



Carer Aware

Maroochydore Sunshine Coast / Caboolture
June 2011—Volume 20



This year's annual **Suncare Community Care Expo** was officially opened by Mark Ryan MP State Member for Morayfield. The year was again a very successful event with around 30 community care providers showcasing their services to the Redcliffe, Morayfield and Caboolture surrounding

areas. This is a great networking opportunity for service providers and for members to find out information on what is out there to provide them with the assistance they may need to help them to stay at home. As manager of the Caboolture office I would like to thank the staff for their efforts in putting this event together and Mark Ryan MP for his time in supporting this event and hope that next year will be as successful as this one.

Natasha—Manager - CRCC Caboolture



Carebus Locations

(weather permitting)

June 2011

Moreton Bay

- 2 Morayfield Shopping Centre - 8.30am-1.30pm
- 7 Bongaree IGA - 8.30am-1.30pm
- 8 Redcliffe Hospital - 9.00am-1.30pm
- 9 Caboolture Hospital - 8.30am-1.30pm
- 10 Peninsula Fair Shopping Centre - 8.30am-1.30pm
- 14 Sandstone Point IGA - 8.30am-1.30pm
- 15 Morayfield Supa Centre - 8.30am-1.30pm
- 16 Redcliffe Library - 8.30am-1.30pm
- 21 Deception Bay Shopping Centre - 8.30am-1.30pm
- 22 Bribie Island Shopping Centre - 8.30am-1.30pm
- 24 Banksia Beach IGA - 8.30am-1.30pm

Sunshine Coast

- 1 Nambour General Hospital - 8.30am-1.30pm
- 2 Woolworths Caloundra - 8.30am-1.30p,
- 3 Noosa Library - 9.00am-1.30pm
- 7 Gympie Hospital - 9.00am-1.30pm
- 8 Beerwah Library - 9.00am-1.30pm
- 9 Noosa Hospital - 8.30am-1.30pm
- 10 Nambour Library - 9.00am-1.30pm
- 14 Maleny Library - 9.00am-1.30pm
- 15 Caloundra Hospital - 9.00am-1.30pm
- 16 Noosa Civic - 8.30am-1.30pm
- 21 Currimundi Market Place - 8.00am-1.00pm
- 22 Pelican Waters Shopping Village - 8.30am-1.30pm
- 23 Kawana Shoppingworld - 8.30am-1.30pm
- 24 Gympie Library - 10.00a,-1.30pm
- 28 Maleny Library - 9.00am-1.30pm
- 29 Kawana Library - 9.00am-1.30pm

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Volunteer Pet Support Program



Suncare Community Services Inc. is conducting a survey to find if there is a need for a volunteer to provide assistance to a person who is frail aged or has a disability living in the community who has or would like a pet, and who may need help with caring for the pet. At this stage we are seeking information from you as to whether this type of service is needed and viable.

Our project would provide a volunteer service to assist pet owners to maintain their pet in their home. The volunteer could offer support and assistance to help with the care and wellbeing of the pet.

If you are interested in the project and/or would like to assist in the survey please contact Lexie Cook 5409 5900 or 0407 033416. Office hours or email lexie@suncare.org.au



Welcome to Suncare Community Services

Check us out at

www.suncare.org.au

Sunshine Coast ASD Support Group

"listen laugh and learn that you are not alone"

Meets: last Wednesday of every month - 10am

At: Waterfront Hotel
David Low Way
Maroochydore

The Waterfront Hotel offers a welcoming environment for the group to meet others and share stories. They are adjacent to the secure playground so feel free to bring along children. Coffee and cake is available to purchase from the cafe

Contact: Lisa Chilman

Phone: 0400 845 844

Email: sunshinecoastasdsupportgroup@live.com.au

Please note - new support group facilitator and contact details



Free Dementia Education for Carers & Families

You are invited to attend an Information Session presented by Beverley Giles on behalf of Ozcare

Topics Include:

- Understanding the inner world of dementia
- Caring for someone with dementia using a person-centred approach
- Understanding and responding to unusual behaviour
- Well being and living with dementia

Morning tea and lunch will be provided

Where: Monday 27 June 2011

Where: Centenary Lakes Function Centre
16 Stringfellow Road, Caboolture

Time: 10am-2pm

To reserve a place, please email Julie:

Julie.Morrow@ozcare.org.au

Or call (07) 3624 0537 by Monday
20 June 2011

Bookings are essential

Carers Week

For carers living in the Caboolture, Redcliffe and Kilcoy areas
Eumundi Market bus trip

Wednesday 19 October 2011

Meet at 8.00am to leave 8.15am from CRCC Caboolture office

19 Hayes Street, Caboolture

8.00am-2.30pm (approx)

It's time to take a break and relax

- *Feel like a fun day out filled with an action packed bus trip through beautiful scenery?*
- *Do you love shopping for unique handcrafted wares and tasting delicious fresh produce?*
- *Are you ready for some great company and easy conversation in a relaxing environment?*
- *If you answered yes to any or all of these questions then this trip is the trip for you.*

For more information contact **Trish** or **Sharon** at the Caboolture office. Ensure you book your place early as there are limited seats available

RSVP: by 3 October 2011

Phone: Freecall™ 1800 052 222*

Email: cabinfo@suncare.org.au

Carers from Sunshine Coast please contact Maroochydore office on **Freecall™ 1800 052 222*** to enquire about Carers Week events in your area.

* Except for mobiles

Health and Wellbeing for Carers

Carers so seldom have time to themselves. When asked, what would they like, a group of carers said, "something for ourselves, some fun". Out of this came "**Clay Playful**", a lovely day spent in the rural surrounds of the **Lions' Den** at **Chevallum**. Jan and Cheryle had the players manipulating the polymer clay, rolling, patterning, shaping and painting all to their own wonderful versions of a "**pinch pot**" as you can see. All the cries of "I'm not artistic" or "crafty" were dispelled and the enjoyment grew as the works developed. All sorts of lessons were learnt about life and moulding it and recreating and using even the mistakes; laughs flowed and then buttons were sculptured and cooked ready to be used in some unique creation.



If any one would like to join us for a future day playing with clay ring **Freecall™ 1800 052 222*** and register with Jo Henebery*

* Except for mobiles



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Grey Medallion

What is the Royal Life Saving Grey Medallion?

The Royal Life Saving Grey Medallion is a water safety and lifesaving skills program for adults over 55 aimed at reducing the drowning rates and encouraging a healthy, independent and active lifestyle. The program endeavours to teach participants a range of personal survival techniques, provide them with skills to deal with an emergency situation, how to improve their supervision of children and to develop confidence and competence to enjoy aquatic exercise and other water-based activities safely.

This is a program to help you to learn the essential lifesaving skills that could one day save your family members, friends or your life.

The proposed dates are **two days between Wednesday the 22nd of June and Sunday the 26th of June.**

Location: Caloundra Pool

For more information contact **Anna Rodney**

Health Promotion Officer, Queensland Health

Phone: 5409 6602 (Monday to Thursday)



**NEVER TOO YOUNG TO LEARN
NEVER TOO OLD TO START**

Working Carers Program

This service provides flexible respite options to carers, who are caring for people over the age of 65 years living in the **Sunshine Coast** and **Caboolture areas**, to assist them to continue or enter in the workforce.

The program has three core components:-

Individual Respite
Education / Training
Emergency Assistance

Individual Respite Supports:

Tailored to meet individual needs, options include the following: In-home respite; community based respite; transport options; personal care supports and cottage respite. This support can be a mixture of brokered services from individualized supports, based upon the carer's working and respite needs.

Education/Training:

Assists carers to build skills and supports so they can remain in the workforce or become "work-ready" by:

Linking carers to educational opportunities
Individualised support for carers whilst studying

Emergency Assistance:

Access to 24 hours emergency respite for situations that impact on work/study, unexpected work events where there are no other respite supports available at short notice.

Priority will be given to carers who have little or no supports

Free Life Coaching Workshops Monthly at Nambour.

If you would like further information please phone

Freecall™ 1800 052 222* and ask for Julia Ashworth.

* Except for mobiles



Men's Recreational Group

The **Caboolture** MRG (Men's Recreational Group) had an in-house BBQ this month. The few boys that were able to attend did so at the last minute and we again converged on Bribie Island.

The gentlemen talked about the new budget which all agreed was quite close to a Shakespearian Play "Much Ado About Nothing" which all gave us some pleasure.

Discussion was had about the next meeting which will be held Tuesday 5th July 2011. At this stage it will be a bus trip to the Port of Brisbane with a Subway Lunch afterwards either at Fort Lytton or at another wet weather venue but details are yet to be confirmed.

We have also started planning the Xmas Party which will be held on the 8th November 2011. This will involve all the MRG's from Caboolture, Strathpine & Toombul. We will converge on Bribie Island where we have arranged three BBQ Pontoon Boats to take out onto Pumicestone Passage for four hours. Thanks to Debbie Drummond of the Toombul Office...

TO ALL THE MALE CARERS NOT ALREADY INVOLVED - JUST GIVE ASHLEY AT CABOOLTURE A CALL ON Freecall™ 1800 052 222* and he will forward you the details.



* Except for mobiles



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Unmet Needs

Whether you are a carer, a service provider or a community member, I am sure at some stage you would have had the endless chore of trying to find a service or support to meet your needs. We know just as well as anyone how frustrating it can be to make phone call after phone call but unable to find a solution at the end of the day.

If you have a need that you cannot find support for, please email us at unmet-needs@suncare.org.au or contact a support facilitator on Freecall™ 1800 052 222. We may not be able to provide the solution but at least it will be heard and the more voices that are heard, the more an outcome is likely. Who knows, there may be a program developed in response to your input.

Help us...to help you.

Carebus locations continued from page 1

July 2011

Moreton Bay

- 1 Redcliffe Hospital - 9.00am-1.30pm
- 5 Bongaree IGA - 8.30am-1.30pm
- 6 Narangba Library - 10.00am-1.30pm
- 7 Peninsula Fair Shopping Centre - 8.30am-1.30pm
- 8 Beachmere Library - 9.00am-1.00pm
- 12 Caboolture Hospital - 8.30am-1.30pm
- 13 Woodford Library - 9.00am-1.30pm
- 14 Redcliffe Library - 8.30am-1.30pm
- 15 Deception Bay Library - 8.30am-1.30pm
- 19 Sandstone Point IGA - 8.30am-1.30pm
- 20 Banksia Beach IGA - 8.30am-1.30pm
- 21 Bribie Island Shopping Centre - 8.30am-1.30pm
- 22 Burpengary Shopping Centre - 8.30am-1.30pm
- 26 Caboolture Park Shopping Centre - 8.30am-1.30pm

Sunshine Coast

- 5 Nambour General Hospital - 8.30am-1.30pm
- 7 Noosa Hospital - 8.30am-1.30pm
- 8 Woolworths Caloundra - 8.30am-1.30pm
- 12 Coolool Library - 9.00am-1.30pm
- 13 Currumbundi Medical Centre - 7.30am-12.30pm
- 14 Caloundra Hospital - 9.00am-1.30pm
- 15 Noosa Civic - 8.30am-1.30pm
- 20 Chancellor Park Market Place - 8.30am-1.30pm
- 21 Kawana Shoppingworld - 8.30am-1.30pm
- 22 Gympie Hospital - 9.00am-1.30pm
- 26 Cooroy Library - 9.00am-1.30pm
- 28 Maroochydore Library - 9.00am-1.30pm

Pathways to Success

with ADHD and other Challenging Behaviours

GENERAL WORKSHOP - 2 HOURS

Learn practical behaviour management strategies vital to success for children with **ADHD, Learning Disabilities, Aspergers or other challenging behaviours.**

Discover the keys necessary to help change their environment, decrease anger and aggression; reduce stress and anxiety; provide tools for the child's future; while giving recognition and credit to their abundant positive qualities.

These workshop presentations have been designed to offer management keys to parents, teachers, early childhood staff, in fact, any one who wants to understand and better manage the world of ADHD and other challenging behaviours.

Who can attend these workshops?

- Parents, Carers, Health Professionals
- Educators, Early Childhood Practitioners
- All those interested in ADHD and challenging behaviours

Workshops will be held at **Noosa, Buderim, Caboolture and Redcliffe.** For more details on times and addresses please contact: **Steve Oldham** on **0408 991 724**

Counselling for Carers Program

Are you a family member Caring for someone in the community and need

- **Someone who you can TALK to?**
- **Someone who will LISTEN to you?**
- **Someone who WILL protect your privacy and confidentiality?**

You can choose to talk by EMAIL, TELEPHONE, FACE to FACE or you can join one of our WORKSHOPS.

Please phone Commonwealth Respite and Carelink Centre - phone **Freecall™ 1800 052 222** (Excluding mobiles) to book an appointment with our qualified staff or to explore other services that may be available to you.

Contact Details

Commonwealth Respite & Carelink Centre

Freecall™ 1800 052 222*

www.suncare.org.au

* Except for mobiles

Maroochydore:

Office: 26 Memorial Ave
Cotton Tree
Postal: PO Box 1024
Cotton Tree Qld 4558
Phone: (07) 5443 7966
Fax: (07) 5451 1580
Email: marinfo@suncare.org.au

Caboolture:

Office: 19 Hayes Street
Caboolture
Postal: PO Box 1627
Caboolture Qld 4510
Phone: (07) 5498 3315
Fax: (07) 5428 0277
Email: cabinfo@suncare.org.au

Disclaimer: The information contained herein has been obtained from sources we deem to be reliable. However we cannot guarantee its accuracy and interested persons should rely on their own enquiries. The views in this newsletter are not necessarily those of the Commonwealth Respite and Carelink Centre unless expressly so quoted.



Your Link to Living Independently

Australia Wide Online Service Directory

Find information on local community care services to help you stay at home

www.commcarelink.health.gov.au

Service Providers are your details up to date? Check online now!!