

NEWSLETTER

OCTOBER/NOVEMBER 2014

Carers' Society Otago
Community House
301 Moray Place
Dunedin 9054
03 4716204

carerssociety@pcconnect.co.nz
www.carersotago.org.nz

Susan says:

Carers, we often say to you, trust yourselves.

You have the answers. You may not realize it, but you do.

It may be a matter of thinking of things in a different way and some of you may struggle with that.

It may be a matter of breaking it all down into smaller components that are easier to deal with.

It may be a matter of prioritising or making a timeline.

Some of you may not be good at any or all of these.

Carers' Society Otago Community Workers can help you.

These mechanical tools are easy to learn.

However they may be hard to practice, when they are clouded by the emotional, physical, mental, and spiritual impact and stresses of the caring role.

There are other dynamics to consider.

Relationships with other people and the commitments they demand.

The carer's own health and feeling of well being.

How is the caring role supported?

Does the carer have all the information to make decisions and keep themselves safe?

You may be coming from a dark place, have no energy, be daunted by paperwork, or the demands of the caring role. It is the function of Carers' Society Otago to help you, the carer, with all of the above. Please give us a ring and we can arrange an appointment to help you sort it all out.

With regard to the recent decision by the Ministry of Health to end our contract with them, Carers' Society Otago must also listen to its own voice.

We must trust ourselves that we can make the right decisions, based on the best information available.

The core business must carry on. But the fire must be fought on several fronts.

We have challenged the Ministry's decision and at the same time we await the new Nationwide contract to appear online so we can see what it looks like. We have elicited support from politicians, local NGO's and individual supporters. At the same time we are seeking new funders but at the same time face the reality of some cuts.

Whatever we decide we thank you for all the messages of support from our carer members and our fellow organisations in Otago and we want to assure carers that we will continue our support of you and your role to the very best of our ability.

We have just had our AGM with five new members on the Governance Committee. I would like to congratulate the new Committee members and thank outgoing Committee members for their support and encouragement throughout the years. Please see the list of the new committee inside.

Cheers and take care.....Susan

CARERS' MEETINGS 2014

SOUTH OTAGO CARERS' MEETINGS

Meetings are held on the first Tuesday of every month at 7 pm in the Brian Dodds Room of Clutha Health First.

7 October @ 7pm – Plants, seedlings or seed exchange.

4 November @ 7pm – The final meeting of the year and I'm sure it is your first Christmas event for the year. Venue to be discussed at October meeting.

MILTON CARERS' GROUP

You are cordially invited to the Christmas meal on the 4th of November with the Balclutha group.

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.

9 October – The speaker is Stephen Necklen, Hospital Chaplain.

13 November – Pot Luck Christmas Party please RSVP 471 6204.

NORTH OTAGO CARERS' MEETINGS

Meetings are held on the **2nd Tuesday** of the month in the Weston Community Church.

14 October – Plant, seedlings, seed exchange.

11 November – Christmas lunch. Venue to be discussed at the October meeting.

CENTRAL OTAGO CARERS' MEETINGS

Meetings are held at 2pm on the first Thursday of the month in Alexandra.

2 October - Plant, seedlings, seed exchange.

6 November – Christmas afternoon tea. Venue to be discussed at the October meeting.

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 The walk starts with a coffee at 10 am. Latecomers can get a coffee to go. All carers welcome.

DUNEDIN – 28 October – Croque-o-dile at the Botanic Gardens

25 November – Salt Water Cafe at the Salt Water Pool

**MOSGIEL – This group meets at 10am in the foyer of the Mosgiel Public Library.
17 October and 21 November**

NEWS FROM THE JENNIE CLEGG LIBRARY

Our Library now has 290 books, videos, DVDs, CDs and Tapes. It is a self service Library located in the Carers' Lounge, Community House, 301 Moray Pl, Dunedin. The Carers' Lounge is open whenever the building is open so please feel free to drop in, browse, and take out a book. We will call you when you have had the book out for three months.

If you want a copy of our complete library list please call us on 03 4716204.

MAILING SERVICE

If you have chosen the book you want from our list we can mail it to you and enclose a return mail bag. We know it is often difficult for you to get books out or return them, even in Dunedin. Please take advantage of this service.

NEW BOOKS IN OUR LIBRARY

Being a Doctor – Doctors are carers and suffer the same stresses in an imperfect scientific world. They do not have all the answers and must focus on self care as well. This book is written by Hamish Wilson and Wayne Cunningham and is found in the Miscellaneous section

Elder Abuse: The Hidden Crime published by the Advocacy Centre for the Elderly, Ontario. This book is found in the Aging and Elder Care section.

Dying: A NZ Guide – This is a practical guide by Sue Wood and Peter Fox and is found in the Dying, Death and Grief section

Missing voices – Views of Older People on Elder Abuse published by the World Health Organization. This book is found in the Aging and Elder Care section.

Carers' Ideas

Carers, you have come up with some very generous offers of help during our times of financial insecurity.

You have said that you are happy to pay for your own coffees at the Walking Groups.

You have also said you could bring a plate to meetings.

These are very generous offers and we want to thank you very much. We will let you know.

What you have indicated, carers, is that you appreciate our help and support and that you want to give back. If you have any more suggestions on how we can save or make money please let us know.

WHEELCHAIRS

We often have wheelchairs available for long or short term loan. These are lightweight and fold up to fit in the boot of a car. They are ideal for carers and are not the self propelling kind. If you need one, book a time to come a pick one up. All you need is a \$30 deposit and the time to have a brief lesson on how to use the wheelchair safely.

Carers' Society Otago Annual General Meeting

Carers' Society AGM was held on Thursday 14 August 2014. There was a good turnout of members and, as usual, there were annual reports from the Chairperson, the Treasurer and the Community Workers.

The Chairperson is currently overseas so the meeting was chaired by our Treasurer, Steve Hydes. The report from the Chair was read by Susan Easterbrook. Steve gave the Treasurer's report and presented a draft copy of the Annual Accounts which showed that in the last financial year we made a profit of \$9. The Community Workers Report was read by Anneloes de Groot.

The keynote speaker, Rob Tigear, spoke about the changes afoot in the social service sector and the compliance demands as a result. Rob has a background in community development in Scotland and soon acclimatized himself to the New Zealand and particularly the Otago scene. He showed what our organization looked like against an backdrop of 40% of social service agencies going broke, leaving the area, or downsizing and he gave encouraging suggestions for the future.

Clare Curran, MP for Dunedin South, spoke to the group about how she is supporting our challenge to the Ministry of Health regarding funding cuts. A motion from the floor was made to authorize her to ask for more information, including via the Official Information Act.

We then voted for ten of the twelve people nominated onto the Governance Committee.

The Governance Committee for the 2014-2015 year is as follows:

Co-Chair: Anne Marie Parsons and Alyson Manning

Secretary: David Horne

Treasurer: Steve Hydes

Members: Chris Bain, Angela Carian, Dave Cox, Andrew Henderson, Sharon McGimpsey Maryse Stanton, and Nicola Swain.

The meeting ended, followed by afternoon tea. Many thanks to retiring members of the committee for all their support and encouragement.

The Otematata Cottage is now open for carers' bookings for September through the summer.

**Contact Susan or Anneloes
(03) 471 6204**



JOKES

If you don't place first, remember it's the second mouse that gets the cheese!

Q: How many successful parachute jumps must a paratrooper make before he graduates?

A: All of them!!!

Doing nothing is very hard to do.....you never know when you're finished.

A farmer walked into an attorney's office wanting to file for a divorce. The attorney asked, "May I help you?"

The farmer said, "Yea, I want to get one of those dayvorcees."

The attorney said, "Well, do you have any grounds?"

The farmer said, "Yea, I got about 140 acres."

The attorney said, "No, you don't understand, do you have a case?"

The farmer said, "No, I don't have a Case, but I have a John Deere."

The attorney said, "No, you don't understand. I mean do you have a grudge?"

The farmer said, "Yea, I got a grudge. That's where I park my John Deere."

The attorney said, "No sir, I mean do you have a suit?"

The farmer said, "Yes sir, I got a suit. I wear it to church on Sundays."

The exasperated attorney said, "Well, sir, does your wife beat you up or anything?"

The farmer said, "No sir, we both get up about 4:30."

Finally, the attorney says, "Okay, let me put it this way. WHY DO YOU WANT A DIVORCE?"

And the farmer says, "Well, I can never have a meaningful conversation with her."

After the Baptism of his baby brother in church, little Denis sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, Denis replied, 'That priest said he wanted us brought up in a Christian home, but I want to stay with you guys.'

Bill: Where did you get that gold watch Joe?

Joe: I won it in a race.

Bill: How many people participated in it?

Joe: Three, a policeman, the owner of the watch, and me!!

Golfer: "Do you think I can get there with a 5 iron?"

Caddy: "Eventually."

CAN YOU HELP US?

At this time of year Carers' Society Otago makes a request for donations. All the services provided by Carers' Society Otago are free of charge but we always appreciate donations from anyone who feels they are able to contribute.

Our Ministry of Health contract ends in March 2015. This means that we will have to seek out new funders for 40% of our operating budget in order to continue to provide our Otago wide service as we do. This is a tall order.

Our ultimate aim is to ensure that every carer in Otago is recognized and supported and to date Carers' Society Otago has come a long way in achieving this goal.

We are an incorporated, not for profit organization with charitable status and you will receive a tax deduction for any donation over \$5.

Donations may be posted, delivered to the office, or brought to a meeting.

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

Many thanks for your support.

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**To: Carers' Society Otago
Community House
301 Moray Pl
Dunedin 9016**

Please accept my donation of \$.....cash/cheque

From:

Name:.....

Address:.....

CARER'S WEEK

OCTOBER 13-19

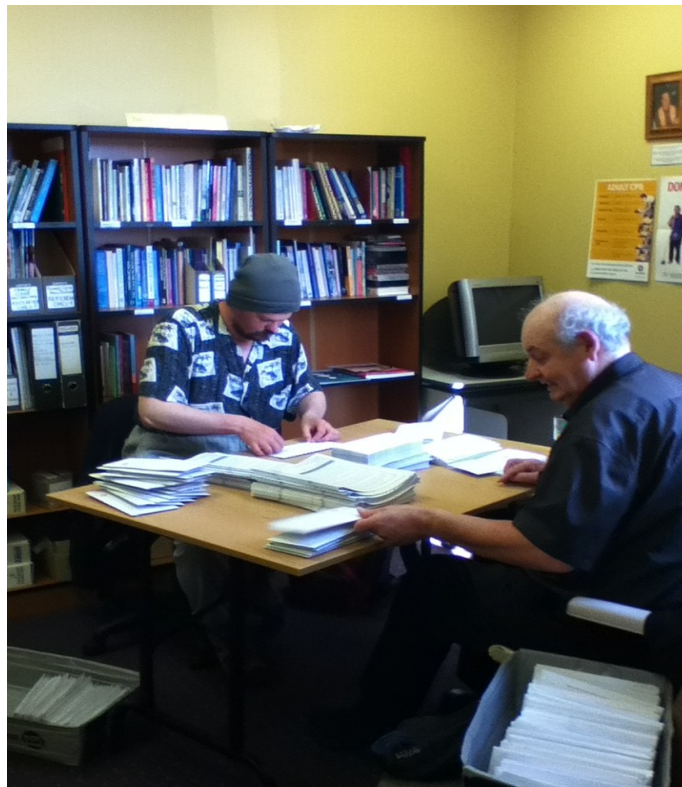


SUPPORTING FAMILY CARERS

Carers' Society Otago
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The Mission of Carers' Society Otago is to ensure that every family carer is recognized and supported.



Some of our fabulous Volunteers help with the Newsletter mailout

Do join us in the Carers' Lounge for a cuppa or a chat, a bit of quiet time,
or to explore our Information Zone and Jennie Clegg Lending Library

Up the stairs or take the elevator

Community House

301 Moray Pl

Dunedin

Some of the wonderful support we receive throughout the year is from:

Presbyterian Support Otago, Ministry of Health, New Zealand Lottery Grant Board

COGS, Dunedin Casino, University of Otago, Otago Polytechnic, Poppa's Pizza

William Downie Stewart Charitable Trust, Lion Foundation, Community House

Dunedin City Council, Otago Community Trust, ACE Shacklock Charitable Trust

Bendigo Valley Sports & Charity Foundation, Carers' Donations

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