

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

Issue 1st November 2018 17 Riverview Drive, Berri 5343 ph. **08 8582 5485** email: rivmmc@carers-sa.asn.au

Welcome to the November edition of the River Murray Mallee Carer News. Hoping everyone is well as we push through to the end of another year.

October was certainly a very busy month for Carers SA in all regions as we celebrated Carers week and raised awareness during Mental Health Week. There were also a number of Young Carer activities held during the school Holidays which were well attended and well received.

I would like to remind people of our Carer Advisory Group Meeting (CAG) later this month and would like to thank the CAG members for their work, support and commitment over the year. We will soon be calling for nominations for our 2019 Carer Advisory Group. Please consider whether you would like to be a part of the CAG in 2019. We are looking to involve a good cross section of carers from the community including Young Carers, Mental Health Carers and Carers from Aboriginal and Torres Straight Island and Culturally and Linguistically Diverse backgrounds. Please contact me if you would like further information.

I would also like to encourage people to connect with Carers SA through our Facebook page. This page is a great way to keep up to date with what Carers SA is doing across the state, key national dates and sharing of photos of events. It provides access to helpful tips and keeps you up to date with information about things that impact on carers. Like and share our posts with your friends to increase the understanding of cares across the community.

www.facebook.com/CarersSA

Look forward to catching up with you all soon.

Regards Mick

What's ON!

November

- **Melbourne Cup**
- **Picnic at Mt Lofty**

December

- **Carers Christmas lunches**

Office Numbers

Berri 8582 5485
(Monday-Thursday)

Murray Bridge 8539 1300
(Tuesday-Thursday)

The Communication Partner Service will soon be operating in the Riverland and is already available in Murraylands.

The Communication Partner Service provides independent, trained Communication Partners to facilitate communication between children and adults with complex communication needs. Communication Partners can assist victims, witnesses, suspects and defendants in police interviews and court proceedings.

Are you passionate about helping people with disabilities? Uniting Communities is seeking enthusiastic, skilled volunteers in the Riverland region to provide communication support in the criminal justice system.

For information about volunteering with the Communication Partner Service, please phone 8202 5861, or email compas@unitingcommunities.org

Click on this link to the Uniting Communities website, and scroll down to view a 2 minute film about the Communication Partner service:

<https://www.unitingcommunities.org/disability-services/support-for-people-with-a-disability/>

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Carer Groups

Please ring the River Murray & Mallee Regional offices prior to groups to secure your booking and confirm you will be attending. Office numbers are on the front and back pages of this newsletter.



What's on in November

Thursday 1st

Murraylands Outing Group

9.30am—3.30pm

We are going to have a picnic! The plans are to visit Mt Lofty, find a happy spot and relax!

Lunch will consist of fresh rolls, cold meats and salad items for carers to assemble.

Tea and Coffee will be available as long as the hot water lasts !!

There is a café close by for further refreshments.

Thursday 15th

Riverland Wellness Group

12pm—2pm

Carpool from the Berri Senior Citizens car park at 11.30AM

Renmark Hotel Murray Avenue Renmark

Lunch in the Nanya Bistro

Followed by a tour of the Renmark Hotel

Museum.

Tuesday 6th

Riverland Support Group

11.30am-3pm

Melbourne Cup Lunch

At Cobdogla and District Club.

3 Rose Street Cobdogla.

Friday 23rd

Newsletter Mailout

1pm-3pm

At Berri office, 17 Riverview Drive.

Wednesday 14th

Murraylands Hobbies Group

11am—2pm

At the CCRC rooms, 95 Swanport Road, Murray Bridge.

All carers welcome to join in with hobby projects, sharing ideas or bring your own project along.

Please bring own lunch

Tea and coffee are available.



Monday 26th

Riverland Craft and Hobby Day

11am-3pm

At Berri Senior Citizens Hall, Crawford Terrace,

All carers welcome to join in with any hobby projects. If there is something that you are interested in pursuing, then please talk with Carers SA staff or volunteers.

Catered.

Thursday 15th

Murraylands Support Group

11am-3pm

Held at the Respite Centre 95 Swanport Road .

We will be having Mick who is happy to come from the Riverland to have a Drumming session with us.

This should be a really good meeting. For those who have not been to a Drumming Session—you will learn a great deal about looking after yourself

Thursday 29th

Carer Advisory Group Meeting followed by lunch.

10.30am-1.30pm

Lameroo Hotel

Car will depart Berri Senior Citizens car park at 8.45am.

Carer Groups

Please ring the River Murray & Mallee Regional offices prior to groups to secure your booking and confirm you will be attending. Office numbers are on the front and back pages of this newsletter.



What's coming up in December.....

Wednesday 5th

Riverland carers

Christmas lunch

11.30am-2.30pm

Lunch at the beautiful

Banrock Station

Holms Road, Kingston On

Murray. Transport from

Berri Senior Citizens Car

Park departing 11am.

Please advise if transport is needed when booking. RSVP by Friday 23rd November.



Wednesday 12th

Riverland Support Group

Christmas Craft Projects

11am– 2pm

At Aboriginal Sobriety Group

3 Wilson Street, Berri



Wednesday 5th

Murraylands Hobbies Group

11am— 2pm

Christmas celebrations along with all the Activities.

Please bring own lunch supplies

There will be Christmas food Tea and Coffee available.

Thursday 13th

Murraylands Support Group

11am—3pm

Break up for 2018 with Christmas celebrations.

Come along and make it a fun day!



Thursday 6th

Murraylands Outing Group

Christmas Lunch

10.45am-3pm

Meeting on the wharf of the

Captain Proud for a 3 hour

cruise. The boat leaves the

wharf at 11:00am sharp.

Spaces are limited so it will be first in best dressed.



Monday 17th

Riverland Craft and Hobby Day

11am-3pm

At Berri Senior Citizens Hall, Crawford Terrace,

All carers welcome to join in with any hobby projects. If there is something that you are

interested in pursuing, then please talk with Carers SA staff or volunteers.

Please bring a plate to share.

Win a furnished Home & Land Package valued at over \$400,000 or \$200,000 cash!

Purchase a book of 6 tickets for \$50.00 and receive 1 bonus ticket FREE
.....See details over the page.....





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FIVE

The Murrumbidgee
Sunday Mail

can



TICKETS \$10 EACH
BOOK OF 6 FOR \$50

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News, Stories and helpful Info

We are constantly looking for ways to improve our newsletter and communication with you. We would love to hear from you with any feedback or suggestions. Call us on (08) 8582 5485 or email us at rivmmc@carers-sa.asn.au



Stuffing Meatballs wrapped in Prosciutto– Serves 8

Ingredients

- 60g Craisins
- 40g butter
- 1 onion, chopped
- 600g pork and veal mince
- 2 cups fresh breadcrumbs
- 1/4 cup chopped flat-leaf parsley
- 1tbs lemon thyme leaves
- 2 tsp finely grated orange rind
- 8 slices of prosciutto

Directions

1. Preheat the oven to 180 c. Line a baking tray with baking paper.
2. Place craisins in a small bowl, then cover with boiling water and set aside for 5 mins or until soft.
3. Meanwhile, heat butter in a small frying pan over medium heat. Add onion and cook for 5 mins or until soft. Set aside to cool.
4. Combine mince, breadcrumbs, parsley, thyme and orange rind in a bowl. Drain craisins and roughly chop. Add to mixture with onion and combine well. Roll into balls and place on a plate.
5. Cut each slice of prosciutto in half lengthways and in half width ways. Wrap two strips around each ball and place on the baking tray. Bake, turning halfway through cooking time, for 15-20 minutes or until golden and cooked through.

Useful Numbers

Carers SA Adelaide	1800 242 636
After Hours GP	1800 022 222
Aged Rights Advocacy Service (Elder Abuse Information)	1800 700 600
Beyond Blue	1300 224 636
Life Line	13 11 14
Kids Helpline	1800 551 800
My Aged Care	1800 200 422
National Carer Gateway	1800 422 737
National Disability Insurance Scheme (NDIS)	1800 800 110
Police Assistance	13 14 44
Standby support after suicide	0437752458 Sth 0438728644 Nth
Respite—Emergency/short term	1800 052 222

Stay in touch

Follow us on Facebook, twitter, send us an email or post us a letter.



www.facebook.com/CarersSA



www.twitter.com/CarersSA



rivmmc@carers-sa.asn.au



Po Box, 870, Berri SA 5343



Our very best wishes to those having birthdays in November and December!!

RMM Regional Staff

Monday to Thursday 9am-4.30pm
08 8582 5485/ 08 8539 1300

Michael	Regional Team Leader
Anne	Carer support & Admin worker
Joy	Mental Health Support Worker
Nicole (Nic)	Young Carer Support worker
Mary	Carer support worker
Karen	Aboriginal Liaison worker



Berri

Mon to Thurs 9am - 4.30pm

17 Riverview Drive
PO Box 870
Berri SA 5343
P 08 8582 5485

rivmmc@carers-sa.asn.au www.carers-sa.asn.au

If you no longer wish to receive this communication from us please contact Carers SA

Murray Bridge

Tues to Thurs 9am - 4.30pm

95 Swanport Road
PO Box 402
Murray Bridge SA 5253
P 08 8539 1300



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