



An Australian Government Initiative

FamilyCare Carer Support News

Spring Edition, 2022

Contents

Welcome	2
Our staff	3
Carer support staff profile: Jill	4
Young carers	4
Financial support	10
Carers employment support program	11
NDIS	12
NDIS- Support Coordination	13
Carers Week	14
Upcoming carer activities	17
In-person peer support groups (IPPS)	19
Carer support groups	21
Young carer survey	24
Follow FamilyCare on social media	26

Our Team

Manager: Katie

Team Leader: Jason

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

If you have any question about information found in this
Newsletter, please get in touch by emailing
carerssupport@familycare.net.au or call **03 5823 7000**

Welcome!

Carer Support Newsletter

Hi everyone,

Spring has sprung and the change of seasons brings with it new growth and opportunities, so what better time is there than now to launch our new newsletter! Welcome to our very first edition, hang on to this one, not only is it full of information and resources but will possibly be a collector's edition in many years to come.

We are excited to be putting this newsletter together and hope that you find it informative and of value to you.

In this edition we will:

- begin to introduce you to our team
- provide information on programs offered through our services
- list a number of support groups in the region
- introduce Carers Week 2022 activities



Carers Week will soon be upon us and runs from 16 – 22 October 2022. 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 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

Until next time,

Jason Watts
Team Leader Carer Support



Katie Millen
Manager



Jason Watts
Team leader

Our Team



Angie Spiewak
Carer Support
Coordinator



Deb Qemal
Carer Support
Coordinator



Debra Russell
Carer Support
Coordinator



Emma Turner
Carer Support
Coordinator



Jill Smith
IPPS facilitator



Kelson Barber
Carer Support
Coordinator



Kerry Foyster
Carer Support
Coordinator



Molly Stephens
Young Carer
Coordinator



Rainbow Brooks
Carer Coach



Sonia Makar
Carer Support
Coordinator

STAFF PROFILE:

Jill Smith

Carer Coordinator and IPPS facilitator.



Hi, I am Jill and I work at FamilyCare as part of the Carer Support Team. I like going to the movies, Marvel and science fiction are the best, Star Trek NOT Star Wars. I scrapbook the adventures I take with my husband. There is a lot to see in Victoria being as I am from Tasmania.

I previously worked in the Disability sector and really enjoy the role of Carer Support Coordinator. A part of my role is facilitating "In person Peer Support" groups. This support allows Carers to meet with other Carers who understand the complex nature of the caring role. They get it, because they've been there.

Groups are set up for Carers in similar roles or areas, they are flexible around the needs of the Carer and do not need to be about the diagnosis of the care recipient. Depending on what the group would like, the sessions can be face to face, in WhatsApp or zoom, this could look like; meeting up for a chat, going for a walk, having a guest speaker or having morning tea. It just depends on what the Carers would like to get out of the group and what works for them.

View FamilyCare and other local IPPS groups at the end of this newsletter.

For more information or to find a peer support group contact

Carer Gateway on **1800 422 737**

Jill directly on **0409 301 719** or **carersupport@familycare.net.au**

Young Carers

support for young carers

Who is a young carer?

Over 71,600 Victorians under 25 are believed to have significant care responsibilities (CarersVIC 2022). They may support their mother, father, sibling, or other family member at home because of a disability, illness, mental illness, substance abuse problems or due to age.

Young carers are more likely to drop out of school and have difficulty establishing social networks and participating in activities with peers.

Carer Gateway supports all carers of any age. It does not matter how much time you spend caring or if you are not the only person to care for them. Sometimes caring looks like collecting mail, putting the bins out, help to dress, showering, cleaning their home, driving them places, or helping them make calls. Even if this is something you may think everyone does, or you do because you're their child, parent, or friend, you may be a carer.

If you know a carer who needs support then contact the Carer Gateway **1800 422 737** or make an e-referral
<https://ereferral.carergatewayvictoria.org.au/>

Are you a Young Carer?

Take our Young Carer Quiz



Carers Victoria, 2022

Young Carers

Support for young carers

Young Carer Bursary Program

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.

Applications for 2023 are now open until 5pm (AEST) Tuesday 13th September 2022.

<https://youngcarersnetwork.com.au/bursary/young-carer-bursary/>



APPLY NOW

Positive Start holiday camps



Eligible Victorian students can attend a free holiday camp with the Positive Start program. Positive Start holiday camps will run in the 2022 school holidays. Holiday camps are a great way for your child to get outdoors, meet new friends and try new things. Holiday camps are generally organised by age range. Each day is full of active and fun things to do, such as archery, canoeing and ropes courses.

These camps are completely free of charge to eligible families. It will not cost you anything for your child to attend the camp.

To find a camp visit www.vic.gov.au/positive-start-holiday-camps

Support for young carers

Little Dreamers



Little Dreamers supports young carers across Australia.

"Across a range of direct support programs, both in-person and online, we're working to improve the quality of life of Young Carers across five key areas of risk: education, employment, mental and physical health, socialisation and financial wellbeing. It's our vision to create a world in which every Young Carer is supported by someone or something by 2030"
- Little Dreamers 2022

Find out more <https://www.littledreamers.org.au/>

Satellite Foundation



Satellite Foundation offers opportunities for creativity and connection for mental health and wellbeing. Connecting, supporting and empowering young people who have a family member with a mental illness or struggles with their mental health.

Our programs foster creativity, hope and connections for children, young people and their families and aim to offer opportunities for growth and transformation with the dream that the cycle of mental illness is discontinued.
- Satellite Foundation 2022

Find out more <https://www.satellitefoundation.org.au/>

Have a look at COPMI (Children of Parents with a Mental Illness) guide for youth aged 12 to 15 years with a parent who experiences mental illness.

<https://www.flipsnack.com/copmi/when-your-parent-has-a-mental-illness-fu9lvleq.html>

Financial

Pension Card Discounts

A friendly reminder to you all, especially with the rising cost of living the pension card has many great discounts.

You may have already received this information if you are registered with Carer Gateway, but who has time to read all that paperwork!

On top of the thousands of discounts in the directory, all card holders can access:

- 5% discount on WISH Gift Cards to be used to pay for everyday expenses like groceries and household items at participating Woolworths Supermarkets, BIG W, Caltex Woolworths and EG branded fuel sites and more.
- 5% discount if you buy JB Hi-Fi, Myer, Priceline and many more e-Gift Cards online
- An exclusive hardware gift card offer with a 5% discount on gift cards to Australian local hardware stores
- 5% discount on your supermarket shopping at IGA supermarkets when you purchase IGA gift cards to spend in store.

An additional 5% off groceries on top of rewards program could make a big difference over the year.

<https://www.seniorsonline.vic.gov.au/seniors-card/apply-card>

<https://www.carercard.vic.gov.au/>



Carers Employment Support Program



Are you a carer looking for employment?

The Carers Employment Support Program offers:

- One-on-One Case Management
- Development of a tailored plan to achieve goals for Training and Employment Readiness that will provide options for learning and skills development
- Participation in programs to develop confidence, self-efficacy and work skills
- Referrals to access other support networks
- Help you find work by accessing the hidden job market, contacting employers and supporting you with your applications
- Providing post-placement support where necessary
- Supporting you through your journey

For more information contact

Christine Greentree

Call: 0432 911 100

Email: christine.greentree@thecentre.vic.edu.au



National Disability Insurance Scheme (NDIS)

FamilyCare is a registered NDIS provider



**REGISTERED
PROVIDER**

The National Disability Insurance Scheme (NDIS) is a new way of providing support for people living with disability. It's a whole-of-life approach, a major reform of disability services in Australia, designed to provide the right support according to each person's needs and goals.

The NDIS funds people's lifetime supports and puts people with a disability at the centre of the system, allowing them greater choice and control and funding matched to their support needs, goals, and aspirations.



As of 1 January 2019, the NDIS will roll out across the Hume region of Victoria, and people with a disability living in Greater Shepparton, Moira, Mitchell, Strathbogie, and Murrindindi will be able to access the NDIS. Many people in this region are already accessing NDIS supports with FamilyCare.

NDIS Support Coordination

What is support coordination?

Support Coordination helps you to implement your NDIS plan and find services and supports in your local community.

We can help you to:

- Understand the NDIS as well as your NDIS Plan
- Connect with service providers
- Set up Service Agreements with providers
- Monitor and review your supports and goals
- Prepare for your next Plan review

Build your knowledge and confidence in coordinating your supports in the future.

Support Coordinators work in partnership with you to help you decide how you utilise your NDIS supports to achieve your goals.



Why choose FamilyCare?

FamilyCare assists families and individuals to enhance their strengths throughout their lives. We have been providing holistic, strength based



and family centred services across the Hume region since 1982.

FamilyCare's Support Coordinators have extensive experience in working with people with a disability, their family and carers, and have a vast knowledge of the local service system.

- Highly Skilled Staff
- Local knowledge
- Community Based
- Client Centred

Carers Week

16 - 22 October

FamilyCare is looking forward to Carers Week 2022. After 2 years of cancelled or virtual events, we have something special planned.

If you see an event you would like to attend please scan the QR code to register.

It's Movie Night

Date: 16th - 22nd October

Time: any session

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

MOVE Tour

Date: Monday 17th October

Time: 1pm- 3pm

Location: Museum of Vehicle Evolution, 7723 Goulburn Valley Hwy, Kialla

Fix Movement Performance Pilates

Date: Tuesday 18th October

Time: 6.30pm- 7.30pm

Location: 116-124 Corio St, Shepparton

Date: Wednesday 19th October

Time: 5.30pm- 6.30pm

Location: 116-124 Corio St, Shepparton

Rosehaven Afternoon Tea

Date: Wednesday 19th October

Time: 1pm- 4pm

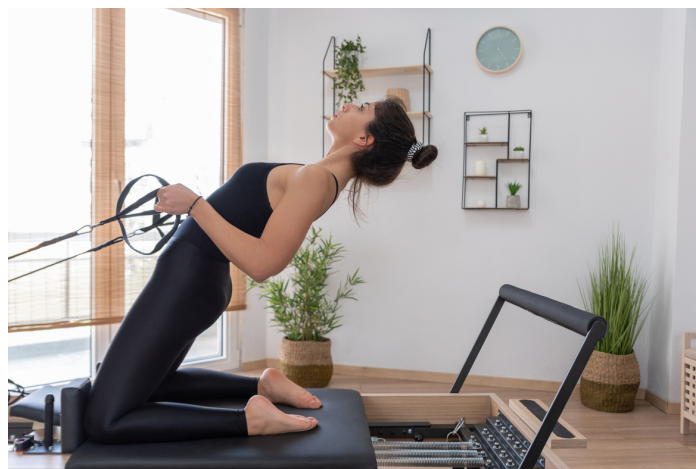
Location: Rosehaven Hospice, 82a Malcolm St, Mansfield

Mini Powerful Me Doll

Date: Friday 21st October

Time: 10am- 11.30am

Location: FamilyCare office, 64 High Street, Seymour



Please RSVP to any of the above events by scanning the QR code or calling **0477 741 926**.

It's Movie Night

It's Movie Night! Don't forget your popcorn and drink! When you register you get a double pass and voucher for 2 small popcorn and drinks. What are you waiting for?



REGISTER NOW limited ticket available.

Once you have registered we will organise to have the tickets and voucher waiting for you to use at any of the movie sessions at BPACC during Carers Week 16- 22 October.

Date: 16th - 22nd October

Time: any session

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



MOVE Tour

Located in Shepparton, Victoria, MOVE is one of the largest regional museums of collectibles in Australia and unique for its variety. MOVE displays legends of the Goulburn Valley Trucking industry, The Furphy Museum, The Farren Vintage Bicycle Collection, Clayton Collection of gramophones, telephones and radio and The Loel Thomson Costume Collection.

Date: 17th October

Time: 1pm-3pm

Location: Museum of Vehicle Evolution, 7723 Goulburn Valley Hwy, Kialla

For more information contact Molly on 0477 741 926 or scan the QR code to register



Fix Movement Performance Yoga

Carers Week Event

Fix MP is holding two pilates classes just for Carers. Come and try reformer pilates, Fix MP staff will help you no matter what experience level you are at.

Date: Tuesday 18th October

Time: 6.30pm- 7.30pm

Location: 116-124 Corio St, Shepparton

Date: Wednesday 19th October

Time: 5.30pm- 6.30pm

Location: 116-124 Corio St, Shepparton



For more information contact Molly on 0477 741 926 or scan the QR code to register

“ We look forward to giving you a taste of what Reformer Pilates is all about at your class during Careers Week ”

About Fix MP Myotherapist Pilates Instructors

Cher Hetherington

Cher is originally from Wahgunyah, Victoria. Cher started her business in 1995 in Shepparton as a single owner operator. Cher has been involved in World Cycling working with Garmin Cervelo and Orica Green Edge between 2009 to 2014. Cher created an App called MyoCycle in 2013 alongside World Champion and Australian Gold Medalsist Brett Lancaster.



Indi Michel

Indi has come from a competitive sporting background where he has participated at a high level in both swimming and cycling and knows the effects of treatment and how it is needed for an athlete's body under a heavy, vigorous training program. After previously spending a lot of his time receiving treatment from the Fix Team, he thought it was time to become a therapist himself!



Rosehaven Afternoon Tea

Carers Week Event



In celebration of carers week, Rosehaven opens up its spectacular gardens to all carers for afternoon tea. Enjoy music, afternoon tea and some pampering at the gorgeous backdrop of Rosehaven.

Date: Wednesday 19th October

Time: 1pm- 4pm

Location: Rosehaven Hospice, 82a Malcolm St, Mansfield

If you need support to travel to Rosehaven please get in touch.

For more information contact Molly on 0477 741 926 or scan the QR code to register



About Rosehaven

Rosehaven offers in house respite, from 1 hour to a few nights for people of all ages. We pride ourselves on person centred care, supporting carers in their caring role, and improving quality of life not just for the carers but for



their person, our guest. Fees charged are dependent on circumstances, no referrals or aged care approvals required. Rosehaven provides a community outreach program, with highly skilled and trained palliative care volunteers providing community transport, companionship, in home respite, assistance with pets, memoir writing, advocacy, light household tasks and personal care as required for people with a life-limiting illness or that are registered with palliative care services, free of charge.

Mini Powerful Me Doll

Carers Week Event

Carer coach, Rainbow will help those who join to create a powerful worry doll, a 3D tactile tool to use in moments of self-doubt. Using material, wool and paper you will mindfully create a unique worry doll filled with positive reassurance and support while connecting with other Carers. Limited places are available, register today so you don't miss out.

All materials to complete the workshop are provided. Tea and Coffee will also be available.

Date: Friday 21st October

Time: 10am- 11.30am

Location: FamilyCare office, 64 High Street, Seymour



For more information contact Molly on 0477 741 926 or scan the QR code to register



Upcoming carer activities

Carer Gateway Information Sessions

Carer Support Team Leader, Jason Watts is hosting 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.

Alexandra

Date: Thursday 8 September

Time: 10am- 11am

Venue: Alexandra Library, 49 Grant Street, Alexandra

Yea

Date: Thursday 8 September

Time: 12pm- 1pm

Venue: Yea Library, 15 The Semicircle Yea



Kinglake

Date: Thursday 29 September

Time: 11.30am- 12.30pm

Venue: Kinglake Library, 19, Whittlesea-Kinglake Road, Kinglake

Carer Gateway Information Sessions continued...

Flowerdale

Date: Thursday 29th September

Time: 1.30pm

Venue: Flowerdale Community House, 36 Silver Creek Rd, Flowerdale

Eildon

Date: Thursday 10 November

Time: 11am

Venue: Eildon Community Centre, 2 Centre Ave, Eildon

Marysville

Date: Thursday 10 November

Time: 1pm

Venue: Marysville Gallipoli Park Preclint, , 15 Falls Rd, Marysville



If you would like an Information session held for your community group or in your local area, please contact Jason, **0429 963 164**

Supported by:



Murrindindi
Shire Council

carergateway.gov.au
1800 422 77 Monday-Friday 8am-5pm

In Person Peer Support (IPPS)

What is it?

In Person Peer Support groups are a gathering of people that have or are living your Caring experience, a listening ear, a kind word, small acts of caring support.

Why IPPS?

Because people that have cared for a friend or family member are the only ones that really understand - the work, the stress, the time, the frustrations, the road blocks, the isolation, the loneliness, the heartbreak, the emotional drain, the financial stress. Being a carer is a constant learning experience, a dance of love and responsibility, and there are difficulties in balancing being a carer and not wanting to cross any lines out of respect.



Picture is of the Shepparton group being held at "The Food Store Shepparton"

What are people saying?

When asked what people enjoy the most about IPPS, Carers have answered:

I get time to myself, catching up with others and having a coffee, getting out of the house, meeting other people which understand how I feel, Seeing others recognise what I am saying, being able to share my experiences and other Carers telling

me it is ok and expressing how they have experienced the same issues and feelings.

Support groups are created to suit each group member. If you are interested in learning more about starting a IPPS group for you contact Jill on **0409 301 719** OR complete our **online form**.



FamilyCare In person peer support (IPPS) Groups

Carer Support Groups

Please visit FamilyCare website for the latest information, or call **0409 301 719**. If you want to join an in-person peer support / carer support group please contact Jill. Jill can create a group specifically to suit your needs. Alternatively, scan the QR code to submit an EOI.

Shepparton Carer Support Group

Date: TBC

Time: TBC

Location: North Shepparton Community and Learning Centre Inc.

Numurkah Carer Support Group

Date: TBC

Time: 10.00 am to 12 noon

Location: Numurkah Community Learning Centre Inc.

Zoom Carer Support Group

Date: TBC

Time: 1pm - 3pm

Location: Zoom Link

Benalla Carer Support Group

Date: Sep 7th,

Time: 1pm - 3pm

Location: Benalla Community Health Building

EOI form



To RSVP to any of our IPPS groups please call Jill **0409 301 719.**

A big thank you to McNamara's Irish Pub in Kilmore for allowing us to hold the first session of Kilmore's IPPS group.

Carer Support Groups

A wide range of Carer Support Groups operate right across Victoria, here we have included some in the Hume region. We will endeavour to keep this list up to date.

Pathways for Carers Victoria - Alexandra

Date: Friday 30 September, 28 October, 25 November, 16 December

Time: 9.45am

Location: Rotunda at Rotary Park, Grant Street, Alexandra

RSVP: call Anthea Forbes, 0418 402 455

Mansfield Support Group for Carers and People with Special Needs Inc

Date: Coffee 3rd Tuesday of the month - Tuesday 20 September, 18 October, 15 November. Drop In Thursdays

Time: Coffee at 9.30am, Drop in at 9.30am to 11.30am (school terms)

Location: Coffee at Cafe41, Mansfield. Drop-in at 10 Bank Place, Mansfield VIC 3722,

RSVP: call Colleen Reynolds 0409 751 593

\$5.00 membership

My Time Carer Support Group Seymour

Date: 5 September

Time: 11:00 am - 1:00 pm

Location: Cafe 96 Seymour

Mooroopna

Date: 8 September

Time: 11:30 am - 1:30 pm

Location: Proud Thai Mooroopna

Cobram

Date: 12 September

Time: 12:00 pm - 2:00 pm

Location: Hungie Fangs Cobram

To RSVP for any of the MyTime groups Call Trish 0400 090 762



Carer Support Groups continued...

Shepparton Generalist Carers Group

Date: 3rd Thursday of each month

Time: 11am-1pm

Location: 5 Tumut Court, Shepparton 3630

RSVP: Helen Norbury - 0418 221 063

Numurkah & District Carers Support Group Inc.

Date: 1st Tuesday of the month (except school holidays and all of November)

Time: NA

Location: Numurkah Town Band Hall 1624 Walsh's Bridge Road, Numurkah

RSVP: Isabel Hodge (03) 5862 1598

Tatura Eastbank Carer Support Group

Date: NA

Time: NA

Location: 256 Hogan Street, Tatura

RSVP: (03) 5824 3412

Kyabram Carers Group

Date: NA

Time: NA

Location: Community & Learning Centre, 21-25 Lake Road, Kyabram

RSVP: (03) 5852 0000

Benalla Health Carer Support Group

Date: 1st Wednesday of each month

Time: 2.30pm to 4.00pm

Location: Benalla Community Care, Ray Sweeney Centre, 45 Coster Street, Benalla

RSVP: (03) 5775 8800

Benalla Support Group for Children with Special Needs

Date: NA

Time: NA

Location: 37 Samaria Road, Benalla 3672

RSVP: (03) 5762 7057

Carer Support Groups continued...

Yarrawonga Mulwala Carer Support Group

Date: 3rd Thursday each month.

Time: NA

Location: Yarrawonga Neighbourhood House, 1 Hargrave Court, Yarrawonga

RSVP: (03) 5744 3911

If you do not find a Carer support group in your area please contact Jill to create one specifically to suit your needs. Alternatively, submit an EOI form via our website or QR code.

Jill **0409 301 719**

EOI form



Calling all young carers

Are you or someone you know a young carer?

We need your input!

We want to improve our services and how they work with young people - so we are asking young carers for their opinions on what makes a good service! We have created a survey for young carers to provide us with information on their experiences.

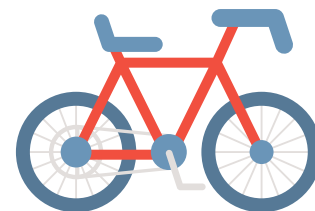


As a thank you for your time, you will go in the draw to win a \$100 prezze voucher for self-care.

<https://mailchi.mp/0673bb2622ea/welcome-to-a-world-of-free-support-for-carers-14172664?e=6ed54c5b76>

Good News Story

Young Carer Robert



Young Carer Robert is using his new bike to fundraise for starlight foundation!

Robert contacted the Carer Gateway to get support for being a carer for his brother. Carer Gateway was able to help 14-year-old Robert to find ways to take time away from his caring role. One way in which he was able to achieve this was the purchase of a Bike. Living in a town with no public transport meant Robert was often isolated. Robert said, "I use my new bike... to get away from the house when I need a break from my brother, to go for rides with my friends, exercise my dog and I take it to Scout riding activities".

"Thanks for everything Carer Gateway." - Robert

As we know carers are often 'helpers' by nature so it was no surprise when Robert contacted his coordinator Molly to say he was now using this bike to fundraise for the Starlight Foundation.

Robert said he plans "to ride a minimum of 100km to raise money for the Starlight Children's Foundation in their Tour de Kids".

If you have a family member with a disability, illness or is aged you may be a carer. Often young people don't realise the help they provide is being a carer. If you're still not sure if you should reach out and ask for help here is what Robert has to say about Carer Gateway, **"They helped me feel better about myself because they took the time to listen and ask me what I needed."**

If you would like support please contact Carer Gateway on **1800 422 737**. Carer Gateway supports ALL carers young and old.



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



An Australian Government Initiative

FamilyCare Carer Support
(03) 5823 7000

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