

## Carebus

Mobile Information Unit  
Locations – (weather permitting)

### Brisbane North

#### April

Wed 2	Beachmere Library
Thu 9	Pathways
Mon 7	Centacare Carer Support Group
Tue 8	Narangba Library
Thu 10	Redcliffe Library
Fri 11	Centro Albany Creek
Tue 15	Zillmere Library
Thu 17	Caboolture Hospital
Fri 18	Redcliffe Hospital
Tue 22	Chermside Library
Wed 23	Stafford City Shopping Centre
Thu 24	Morayfield Shopping Centre
Tue 29	Caboolture Library

### Sunshine Coast

#### April

Tue 1	Coolool Library
Wed 2	Gympie Library
Thu 3	Centro Gympie
Tue 8	Beerwah Library
Wed 9	Noosa Library
Thu 10	Nambour General Hospital
Tue 15	Noosa Hospital
Wed 16	Caloundra Hospital
Tue 22	Chancellor Park Market Place
Wed 23	Noosa Civic
Thu 24	Kawana Shoppingworld
Tue 29	Nambour Library

Phone 1800 052 222  
for times & addresses

### Noticeboard

If you do not wish to receive further issues of our newsletter please let us know by contacting the office on 1800 059 059

We are always looking for articles for our newsletter. If you have anything you would like to include please call Jennifer on 5498 3315 or email- [cabinfo@crcsc.com.au](mailto:cabinfo@crcsc.com.au)

The Management Team of Suncare Community Services Inc, as host to the Commonwealth Respite and Carelink Centers, is full of enthusiasm and interest in the developments that are planned for this year.

A most important aim is to encourage Carers to take the opportunity to participate in the management of the range of programs and projects that the organization provides for Carers.

We plan to make available a video link up with our Committee on a regular basis, so that Carers may have some way of speaking directly to the Committee Members, or indeed, become members of the Committee themselves.

So we would like to hear from Carers or others who might be interested, in participating in such a process, either on a regular basis, or occasionally.

The plan is to place video link up at our

offices, so that on Meeting days, there is opportunity to see and talk with committee or participate in meetings, through these links, as travel from the remote parts of the Region is of course, quite difficult for you and quite expensive.

Should you be such a person can you please contact the Manager of the outlet nearest you, or myself. My phone number (Direct dial) is 5409 5905. If I am out of the office please leave a message and I will call you back, should you leave your name and number.

We look forward to the enlightenment you may provide, in improving services we present, or indeed creating new services that may be required.

**Barb Oldfield,**

General Manager, Regional Programs,  
Brisbane North and Central Regions.

## A Message from the Ambulance Service

We all carry our mobile phones with names & numbers stored in its memory but nobody, other than if we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call. Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is catching on quickly. It is a method of contact during emergency situations. As cell phones are carried by the majority of the population, all you need to do is store the number of a contact person or persons who should be contacted during

an emergency under the name 'ICE' (In Case Of Emergency).

The idea was thought up by a paramedic who found that when he went to the scenes of accidents, there were always mobile phones with patients, but they didn't know which number to call. He therefore thought that it would be a good idea if there was a nationally recognized name for this purpose.

In an emergency situation, Emergency Service personnel and hospital Staff would be able to quickly contact the right person by simply dialing the number you stored as 'ICE'.



Please be sure to look up the Suncare Community Services Website for information, contacts, 'What's On, and check the Calendar for dates, times and venues of Carebus attendances and other community groups and events for carers and general community members to attend. [www.suncare.org.au](http://www.suncare.org.au)

# Sunshine Coast Community Hospice' project

Have you heard about the 'Sunshine Coast Community Hospice' project?

Are you aware there is no hospice on the Sunshine Cooloola Coast?

Sadly, people on the Coast with a life threatening illness, unable to be cared for at home, have little choice of a place to die other than a hospital bed or aged care facility.

We need and deserve the choice of a hospice on the Sunshine Coast.

The 'Sunshine Coast Community Hospice' project has been formed to raise community awareness and funds to build a beautiful place for people in the community to die. The hospice will accommodate 6 adults and 2 children, allowing careers and families to stay with their loved ones. The Hospice will provide holistic care for the patient and their family supporting the bereaved, not only up to and at the time of death, but also following their loss.

We are a not for profit charity and have a strong Board of Directors, chaired by Mr. Mark McArdle MP. The Hospice patrons are Mrs. Nita Lait OA and Mr. Peter Wellington MP. We are calling for volunteers to support us in this project!

Volunteers can assist in:

Fundraising, Cooking, Craft, Office and Administration duties, markets, stalls, events, dances, bowling days, morning teas

We need drivers, especially wonderful men who

could offer a few hours driving a car with trailer for us to transport items to markets. You may only have the time to tow that trailer once or twice a year, but oh how happy we would be that you could support us in this way.

We can assure you, volunteering with us will be fun and very worthwhile. We work on a roster system and you are able to nominate your availability.

'Volunteers aren't paid, not because they are worthless, but because they are priceless.'

We welcome invitations to speak at any community group meetings or events.

For further information, don't hesitate, please CALL Terry Clarke-Burrows or Sue Story at the Hospice office situated in the CADET Caloundra campus: ph 07 54928707. We are often 'out and about' so please leave a message and we will call you back promptly.

We are needing to 'spread the word' about the project. We now ask you to tell 10 other people. With your help the whole community will be aware of this wonderful project. Please download this flyer below and help us to help build a facility to help our Community!

## CONTACT DETAILS

c/- CADET Caloundra Campus, Sunshine Coast Wide

Phone: 07 5492 8707

Email: [suton@iprimus.com.au](mailto:suton@iprimus.com.au)

## CAREBUS NEWS SNIPPETS

Our Carebuses have been visiting Carers Queensland Carer Support Groups at: Caboolture, Currimundi, Kilcoy, Maleny and Maroochydore.

Samantha, Jan and Sheree spoke with the Brisbane North groups and our volunteer, John and In Home Care Worker, Lea spoke with the Sunshine Coast groups.

The groups praised John and Lea and appreciated their talk and the following discussions. Quite a few carers left armed with valuable information about services and contact phone numbers. Elizabeth Long's daughter, Erin who is in her final year at University of the Sunshine Coast studying journalism attended the Maroochydore group meeting. She wrote an article about our services and the Carebus (including photos) which was published in the March edition of the Sunshine Coast Seniors Newspaper.



## Carer Information Sessions What's On in April, May & June

**Free Guest Speaker Carer information sessions: Themes / topics to be announced:**

**Move toward gaining insight to your own personal well being and self care, these sessions are tailored to meet the needs of Carers, aimed at reducing / dealing with carer stress, balancing caring and life in general.**

- **Caboolture** at the Commonwealth Respite and Carelink Centre  
19 Hayes Street  
on **Wednesday the 16 April, 14 May and 11 June**
- **Nambour** at the Nambour Community Centre  
Corner of Shearer and James Streets  
on **Friday the 18 April and 16 May**
- **Redcliffe** at the Peace Christian Church Hall  
7 Ashmole Road,  
on **Wednesday the 23 April, 21 May and 18 June**
- **Gympie** at the Commonwealth Respite and Carelink Centre  
based at RSL Care— 1/24 Barter Street.  
on **Monday the 28 April, 26 May and 30 June**

Presented by Professional Life Coaches and trainers. The times of these sessions are 10.00am – 1.30 pm. In home respite can be organised if needed on the day.

**A light lunch will be provided on the day.**

Seats are limited and bookings are essential so call now. If you would like to reserve your place for these sessions contact **Julia** on **5409 5914** or email: [Julia.A@crcsc.com.au](mailto:Julia.A@crcsc.com.au)

# Young Carers At Risk Project



## Underwater World Sleepover Weekend

On Friday 11th and Saturday 12th of January the Young Carers "at risk" Project Supports Facilitators from Brisbane South, Brisbane North and the Sunshine Coast accompanied 35 young carers to Underwater World for a sleepover activity. The sleepover activity was

preceded by a canal cruise along the Mooloolaba River where the Young Carers got to explore the river and the many expensive and extravagant houses that resided on the canals including some belonging to famous people such as Steve Irwin etc... we were also treated to some wildlife viewing including seeing some dolphins surfing and the feeding of some local pelicans.

Following the canal cruise Underwater world treated us to a private and exclusive seal presentation and were assisted by the experienced staff that were on hand to a behind the scenes tour.

All participants were then given a comprehensive behind the scenes educational tour of the facility both interacting/handling with animals such as starfish, sea cucumbers and also participating in shark feeding and learning about the complex world of the sea ecosystem.

Later in the evening was when the real excitement began when all of us were placed in the viewing tunnel below the tanks which was also the home to at least 6 huge varying species of sharks and

other varieties of sea creatures in a living oceanarium.

As a result most of us had next to no sleep due to the excitement of having a giant fish tank above us and feeling a little weary but excited for the activities that were to follow.

The next activity was at the beach right across the road where nearly all of us participated in learning to surf lessons. The Young Carers were taken through an extensive educational session on all aspects of surfing and the fine art of trying to stand up with everyone that participated being really excited and coming away feeling that they had just experienced something positive, uplifting and exhilarating.

Following the surfing lessons we were all treated to another high adrenalin activity at the Big Kart Track at Landsborough with all of us experiencing the thrills and spills of a 1.2km track and having to also manage the elements with rain falling on the track periodically.

This concluded a fun filled, action packed weekend and as a result we all headed home tired but happy that we had enjoyed a great weekend in which new friendships were made and it was unanimously decided to return if given the opportunity and work together on future, upcoming projects as they present themselves



## Invitation to CARERS to attend Seminars

*Ed U Care is a series of monthly seminars for Carers which aims to provide you with a little time out from your care commitments as well as offer some nourishment for your mind, body and soul. (Morning tea and lunch provided).*

**THERE WILL BE A COST OF \$5.00 PER SEMINAR PAYABLE ON THE DAY**



**Thursday 17 April - 9.30am-2.00pm**

**Stephen Winnett of Noosaville Amcal Pharmacy** will speak about skin care, conditions, and the health needs of 'our most neglected organ'.



Following morning tea, Linda and Marjorie from Nutrimerics, will be offering us a pampering session.

There will be the opportunity to have a facial or hand treatment. Lucky prize draw and products will be available to buy from a bargain basket

**RSVP BY PHONING 5451 1882 BEFORE 11 APRIL**

**Wednesday 14 May - 9.30am-2.00pm**

**"Path to Joy Workshop"** by Raylee Myers, formerly a lecturer in herbal medicine, Australian College of Natural Therapies and Queensland Institute of Natural Science.



A self empowerment program designed to give you the tools to live a joyous, creative and fulfilling life.

**RSVP BY 9 MAY by phoning 5451 1882**

**Wednesday 11 June - 9.30am-2.00pm**

**"Brain Gym"** by Kris McIntyre  
Brain Gym is a gentle and energizing program which includes movement to coordinate the brain and body for greater productivity and learning.



**RSVP BY 6 JUNE by phoning 5451 1882**

For carers who attend the above seminars, a relaxing cruise and lunch will be arranged on Wednesday 9 July (Cost to carers \$10 per person). More details will be available at the seminars and on future flyers. Thank you to Commonwealth Respite & Carelink—Sunshine Coast for funding this cruise & lunch



Arrive 9.30am, Welcome 9.45am.  
Session 1 9.45am - 10.45am  
Morning Tea 10.45am - 11.00am  
Session 2 11.00am - 1.00pm  
Lunch 1.00pm

**VENUE: Noosa Leisure Centre  
Wallace Park, Wallace Drive, NOOSAVILLE  
EMERGENCY PHONE CONTACT on the day:  
0438 095 461**

## MATES' RECREATIONAL MENS GROUP (MRMG)

WE HAVE SOME EXCITING NEWS .The Commonwealth Respite & Carelink Centre (Caboolture) men's group kicked-off to a flying start with more than 25 male Carers attending an awesome BBQ lunch held at the centre on Thursday, 6<sup>th</sup> March – (*check-out the pics!!*).

The 'Meat & Greet' social Barbie was the launching event of the newly-formed Carers group – a recreational group for male Carers to attend organised activities where members can meet and enjoy fellowship with others in a social and fun environment.



Chief Barbie Chef (Brad) fired-up a storm mastering the barbie hot-plate and the Carers enjoyed platters of sizzling steaks/sausages and a variety of freshly made salads, fresh fruits & beverages. All the Carers had the chance to win the lucky door prize – a \$20.00 gift voucher that could be used at Coles/Myer/Liquorland stores.

The Commonwealth Respite & Carelink Centre - Caboolture recreational mens group has been created so that both current and past male Carers have the opportunity to interact with others in their area. Many Carers commented that being part of the group helped them to meet like-minded people who were in the same boat as themselves – they found the meeting to be a fantastic opportunity to relax, unwind and have some 'time-out' from their caring roles.



The 'Mates' Recreational Mens Group welcomes all male Carers residing in the CRCC-Cab regional area. The group will be directed by the participant members based on what the group has collectively decided and the regular outings/activities will be designed with the Carers needs in mind.

We have found that there really is no end to ideas and



activities for a group such as this....all we needed was feedback/input from the members themselves! During the first group meeting the Carers completed a feedback form indicating what activities they would like to do – an overall

interest was expressed in Pub Lunches / Day Tours/ Fishing excursions / BBQ's / Mens Retreats / Wineries/ Tastings / XXXX Ale Brewery Tour / Educational sessions/workshops. A number of Carers offered their own unique suggestions for possible future group activities – these included go-karting, jet skiing and tandem parachuting.... *We have some highly adventurous, adrenalin pumping Carers in the group!!*

The MRMG meets bi-monthly on the Thursday of the first week of the month – the **next meeting** will take place on **Thursday, 1<sup>st</sup> May, 2008.**



The planning of the **Blockes Day Out** on **Thursday, 1<sup>st</sup> May** is well under way with a mystery bus trip and mystery pub lunch destination being selected as the special activity for this meeting – this outing promises to be an **excellent and very interesting** day....so **don't miss out!** How do you register and/or find out more information? Easy – just call Stephanie on Free call 1800 059 059\* (*\*Freecall except mobiles*).

Respite and transport to and from the meetings can of course be provided from the Commonwealth Respite and Carelink Centre – Caboolture. Please just let us know what you need!!

(Article by Stephanie, Support Facilitator CRCC-Caboolture)



## Alzheimer's Australia

is running a free "Living With Memory Loss" program. Programs are designed for people with early stage dementia as an information and support group. The programs cover a range of topics including:

- symptoms and diagnosis,
- community services
- family relationships
- planning for the future
- legal issues

**Sessions are at Redcliffe on April 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>. from 10.00am to 2.30pm.**

Bookings essential phone **3895 8200** or call the National Dementia Helpline on **1800 100 500**

### Contact Details

**Commonwealth Respite & Carelink Centre**  
**Freecall™ 1800 059 059 \***  
**www.suncare.org.au**

#### Maroochydore:

85-91 Sugar Road  
Maroochydore  
Phone (07) 5443 9703  
Fax: (07) 5443 7016  
Email: info@crsc.com.au

P O Box 5122  
Maroochydore BC 4558

#### Caboolture:

19 Hayes Street  
Caboolture  
Phone: (07) 5498 3315  
Fax: (07) 5428 0277  
Email: cabinfo@crsc.com.au

P O Box 1627  
Caboolture 4510

\* Except for mobiles