

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

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

Welcome to the December edition of the River Murray Mallee Carer Newsletter.

As always, our December is packed full of carer activities and we certainly look forward to catching up with many of you at these events.

As I reflect on a great year leading into the festive season of Christmas and New Years celebrations, I would like to remind people to look after themselves, particularly in regards to their own mental health and wellbeing. Although for many, this time of year brings great celebration and connection with friends and family, for some it is a reminder of experienced loss, grief and loneliness. If you do find yourself feeling this way over the Christmas period, please seek some support for yourself. This could be some extra visiting with a peer or family member, or whether you feel more formal support is required.

Please see a list of services that may be helpful on the back page of the newsletter, but be assured that assistance is always around.

I would also like to encourage anyone who is interested in nominating for our 2019 Carer Advisory Group to express your interest via the form included with the carer feedback form in this newsletter. Further information regarding the Carer Advisory Group can be found below.

Finally, I would like to wish everyone a Merry Christmas and a Happy New Year. Please stay safe.

Mick

What's ON!

December

- **Carers Christmas lunches**
- **Disability Inclusion Expo in Berri**

January

- **Murraylands Money Advice session**
- **Renmark Boat tour**

Office Numbers

Berri 8582 5485
(Monday-Thursday)

Murray Bridge 8539 1300
(Tuesday-Thursday)

Carer Advisory Groups (CAG) provide input and valuable advice to Carers SA to understand the range of issues for carers across South Australia and ensure these are considered in planning and delivery of services.

CAG members bring their unique knowledge and skills to share with Carers SA. These meetings take place three times a year.

If you are interested and feel you can:-
represent the needs of carers within the region
contribute to a reference groups and other consultations
make suggestions regarding practical operations of Carers SA

Then please speak to the Regional Team Leader to find out more.

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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 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 with

pick up in Loxton at car park in Edwards St.

Please advise if transport is needed when

booking. RSVP by Friday 23rd November.

Share a Kris Kringle parcel (value limit \$10)



Wednesday 12th

Disability Inclusion Expo

10am-12.30pm

At Berri Senior Citizens Hall, Crawford Terrace.

Information available from service providers assisting people with NDIS (National Disability Insurance Scheme)

Carers SA staff (Mick and Anne in attendance)

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 more Christmas celebrations.

Come along and make it a fun day! Weather permitting

we would like to go to Sturt Reserve for a Pizza lunch. If hot, we will retire to the Centre on Swanport Road.



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 11am sharp.

Spaces have been filled

and a waiting list has been started. It has been

decided to have our KK at the Support Group

on the 13th December.



Friday 14th

Newsletter Mailout

1.30pm-3.30pm

At Berri office, 17 Riverview Drive.

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.

The 8 Ball Tables will be open for anyone keen!?

Please bring a plate to share.



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 January.....

Thursday 3rd

Murraylands Outing Support Group

11.30am—3pm

Meeting at the German Cake Shop for lunch. Let us relax after the Christmas activities. It could be hot so not having to travel too far should be welcoming!

Friday 18th

Newsletter Mailout

1.30pm-3.30pm

At Berri office, 17 Riverview Drive.



Wednesday 9th

Riverland Support Group

10am-12pm

At the Berri Senior Citizens Hall, Crawford Tce. Come along and catch up with Joy or Mick to share your holiday happenings. Discussion on 2019 carer support program.

Wednesday 23rd

Murraylands Craft/Hobby Group

11am—3pm

Bring along crafts/hobbies. Share any expertise with other interested Carers.

Please bring own lunch

Tea, coffee and biscuits available.

Thursday 17th

Murraylands Support Group

11am—3pm

Need help with financial advice after Christmas?! We have Financial Adviser Althea Morely coming along to discuss financial situations. Should be a very helpful and interesting meeting.

\$ \$

Monday 26th

Riverland Craft/Hobby Day

11am-3pm

At Berri Senior Citizens Hall, Crawford Terrace

All carers welcome to join in with any hobby projects.

Do you have any ideas that may interest others?

Eight Ball tables open, card games, knitting, sewing, crochet.....

Catered by Carers SA

Thursday 17th

Riverland Wellness Group

10am—11.30am

Renmark 1.5hr River Tour. Snacks on board. Limited numbers / bookings essential please. Depart Berri Senior Citizens car park 9.15am

Thursday 31st

Riverland Roaming Support Group

11.30am-2pm

Lunch at the Terminus Hotel, Morgan. Transport at 10am from Berri Senior Citizens Hall, Crawford Terrace.

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



****Carers Individual Flexible Retreat Packages Available!****

Are you a family carer for someone **over 65 years** of age who is frail aged or has a disability? There are Flexible Retreat Packages which can be designed to suit your circumstances.

Please contact Carers SA staff at either Berri office 8582 5485 or Murray Bridge 8539 1300 to discuss your options.

These packages are available until 30th June 2019 and will give you a chance for one, two or three nights away at a venue of your choice.

Riverland carers may be interested to know about the **Foodbank** assistance which is available at the Seventh Day Adventist Church off the Sturt Highway Berri on the **first** and **third** Thursday of each month 10am-1pm.

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

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
StandyBy support after suicide	0437752458 Sth 0438728644 Nth
Respite—Emergency/short term	1800 052 222

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

Happy Birthday

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



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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