

Carers' Society Otago Community House

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NEWSLETTER

DECEMBER/JANUARY 2012-13

Hello Carers,

I'm back from my annual leave visiting my family in Canada. While I was away Carers' Society Otago inaugurated a significant event. On October 16th we launched the first **New Zealand Carers Week**.

Mayor Dave Cull made the opening speech, and in it he said, "Carers' Week, which has been on the calendar of events in Australia for some years now, is important because it gives recognition to the important work of unpaid family/whanau carers of a family member or friend who has a disability, chronic illness, or addiction. Carers often give up a lot to care for someone and sometimes this is a lifetime of self-less devotion. Without the work that family carers do the health system would crumble. So it is with great admiration and pride that Dunedin recognizes carers by launching the first Carers Week in New Zealand."

Dunedin celebration hails carers' role

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Wed, 17 Oct 2012



At the launch of Carers' Week in the Octagon yesterday are (from left) Society Otago member Paul Gourlie, community worker Anneloes de Groot and governance committee member Joan Fleming. Photo by Linda Robertson.

Unsung heroes, the unpaid carers, were recognised with fanfare as the inaugural Carers' Week was launched in Dunedin yesterday. Fredrik Soderstrom juggled, and Jonathan Cweorth blew his rauschpfeife, as Christine Ogilvy drummed to celebrate the contribution of the unpaid carer. Carers' Society Otago community worker Anneloes de Groot said the inaugural Carers' Week in Dunedin started on Sunday but was officially launched by Mayor Dave Cull in the Octagon yesterday. Carers' Society Otago supported more than 500 families with a disability, chronic illness or addiction in Otago but the carers needed to look after themselves and stay healthy, she said. A university study revealed that 56% of unpaid carers suffered from depression, in contrast to the 9% national average, she said. The two part-time community workers at the society regularly held support group meetings for carers across Otago, Ms de Groot said. "We are not counsellors but we do a lot of listening." Mr Cull entered the stage at the Octagon to a fanfare from Mr Cweorth's pipe. "The festival of the arts is over," he said, laughing. Mr Cull supported the efforts of unpaid carers and welcomed the awareness week, which was aligned with celebrations in Victoria, Australia, he said. Waverley resident Paul Gourlie said he cared for his mother at home for five years because she was terrified of being institutionalised. His mother was able to die at home because of the support and co-ordination from the society, he said. "If you decide to look after your family, it will have its challenges but it can be worthwhile." Taieri resident Joan Fleming said she cared for her husband, who had multiple sclerosis, and had a special needs son, and the society provided important support. "It is somebody else to talk to; like-minded people."

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.

The Christmas card making event was heaps of fun.

Tuesday, December 4—We are meeting at 6pm, at RAJ Indian Restaurant, 2 George St Balclutha for our final group meeting of the year.

Our first meeting of 2013 is on March 5th.

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.

Our first meeting of 2013 is on February 14th—Valentine's Day.

NORTH OTAGO CARERS' MEETINGS

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

Our final meeting of the year was lunch at The Boulders Restaurant in Moeraki.

The first meeting of 2013 is on March 12.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm.

Thursday, December 6—We will meet in the Court House Café for our final meeting of the year.

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, or you can get one 'to go'. 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 will meet on the fourth Tuesday of every month at 10 am. Look in the newsletter for details on where we will meet.

See the next newsletter for info on our first walk of 2013 on February 26th.

MOSGIEL—We meet on the third Friday of every month in the foyer of the Mosgiel Public Library at 10 am. We have had our final walk of the year. See you in February.

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.



NEW EMERGENCY ALERTING SERVICE HELPFUL FOR CARERS AND FAMILIES

Lert Info, New Zealand's most comprehensive emergency alerting service, has just launched and is accessible to everyone who has a cell phone.

It is of particular help for carers because you can get a "heads up " of events that can cause major disruption for you and alternative arrangements can then be made.

Lert Info will send you messages for information on Civil Defence, Weather, Highway conditions, Councils , some power companies, Police, river levels, public health alerts and rural fire where available.

When something happens you will receive a lert by text, and email.

This is an extremely simple, Set and Forget, One Stop system. There is a small registration fee but after that all texts are free. You register, (takes about 2 minute) and that's it. From then on **Lert Info** will automatically send you information specific to you.

Once you have that information you then decide what action to take. You can access the **Lert.Info** web site for details of most messages. Any one of these messages could be life saving.

Lert Info is New Zealand's premier alerting service, and it's available now.

More details and registration are at www.lert.info

www.carersotago.org.nz

Please take the opportunity to visit our website. It is updated regularly and full of information. We publish our newsletter there, upcoming events, photos, news items and the Jennie Clegg Lending Library catalogue.

If you don't live in Dunedin or maybe just find it difficult to get to Community House you can look at the list of books and audio visual material and request an item to be sent to you by phoning the Community Workers on (03) 4716204

Donation Request 2012/2013

At this time of year Carers' Society Otago makes a request for donations.

All the services provided by Carers' Society are free of charge but we always appreciate donations from anyone who feels able to contribute. Carers have always been very generous to Carers' Society and for this we thank you very much.

In the last few years funding from grants and contracts is getting more and more difficult to find, mainly because there are more organizations that need to be funded. Indications are that the fundraising climate is getting worse for smaller organizations to the extent that some have had to withdraw services.

The Ministry of Health provides some money for Carers' Society Otago which used to cover all of our costs. Now that we have expanded our activities to include support groups in North, Central, and South Otago, the Young Carers Group, two Walking Groups and various publications, we have almost tripled our costs and must then triple our efforts to fund the organization.

Our membership is growing and our ultimate aim is to ensure that every carer in Otago is properly recognised and supported and Carers' Society Otago has come a long way toward this goal.

Carers' Society Otago is incorporated as a not-for-profit organisation and you will be able to receive a tax deduction for any donation over \$5. Donations may be posted, delivered to the office, or given to the Community Workers at any time.

Please include the tear-off slip below so that we can make sure your donation is properly receipted.



To: Carers' Society Otago
Community House
301 Moray Place
Dunedin

Please accept my donation of \$ _____ cash / cheque

From: (please print)

Name:.....

Address:.....

RECIPES and COOKING TIPS

Amazing frozen lemons

Many professionals in restaurants and eateries are using or consuming the entire lemon and nothing is wasted.

How can you use the whole lemon without waste?

Simple.. place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater, and shred the whole lemon (don't peel it) and sprinkle it on top of your foods.

It can be used for sweet or savoury dishes.

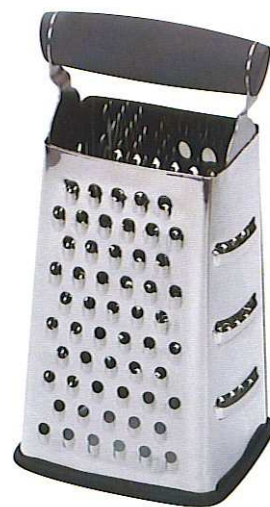
Sprinkle it on your salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes, whisky, wine.... the list is endless. A favourite of mine is to sprinkle it on top of icing or a lemon and poppy seed muffin.

All of the foods will unexpectedly have a wonderful taste, something that you may have never tasted before. Now that you've learned this lemon secret, you can use lemon even in a cup of instant noodles.

What is the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes?

Well, you see, the lemon peel contains as much as 5 to 10 times more vitamins than the lemon juice itself.

So from now on, by following this simple procedure of freezing the whole lemon, then grating it, you will lose nothing of the lemon's taste and health benefits.





Smile A While



Out of the mouths of babes
Here are some great proverbs completed by primary school
children. A real kid's eye view.

Don't change horsesuntil they stop running.

Strike while thebug is close.

It's always darkest beforeDaylight Saving Time.

Never underestimate the power oftermites.

You can lead a horse to water buthow?

Don't bite the hand thatlooks dirty.

No news isimpossible.

A miss is as good as aMr.

You can't teach an old dog newmath.

If you lie down with dogs, you'llstink in the morning.

An idle mind isthe best way to relax.

Where there's smoke there'spollution.

Happy the bride whogets all the presents.

A penny saved isnot much.

Don't put off till tomorrow whatyou put on to go to bed.

Laugh and the whole world laughs with you, cry andyou have to blow your
nose.

You get out of something only what yousee in the picture on the box.

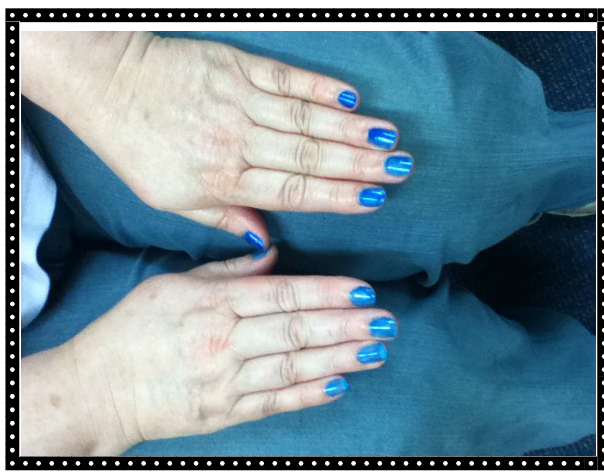
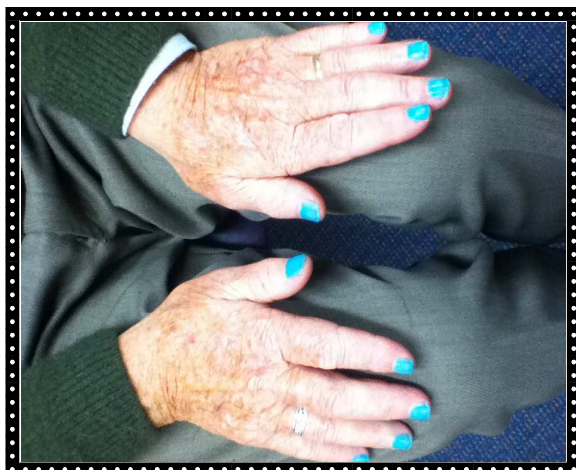
When the blind lead the blindget out of the way.

If at first you don't succeedget new batteries.

Children should be seen and notspanked or grounded.



From the pamper evening in South Otago this year.



The preceding fingers shall remain anonymous

To one and all



Seasons Greetings



**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

The Otago Community Trust

New Zealand Community Post

Dunedin City Council

New Zealand Lottery Grants Board

United Way

Dunedin Casino

Carers' Donations

Otago Polytechnic

St Kilda Community Sports Society

Ace Shacklock Charitable Trust

Poppa's Pizza

