



Carers' Society Otago

Community House

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NEWSLETTER

APRIL/MAY 2014

Anneloes' Musings:

When you are caring for someone it is very easy to become so preoccupied with your worries and concerns about them that you no longer enjoy doing the things that used to give you pleasure. Anxiety becomes your constant companion, and it sucks the joy out of life. Although on the one hand, this is a fairly natural reaction to a devastating situation, on the other hand, a preoccupied carer who has been hijacked by anxiety may unwittingly create a kind of tense home atmosphere that makes the job so much harder for the carer as well as for the caree. Mindfulness gives us a way of waking up to the beauty in our everyday life, taking pleasure from our daily activities, and in turn developing a more relaxed and open attitude that will be more conducive to being an effective, motivated, and inspired carer. Simply put mindfulness is being mindful, aware of...

Mindfulness is a wonderful way of training yourself to come back to the present moment, as it is now, in all its fullness. Your worries, concerns, preoccupations, and anxieties about your loved one may still be there, but a simple mindfulness technique like bringing your awareness continually (despite your worries) back to this in-breath and this out-breath, may stop all these unruly feelings spiraling out of control. So there is no need to push away your anxious feelings (or angry, frustrated feelings), you simply notice them and acknowledge them, and at the same time you choose to mindfully focus on something else; like the breath, or sounds that you can hear around you, an everyday activity like mindfully walking, or making a cup of tea.

Mindfulness training usually includes both formal practices that you commit to practicing regularly, and informal practices that can easily be woven into the fabric of your everyday life. Many of the skills that we cultivate in mindfulness practice are the same skills that help us to become an effective and compassionate carer. These skills include: open mindedness, being non-judgemental, learning to listen well, seeking out the positive, non-avoidance of difficult thoughts and feelings, gentle persistence, hope, optimism, kindness, compassion, being present to our life as it is now, acceptance, and living and acting according to our deepest held values. Mindfulness practice can be a great support and anchor and can help you to navigate the stormy waters of caring for someone in a more skilful and joyful way. A very simple mindfulness meditation to do at any moment no matter what you are doing is to shift your focus on the breath and repeat the following phrase in your head:

Breathing in, I calm my body and mind
Breathing out, I smile

You don't have to do this for a long time. Sometimes all it takes is a few minutes and you feel yourself grow calmer and stronger. Try it!

Source and more information: www.yogaforcarers.com

For a free meditation visit: breathworks-mindfulness.org.uk/radionz

CARERS' MEETINGS 2014

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.

1 April—Grief & Loss Workshop.

6 May—Painting.

MILTON CARERS GROUP

Coffee Mornings or Afternoon Teas. We will surprise you but don't worry, we will give you plenty of notice by telephone of the date and time. Please take note of Balclutha group times.

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.

10 April—Easter Pot-luck Afternoon Tea and Noeline Te Raki-Hill will talk about teddy bear making.

8 May—Antiques Roadshow: bring one or two items and find out if it is a treasure.

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the 2nd Tuesday of March, April, May and September, October, November, at 2 pm, in the Weston Community Church. No group in June, July and August.

8 April—Easter Facts & Fiction and Pot-luck Afternoon Tea.

13 May—Speaker: David Wilson, Oamaru's Victorian Penny-farthing man.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm on the first Thursday of March, April, May and September, October, November in the new Community House in Alexandra. No Group in June, July and August.

3 April—Easter Facts & Fiction and Pot-luck Afternoon Tea.

1 May—Grief & Loss Workshop.

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—22 April: 10am Café @ Main Block Wakari Hospital then walk in Wakari Park.

27 May: 10am Café No 7 Balmac, 7 Balmacewen Rd. then walk in Ross Creek.

MOSGIEL—18 April: due to it being Good Friday there will be no walk this month.

16 May: 10am in the foyer of the Mosgiel Public Library, Hartstonge Avenue.

JENNIE CLEGG LIBRARY NEWS

It's that time of year again when we do a stock-take of our library. Apart from books that are overdue we have some books that have gone missing from our shelves!

If you come to our lounge and you want to take a book out please fill out the card in the back of the book with your name including your surname, phone number and the date. Then put the card in the little silver box marked "Library Cards" on one of the shelves. The loan period is 3 months and we will contact you if you have books overdue.

The use of the library is for members only.

If you return a book even if you just had a read in the lounge please do not put it back on the shelf but leave it in the box marked "Library Books Returned". That way we can shelve it correctly.

Here is the list of books missing from the library:

STRESS AND DISTRESS by Margit Brew

LIVING SUCCESSFULLY WITH STRESS by The Consumer's Institute of New Zealand

THE COMPANY OF OTHERS: STORIES OF BELONGING by Sandra Shields and David Campion

COPING WITH DEMENTIA by The Scottish Health Education Group

ALZHEIMER'S; A PRACTICAL GUIDE FOR CARERS by Frena Gray-Davidson

COMING TO GRIEF by Pam Heaney

SEEKING COMMUNITY by Standards Plus

DEVELOPMENTAL DISABILITY by Mary Theodore Hegeman

CARE OF THE ELDERLY a Video by Healthcare Otago

CATCHING DUST IN MID-AIR (SONGS) a Tape

Have you seen any of these? Just pop it back in the return box. Thank you!

NEWS FOR OUR CARERS' GROUP MEETINGS:

Now that the year is underway please note that we will not be doing a ring around anymore for the carers' meetings or the walking groups. If there are changes, cancellations or special events we will ring. The best thing to do is put the dates that you want to attend in your diary or on your calendar. All group dates are on page 2 of the newsletter and published on Facebook. Of course you can ring us at any time if you have a question about the dates. Also note you are always free to come to any of our meetings. It doesn't have to be the group in your area. Walkers are free to come to both walking groups if they want to.

Any questions? Ring us on 471 6204

TIDBITS OF INFORMATION

Are you a Holder of a Mobility Parking Permit and use Moana Pool?

If you said yes then you will be pleased to know that if the two accessible parks are in use at the front of Moana Pool you are allowed to park in the 'P5' spots, to a maximum of 2 hours, providing that the Mobility Permit is correctly displayed in accordance with the conditions of issue.

These include:

1. Display your permit clearly

Your permit must be displayed on the dashboard, with the details clearly visible from the outside of the vehicle.

2. Ensure your permit is valid

3. Your permit can only be used by you

The permit is issued to you. Your permit cannot be used by another person.

4. Only use your permit if you need to get in or out of the vehicle. If you, the permit holder, are staying in the vehicle, you must park in a standard parking space (not a designated mobility parking space), and the permit cannot be displayed.

Also to ensure turnover of the parks the maximum period that you are allowed to use the accessible car parks is now 2 hours.

The Pool management and the Dunedin City Council (DCC) Parking Infringement department have agreed that a vehicle correctly displaying a Mobility Parking Permit can park on a 'P 5' space, for a maximum of 2 hours, while using the pool and not receive a ticket.

Please note that the 2hour maximum stay on the P5 relates to Moana Pool parks only!!

Should you have any questions concerning this please contact the DCC on (03) 477 4000.

Source: DIS fortnightly newsletter.

Any Questions about Funded Family Care? Get in touch with Funding Advisory & Support Services

Information about FASS can be found by going to www.fass.org.nz, emailing info@fass.org.nz or calling 0800 45 66 55

Information on the FFC can be found on the Ministry of Health's website at <http://www.health.govt.nz/our-work/disability-services/payment-family-carers>.

If you have any questions please contact Rob or Marguerite on info@fass.org.nz.

Otematata Cottage

Please do not forget the offer of staying in this lovely cottage available to carers either on your own, with family, friends with or without your caree. Sleeps 11.

You are sure of a break in peaceful surroundings.

Rent is minimal.

Contact Susan or Anneloes 471 6204 for bookings.



RECIPES and COOKING TIPS

AUTUMN FARE

Mushroom and Sorrel Soup:

In a heavy bottomed pan fry an onion and a clove of smashed garlic until soft in a tablespoon of butter. Add 250 grams of roughly cut up mushrooms and stir until nicely browned. In a separate jug empty 2 sachets of Maggi Mushroom Soup for a cup and add 1 litre of boiling water. Add the mixture to the mushrooms. Just before serving add finely chopped sorrel or spinach. You can also add some tiny meatballs from some leftover mince. Crumble some cheese, any cheese you like in a bowl and a drop of cream or milk and pour over the piping hot soup.

Mushroom and hot smoked salmon frittata:

Boil a couple of large potatoes until just tender. When cold slice and fry in heavy based oven proof pan until golden brown. Put any leftover cooked vegetables on top and some cooked, ham or other leftover meat. Whip 6 eggs and pour the mixture into the pan and shake the pan to distribute. When the bottom half is set grate some cheese over the still wet top and put the pan under the grill to set and to colour a nice golden brown. Serve with a salad or crusty bread and any sauce (aioli or sweet chilli sauce recommended!).

The next two recipes were sent in by one of the members of our Dunedin Walking Group:

Beetroot Salad

Halve the contents of a large tin of baby beetroot. Mix in a 125 g tub of sour cream and mix together. Add some finely cut spring onions.

Broccoli Salad

Cut and/ or break 1 large head or 2 small heads of broccoli and put into a salad bowl. Add a small red onion, finely chopped, cooked bacon or ham and half a cup of raisins. Make a mayonnaise dressing by mixing in some sugar and white vinegar to your favourite mayonnaise and mix through the vegetables. Chill overnight or for at least 3 hours.

We had an interesting citrus slice at Lolas Café in Milton and it reminded me of a dessert I used to make a lot and is very easy to make:

Jo Seagar's "Puddy Bake"

Mix the following ingredients in a blender until smooth: a Tbs of grated lemon and orange rind, 100 ml fresh lemon/orange juice, 1 Cup caster sugar, 4 beaten eggs, 1 Cup desiccated coconut, 125 g softened butter, 1 Cup cream, 1/2 Cup coconut cream, 1/2 Cup flour. Pour into a round quiche pan/ cake tin sprayed with non stick baking spray. Bake in a preheated oven on 180 degrees for 45 minutes. If the surface gets too brown cover with some tinfoil. Cool in the tin and refrigerate. Dust with icing sugar and serve with softly whipped cream and fresh berries.





Smile A While



This is one of my favourite poems. Would you believe that there is a Red Hat club in Dunedin? I see them sometimes out and about in a café having cream cakes, all dressed in purple and with their red hats. How cool is that?

You could start your own red hat group with your friends!

**When I am an old woman I shall wear purple
With a red hat that doesn't go, and doesn't suit me,
And I shall spend my pension
on brandy and summer gloves
And satin sandals,
and say we've no money for butter.
I shall sit down on the pavement when I am tired,
And gobble up samples in shops and press alarm bells,
And run my stick along the public railings,
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens,
And learn to spit.
You can wear terrible shirts and grow more fat,
And eat three pounds of sausages at a go,
Or only bread and pickle for a week,
And hoard pens and pencils and beer mats
and things in boxes.
But now we must have clothes that keep us dry,
And pay our rent and not swear in the street,
And set a good example for the children.
We will have friends to dinner and read the papers.
But maybe I ought to practise a little now?
So people who know me
are not too shocked and surprised,
When suddenly I am old
and start to wear purple!**

Jenny Joseph

LIVING WITH AN INVISIBLE NEUROLOGICAL CONDITION

We have had a request by a Masters student in Psychology to find participants for a neurological study. If you are over 18 years old and a parent, living with a current spouse or partner and had a head injury at least 12 months ago and are still experiencing difficulties which are not obvious to a casual observer or if you have always found it very difficult to recognise people from their faces and have no other serious health concerns Anna Barham would like to hear from you. You can contact her by email anna.barham@postgrad.otago.ac.nz or by phone: 027 475 3069 (text messages are fine).

The New Zealand Carers' Strategy Action Plan for 2014 to 2018

We have a new Action Plan. The old one, launched in 2008, transpired in 2013 and we were very happy to see that the Minister for Senior Citizens, Jo Goodhew, launched this new one earlier this year. As a result of the first Action Plan the Ministry of Social Development published A Guide for Carers. The Action Plan has 5 objectives.

- 1 Enable whanau, aiga, family and carers to take a break
- 2 Protect the health and wellbeing of whanau, aiga, family and carers.
- 3 Provide information whanau, aiga, family and carers need.
- 4 Improve pathways to paid employment for carers and support for whanau, aiga, carers and family to balance their work, life and caring roles.
- 5 Increase awareness and understanding of the carer's role.

We will be bringing the new Strategy to the meetings. If you want one earlier call us and we will send one out to you.

FROM CARERS NEW ZEALAND

MyCare: Find the help you need, or offer your own services!

MyCare is a new online service for Kiwis who want to connect with people and organisations offering all kinds of different support. These supports could include personal support, respite or residential support, companionship and outings, help with your house/garden or meal preparation. The site will link people with potential clients, and provide great planning tools and resources. If you provide care, or need some extra assistance, please go to www.mycare.co.nz and register your interest.

GRADUATE CARERS

In 2012 Carers' Society Otago published a booklet in the series "What you need to know about..." called Life after Caring: a Guide to Supports and Services in Otago for Graduate Carers.

This booklet deals with the issues carers face after the person they cared for has died. The information is grouped in five chapters: Emotional Well-being, Physical Well-being, Friends and Fun, Education and Employment, and Financial Supports.

If you would like a copy of the booklet give us a ring and we will send it out to you. You will know when you are ready to have a look at it.



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
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Dunedin**

Our mission is to ensure that every family carer is recognized and supported.

Carers' Society Otago gratefully acknowledges the support of:

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

