



Carers' Society Otago

Community House

301 Moray Place

Dunedin 9016

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

email: carerssociety@pcconnect.co.nz

www.carersotago.org.nz

Anneloes' musings...

There seems to be a lot of important news around unpaid family carers lately. Most of this is published on the internet by Carers New Zealand in their regular Newsletter carers.net.nz. Here are the main issues:

NEWSLETTER
AUGUST/SEPTEMBER 2013

Consultation Meetings for Family Carers. Consultation meetings for family carers will be held in Wellington, Auckland, Hamilton, and Christchurch, giving carers the chance to have their say on the draft Carers' Strategy Action Plan for 2013-2018. If you are unable to attend a face to face meeting you can still give feedback via the Ministry of Social Development's online survey, or you can download and return the completed questionnaire to Ministry of Social Development, Attn: Carers' Strategy Action Plan, PO Box 1556, Wellington 6140. The consultation closes at 5 pm, Friday 2 August, 2013. If you don't have a computer to download a questionnaire gives us a call at Carers' Society Otago (03 471 6204) and we will send one out to you.

Benefit Changes announced. Work and Income and the Ministry of Social Development have provided details of the changes to benefits for people with disabilities or mental health conditions which will take effect from July 2013. For more information: www.workandincome.govt.nz

If the current benefit is:

- Unemployment Benefit
- Sickness Benefit
- Domestic Purposes Benefit
- Domestic Purposes Benefit—Woman Alone
- Domestic Purposes Benefit—Sole Parent if youngest child is aged 14 or over
- Widow's Benefit—without children or if youngest child is aged 14 or over

Then this will change to: **Jobseeker Support**

If the current benefit is;

- Domestic Purposes Benefit—Sole Parent if youngest child is under 14
- Widow's benefit—if youngest child is under 14

Then this will change to: **Sole Parent Support**

If the current benefit is:

- Invalid's Benefit
- Domestic Purposes Benefit—Care of Sick or Infirm

Then this will change to: **Supported Living Payment**

Until next time and take care!

Source: Carers New Zealand

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. Note that for June, July, August, the meetings are held at 6pm.

6 August—6pm Gary Ross

3 September—Sculpture

MILTON

8 October—Afternoon tea at Café Lolas at 2:30 pm. All Milton carers are welcome.

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.

8 August—Annual General Meeting

12 September—Pamper Hands and Nails with speaker Colour Consultant Sharon Bratton

NORTH OTAGO CARERS' MEETINGS

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

10 September—Making Christmas cards

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm in the new Community House in Alexandra every two months on the first Thursday of the month.

3 October— Pamper Hands and Nails

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 471 6204.

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' on the walk. 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.

27 August—The Settlers Museum Cafe

24 September—The Croque-o-dile Café in the Botanic Gardens

MOSGIEL—The Mosgiel walks will resume in September. On Friday 20 September we will meet in the Library foyer at 10am.

Carers' Society Otago
Annual General Meeting

8 August 2013

at 1:30 pm in the

Alexander McMillan Room, Community House

301 Moray Place

Dunedin

Have you considered nominating someone for membership of the Executive Committee of Carers' Society Otago? You may also nominate yourself.

The primary role of members of the Executive Committee is to support the Community Workers and to advocate for carers at a local, regional and national level. You may nominate more than one person. Each person you nominate must consent to the nomination.

Nominations must have a seconder who also signs this form.

You may use this form or a plain piece of paper.

Please complete your nomination and deliver or send it by 1 August 2013 to:

Carers' Society Otago

Community House

283—301 Moray Place

Dunedin 9016

I nominate:.....

.....

For membership to the Executive Committee of Carers' Society Otago

Signed:.....

Address:.....

Phone Number:.....

I second this nomination.

Signed:.....

Address:.....

Phone Number:.....



WHEELCHAIRS WHEELCHAIRS WHEELCHAIRS

We have 3 wheelchairs in our office at present. Members of Carers' Society Otago can borrow these chairs for free and for as long as they need them. Just a deposit of \$30 will get you a collapsible, lightweight chair so you can take your caree for a ride!

Ring us to reserve one on 471 6204

THE JENNY CLEGG LENDING LIBRARY BOOK REVIEW

Some interesting titles from our collection. Feel free at any time during working hours to come into the carers' Lounge at Community House, Moray Place, Dunedin and browse the shelves. If you can not come in ask us to post out the booklist. Ring the office on 03 471 6204.

Peruse the list at leisure in your home and if you see something that tickles your fancy ring in and we will send it out to you with a return envelope.

Stress less live more; How Acceptance & Commitment therapy can help you live a busy yet balanced life by Richard Blonna. This book presents a programme based in Acceptance and Commitment Therapy (ACT) that can help you train your brain to react to stress in a different way. With the mindfulness and acceptance techniques in this book, you will clear out mental clutter, enhance you focus, and concentrate on the present moment, so that you can channel your energy into what matters most.

Just a Bang on the Head; Living with a brain injury by Rosie Belton. This book offers a searingly honest and moving insight into the world of brain injury. The physical effects are clearly articulated , as are the emotional impacts: the often devastating effect on relationships, the huge sense of loss and grief as a previous life disappears, and the constant humiliation of being stymied in your everyday life. This is a brave book, a compelling story of loss, courage and the struggle to rebuild a new and meaningful life in the aftermath of a brain injury. It is essential reading for anyone with a brain injury, their friends and family, their carers, health professionals and social workers.

RECIPES and COOKING TIPS

WINTER WARMERS

LEEKES FROM THE OVEN

Preheat the oven on 180 degrees. In a thick bottomed pan fry some garlic in some olive oil with a sprig of fresh thyme (or a pinch of dried thyme). Then add a can of diced tomatoes and cook until the sauce thickens.

Meanwhile clean 2 leeks and cut in two so you end up with four pieces. Boil the leeks in salted water until tender. This will take about 10 minutes. Drain them in a colander. Wrap the leek pieces in bacon. Put the thickened tomato sauce in an oven dish and place the 4 leek pieces on top and cook in the oven for 20 Minutes. This is a great accompaniment to grilled meat or fish.



SAUERKRAUT FROM THE OVEN

Something from my homeland. This is a very popular winter dish in Holland. In most supermarkets you can now buy sauerkraut (German) or zuurkool (Dutch), either in cans or vacuum packs. Sauerkraut is pickled cabbage, a way in the old days to preserve summer cabbage, and is full of Vitamin C.

Preheat the oven on 180 degrees. Cook the sauerkraut as per instructions on can or pack and drain in a colander. Cook and mash potatoes. In a frying pan cook some garlic and onion in some olive oil until soft. Add diced bacon or ham and fry until crisp. Mix this through the cooked sauerkraut. In an oven dish put the mashed potato and spread the sauerkraut mixture on top. Cook until warmed through for 15 minutes. Fry some bratwurst sausages or warm some Kranskis or a rookworst (smoked sausage) as accompaniment. You will find the last two in the processed meats in the supermarket.

WINTER CRUMBLE

Preheat the oven on 180 degrees. Use winter fruits like feijoas, tamarillos, apples and rhubarb. Layer them in a oven dish and mix in some ginger powder and 1/2 a cup of sugar. Top with a crumble topping made of flour, rolled oats, ground nuts, brown sugar and soft butter. Use your fingers to mix enough soft butter through until the mixture looks like breadcrumbs. Cook for 40 minutes in the oven and serve with icecream, cream or warm custard.



Smile A While



Moments of no consequence
Seem to make a lot of sense;
Like the gentle pitter patter
Of the things that do not matter
As I sit alone and stare;
Neither here and neither there.



George darling... stop
blogging about the silly old world
on your inner website and come
inside for a cup of tea...



Michael Leunig is an Australian cartoonist, writer, painter, philosopher and poet. His commentary on political, cultural and emotional life spans more than forty years and has often explored the idea of an innocent and sacred personal world. The fragile ecosystem of human nature and its relationship to the wider natural world is a related and recurrent theme.

His newspaper work appears regularly in the Melbourne Age and the Sydney Morning Herald. He describes his approach as regressive, humorous, messy, mystical, primal and vaudevillian - producing work which is open to many interpretations and has been widely adapted in education, music, theatre, psychotherapy and spiritual life.

Find his books in the public library. A tonic!

Payment for Family Carers.

Last month the Government announced its long-awaited policy in relation to payment for family carers. It has allocated \$23 million a year to pay minimum wage for up to 40 hours a week for approximately 1,600 parents supporting high needs adult disabled children. Soon after this announcement government passed, under urgency, the Public Health and Disability Act, which prevents other carers (spouses, or those supporting disabled children or older people) from legally challenging the policy.

While an opportunity to discuss extending the payment to other categories of carers is on offer, the policy and accompanying legislation has offended carers, disability and human rights advocates, the Law Society, and the wider legal fraternity. Offering carers the minimum wage for the often intensive support they provide has also dismayed carers and those who value their efforts. Details about how the policy will be administered and who will qualify for payment have yet to be announced; Carers NZ and the Carers Alliance have not been asked for input. We want to ensure a collective response from carers and their supporters to the new policy and the Act. Please spend a few minutes sharing your views via our online survey, so we can provide united feedback to government, society, and the media. We are also seeking carers willing to be interviewed about this issue, and caring generally.

For the online survey go to: <https://www.surveymonkey.com/s/8GKTF25>

SUPPORTING FAMILY CARERS: WHO CARES?

After being hit by a car, I woke up in a hospital bed unable to talk or walk properly with no recollection of who my neighbour was let alone how I got there. What was to follow was intensive rehabilitation, yet through it all it was my family and friends who ensured I ate, rested and looked after my personal needs, enabling my health to improve. Without this support I would not be here today. Having worked as a caregiver for others, I know it is not a glamorous job – toileting, bathing, and feeding requires dedication, empathy and genuine care! I have experienced the issues from both sides: as the caregiver, and the recipient of support.

The sad reality is that caring (paid and unpaid) is often undervalued. My lengthy rehabilitation led to a personal commitment to address this situation. With The University of Auckland and the encouragement of Carers NZ, I have embarked on a research study that will improve recognition for and understanding of family and other informal carers and their important role.

If you are providing support for an ill, seriously injured, disabled, or frail elderly friend or family member, I hope you will make time to complete our online survey. The knowledge we gain about carers from The State of Caregiving study will be used to inform government, funders, and society about how to best support those in caring situations. We believe our research will bring about positive change, and intend to repeat this study annually for three years to build a comprehensive picture about carers' lives, their role, and their needs. If you are a caregiver, just enter the following link into your computer to access the survey: <https://www.surveymonkey.com/s/7L3N9Q2>

The information you provide in the online survey will be confidential. We value your input to create change for New Zealand's family and other informal carers, and for helping us understand how to ensure they receive the recognition and support they deserve.

Best wishes,

Tracey-Lee Dalton (researcher)

Source: Carers New Zealand



Some of our fabulous Volunteers help with the Newsletter mailout

**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:

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|----------------------------------|--|----------------------|
| Presbyterian Support Otago | The Ministry of Health | Dunedin City Council |
| Otago Community Trust | New Zealand Community Post | COGS |
| New Zealand Lottery Grants Board | Dunedin Casino | Otago Polytechnic |
| Ace Shacklock Charitable Trust | Bendigo Valley Sports and Charity Foundation | |
| Carers' Donations | Waitaki District Council | Lion Foundation |
| Poppa's Pizza | ACE Shacklock Charitable Trust | |

