

AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS

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

Greetings Carers and welcome to April.

Although the cooler weather hasn't quite set in yet, I have certainly welcomed some relief from the blistering summer heat. April proves to have some great events and outings, including the significant ICSS forums across the regions. Please see the calendar of events for further details on the forums in your region.

On the 20th March our Berri office was involved in a "Three Legged Drumming Challenge", as a part of our fundraising for the "Three Legged Challenge". As I write this article we have raised over \$1200, so I thank the community for their generosity.

Our 2019 Carer Advisory Group (CAG) members have been listed on the back page for your information. The CAG members are able to be a Conduit between Carers and our Carers SA staff for communicating issues, successes, trends etc. Please be mindful and considerate regarding the times you do make contact with the CAG also.

Finally, I would like to wish all of our carers a Happy Easter and hope you are able to spend some quality time with family and friends.

Chat soon,

Mick

What's ON!

April

- **ICSS Forums**

May

- **Regional lunch at Swan Reach for Riverland and Murraylands carers**

Please note we have made the **Murraylands Groups** a darker colour as requested by some carers.

Office Numbers

Berri 8582 5485
(Monday-Thursday)

Murray Bridge 8539 1300

Needing a break away?

A reminder to carers who are needing a break for one, two or three nights that the unit at Silver Sands, Aldinga Beach is available until 31st October 2019. Please ring Carers SA Adelaide 82915600 to make your booking if you are a financial member.



Inside this issue

Welcome/News	page 1
Carer Groups	page 2
Carer Groups	page 3
News/Helpful Hints	page 4
Stay Connected	page 4

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 April

Wednesday 3rd

Riverland Support Group

10am-12pm

At Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker : Alicia Frahn -Dietician.

General health and well being. Reading food labels correctly. Questions & Answers included.

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 Forum

(Integrated Carer Support Service)

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. Please call your local office to register for catering purposes.

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 Forum

(Integrated Carer Support Service)

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.

Please call your local office to register for catering purposes.

Thursday 18th

Murraylands Support Group

11am—3pm

95 Swanport Road MB

Speaker from Beyond Blue who is coming along to share her experience and assistance.

Wednesday 24th

Murraylands Hobbies Group

11am—2pm

At CR&CC 95 Swanport Road Murray Bridge

Come along with your own hobbies or let us know if there is some craft you would like to learn. Please bring along your own lunch.

Tea and coffee are available.

Thursday 25th — Anzac Day Public Holiday
Offices closed.

Friday 26th

Newsletter Mail out

1pm-3pm

At Berri office, 17 Riverview Drive.

Easter Friday 19th
& Monday 22nd
Offices closed.



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 May....

Wednesday 1st

Riverland Support Group

10am-12pm

At Berri Senior Citizens Hall, Crawford Terrace.

Guest Speaker: Althea Morley

Money Minded session.

Thursday 2nd

Murraylands Outing Group

9:30am—3:30pm Meeting at 95 Swanport Road Murray Bridge. Visiting the Mannum Club for lunch. Booking is for 12:00pm. A nice walk down by the river after would be a good thing to do or a stroll down the main street to visit what Mannum has to offer would also be inviting. This is self funded. Registration is essential.

Thursday 2nd

“Let’s talk about it.....Mental Health”

9:30am-3:30pm

At 95 Swanport Road Murray Bridge

For carers caring for people with mental health issues. Morning tea & lunch supplied; guest speakers; pampering too! Please register by phoning 8539 1300. No cost .

Wednesday 8th

Riverland Wellness Group

10am—2:00pm

Chaffey Theatre Renmark

Cliff Richard Live 60th Anniversary Tour on the big screen. Greatest Hits across six decades.

Followed by lunch at the Renmark hotel

Car Pool from the Berri Senior Centre at 9:20am

7th—10th May

Carers at West Lakes Retreat with Mary & Anne.

Thursday 16th

Murraylands Support Group

11am—3pm

We have Althea Morley back to help with your home financing.

This is stage 2, so come along and continue with this helpful information.



Wednesday 22nd

Murraylands Hobbies Group

11am—2pm 95 Swanport Road Murray Bridge
Enjoy the company of other carers in a morning of craft.

Bring your own hobbies and you can also make use of the facilities available.

Please bring own lunch.

Tea and Coffee are available.

Friday 24th

Newsletter Mailout

1pm-3pm

At Berri office, 17 Riverview Drive.

A big thank you to our regular team of volunteers!



Monday 27th

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.

Catered. Please RSVP to Berri office on 8582 5485.

Wednesday 29th

****Regional lunch****

At Swan Reach Hotel

11:30am-2pm **Murraylands & Riverland**

Keep this date free to catch up with carers from both Riverland and **Murraylands regions**.

Transport is being arranged leaving the Berri Senior Citizens car park at 10:30am and the Respite Centre Murray Bridge 10:30am.

Friday 31st

Biggest Morning Tea—Cancer Council

10am-1:30pm At Berri Town Hall upstairs in the Len Mahoney Room. \$5.00.

Stroke SA Supports Group—Riverland

Meetings are held in the Berri Rehab Centre on the third Wednesday of each month at 10:30am. Contact Anna for further details 0435 963 480

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



RMM CAG Members 2019

Murraylands Region

Sandra Baker (Chair)
Ralph Tuxford
Douglas McMartin
Janine Campbell
Mark Elliott

Riverland Region

Sue Thompson (Deputy Chair)
Margaret Roberts
Miriam Vander Woude
Morna Hodgson
Susan Carson

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

Murray Bridge Caring Group Meetings (Independent of Carers SA)

For those carers whose care recipient is now in permanent care or for carers who find themselves on their own and wanting to continue the friendships made with other carers. Meet every 2nd Tuesday of the month. Meeting for 9/4/2019 at 10:00am to be held in the top room at the Town Hall..

Speaker - Rebecca Turner on Graffiti

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 April & May!

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



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

Supported by the Australian Government
Department of Social Services



Government of South Australia

Department of Human Services

Although funding for these services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.