

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

Issue 1st March 2019. 17 Riverview Drive, Berri 5343 ph. **08 8582 5485** email: rivmmc@carers-sa.asn.au

Greetings and welcome to March,

Hope everyone has been able to manage the extreme weather we have been experiencing.

Our next month is once again full with activities and groups, including our annual Lions Club lunch, which is sponsored by the Berri Lions Club. We will also have our first Carer Advisory Group and Aboriginal Advisory Group meetings for the year, please see inside for the details.

I also want to bring your attention to a couple of very important events coming up in April. The Integrated Carer Support Service (ICSS) Forums will be taking place in Murray Bridge and Berri. These forums will be an opportunity for Carers and the community to be informed around the Integrated Carer Support Service (ICSS) model for Carer support. I strongly encourage all carers to attend one of these sessions in your corresponding region.

With our previous newsletter you would have received some information regarding the "Three Legged Challenge". The challenge will be raising funds to provide respite for family carers. I have set up a fundraising page and will be taking on a drumming challenge with Young Carer Worker Nic Barber. If you would like to donate to my fundraising challenge, please go to www.3leggedchallenge.com.au and search my page. Otherwise speak to me or one of our friendly Carer Support Workers who can direct you. Your support is very much appreciated.

You will see another survey enclosed this month which we would really appreciate you taking the time to complete and return. This will enable us to gather information in regard to our newsletters. You can return in the envelope supplied or via email or online via:
<https://www.surveymonkey.com/r/Newsletters>

Also please note that both Carers SA offices will be unattended on 27th & 28th March while staff are in Adelaide for training. Urgent matters can be directed to 1800 242 636 or Emergency Respite 1800 052 222.

Look forward to catching up with you all soon.

Mick

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean

What's ON!

March

- Visit to Big Olive
- Berri Lions Club lunch at Bella Lavender Estate
- Aboriginal Carers Retreat

April

- ICSS Forums

Office Numbers

Berri 8582 5485
(Monday-Thursday)

Murray Bridge 8539 1300
(Tuesday-Thursday)

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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 March

Wednesday 6th

Riverland Support Group

10am-12pm

at Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker:- Brendan

Information session on drug/alcohol addictions from Family Drug Support.

(Ph. 1300 368 186 for 24 hour assistance)

Thursday 7th

Murraylands Outing Group

9:30am—3:30pm

Travelling to Tailem Bend to visit the Big Olive for morning tea. They also have a shop where their goods can be purchased.

We can then venture on to find lunch.



Thursday 7th

Carer Advisory Group Meeting

10:30am—1pm (inc lunch) Karoonda Council

Thursday 14th

Aboriginal Advisory Group Meeting

11am—1pm (inc lunch) Murray Bridge Office

Wednesday 13th

Murraylands Hobbies Group

11am-2pm

At CR&CC 95 Swanport Road, Murray Bridge

All Carers welcome to come along and bring your hobby projects.

Please provide own lunch

Tea and coffee provided

Thursday 14th

Berri Lions Club lunch for carers

11:45am-2:30pm

At Bella Lavender Estate

19 Dalziel Road, Glossop.

This annual event is cost free to carers from the Berri Lions Club in appreciation and acknowledgment for their roles in the Community caring for loved ones.



Thursday 21st

Riverland Wellness Group

10am—11:30am

Renmark 1.5hr River Tour from the Renmark Club Wharf. Snacks on board.

Depart Berri Senior Citizens car park 9.15am

Fully booked now...with a waiting list so if you are unable to attend please advise

Thursday 21st

Murraylands Support Group

11.30am—3pm

at Carers SA 95 Swanport Road Murray Bridge

Art Therapy session - it will be fun and could surprise you!

Friday 22nd

Newsletter Mailout

1pm-3pm

at Berri office 17 Riverview Drive

Monday 25th

Riverland Craft & Hobby Day

11am-3pm

at Berri Senior Citizens Hall, Crawford Terrace

All carers welcome to join in with any hobby projects or just come along for a chat.

Catered.

27th & 28th Office closures due to staff training in Adelaide.

Thursday 28th

Riverland Roaming Support Group

11:30am-2pm

Lunch at the Paringa Hotel, Paringa.

Transport from Berri Senior citizens car park at 11:15am.

Volunteer led group due to staff commitments in Adelaide.

Dementia Australia—Family Carer Workshop

Waikerie— Monday 1st April 10.30am-1.30pm

At 1 Lawrie Terrace. Meeting room next to the

Lifestyle Club at Community Health. RSVP to

Ph. 8372 2100 or Jill.Bond@dementia.org.au

A Berri session can be arranged if enough interest.

Please contact Carers SA Berri 8582 5485.

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 April....

Wednesday 3rd

Riverland Support Group

10am-12pm

At Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker : Dietician to be confirmed.

If not then we will have Althea Morley from Murray Bridge with information about household budgets and financing.

Thursday 4th

Murraylands Outing Group

9:30am—3:30pm

Mt Lofty Botanical Gardens—Autumn Time!

We are going to have a picnic among the falling leaves.

Fresh bread rolls and plenty to fill them. Hot tea and coffee will also be available.

Please bring your own chair

This event is self funded.



Wednesday 10th

ICSS (Integrated Carer Support Service) FORUM

10am-12pm

Murraylands Carers please join Carers SA CEO David Militz, Phil Martin (Vice President) and members of the Executive Team at the Carers SA office , Swanport Road, Murray Bridge. See back page for program.

Thursday 11th

Murraylands Wellness Group

11am—2pm

Car pool from 95 Swanport Road Murray Bridge
Fishing outing at Sturt Reserve BYO Fishing gear .

Op shop treasure adventure in Murray Bridge
All meeting back together for lunch at Sturt Reserve Community Club at 1pm.

Monday 15th

Riverland Craft & Hobby Day

11am-3pm

at Berri Senior Citizens Hall, Crawford Terrace

All carers welcome to join in with any hobby projects or just come along for a chat.

Eight Ball tables open, card games, etc.

Please bring a plate to share.

Tuesday 16th

ICSS (Integrated Carer Support Service) FORUM

10am-12pm

Riverland Carers please join Carers SA CEO

David Militz, Lyn Woodford (President) and

members of the Executive Team in the

Meeting room at Aboriginal Sobriety Group

3 Wilson Street, Berri. See back page for

program

Thursday 18th April

Murraylands Support Group

11am—3pm

95 Swanport Road MB

Speaker from Beyond Blue will be visiting us.

She will be discussing coping with Depression and Anxiety.

Easter Friday 19th
& Monday 22nd
Offices closed.



Wednesday 24th

Murraylands Hobbies Group

11am—2pm

At CR&CC 95 Swanport Road, Murray Bridge

All Carers welcome . Bring own projects or let us know if you would like to learn a new craft.

Please provide own lunch

Tea and coffee provided.

Thursday 25th — Anzac Day Public Holiday

Friday 26th

Newsletter Mailout

1pm-3pm

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



ICSS Forums **(Integrated Carer Support Service)**

Murraylands Carers please join David Militz (CEO), Phil Martin (Vice President) and members of the Executive Team on Wednesday 10th April from 10am to 12pm in Murray Bridge.

Riverland Carers please join David Militz (CEO), Lyn Woodford (President) and members of the Executive Team on Tuesday 16th April from 10am to 12pm in Berri.

Discussions on:-

Updates on ICSS Grant Submission
ICSS Services – future impact of changes and timing
Carer Transition
Communication and Information
Carers SA Constitution – Proposed Changes

Carers SA Team

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
National Dementia Helpline	1800 100 500
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

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 March and April!



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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