

Carebus

Mobile Information Unit
Locations – (weather permitting)

Brisbane North

October

- Tue 14 Cherside Library
- Wed 15 Caboolture Library
- Thu 16 Morayfield Shopping Centre
- Wed 22 Bribie Island Day Care Pamper Day
- Thu 23 Redcliffe Library
- Sat 25 Mitchie Fest, Mitchelton State School
- Sun 26 Woonara House Family BBQ
- Wed 29 Narangba Library
- Thu 30 Stafford City Shopping Centre

November

- Tue 4 Bribie Island Library
- Wed 5 Brookside Shopping Centre
- Thu 6 Deception Bay Library
- Tue 11 Caboolture Library
- Wed 12 Redcliffe Hospital
- Thu 13 Peninsular Fair—Kippa-Ring
- Wed 19 Cherside Library
- Thu 20 Redcliffe Library
- Thu 27 North Lakes Shopping Centre

Sunshine Coast

October

- Tue 14 Noosa Library
- Wed 15 Chancellor Park Market Place
- Fri 17 Kenilworth Library
- Tue 21 Beerwah Library
- Wed 22 Nambour Library
- Thu 23 Noosa Civic
- Tue 28 Gympie Library
- Wed 29 Gympie Hospital
- Thu 30 Kawana Shopping World

November

- Tue 4 Gympie Hospital
- Wed 5 Noosa Hospital
- Thu 6 Caloundra Hospital
- Tue 11 Coolool Library
- Wed 12 Maroochy Library
- Tue 18 Nambour General Hospital
- Wed 19 Kawana Library
- Thu 20 Noosa Civic
- Wed 21 Centro Gympie
- Thu 27 Kawana Shoppingworld

**Phone 1800 052 222
for times & addresses**

Well it looks like summer is well and truly on its way and what a great time to take advantage of our beautiful Queensland weather and maybe attend one of the Carers week events that have been arranged by Carers Queensland and The Carer Respite Centres. We have events planned at Gympie, Kawana and Kilcoy see the flyers in this issue for details and if you feel that you can make it to one of the venues give your local carer respite centre or Carers Queensland office a call by the 13th of October and book in, it will be a great opportunity to meet other carers and some of our staff, if you need respite on the day in order to attend, have a chat to one of our Support Facilitators.

Christmas and school holidays are only a couple of months away and this can be very busy and hectic time for people, especially those in carer roles, so it might be a good time to start thinking about what respite or supports you may need during the holiday season and discussing this in advance with a Support facilitator at your Carer Respite Centre who can assist in planning a break for your self during this time, also leaving it too late may limit availability of support workers due to people historically taking annual leave during this time often creates a shortage of Direct care workers.

Well I hope you find some of the information and articles in this issue of assistance and remember we are always happy to receive stories of interest or information you may feel would be useful for others or just some feed back on what we may be doing well or what we can do better.

Until next time keep yourself safe

Cheers

Paul Calcott

Centre Manager Maroochydore

Carers Queensland & CRCC Carers Week main event

- DATE:** Tuesday 21 October 2008
TIME: 11.00am – 2.00pm
VENUE: MONTEGOS ON THE BAY RESTAURANT KAWANA ISLAND
COST: \$10 FOR LUNCH & \$5 EXTRA FOR BUS FROM MAROOCHYDORE IF NEEDED.
MENU: Assorted canapés and dessert, with unlimited tea/coffee, soft drinks and juice.
 Also a complimentary glass of sparkling wine

The event will commence with a laughter session (optional) on the sand or grassy area near restaurant. This will be followed by special guest speaker – Raylene Boyle – who will present Carer Business Awards and welcome carers. Entertainment throughout lunch will be provided by Brian Carlon, talented young singer and musician.

RSVP: By phoning 5451 1882 by 13 October

Carers from Gympie & nearby suburbs

- DATE:** Thursday 23 October 2008
TIME: 11.00am – 2.00pm.
VENUE: GANABUL HOMESTEAD, POWER ROAD, SOUTHSIDE GYMPIE
MENU: BBQ:
COST: NO COST TO CARERS
RSVP: By phoning 5451 1882 by 13 October

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

CARER INFORMATION SESSIONS

What's On in October & November 2008?

NAMBOUR
at the Nambour
Community Centre (Cnr
of Shearer &
James Streets)
on Friday October 17th
and November 14th.

CABOOLTURE
at the Commonwealth
Respite & Carelink Centre
19 Hayes Street
on Wednesday
October 22nd and
November 19th.

GYMPIE
at the Commonwealth
Respite & Carelink Centre
(Based at RSL Care -
1/24 Barter Street.)
on Monday October 27th
and November 24th.

REDCLIFFE
at the Peace Christian
Community Centre
7 Ashmole Road
on Wednesday October
29th and November 26th.

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.

Presented by Professional Life Coaches and Trainers.

The times of these sessions are 10.00am—1.30pm.

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 phone:
5409 5900 or email: Julia.A@crsc.com.au

Can you
help?

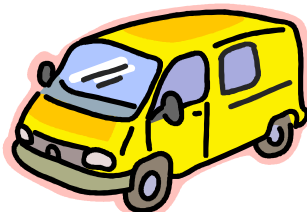
VOLUNTEER PROGRAMS

The Commonwealth Respite & Carelink Centre have two Volunteer Programs.

1. Carebus Mobile Information Unit

The Carebus is an innovative community service which offers Carers and members of the community easy access to a broad range of *free* information relating to:

- respite
- health and well-being
- disability services
- mental health
- medical conditions
- falls prevention
- dementia
- home assistance and support
- seniors and Veterans information
- Federal, State & Local Government services & residential options
- and much, much more



The Carebus Mobile Information Unit attends many locations including hospitals, libraries and shopping centres.

Trained staff and volunteers provide individuals, groups and service providers access to information that can be of great benefit and also highlights services that are available in your local area.

Check the dates in the newsletter to make sure you are able to access the Carebus when it is next in your area!

If you require any further information just call us on our Freecall Number* 1800 052 052 (*except for mobiles).

Trained volunteers help to keep the costs of running the Carebus to a minimum. Their help is invaluable! There is a one-day compulsory training session to be a volunteer on the Carebus. We are always looking for more volunteers, so if you or someone you know can spare a few hours a week to help keep this very worthwhile initiative running, please give the Commonwealth Respite & Carelink Centre a call!

2. Greymate Program

The Greymate Program is a free service available to people in the community who feel isolated and/or lonely in their own homes. A trained volunteer will be matched to you and will make pre-arranged regular social visits either weekly or fortnightly to your home. These social visits will not only provide a link to the community, but will also give you the opportunity to pass on your vast life experiences to someone who will take the time to listen.



Please contact Genevieve on (07) 5498 3315 if you or someone you know would benefit from the Greymate Program or would like to become a volunteer with the Carebus Mobile Information Unit or the Greymate Program.

Male Carers Welcomed at Sikorsky Australia!

WHAT A DAY IT WAS!! A veritable feast for the helicopter enthusiast! The sight of Seahawk and Blackhawk helicopters will never be forgotten, but to throw in the mix a JetRanger and LongRanger and Bell – the list goes on!!

On the fourth day of Spring (Thursday 4th September) the Commonwealth Respite & Carelink Mens Group were treated to a tour of the Sikorsky Australia helicopter hangar – this large, distinctive hangar is located in the Helitech building located on 1.5 hectares of riverside land at 777 Macarthur Avenue, Pinkenba, Brisbane.

Jan Domanski (Managing Director of Sikorsky) and his staff took time from their busy schedules to lead the in-depth tour – we knew we were in good hands with these very knowledgeable guides! They divided the male carers into three groups to alleviate crowding around the different helicopters and then...we began the morning's activity and converged on the spacious, clear span hangar!

The tour participants were particularly interested in better understanding the mechanics and maintenance of the different helicopters. During the tour the men viewed dedicated specialty workshops for structural repairs, drive train component overhaul, hydraulic component overhaul, rotor blade and bonded panel repairs and electrical and avionics servicing. By the many smiling faces we all saw, the event was a huge success!



The Commonwealth Respite & Carelink Centre would like to give a great big thank you to Jan Domanski for organising the detailed tour from his end and giving the men such a fantastic opportunity...all in all the hangar tour proved to be a very impressive and interesting sightseeing experience!

The Commonwealth Respite & Carelink Centre mens groups are all about male carers having a planned respite break from their caring roles. The group is also about the carers having a chance to meet and spend time with other men in similar positions. Many carers have commented that they get a great deal of casual support from other members in the group.

The 'Mates' Recreational Mens Group (MRMG) meets bi-monthly on the first Thursday of the month and welcomes all male carers residing in the CRCC-Caboolture regional area.

The next meeting will take place on Thursday 6th November.

How do you register and/or find out more information about joining the group? Easy – just call Stephanie on Free call 1800 059 059* (*Free call except mobiles).

Respite and Transport to/from the meetings is available through the Commonwealth Respite & Carelink Centre.

(Article written by Stephanie — Support Facilitator)

Living with Change Workshop: For family, carers, family members & friends of people with dementia

A diagnosis of dementia can be difficult to deal with, this seminar could help you to understand and cope with what is happening to a friend or loved one who has dementia. We cover topics such as: what was life like before and what is it like now, what has changed, how to care for yourself, coping mechanisms, relaxation at home, celebrating the present, and looking forward to the future.

When: November 10th and 17th Brisbane, from 10:00 am to 2:00 pm **Where:** Brisbane
Please call The Alzheimer's Association (QLD) Inc. on (07) 3895 8200 for details.

IN AND OUT OF LONELINESS PROGRAM

The Redcliffe Community Association Family and Relationship Services are offering a free course for women who are experiencing loneliness.

The In and Out of Loneliness Program will run for five consecutive weeks and will be held on Tuesdays from 9:30am to 12:30pm, commencing on Tuesday the 14th October.

The program aims to assist women to deal with loneliness through strength-based activities, relaxation techniques, journaling and therapeutic discussions.

To book your place, please call Julie on (07) 3284 4543.



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

CELEBRATE CARERS WEEK WITH US!

To celebrate Carers Week 2008 (19th-25th October), the Commonwealth Respite & Carelink Centre is holding two FREE events and *you are invited!*

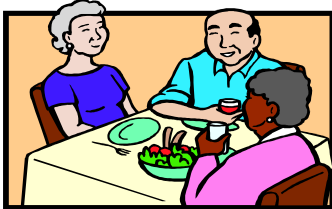
BETHANY CARERS RETREAT MORNING TEA

Date: Wednesday 22nd October, 10:00 am—1:00 pm

Location: Bethany Carers Retreat (1 Bye Road, Wamuran)

Please come along and enjoy the free morning tea and entertainment!

Massages, laughter therapy and psychic readings will be there for you to enjoy!



REDCLIFFE LAWN BOWLS MORNING TEA

Date: Friday 24th October, 10:00 am—1:00 pm

Location: Redcliffe City Bowls Club (Irene Street, Redcliffe)

Please come along and join in on the free fun!

A lovely morning tea and game of lawn bowls will be provided for each person!



To RSVP for the Bethany Carers Retreat Morning Tea and/or Redcliffe Lawn Bowls Morning Tea, please contact the Commonwealth Respite & Carelink Centre, Caboolture office on 1800 059 059. Book now—don't miss out!

Please note that respite and/or transport will be available on the day, if required.

Carer Business Discount Card

To recognise the valuable role carers play in the community, the Queensland Government has introduced the Carer Business Discount Card scheme. This new scheme builds on the existing [Seniors Card](#) and [Seniors Business Discount Card](#) partnership between business and government. With the support of the business community, Carers can use their Carer Business Discount Card to obtain discounts and incentives from participating businesses.

Applying for a Carer Business Discount Card is easy and free. There are several ways to apply for a Carer Business Discount Card:

- **Apply online at** [https://secure.communities.qld.gov.au/chiip/ CardApplyCarer.aspx](https://secure.communities.qld.gov.au/chiip/CardApplyCarer.aspx)
- **Apply over the phone** by calling Smart Service Queensland on 13 13 04 (Monday to Friday, 8.00 am – 6.00 pm).



MONEY MANAGEMENT COURSE

The Smith Family are running a Money Management course, which aims to deliver to participants the essentials of money management and the tools and techniques that will enable participants to achieve their financial goals.

When? 22nd & 29th of October and 5th & 12th of November

Where? Deception Bay Library

How much? Free without accreditation or \$60 with accreditation

To book your place contact Laurie on (07) 3293 2064