



Young Carer Services News

Issue 6: November 2007

A SANSYC and Carers SA initiative

Website: www.carers-sa.asn.au/yc or www.sansyc.net.au

The purpose of this publication is to provide service providers with up to date information about young Carers in South Australia

SANSYC Update

(SA Network of Services for Young Carers)

Prepared by Kate Preiss (SANSYC Convenor)

The SANSYC Network has recently farewelled Jeremy Brown as Convenor. Jeremy has taken on to the position of Director of Marion Life Community Services Inc, based at Mitchell Park. Jeremy will remain involved with the Network and when able will attend SANSYC meetings.

I would like to take this opportunity to thank Jeremy for his dedication to young Carers and the enormous contribution that he made to the SANSYC Network during his time as Convenor. His efforts towards the management of Network meetings, young Carers events and development of the official SANSYC Network website have been invaluable.

It is with great pleasure and enthusiasm that I have recently taken on the role of SANSYC Network Convenor. I would like to thank those who have supported and encouraged me to take on this role. I am really looking forward to this opportunity and think that with the public profile of young Carers continually being raised, we are moving ahead into interesting and dynamic times. *I can be contacted on 8271 6288, 1800 815 849 or katep@carers-sa.asn.au. I look forward to hearing from you and working together.*

SANSYC Christmas Lunch

The SANSYC Network will be holding a **Christmas lunch** for members on Thursday 13 December 2007 at the Bridgewater Inn. If you would like to attend this lunch please contact Kate Preiss by Friday 7 December 2007 to reserve your spot.

SANSYC 2008 – Meeting Dates

The SANSYC Network will take a break over Christmas and resume meetings on **Thursday 14 February 2008, 10 am – 12 pm**. Meetings will be held on the second Thursday of every second month. **Future meeting dates**

are as follows:

- 10 April 2008
- 12 June 2008

For more information call Kate Preiss, SANSYC Network Convenor on 8271 6288 or email katep@carers-sa.asn.au

National Young Carer News

The next ANYCAT (**Australian National Young Carer Action Team**) meeting will be held at the end of November in Melbourne. Young Carer Ambassador William Heggblum will be accompanying Kate Preiss to the meeting in his role as SA ANYCAT representative.

The new **Young Carer Information Packs** have arrived at Carers SA. Information resources within the pack will be the same as that in the old packs (that came in a green plastic folder); however have been reduced in size and will now be contained within a handy material draw string bag.

The Carers Australia resource '**Supporting young Carers in Secondary Schools**' is now available from Carers SA. The resource, for Australian secondary school teachers, aims to raise awareness of some of the needs of young Carers, suggesting how young Carers can be identified in secondary school and supported.

For further information about these resources contact Kate at Carers SA on 8271 6288, 1800 815 549 or katep@carers-sa.asn.au

Awareness Raising in the West

Leonie Lambert from the North and West Metropolitan Commonwealth Carer Respite Centre is holding an **information session** during November for **public primary school employees**. Schools in the metropolitan west region (Port Adelaide to Henley Beach) will each be invited to send 2-3 representatives along to the session to learn more about issues affecting young Carers, supporting young Carers in primary school, and young Carer support and

respite services in the western metropolitan region of Adelaide.

For more information call Leonie Lambert at the North and West Metropolitan Commonwealth Carer Respite Centre on 8346 8329 or email leonie.lambert@ucwb.org.au

Mental Health Week Event

During Mental Health Week (7 -13 October 2007) Carers SA held an event titled '**Focus on Carers. Carers of a person with mental illness: Where are we now and where do we want to go?**' The event was established to provide a brief overview of the journey that Carers and Service Providers have experienced in the last 10 years and provided four workshops each focussing on key areas including young Carers. The young Carers workshop provided the opportunity for participants to learn more about what is happening in South Australia for young Carers of a person with mental illness, including discussion on the supports and initiatives available through non-government and government services. This workshop was co-chaired by Young Carer Ambassadors Sarah Castaldini and William Heggblum.

Information discussed during this event will be compiled into a report that will be distributed to all those who attended the event and also appropriate Ministers and Government Departments.

For further information regarding the compiled report contact Cyone Whiting at Carers SA on 8271 6288 or email cyone@carers-sa.asn.au



Mental Health Week Event: Young Carer Ambassadors (L to R) Sarah Castaldini, Tasha Unglaube, William Heggblum

Young Carers Presentation

The **Young Carers in Education Presentation**, developed in 2005 for delivery to educational professionals, is currently being updated by the Working Group. As the profile of young Carers is being raised Carers SA are receiving a greater number of enquiries and

requests to present information on young Carers at a wide array of community forums. This has prompted a review of the presentation package to suit a wider audience. The new Young Carers Presentation Package will be available in January 2008.

For more information about the Young Carers Presentation call Kate Preiss at Carers SA on 8271 6288 or email katep@carers-sa.asn.au

Young Carers Statewide Program

Carers SA have delivered their first round of awareness raising presentations about young Carers of a parent with mental illness as part of the **Young Carers Mental Health Schools Liaison Project**. Presentations were delivered to staff of Elizabeth Grove Community Campus and adult mental health workers from the Central Northern Adelaide Health Service. Feedback from participants highlights that the presentations have assisted to raise awareness of professionals regarding young Carers and appropriate young Carer support services in South Australia.

A workshop will be conducted with grade 5, 6 and 7 students from Elizabeth Grove Community Campus during November to raise awareness and understanding of young Carers. Carers SA are currently looking to expand the Young Carers Mental Health Schools Liaison Project by involving a second school in the northern suburbs in the project.

If you would like further information on the Young Carers Statewide Projects call Kate on 8271 6288, 1800 815 549 or email katep@carers-sa.asn.au

Upcoming Events 2007

- SANSYC Network meeting 8 November 2007, Carers SA Office
- SANSYC Christmas lunch 13 December 2007, Bridgewater Inn

Dates for your Diary in 2008

- Term 1 (29 Jan – 11 April)
- Term 2 (28 April – 4 July)
- Term 3 (21 July – 26 Sept)
- Term 4 (13 Oct -12 Dec)
- SANSYC Meeting 14 February, 2008
- Young Carers Statewide Life Adventure Retreat 22 -24 April 2008, Mylor