



An Australian Government Initiative

FamilyCare Carer Support News

Spring Edition, 2023

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Our Team

Manager: Katie **Team Leaders:** Jason, Kylie

Team members: Angie, Amy, Cassandra Deb, Debra, Emma, Jill, Kelson, Kerry, Molly, Sonia

If you have any questions about this newsletter, please get in touch via

carerssupport@familycare.net.au or **03 5823 7081**

Welcome!

Carer Support Newsletter

Hi everyone,

Spring has sprung, trees are blossoming, the birds and bees are busy, the days are lengthening, and warm, sunny days are ahead.

Getting outside and taking advantage of what nature has to offer can help you come out of winter hibernation. With the days warming up and the sun shining, Spring is the perfect time of year to get active and reach the recommended minimum 30 minutes of physical activity daily. As a carer it's particularly important to prioritise time for yourself. So, if you enjoy walking, riding your bike or simply spending time in the garden Spring is the time to do it. Remember to be SunSmart and stay hydrated.

It was fantastic to meet a number of our carers at our carer morning teas across the region over winter and hear what is important to you. We will take this feedback onboard and look at ways we can continue to support you.

Carers Week will soon be upon us and runs from 15 – 21 October 2023. It is a time to recognize and celebrate the 2.65 million Australians who provide care and support to a family member, friend or loved one. It is also a time to raise community awareness among all Australians about the diversity of carers and their caring roles. We hope that there is an activity that you can participate in.

We are still seeking Expressions of Interest for a carers walking group initially in the Shepparton area. If you are interested please contact Molly via email at: mstephens@familycare.net.au

Until next time,

Jason Watts



Angie Spiewak
Carer Support
Coordinator



Amy Gilhome
Carer Support
Coordinator



**Cassandra
Sheppard**
Admin Support

Our Team



Deb Qemal
Carer Support
Coordinator



Debra Russell
Carer Support
Coordinator



Emma Turner
Carer Support
Coordinator



Jason Watts
Carer Support
Team Leader



Jill Smith
IPPS facilitator



Katie Millen
Manager



Kelson Barber
Carer Support
Coordinator



Kerry Foyster
Carer Support
Coordinator



Kylie Alletsee
Carer Support
Team Leader



Molly Stephens
Young Carer
Coordinator



Sonia Makar
Carer Support
Coordinator



Terry Reedy
Carer Coach

STAFF PROFILE:

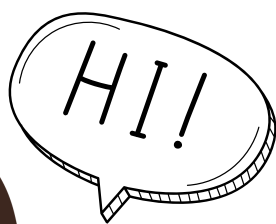
Cassandra Sheppard

Administration Support

Hi, I'm Cassie

I am recently new to the FamilyCare team and my role is Administration Officer for both Carer Support Services & NDIS Support Coordination teams. My previous roles were primarily in Financial Planning & Customer Service so I decided that I needed a big career change and found a deep interest in Community Services.

I am currently studying a Diploma of Community Services which will assist me with providing information & exceptional service to our clients. When I am not working I love spending time with my husband and son, walking and helping my husband with his race car at racing events. I look forward to being part of the FamilyCare team.



Young Carers

Support for young carers

Young Carer Bursary Program

The program offers 1,592 bursaries of \$3,768 each year to assist with education needs and resources.

The Young Carer Bursary Program supports young carers to continue with their education. The program offers 1000 bursaries of \$3000 each year. If you are a carer between 12 and 25 years, studying and will not receive another scholarship you can apply.

To apply you must be a young carer:

- aged 12 to 25 years old for the entire time you're receiving the bursary
- studying an approved course in Australia within a recognised Australian institution, either full-time or part-time
 - in high school
 - TAFE or a registered training organisation (RTO) studying towards higher vocational education and training (VET) qualifications
 - at university, up to and including your first undergraduate degree*
- an Australian citizen residing in Australia
- not receiving another scholarship

**Applications for 2024
are now open until 5pm
(AEST) 12th September
2023.** To apply visit the
young carers network.



Excerpt from The Carers Guide:

Why Do We Get SAD – Seasonal Affective Disorder

During the colder, darker winter months, it's not uncommon for some people to find they struggle for motivation and their mood is a bit flatter than usual.

Often referred to as the “winter blues”, a smaller proportion of people, particularly the elderly, find that this can be debilitating. We call this ‘seasonal affective disorder’ (SAD). It can be a very serious disorder and prolonged and regular feelings of being sad and unmotivated can lead to depression.

What is Seasonal Affective Disorder?

(SAD) Seasonal affective disorder (SAD), also called seasonal depression, is believed to be brought on by the earlier sunsets and colder weather of winter and a lack of exposure to sunlight. The body's natural circadian rhythm (body clock) is influenced by exposure to the rising and setting of the sun. Scientists think that less sun exposure during shorter winter days can cause changes in brain chemicals like serotonin and melatonin levels. These biochemical changes can cause symptoms of depression.

Seasonal Affective Disorder Symptoms

Symptoms of seasonal affective disorder can start out mild and become more severe as winter progresses.

People with SAD often have symptoms that include:

- Lack of energy, feeling sluggish
- Loss of interest in onceloved activities
- Irritability and agitation
- Increased need for sleep and/or problems with sleep

Why Do We Get SAD – Seasonal Affective Disorder continued...

- Trouble concentrating
- Becoming anti-social, wanting to be alone
- Increase in appetite or weight gain
- Feelings of worthlessness or hopelessness
- Frequently thoughts of death or suicide

4 Ways to Prevent and Manage (SAD) Symptoms

1. Know the Risk Factors

Being aware of the risk of developing SAD helps you be more proactive and notice symptoms sooner. SAD is more common in women than men.

Living far from the equator where there's naturally less sunlight increases the risk of SAD. Low levels of vitamin D have also been found in people with SAD. Scientists suspect that vitamin D plays an important part in regulating serotonin levels.

2. Increase Light Exposure

One of the first steps in preventing and managing seasonal affective disorder symptoms is to get more exposure to natural light.

Suggestions for increasing natural light exposure:

- Opening window coverings to allow more sunlight into the home
- Spending the majority of time in the brightest rooms of the home
- Getting outside in the sun every day

Light therapy is another effective way to increase light exposure without having to go outdoors. This is especially helpful for people with mobility issues or when severe weather forces everyone to stay inside for days or weeks.

Doctors often recommend light therapy lamps to help increase light exposure. Before trying light therapy, it's best to check with a doctor.

3. Get Regular Physical Activity

Regular exercise and other types of physical activity reduce overall stress and anxiety, which helps to reduce SAD symptoms. Physical activity also helps tire the body, which improves sleep quality and duration for sleep deprived carers and older adults.

Older adults also benefit from simple home exercise routines that help them get moving and, as a bonus, also build strength and reduce fall risk. As a carer, it can be tough to fit exercise in, especially during the cold winter months.

Finding ways to squeeze in small workouts at home is a great way to keep moving – it adds up quickly.

You could try following along with while watching a beginner's yoga videos, available for free on YouTube. Or doing squats and lunges while waiting for the microwave or doing some simple home stretches using a chair or the kitchen bench.

4. Seek Assistance

If you are concerned that you or your older adult may have seasonal depression, don't hesitate to talk to the doctor. They'll be able to properly diagnose the cause of the symptoms and make recommendations that will help you feel better.

When to See a Doctor

It's normal to have some days when you feel down, especially as a caregiver or an older adult living with serious health conditions. But feeling down for days at a time and not being able to get motivated to do enjoyable activities is a sign to see the doctor.

Getting Help

If you suspect any of the above symptoms in you or your elderly loved one, contact Beyond Blue on 1300 22 636 or you can Chat to a counsellor online.

R U OK Day.

R U OK? is calling on all of us to let the people you care about know you're here, to really hear them.

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

Let the people in your world know you're here, to really hear, because a conversation could change a life.

R U OK?Day 2023 is Thursday 14 September and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.



Care Giver Tip

“ Take time to relax –
make time for yourself
and do things that you
enjoy. ”

Fire Plan

Bushfire Planning: You and the person you care for,



CFA is encouraging all Victorians who care for someone in high bushfire risk areas to make a fire plan and be prepared this season by using CFA's online bushfire planning module.

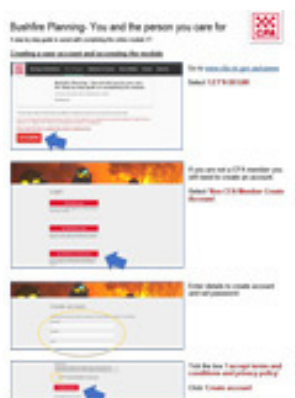
The module, Bushfire Planning: You and the person you care for, was developed in collaboration with Carers Victoria for anyone who provides care or support to someone living with disability, mental illness, chronic health issues or age-related conditions.

CFA and Carers Victoria are urging Victorians who provide unpaid or informal care, to use the module to keep everyone safe and prepared this season.

REGISTER NOW >



Bushfire Survival Plan Template



Bushfire Planning - Frequently Asked Questions



Our Current In Person Peer support groups

Meetings are held fortnightly

Benalla - Wednesday Mornings 10 am to 12 noon

Cobram - Tuesday Morning 10 am to 12 noon

Wallan - Friday Mornings 10.30 am to 12 .30 pm

Online - Wednesday evening at 7.00 pm to 9.00 pm

Shepparton - Wednesday Afternoon 1.00 pm to 3.00 pm

Shepparton - Friday Morning 10.00 am to 12 noon

Seymour - meet every three weeks Tuesdays 12.00 noon to 2.00 pm

If none of the above locations are convenient please contact Jill to start an IPPS carers group in your area.



Carer Card

Discounts for Carers



The card provides discounts and benefits to carers in acknowledgement of this contribution.

It's easy and free to apply for the Carer Card. Applications can be made online. Alternatively, forms can be downloaded from this site, or you can request that one be posted to you by telephoning the Carer Card team on 1800 901 958 (toll free).

Applications may take four to six weeks to process.

[Apply here](#)

Discounts

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

Find out more [here](#)



Carers Week

15 - 21 October

FamilyCare is looking forward to Carers Week 2023. If you see an event you would like to attend, please scan the QR code to register.

Carer Information and Wellbeing Day

Date: Tues 17 October

Time: 10am - 1pm

Location: Benalla Performing Arts & Convention Centre, 57 Samaria Rd, Benalla

Happy Sad Man - Movie Screening

Date: Tues 17th October

Time: 6.30pm - 9pm

Location: The University of Melbourne, Department of Rural Health, 49 Graham Street, Shepparton

Date: Wed 18th October

Time: 1pm - 3pm

Location: The University of Melbourne, Department of Rural Health, 49 Graham Street, Shepparton

Registration: <https://bit.ly/3QJZtmN>



Card Making- Online

Date: Wed 18th October

Time: 7.30pm - 9.30pm

Location: Online - Link will be emailed.

Registration: <https://bit.ly/3PcFdt2>



Carers Week continued...

Pamper Day

Date: Mon 16th October

Time: 10.30 am to 1.00 pm

Location: Nathalia Community House

Registrations: contact 03 5866 2449

Horses For Hope Open Day

Date: Thurs 19th October

Time: 9.30am -12.45pm

Location: 840 Ardmona Road, Mooroopna North,

Registrations: <https://bit.ly/3P8Slz8>



Caring for Carers

Date: Fri 20th October

Time: 10am - 2pm

Location: Waminda, 19 Ballintine St, Benalla

Registrations: Register by phoning Waminda 03 5762 4528



Carer Gateway Information Sessions

Carer Support Team Leader, Jason Watts is hosting a Carer Gateway information session across the Hume Region.

You will hear about:

- counselling – in person, online or over the phone
- respite care – emergency and planned respite
- financial support packages
- meeting other carers
- online skills courses

All sessions are open to the public, carers and service providers who would like to learn more about the services offered by Carer Gateway.

There is no need to RSVP, Just turn up.

We do not currently have any Information session scheduled.

If your group would like to host an information session with Jason please contact Jason on **0429 963 164**.



Horses for Hope

A Young Carer program run by FamilyCare and Horses for Hope. Young carers get a chance to connect and participate in Horses for Hopes Equine therapy.

If you know or are a young carer and interested in attending this program please contact Molly for more information **0477 741 926**

mstephens@familycare.net.au

Young Carers Support Program

A peer support program
for young people with
caring hearts.

Over 4 x 2.5 hour sessions, come to Horses for Hope and learn how to work with horses who need a little extra care, whilst connecting and sharing with other young people in caring roles on a 25 acre farm in Mooroopna North. Funded places available.

FOR MORE INFO & TO REGISTER
CONTACT MOLLY STEPHENS
0477 741 926
MSTEPHENS@FAMILYCARE.NET.AU

WWW.HORSESFORHOPE.ORG.AU



SEPTEMBER SCHOOL
HOLIDAYS

TUE 19TH
THU 21ST
TUE 26TH
THU 28TH

Stay tuned for our January 2024 Dates

Carer Walking Group

Submit your Expression of interest now!

Are you a carer looking for a fun and healthy way to unwind and socialize with other like-minded individuals?

Join our Carer Walking Group!

Our group will meet somewhere local to Shepparton for a leisurely walk around the area. It's an excellent opportunity to meet other carers and share stories while getting some fresh air and exercise.

We welcome carers of all ages and abilities. Whether you're a seasoned walker or just getting started, our group is a safe and supportive environment to take care of your physical and mental health.

It's completely free to join! Just bring yourself and comfortable walking shoes.

For more information or to sign up,
please contact:

Molly 0477 741 926 or
mstephens@familycare.net.au.

please include your name and contact
number and or email.



Carer Book Club

4 spots left!

FamilyCare's book club is currently being held at GV hospice in Shepparton every 3rd Wednesday of the month.

We have 4 spots remaining in this group. If you are interested in joining please contact Jill on **5823 7034**.



JOIN OUR CARER BOOK CLUB!

3rd Wednesday each month at GV Hospice,
102 Balaclava Road Shepparton.
Starts at 10am

Caring can be rewarding but tough. It's
important to take time for yourself.



**4 Spots
Left**

Living With Dementia Program

By Dementia Australia

This program provides an overview of dementia and how to proceed after a diagnosis. It covers coping with change, relationships and communication, planning for the future and staying healthy. This program is delivered interactively. you will be encouraged to share your experiences alongside other participants giving you an opportunity to develop new support networks.

Suitable for: People living with dementia and their family carers and family members. This program is not suitable for professionals employed in the health or aged care sectors

When 21st, 28th September, 5th October
10.30a.m-4.00p.m.
12th October 10.30a.m to 1.00p.m

Where Shepparton Club 455 Wyndham St,
Shepparton

Cost Free

Contact

Denise Gregory on 0419 815 178 or
email: VIC.Booking@dementia.org.au



**Dementia
Australia®**

Track N Chat Walking Group

Are you keen to be active and connect with others?
Do you enjoy walking up to 5km and meeting new friends?

Dementia Australia is bringing it's Track & Chat Walking group to Shepparton.

This walking group is suitable for people living with a diagnosis of dementia, their family, friends or support people. Join our welcoming trained volunteers for a morning of great company and fun, while keeping fit and enjoying a scenic walk.

When: **3rd Wednesday** of the month, **10.30am – 12.30pm**

Where: Variety of locations in **Shepparton**, with initial walks at Victoria Park Lake.

Janelle Russ
Social Support Coordinator

M: **0408 705 176**

Email Janelle.Russ@dementia.org.au
dementia.org.au

-



Connections

How to play

Find groups of four items that share something in common.

category examples:

FISH - Bass, Flounder, Salmon, Trout

Fire___ - Ant, Drill, Island, Opal

Watch out for words that seem to belong to multiple categories.

Kiwi	Orange	High	Gum
Shower	Scales	Twins	Arm
Crab	Apple	Oak	Lemon
Wheel	Pine	Goat	Eucalyptus

Word Search

Find the word in the puzzle.

Words can go in any direction.

Words can share letters as they cross over each other.

P	K	C	A	G	U	X	A	B	X	C	Q	R	H	B
L	L	E	A	X	X	Q	M	I	T	A	A	G	Z	E
Z	B	E	R	Q	G	A	T	E	W	A	Y	R	S	W
U	M	E	H	N	L	Z	S	D	M	Y	M	T	E	W
P	G	N	E	W	S	L	E	T	T	E	R	W	I	R
E	U	V	A	E	C	T	S	I	G	P	Y	E	T	X
P	P	Z	M	Y	Z	P	L	R	R	A	T	E	I	A
C	H	I	Z	Q	L	I	A	P	O	V	X	K	V	K
R	T	N	B	L	B	K	E	T	U	E	D	K	I	F
J	P	H	G	A	E	E	K	D	P	Q	D	X	T	M
O	A	Q	S	K	R	S	Z	O	J	C	E	X	C	D
G	N	I	L	L	E	S	N	U	O	C	G	A	A	S
Y	D	U	B	Y	Q	T	N	U	V	L	A	Q	M	F
M	I	N	O	I	T	A	M	R	O	F	N	I	T	G
T	G	X	F	T	F	D	I	S	C	O	V	E	R	J

activities
aged
carer
counselling

discover
gateway
group
help
information

newsletter
peer
puzzle
time
week
disability

Puzzle Answers

Connections

Lemon	Kiwi	Apple	Orange
Wheel	Shower	High	Arm
Gum	Pine	Oak	Eucalyptus
Goat	Twins	Crab	Scales

Fruit

Types of chairs

Types of Trees

Zodiac Symbols

Word Search

R K C A G U X A B X C Q R H B
 L L E A X X Q M I T A A G Z E
 Z B E R Q G A T E W A Y R S W
 U M E H N L Z S D M Y M T E W
 R G N E W S L E T T E R W I R
 E U V A E C T S I G P Y E T X
 P P Z M Y Z P L R R A T E I A
 C H I Z Q L I A P O V X K V K
 R T N B L B K E T U E D K I F
 J P H G A E E K D P Q D X T M
 O A Q S K R S Z O J C E X C D
 G N I L L E S N U O C G A A S
 Y D U B Y Q T N U V L A Q M F
 M I N O I T A M R O F N I T G
 T G X F T F D I S C O V E R J

Young Carer Thoughts

Top 10 Tips from Young Carers

The group of amazing young carers who attended our winter Horses for Hope program have some tips for all carers.

1. Take care of own needs. Exercise, sleep, eat, etc
2. Don't force yourself on animals or humans
3. Have fun, don't make it boring
4. All animals and humans need different types of care
5. Not know what to do is ok
6. Things can be cray cray
7. Don't give up
8. Recognise others need help
9. Horses for Hope
10. Do your best

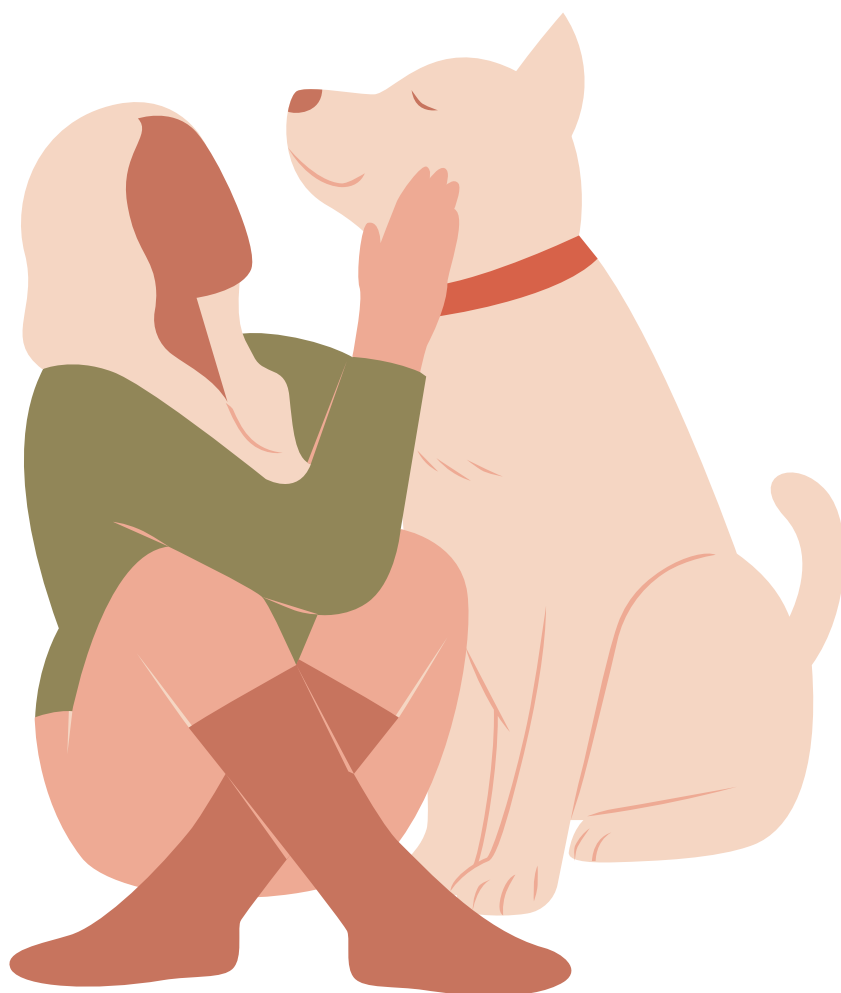


Carer Story

Young Carer Ruby 11

I'm Ruby and I'm a girl who likes music, has a big imagination and loves art. I care for my brother Thomas, he is small and very funny.

Sometimes he can be a bit rough and that makes me feel like he doesn't love me. Also, he gets much more attention than me, Mum and Dad try their best to spend time with me too, and we have done a lot of cool stuff when Thomas is with his support workers.



Resources

Find more support and services to aid you in your caring journey.

The Caring Way

A Magazine created by Merri Health. It features carers stories, Carer gateway Services, competitions and resources for ALL carers.

You can read the last edition by visiting: [The Caring Way The Caring Way. Summer 2023 Edition \(joomag.com\)](https://joomag.com)

The Caring Way will be released quarterly, If you would like to be notified of future editions, email cgmarketing@merrihealth.org.au

The Carer's Collective

Brought to you by Wellways and GV Health Family and Carer Peer Services Programs.

If you would like to subscribe, email rsmith2@wellways.org

The Care Mosaic Podcast

Will explore the challenges that unpaid carers face on a daily basis.

Listen on [Spotify](#) and [Apple Podcasts](#).

The Carers Guide

Australia's trusted source for information and expert advice for today's unpaid carers of their elderly <https://australiancarersguide.com.au/>

Like and follow us to keep up to date

FamilyCare regularly posts resources and upcoming events on social media. Follow our pages to stay up to date.



@FamilyCareHelpingFamiliesFindSolutions



@familycare_helping_families

We welcome your feedback on the newsletter – please tell us what you would like to see included. Feedback can be sent to **carerssupport@familycare.net.au**



An Australian Government Initiative

FamilyCare Carer Support
(03) 5823 7081

Carer Gateway
1800 422 737 24/7
www.carergateway.gov.au