



# CARERS' SOCIETY OTAGO

## Community House

### 301 Moray Place

### Dunedin 9016

Ph: (03) 471 6204 Fax: (03) 471 6205

Email: [carerssociety@pcconnect.co.nz](mailto:carerssociety@pcconnect.co.nz)

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

## NEWSLETTER

OCTOBER/NOVEMBER 2012

### Anneloes' Musings:

I have some exciting news to share with you all: Carers' Society Otago will hold the first Carers Week ever from 14 till 21 October. We chose this date to coincide with Carers Victoria in Australia. It will be a relatively low key affair but the official opening will be held in the Dunedin Octagon at 11.30am on Tuesday 16 October. There will be a display in the Public Library as well. All carers are invited to come to this event.

I also want to let you all know that I will be leaving Carers' Society Otago in January. I am getting married and will be moving to Wellington. I am hoping that I will be able to say my goodbyes in person at the November and December Carers Group meetings. Change, even if it is a happy one brings with it feelings of loss. I love my job and I have enjoyed the special connections I made with carers over the past 6 years. Haven't we had some fun times?

Susan and I started talking about all the things that happened since I came on board and I thought you might like to share our sense of achievement:

- The membership grew from just 300 to over 500 families.
- Community worker's hours grew from 35 to 50.
- Our library grew from 84 books to 255.
- We started 2 walking groups, in Mosgiel and in Dunedin.
- We started a new Carers Group in Alexandra.
- The Young Carers group in Dunedin is now well-established and going strong.
- We started the lecture series at the Medical School for second year medical students and the carer interviews.
- We published the Needs Assessment booklet and the Graduate Carers Booklet and established a Website.
- We celebrated CSO's 10th and 15th birthday.
- We were able to raise enough funds to keep us afloat.

So this will be my last Musings. I hope you will all fare well. Make sure you keep looking after yourselves. Remember the oxygen mask: you need to be able to breathe before you can look after any one else! Take care!

## **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, October 2, —Gary Ross: 100 years of Finigand's meat works.

Tuesday, November 6—Making Christmas cards.

### **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, October 11—Making Christmas cards.

Thursday, November 8—Festive afternoon tea.

### **NORTH OTAGO CARERS' MEETINGS**

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

Tuesday, November 13—Lunch at 12pm at The Boulders Restaurant in Moeraki. Car pooling from Weston Community Church at 11.30.

### **CENTRAL OTAGO CARERS' MEETINGS**

Meetings are held at 2pm.

Thursday, October 4—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.

October 23— Crusty Corner @ 1 North Road followed by walk in the Rhododendron Dell at The Botanic Gardens

November 27—The Bay Café, 494 Portobello Rd followed by Macandrew Bay walk

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.**

CARERS' SOCIETY CHAIRPERSON REPORT 2012

In August the Carers' Society celebrates its 15<sup>th</sup> anniversary and cakes have been taken to the group meetings throughout Otago. The Society's concept had begun in February 1988 as a support group of like situated people. By the 1990s the group had grown and a committee was formed which, under the umbrella of Dunedin Council Social Services, liaised with other social service providers. The carers of people in Wakari Hospital now expanded to include carers of the Schizophrenia Fellowship, Otago Multiple Sclerosis Society and Stroke Club. And finally, in 1997, the Carers' Society Otago was established in its own right – hence our 15<sup>th</sup> anniversary celebrations this year.

Over the years many stories are told of the excellent services provided by our amazing Community Workers, Susan and Anneloes and those before them. The Society has stretched geographically from only serving Dunedin Central to now incorporating the North, South, and Central areas of Otago, from liaising with a few agencies to over 90, from providing support to a few dozen people to 500 including support for Young Carers and Student Carers. Many hundreds of people have received support, aid, advocacy help and a listening ear. How amazing!

The growth of the Society is very much symbolised in the analogy, from little acorns grow strong and sturdy oak trees. And just like strong oaks new ones are formed – pruned – reseeded – yet the original genus remains. This analogy is so with the Society's Governance Committee. Since our last AGM the committee has felt the pains of pruning as our Co-chair resigned to undertake caring duties himself. This was made more painful as the prune came 6 months earlier than expected. Robert Montgomery, Monty, had been a strong branch on which we, as a committee, drew strength from his leadership and knowledge. For a third of the Society's existence Monty has led the committee and overseen many changes and our thanks go to Monty for his dedication.

Our challenge now is not to rest on our laurels but to build on Monty's legacy and strength. To this end the committee has begun on the process of establishing a 'Patron' to be the face of the Society. As you will be aware it has now become the norm for organisations to have 'The Face'. This was brought to our attention when a speaker from the Seasons Programme, a programme of dealing with grief for the young, handed out publicity which displayed a photo of Judy Baillie as its Patron. In the constant demands for the fundraising dollar having a Patron is an aid in raising our profile. Whilst the Society is in a good financial situation, as the Treasurer's report will show, we as a Committee are

ever conscious of the pressure on our Community Workers to meet the fundraising targets for costs. It is hoped that by having a Patron the Society will have its profile more raised and aid us in funding requests.

An AGM report is never complete without the statement of thanks. Whilst this may appear to be a glib token of thanks, it is by no means intended to be. The Society would not succeed as it does without the sterling job of Susan and Anneloes, Both on a personal and professional level I thank you for all you do and the extra miles you go to support the Carers' of Otago. To our Governance Committee, thank you for the time you donate to attend the meetings and the support you give to Susan and Anneloes, and me. To Steve our treasurer for keeping our books and showing the financial state of the Society in an understandable fashion, to David for all your minute taking and writing. And finally to you the people who support us all and bring purpose to our existence.

#### A NEW COMMITTEE WAS ELECTED :

Alyson Manning (chair)

David Horne (secretary)

Steve Hydes (treasurer)

Joan Fleming (deputy chair)

Elaine Shallish

Maryse Stanton

Daivid King

Doris McAuslin

Anne Marie Parsons

#### “Designing the Future”

21-22 November in Dunedin. Presenter David Hasbury. Workshop for parents and professionals.

*To live life as a contributing member of the community, to be engaged in meaningful relationships, to be employed, every person needs to see themselves (and be seen) as someone who has something to offer. MAPS (Making Action Plans) sets a direction for the future.*

For more information visit the website:

<http://www.imaginebetter.co.nz/mapsd.php>

# RECIPES

This amazing cake was made by my friend Helen for my friend Christine on her birthday. I got special permission to share it with you. It's truly wonderful: moist and soft!

## RHUBARB AND GINGER CAKE (aka CHRISTINE'S CAKE)

### Ingredients:

450 grams rhubarb, cut into 1 cm lengths  
1 cup brown sugar, firmly packed  
1 ½ cups flour  
1 tsp baking soda  
½ tsp ground ginger  
½ cup cooking oil  
½ cup crystallised ginger, roughly chopped  
1 egg OR 1 tbsp ground flaxseed mixed with 3 tbsp water OR ½ cup mashed banana OR a mixture of the two OR ½ cup cooked pureed apple. So many choices. If you choose a no-egg option, add a little more flour if the mixture looks sloppy.

### Method:

Line the base of a 20cm ring tin with baking paper and oil the sides.  
Pre-heat the oven to 160 deg C.  
Mix the rhubarb with the brown sugar. Let the mixture stand for 15 minutes.  
Sift flour, baking soda and ground ginger together.  
Beat egg (or substitute) with the oil and add to the bowl containing rhubarb.  
Add chopped ginger and mix all together.  
Tip the mixture into the flour and combine.  
Spoon into tin and cook for about 1 hour 15 minutes, until well browned and springy to the touch.  
Cool in the tin before turning out.

Delicious the same day – even better a day or so later.





# Smile A While



**USELESS INFORMATION FOR THE DAY:** but still interesting knowledge that should not be forgotten.

"The farther backward you can look, the farther forward you are likely to see." ~ Sir Winston Churchill.

1. The flavor we think of as bubble gum is a combination of wintergreen, vanilla, and cassia (a form of cinnamon).
2. The canning process for herring was developed in Sardinia, which is why canned herring are better known as sardines.
3. Wedding cake was originally thrown at the bride and groom, instead of eaten by them.
4. A chef's hat is tall and balloons at the top so as to counteract the intense heat in the kitchen; the unique shape allows air to circulate around the scalp, keeping the head cool.
5. Before attending the Cordon Bleu, before mastering the art of French cooking, Julia Child did Intelligence work in India and China during World War II.
6. The five interlocking Olympic rings are black, blue, red, white, and yellow because at least one of these colors appears on every national flag.
7. The original American Express card was purple (and was for eleven years, until the green card replaced it in 1969)
8. Banks are commonly shaped like pigs because in the eighteenth century frugal people saved their money in earthenware jars made of dense orange clay known as pygg.
9. The dollar sign is a combination of the letters P and S, PS being the abbreviation for pesos, the principal coin in circulation in the United States until 1794, when we began marketing our own dollars.
10. The paper used to make money is composed of linen and several types of cotton, including denim - which gives it its unique fabric-like feel.

**CARERS' SOCIETY OTAGO**  
**Annual General Meeting**  
**9 August 2012**  
**Community Workers' Report**

The Community Workers of Carers' Society Otago continue to provide support to carers throughout Otago with support groups in Dunedin, North, South, and Central Otago, the Dunedin Walking Group, the Mosgiel Walking Group and the Young Carers Group. The activities within these groups range from education talks to fun activities such as cooking and art.

Most importantly the focus is on self care for the carer.

And for another year we have met fundraising targets that allow these activities to happen.

We are very pleased with our relationship with the Medical School of the University of Otago because it allows a forum for raising carer's issues with GPs of the future.

2012 saw the development of the Carers' Society website and Facebook page. These new ways of communicating with carers mean we reach a broader audience and carers that are isolated can still be supported.

We have also published a new booklet in the "What you need to know about..." series. This booklet is aimed at supports for graduate carers and is called "What you need to know about...Life after Caring". A team of sixth year medical school students did the research and two Otago Polytechnic occupational therapy students turned the information into a booklet which we are launching at this meeting.

The Jennie Clegg Library continues to grow, now with over 250 items.

The Community Workers continue to publish two Newsletters, one of which is for Young Carers. We are always updating our information for carers and ensure carers have access to education talks and training programmes as and when they are available.

We have purchased new wheelchairs this year and have retired some of the old ones by donating them to carers.

Carers' Society is appreciative of the support given by the Ministry of Health, other funders, and for the generous donations from family carers.

We also thank Clutha Health First and Weston Community Church for providing meeting venues, our Volunteers, Jean Dodd, for her help with the Library, Julie Jones, Shona Johnsen, and Sara Ammar for their help with the Young Carers' Group.

And, of course, thank you to the Governance Committee for their work throughout the year.

Susan Easterbrook and Anneloes de Groot

Community Workers



**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



