



Commonwealth Respite & Carelink Centre

Rum City News

Bundaberg and the North Wide Bay
August 2011 - Volume 8.

News from the Manager...

Hello from Janette Hodge – Centre Manager

I take this opportunity to introduce myself as Janette Hodge, the new Bundaberg Centre Manager of Suncare Community Care Services. I was previously on staff at our Rockhampton office and decided this position represented a new challenge and a much needed sea change for me along with professional and personal growth.

I come from a Community Care Services background having worked in the area for more than 25 years. I have a passion for working in community services and welcome new and exciting challenges in this ever changing industry. We try very hard to mould situations to suit as we are a very flexible agency.

Commonwealth Respite and Carelink is a program that prides itself on meeting the needs of the community for Information support and providing much needed respite for Carers to assist them in their vital and often demanding role.

The aim of this Newsletter is to present information to both carers and service providers that will be both informative and of assistance. With this said, please remember, your feedback is valued, so if there is anything that you would like to share with the wider community, please contact our office by phoning 1800 052 222* (* Calls from mobile phones are charged at applicable rates).

I look forward to meeting you and working collaboratively to better meet the needs of carers and ensure positive outcomes.



Until next time, take care, from all the Team at CRCC!!

YOUNG CARER GROUP

movies



cooking



arts & crafts



games

OUTINGS



activities

COME ALONG AND GET INVOLVED IN
SOME GREAT ACTIVITIES AT:
SUNCARE COMMUNITY CARE SERVICES
WHEN: EVERY WEDNESDAY
3.30PM-5.30PM
WHERE: 4 ADAMS STREET
CONTACT NIKKI 4151 6400 FOR DETAILS.

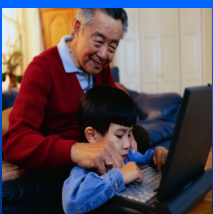
Your Link to Living Independently

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!!



CARERS

Are you travelling to
Bundaberg
for business or health
needs?

Do you require
accommodation?

Suncare has a three
bedroom unit which is
available for carers & their
family at a small cost per
night.



Unit is close to
hospitals.
For further details
please contact the office
on
4151 6400



In-Home Respite

Wow! What a busy start to the year! The first 6 months are over and Christmas is not too far away. My name is Jean and I am the Support Facilitator for In-home Respite.

In-home respite is tailored to meet carers needs and give a much needed break so as the carer can continue in their caring role and prevent carer burnout.

Our organisation is committed to assisting carers by providing inhome respite, information, support, referrals, and coordinating respite opportunities.

New Carer Group

CRCC are looking at forming a ladies group and are seeking expressions of interest. If you are a carer and interested in getting together with other carers each week on Tuesday mornings from 9.30 -11.30am to enjoy a break from your caring role, have a coffee with others in a similar position, have a few laughs and to share any handy hints that may help others in their caring role give us a call. (see advert on page 3)

Until next time

Jean

Carebus and Carelink News

Seniors and Healthy Lifestyle Expo

Tuesday 23rd August
9:00am- 1:00pm

Bundaberg Civic Centre—190
Bourbong Street, Bundaberg

Mt Perry Senior Awareness Day

Thursday, August 25th

Doors open — 9am—Morning Tea available

Glen (from the Rockhampton Office) - guest speaker providing information on respite services available and the respite accommodation available if family are in hospital for medical treatment.

- Billy J Cox guest speaker for Care 4 Carers



Young Carers

Hi Everyone

It's hard to believe the school year is half over and the Young Carers are back at school juggling their studies with their caring roles. Over the vacation period, a couple of the Young Carers in Year 8 were invited by Hervey Bay Young Carers to go on a mini-camp to the Sunshine Coast. Everyone had an awesome time and we were able to visit Underwater World and Australia Zoo while we were away. Two young carers from the Caboolture joined us for the day at Australia Zoo.

We will be starting a **Young Carer Group** this month. Our first get together will be on **August 17th** and will run from **3.30 to 5.30 pm**. Pickup and drop off are available if required. There will be lots of fun things to do and eat (afternoon tea will be included). If you would like to come or need any additional information, please call me on **4151 6400** or **1800 059 059**.

I hope this finds you well and avoiding all the winter colds and flu. Enjoy Terms 3 and 4.

Looking forward to catching up with you soon.

Nikki



Residential

Hello

We would like to advise that the new facility in Gladstone, Domain Auckland Place, has Low Care, Low Care Dementia and High Care Dementia beds available. As respite facilities in Bundaberg are snapped up quite quickly, a few of our carers are taking advantage of the opportunity to utilise the beautiful Auckland Place facility. It also gives the family member who needs care and support a little holiday. We would like to *stress* the importance of pre-booking respite as we are finding respite facilities are booked well in advance.

So, if you have planned, or would like to plan some time away, please give me a call so that I can pre-book respite as we are all well aware that everyone needs a break from time to time. CRCC usually recommends a 2 week break, 4 times a year, to recharge your caring batteries. Remember to call if you have an emergency so I can help organise respite for you and your family. I look forward to hearing from you all soon.

Joyce

Looking for Lovely Ladies
40+ to join our

CHATTY CHICKS' CIRCLE



Networking

arts & crafts



dancing

music



activities



games

OUTINGS



IF YOU WOULD LIKE TO COME ALONG
AND GET INVOLVED IN SOME GREAT
ACTIVITIES

CALL

SUNCARE COMMUNITY CARE
SERVICES

4151 6400 OR 1800 059 059

CONTACT JEAN OR NIKKI

Date Claimers

Seniors Week August 2011

Wednesday 3rd August

9:00am

Gin Gin RSL Hall

Milden Street, Gin Gin

Health Expo

Focus on Men's Health plus more

Sunday 21st August

2:00pm

Moncrieff Theatre

177 Bourbong Street, Bundaberg

Launch of Seniors Week 2011

Seniors' Week Concert

Tuesday 23rd August

9:00am- 1:00pm

Bundaberg Civic Centre

190 Bourbong Street, Bundaberg

Seniors and Healthy Lifestyle

Expo

Thursday 25th August

10:00am

Moncrieff Theatre

177 Bourbong Street, Bundaberg

Free Movie ...

"Mozambo" featuring Grace Kelly, Clarke Gable & Ava Gardiner...



What is a Dementia Café?

Our Dementia café is a means of bringing people with dementia and their carers together with trained staff, in a relaxed, stress free environment to make informal contacts. The monthly get together will have a strong educational side, promoting self-reliance and self help.

It is open to persons with dementia, carers, family, and friends. We also encourage local professionals and business persons to attend.

Meeting the *second* Wednesday of each month between 9.30am and 12 midday at Café 1928, located in the Botanical Gardens, Bundaberg North.



An Australian Government Initiative



New Suncare Website

Suncare has launched its new website which will help us deliver services to the community and allow people to find the services they need sooner.

The Suncare website has been developed as a team effort with input from many staff members coming from varying backgrounds.

Our website is easy to navigate and offers interactive4 feedback from our staff through various media. Please feel free to contact us on Facebook, on our RSS feed and blog, or, follow us on twitter @Suncareinc ———

www.suncare.org.au

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