

Central Region Respite & Carelink Centre.

Australian Government

Freecall™ 1800 059 059 (charges apply to mobile phones)

Inside this issue:

**CHECK OUT
OUR NEW
GROUP
ACTIVITIES.**

**THERE IS
SOMETHING
TO SUIT
EVERYONE.**

**ALL
AVAILABLE AT
THE ROCKY
OFFICE!!!**

SEPTEMBER ISSUE 2008

A Message from MEG JASPERSON.

Yippee!! It's Spring-time – I hope you all managed to get through the winter without a visit from the dreadful FLU. The past couple of months have flown by so quickly with the office a hive of activity as usual. As most of you would know, we have now taken on the role as one of the three sites for the Access Point in the Rockhampton region. This is a particularly important project to people accessing services for the first time. The aim is to lessen the load for the carer/consumer in the community accessing Community services for the very first time. Access Point is the pathway to Community Service. The person will call Access Point on 1800 600 300 to inquire about services. The access point worker will ascertain if an Ongoing Needs Assessment is required, gather that information and what type of service/s are required and refer to appropri-

ate agencies. The aim is to streamline people into the service, without the hassle of having to give details repeatedly. This is a very exciting project to be part of and we hope we will continue to assist the public in the future.

On a personal note, Mark and I have been to Bali in August to help celebrate our grandson Remy's first birthday. We had a wonderful time and found the country very pretty and the people lovely. Shopping was fantastic especially the bartering!! We rode elephants, paddled in the water and best of all had quality time with our daughter and family.

I am off to New Zealand on the 1st September for a Mental Health Conference, this should be a very informative few days particularly being able to listen to service provisions from all over the world. Having never been to New Zealand I am taking five days annual leave to have a little look around after the conference. Will be back on deck 15th September.

Now that the weather is warming up it's time to get back to nature. Take the time to smell the roses as they say. Those of you who are keen gardeners I wish you luck with your spring-time plantings. Keep well till next time we meet.

Regards

Meg

A message from Meg Jaspersen	1
Support Group Information	2
Young Carers Update	2
Direct Respite Services & Grey mates.	3
Residential Bookings with Pat.	3
Judy's News from Longreach	3
Peachy's Mental Health Update	4
Di's News from Emerald.	4
Access Point News	5
Carebus Activities	5
Ten Commandments for Reducing Stress!	6
News News News	6



Do I look nervous? No my knuckles are always white!!

A BIG HELLO FROM THE CRCC TEAM

**CHECK OUT OUR
FUN NEW
GROUPS
HAPPENING ON
TUESDAYS &
WEDNESDAYS AT
THE
ROCKHAMPTON
OFFICE. PLEASE
CALL FOR ALL THE
DETAILS!**

Welcome to the September Issue of our Newsletter!

Again, we hope that you find the Newsletter to be both helpful and informative. It seems that we are growing at an exponential rate at the moment, which is FANTASTIC as it enables us to expand the range and availability of services that we are able to offer you, our clients.

As part of our growth, I would like to introduce you to two new staff members, Vicki Ryan, who will be assisting clients with Direct Respite

Services and In-take, and Joanne Earl as our Administration/In-take Officer. We welcome them both to the team and are sure you will get to know them both as the year progresses.

A big thank-you to those folks that completed and returned that Carer Satisfaction Survey's that were mailed with the June Newsletter. The information collected from these surveys assists us in highlighting both our strengths and weaknesses and al-

lows us to make the necessary changes to better aid our clients.

As you can see there is lots happening around town over the coming months, so get active and get out and about..

Until next time, Cheerio from our ever expanding team Meg, Pat, Dianne, Judy, Janette, Natalie, Nell, Peachy, Robyn, Vicki & Joanne.

P.S If you see me out and about in the Carebus, come and have a chat!
Nell—Newsletter Editor.

DISABILITY SUPPORT GROUP	GROOVY GRAN'S GROUP	MENS GROUP
 Group networking  music  arts & crafts  dancing  games  outings  activities	 Group networking  arts & crafts  music  dancing  games  outings  activities	 Group networking  music  PAINTING  games  outings  activities  sports
WEDNESDAY'S 1PM-3.30PM	START DATE OCTOBER	TUESDAY'S 9AM-12PM

Hi guys,

Welcome to any new students who have recently joined the program, and welcome back to those of you who have been around for a little while.

FIRST AID/CPR WORKSHOP happening on the 25 & 26 September

Those eligible for this would have received your invitations in the mail. Develop



NATALIE'S YOUNG CARERS UPDATE...

valuable skills and add the certificate to your resume.

Some of you will be leaving the program at the end of the year as you embark on a new journey of work or study. Keep up the hard work guys, you don't have long to go !!

Please give me a call if you want to discuss any issues happening at home or school. Anything we talk about is kept strictly confidential. I am here everyday until

3.00pm but if you miss me then please leave a message and I will get back to you.

I can be contacted on 1800 059 059 (Note however, that standard call charges apply to mobiles) or 49 266 377.

Look out for information about a Christmas function coming up at the end of the year.

Cheers,
Natalie

WORKING CARERS/DIRECT RESPITE SERVICES/GREYMATES.

Page 3

Hi from Janette & Vicki

DIRECT RESPITE SERVICES

Direct Respite Services is working well as we are able to provide a more flexible service to carers. The service is growing at a fast rate doubling in size each month as there is a critical need for in-home respite particularly for dementia clients. We can offer one off or

short term respite to carers in need of a break.

We are continually recruiting staff in Rockhampton & Gladstone & have one in-home care worker in Emerald. If you are looking for rewarding employment or know of someone who would be interested in providing in-home respite for carers and have experience in that area we would love to hear from you.

GREYMATES

Greymates is a free service to people in the community who are isolated or who are a carer or wish to stay in their own homes. If you would like to be a home visitor volunteer please call Janette or Vicki on 1800 059 059.

Ps: Please contact NATALIE for all your Working Carer needs!

RESIDENTIAL BOOKING SERVICE WITH PAT...

Well Christmas is fast approaching so if you are thinking of going away over Christmas or New year now is the time to make your residential respite bookings. Respite beds are in great demand at all times so if you are requiring respite at any time the more no-

tice you can give the better. In November we will see the sad closure of Sunset Lodge and Yeppoon Nursing Home also known as the Gertrude E Moore Memorial Nursing Home. Both of these facilities have provided a wonderful caring service to the people of the Capricorn Coast and to lots

of country people who have utilized their services over the years. QCWA Sunset Lodge and RSL Care have formed a partnership with the result being Sunset Ridge which will open at Zilzie in November 2008 to provide residential respite and permanent beds for our ageing community. If you are interested in respite here please give me a call. Bye for now, Pat.

JUDY'S NEWS FROM LONGREACH...

Judy from Longreach had an enjoyable morning with 10 seniors attending the Salvation Army Home League on September 4th, during the information shared morning 2 clients who have been recipient's of CRCC spoke very highly of our services, Amanda a nurse from the local hospital also in attendance said she had a great experience with the staff in Rockhampton where she did training in Mental Health with Merilyn a previous employee

of CRCC. Amanda said it was valuable to residents of Longreach to have local service providers working together with CRCC.

Longreach has had some beautiful and welcome rain, with changing weather patterns it's no wonder we have all been full of the viruses in the air, let's hope the rain washes them away. The Longreach Fishing Club held their annual Yellowbelly Classic over the weekend 29th-31st August, a tremendous attendance with over 680 nomi-

nations, the biggest yellowbelly caught by Jude's grandson Jacob Balke came in at 52.5cm

Jude is attending the Telstra funded seniors IT training to improve her knowledge of Computers and Mobile Phone.

She has recently had the privilege of singing with 5 of the best Opera singers from the LeChansons group from Brisbane together with Longreach Community Choir, some CRCC clients were in attendance at the 2 concerts performed by the singers. Until we meet again, Cheers.

VOLUNTEERS

NEEDED!!

We are always looking for VOLUNTEERS to assist in the running of support groups, working on the Carebus etc. Please contact 49 266 377 for more details. Volunteering is a great way to get active in the community!



PEACHY'S MENTAL HEALTH UP-DATE...

Hello everyone, it is that time of year again – the newsletter. It has been quite busy with Mental Health, we have Mental Health Week starting off Friday 03 Oct with the **Madhatters Tea Partee**, tickets for concession holders



\$25.00, inc 4 course meal, tickets available through the office. The official week is from 06 through to 10 October. There will be various events held throughout the week, one I would like to highlight would be Mental Health First Aid Training. Dates and venue events will be advertised throughout the area, so keep an eye out, or give us a call.

Coming up in November will be some training provided through QCIDD, involving challenging behaviours. The event will be finalised by the end of September and it will be exciting to have the expertise of Brisbane Medical professionals, coming up to Rocky to deliver various topics. Certain sessions will be available to families and support networks.

It is a busy and exciting time in mental health and we would like to say that we want to promote a positive awareness of Mental Health issues in the region. If anyone is interested in any upcoming events, please do not hesitate in contacting myself further. Many thanks everyone, I hope everyone is in good health and spirits. Peachy

DI'S NEWS FROM EMERALD...



Greetings once again to all our Carers, their families and all of the valued services providers who work so closely with us to ensure the best services possible to Carers and those they care for.

Well who could believe it is Spring already!! The weather is certainly changeable on the Highlands, a little bit of sunshine, a few drops of rain....and I am on annual leave until 29th September...just perfect!

Carers Week is fast approaching (19th-25th October) and whilst we appreciate and value carers all year round, we would like to do something just a little special for Carers during that week—so if you have an idea—or are planning an event you would like to share, please give me a call on 1800 059 059

At last the CAREBUS has arrives on the Highlands. The first engagement for the Mobile Information unit in the Central and Western area will be at Blackall on 4th October. Judy, from our Longreach office, and I will be attending the Barcoo Living Expo with the Bus, so if you are in the vicinity, drop in, say hello and browse through the free information available. Booking for the BUS for events in the Central Highlands and Central West areas can be made by calling Di in Emerald on 49 820 200 or Judy in Longreach on 46 580 204.

Until next
time....
Take care, Di.



ACCESS POINT Freecall™ 1800 600 300

Hello everyone!
The Access Point is going very well. Valuable information about the Access Point is being passed through the Health-care Community and as a result we are receiving more calls.

If you have any questions or concerns about Home and

Community Care services, or need help finding a service to suit your needs, the Access Point is a great first port of call.

The Access Point Freecall number is:

1800 600 300

So give the helpful staff a call, and they will be pleased to assist out in anyway they can.



OPEN DAY!!! OPEN DAY!!! OPEN DAY!!!

We are finally having an open day at our new building!

Please come along and have a look around our new location, meet our staff, and enjoy a fabulous morning tea.

WHEN: Friday October 24th

TIME: 10 am—12 pm

WHERE: 57A Alexandra Street

Delicious Treats Provided!!!

Please contact JO on 49 266 377 to confirm your attendance.

WE LOOK FORWARD TO SEEING MANY OLD AND NEW FACES.



CAREBUS NEWS

FANTASTIC NEWS..

THE CENTRAL REGION CRCC CAREBUS—MOBILE INFORMATION UNIT is HERE!!

The Carebus provides an innovative community service by offering the community easy access to a broad range of **free information** relating to respite, health and well-being, disabilities, mental health, medical conditions, dementia, home assistance and support, seniors and veterans information to name a few.

Come along and have a chat when you see us about town!

Please help us utilize this great asset, by contacting Nell to make a booking for the CAREBUS to be at your next meeting, function or community event.

**COMMONWEALTH
RESPITE &
CARELINK CENTRE**

ROCKHAMPTON
OFFICE
PO Box 9609
Park Avenue
North Rockhampton,
Q 4701
49 266 377
EMERALD OFFICE
PO Box 1697
Emerald Q 4720
49 820 200
LONGREACH OFFICE
PO Box 1
Longreach Q 4730
46 580 204
CHECK OUT OUR
WEBSITE
www.suncare.org.au



suncare
community
services inc.

ABN 36 301 121 574
Australian Government

Freecall **1800 059 059**
Charges apply from Mobiles.

We always love to hear from carers in the community, so your feedback, comments stories or any other contributions are always welcomed.

Also if you would prefer to receive our newsletter via email, please let us know and we can email future editions.

Please contact either Joanne or Nell on: 49 266 377. or email Nell.S@crsc.com.au

The Ten Commandments for Reducing Stress.

1. Thou shalt not be perfect, or even try to be.
2. Thou shalt not try to be all things to all people.
3. Thou shalt leave undone things that ought to be done.
4. Thou shalt not spread thyself to thin.
5. Thou shalt learn to say NO.
6. Thou shalt schedule time for thyself and thy supportive network.
7. Thou shalt switch off regularly and do nothing.
8. Thou shalt be boring, untidy, inelegant and unattractive at times.
9. Thou shalt not feel guilty.
10. Especially thou shalt not be thine own enemy but be thine own best friend!

As part of **CARERS WEEK** Carers Queensland are holding a number of **Morning Teas.**

ROCKHAMPTON

**Tuesday 21st
October
"The Pavillion"
89 William Street
9:30 am —1 pm.**

GLADSTONE

**Wednesday 22nd
October
Gladstone State
High School
10 am—12 pm**

**EMERALD &
BLACKWATER**

**Tuesday 28th
October
Combined Morning
Tea in COMET**

"No-one ever ruined their eyesight by looking on the bright side of life!"

NEWS.. NEWS.. NEWS..

**OCTOBER 5TH –
11TH
MENTAL HEALTH
WEEK
CHECK OUT THE
LOADS OF
ACTIVITIES ON
OFFER.
CONTACT
4921 7777**

**DECEMBER
3RD
INTERNATIONAL
DAY OF PEOPLE
WITH A
DISABILITY.**

**SEPTEMBER 28TH
WORLD HEART DAY**

**OCTOBER
19-25
CARERS WEEK**

**NOVEMBER
14TH
WORLD
DIABETES DAY**

**Don't forget our
OPEN DAY
Friday 24th
October**

**ARTS IN THE
PARK
12TH October
Botanic Gardens**

