

Topics may include:

- Managing stress and anxiety
- Recognising my own needs
- Finding a balance

Carers needed - Targeted programs:

We are looking to offer more targeted programs for LGBTIQ+ carers, Culturally and linguistically Diverse Carers, Aboriginal and Torres Strait Islander Carers.

If you would like to be kept in the know, please contact us so we can add your name on the mailing lists, we are also very interested to hear your ideas.

In Person Peer Support:

In Person Peer Support (IPPS) groups have now started with an online group. We are still looking for participants for face to face or online groups. Please call to register your interest for this and let us know what groups you would like to see happen in the future (e.g. activity specific, diagnosis specific, culture or interest specific, etc.) Please help us to design them to suit the needs of our local carers.

Secure Email (Send Safely)

When corresponding with Carer Support Service, you will at times receive secure messages via send safely. To access, you will need to

- Go to the very bottom of the email to see the Send Safely Secure link
- Click on the link
- Verify your email (type in your email address)
- A code will be sent to you
- Copy and paste the code into the email for the document to open.

You have received a secure message from the Carer Gateway via Ballarat Health. Click on the link to access the secure message

[Send Safely Secure Link](#)

Note: Please **do not** reply to this email directly as the email address is not monitored. **All replies** must be delivered via the **above secure message link**

Carer Story

Rita, who cares for her husband, is one of our wonderful carers who regularly participates in Carer Support Service's activities that provide support for carers while also allowing carers to connect with others.

"My time with Carer Support Service has only been a relatively short one even though I have been caring for my husband for the last 20 years. My caring has been more intense lately so I've really appreciated all the help provided to me by Carer Support Service through Carer Gateway," Rita said.

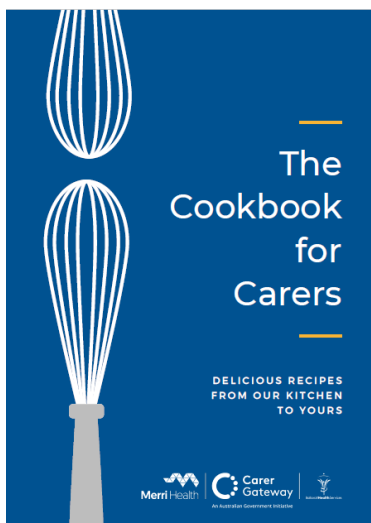
"Last year, I really enjoyed a pottery class which was one of the many activities offered. Although I will never be a potter, the class provided welcome respite by being engaged in something else other than caring.

"Being a carer is a constant learning curve and connecting with other carers has been very helpful.

"The work of caring can be exhausting but also rewarding when you know that you have made a difference in someone else's life. The support from an organisation like Carer Support Service and Carer Gateway is much appreciated."



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](#)

[Carer Support Service Website - Click here](#)

www.bhs.org.au/services-and-clinics/community-services/carers-support-service

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

Carer Support Service

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