

# CARERS' SOCIETY OTAGO

## Community House

### 301 Moray Place

### Dunedin 9016

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Website: [www.carersotago.org.nz](http://www.carersotago.org.nz)

## NEWSLETTER

AUGUST/SEPTEMBER 2012

### **Anneloes' musings:**

I want to share with you the following message that we received from Carers NZ:

#### **Ministry of Health announcement on payment for carers**

Carers NZ and the Carers Alliance are relieved at the recent announcement from Minister of Health Tony Ryall stating the ministry would not appeal the Court of Appeal's ruling that family members caring for disabled children were eligible for financial support. This is an excellent outcome for the plaintive families involved and is a testament to their dogged persistence which has now paved the way for a better deal for all carers in the future.

The Government made the right decision not to prolong the lengthy legal battle for the families involved, and for agreeing to review the payments policy. The Human Rights Review Tribunal will now settle payments for the plaintives involved.

Carers NZ and the Carers Alliance maintained that the Ministry exaggerated the financial impact involved, and now the Minister seems to be confirming that this is his view too. A recent One News report had Minister Tony Ryall saying that the costs involved were towards the lower end of the spectrum.

The Carers Alliance looks forward to providing information and advice in the review process, and working with the Government and its officials to ensure a fair and sustainable policy framework for the future.

The Ministry of Health has already appointed an Advisory Group to advise the Minister about the payments policy. We understand there will be no new policy and eligibility announcement made from the Ministry until early 2013.

Carers NZ's CEO, Laurie Hilsgen is a member of the Advisory Group and hopes her presence will ensure the voices of family carers continue to be heard.

All media reports, including television and radio interviews are available to view at the We Care! Website

[www.wecare.org.nz](http://www.wecare.org.nz)

**Take care and till next time!**

## CARERS' MEETINGS\*

### SOUTH OTAGO CARERS' MEETINGS

Meetings are held on the first Tuesday of every month at 7 pm in the Brian Dodds Meeting Room of Clutha Health First. For June, July, August, the meetings are held at 6pm.

Tuesday, August 7, 6pm—Story time; bring your favourite poem, short story or quote to read.

Tuesday, September 4, 7pm—Pamper night.

### DUNEDIN CARERS' MEETINGS

Meetings are held on the second Thursday of every month at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

Thursday, August 9—Carers' Society Otago's Annual General Meeting

Thursday, September 13—Speaker: Jools Pickford from Alzheimers Society.

### NORTH OTAGO CARERS' MEETINGS

Meetings are held on the 2nd Tuesday of every other month at the Weston Community Church at 2 pm.

Tuesday, September 11—Making Christmas cards; please bring your old Christmas cards.

### CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm.

Thursday, August 9—We will meet in the Court House Café while Community House is being renovated.

### YOUNG CARERS' MEETINGS

Meetings are held on the third Thursday of every month from 5:30—7:30pm.

Contact Susan or Anneloes for more information 4716204.

### DUNEDIN and MOSGIEL WALKING GROUPS

From now on we will start with a coffee. Please be there at 10am if you want to join us for a coffee. We are an inclusive, not a fitness group. We pace ourselves to suit the slowest walker and sometimes break into fast and slow groups.

DUNEDIN—We won't be ringing around anymore. We will meet on the fourth Tuesday of every month at 10 am. Look in the newsletter for info.

August 28—You will be notified by mail

September 25—Hot Salt Water Pool cafe

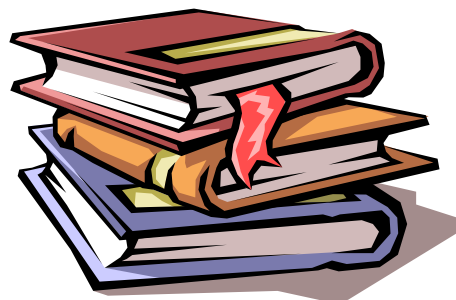
MOSGIEL—We meet on the third Friday of every month in the foyer of the Mosgiel Public Library at 10 am.

If you want to participate in the walking groups please contact Susan or Anneloes on 471 6204.

**\*Please note that although the meetings and outings are for carers only, new intending members are always welcome to join in our activities.**

Please join us for Carers' Society Otago's Annual General Meeting on 9 August 2012 at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place, Dunedin. A short meeting followed by afternoon tea. Take the opportunity to meet your Governance Committee!

## NEW LIBRARY BOOKS IN THE CSO JENNIE CLEGG LIBRARY



The Good Doctor; what patients want by Ron Paterson. Auckland University Press, 2012.

The Dutiful Worrier; how to stop compulsive worry without feeling guilty by Elliot D. Cohen. New Harbinger Publications, 2011.

The Anger Workbook for Teens; activities to help you deal with anger and frustration by Raychelle Cassada Lohmann. New Harbinger Publications, 2009.

Heal your Headache; the 1.2.3 Program for taking charge of your pain by David Buchholz. Workman Publishing, 2002.

Just a Bang on the Head; living with a brain injury by Rosie Belton. Craig Potton Publishing, 2008.

A Good Harvest; recipes from the gardens of Rural Women New Zealand. Random House, 2012.

INTERESTED IN ANY OF THESE BOOKS? COME TO THE LIBRARY AT COMMUNITY HOUSE, 301 MORAY PLACE, DUNEDIN OR RING US ON 471 6204 AND WE WILL SEND THE BOOK OUT TO YOU WITH AN ENVELOPE FOR YOU TO RETURN IT.

## WHEELS TO DUNSTAN

Wheels to Dunstan is a free transport service provided by the Rotary and the Masonic Charitable Trust to the Dunstan Hospital.

This service is available to Wanaka people for Specialists visits and treatment at Dunstan Hospital.

To arrange for transport using this service please contact Community Networks. To make the booking, phone 443 7799.

Donations will be much appreciated, however this is not compulsory.

## RECIPES

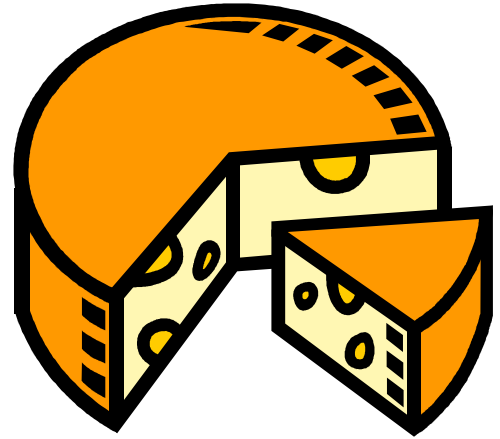
**Cheeserolls** are a great winter food. Easy to make, store in the freezer and serve with a winter soup!

### Ingredients:

- 1 can Carnation milk
- 1 packet Maggi French Onion soup
- Grated tasty cheese
- Thin sliced bread

### Method:

Warm the milk and add the grated cheese. Stir until cheese has melted and add the packet of dry soup. Mix well. Spread the mixture on the slices of bread and roll up. To cook brush with melted butter and put under the grill until brown.



## Anonymous Soup

### Ingredients:

- 2 rashers of bacon
- 1 onion
- 1 clove of garlic
- Some leftover wine
- 1 jar of pasta sauce (must be tomato-based)
- 2 medium potatoes (cubed)
- 1 kumara (cubed)
- Some pumpkin (cubed)
- 1 carrot (sliced)
- Spinach or silverbeet (chopped)
- 1 small can of kidney beans
- Parmesan cheese

### Method:

Soften bacon, onion and garlic in 1 tbs of olive oil. Add the wine (red or white) and bring to the boil. Add the jar of pasta sauce and 1 litre of water. Add the vegetables cook till they have softened, then add spinach or silverbeet and the can of beans. Taste and season with salt, black pepper, basil and/or thyme. Serve with shavings of Parmesan cheese.



# **CARERS' SOCIETY OTAGO**



**CELEBRATED THEIR 15 YEAR ANNIVERSARY THIS WINTER  
THROUGHOUT OTAGO.**

**WE HAD A GREAT TIME BRINGING THE CAKES TO THE  
MEETINGS AND CELEBRATING THIS MILE STONE WITH  
YOU, THE CARERS. AFTER ALL WITHOUT YOU  
CARERS' SOCIETY WOULDN'T BE HERE!!**





# Smile A While



off the mark

by Mark Parisi

www.offthemark.com



## SNAPS

SNAPS is for all PARENTS, Dunedin wide, whose adult children with special needs are still living at home.

An informal get together to discuss with other parents ideas, problems, tips, and tricks.

Meet others in similar circumstances.

Parents chatting to parents.

A warm welcome awaits.

Meeting regularly on the 4th Thursday of every month.

12 noon at Flax café, Caversham.

Come for lunch or just to grab a quick coffee.

Call Sande on (03) 487 8670 for more details.

Or find us on Facebook

<http://www.facebook.com/SnapsParents>

## WEBSITE AND FACEBOOK PAGE

Yes, Carers' Society Otago has a website and is on Facebook.

**Website:** [www.carersotago.org.nz](http://www.carersotago.org.nz)

**Facebook:** You can find us under Carers' Society Otago and find the latest updates on our Carers' meetings and other events that might be of interest to you.

If you have a computer do look for us and become a fan!! Or come in and ask us how to access these and we will show you. It would be really good to get some feedback from you as well.

## WEKA (What Everyone Keeps Asking)

WEKA is New Zealand's disability information website for disabled people, their carers, family/whanau, health professionals, caregivers, and disability information providers.

Visit: [www.weka.net.nz](http://www.weka.net.nz)

Age Concern and the Community Law Centre are providing a fortnightly on-site legal clinic in Dunedin. A qualified lawyer will be at Age Concern, The Octagon between 11am and midday on the following dates:

7 and 21 August

4 and 18 September

2, 16 and 30 October

For an appointment ring Age Concern: 477 1040

## ADVERTISING/NOTICES

Carers' Society is often approached by people who offer a product or service that carers might need or like. We sometimes have space for a small advertisement in the newsletter and this is done free of charge for members. Please contact us and if there is space we will let you know.

Carers' Society Otago takes no responsibility for the product or service in the ad or notice.





**Do join us in the Carers' Lounge for a cuppa and  
a chat, a bit of quiet time, or to explore our  
library**

**Up the stairs or take the elevator  
Community House  
301 Moray Place  
Dunedin**

**Carers' Society Otago gratefully acknowledges the support of:**

The Otago Masonic Charitable Trust	The Ministry of Health
COGS	Healthcare Otago Charitable
New Zealand Community Post	The Otago Community Trust
New Zealand Lottery Grants Board	Dunedin City Council
	United Way
Dunedin Casino	Carers' Donations
St Kilda Community Sports Society	Otago Polytechnic
Poppa's Pizza	Ace Shacklock Charitable Trust



