



# NEWSLETTER

**APRIL/MAY 2017**

**Carers' Society Otago  
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**CC 32766**

## **Hello Carers,**

What a lot of political hulabaloo coming out of the U.S.A. Makes us think we are so lucky in good ol' NZ.

But are we?

Just because we haven't elected a Trump like leader yet doesn't mean we can be complacent about our rights. Are we even aware of our rights in this democracy?

Do we have a right to healthcare or, with rising unemployment, will that be just too much of a social and financial burden for governments to come?

Are we aware of our current rights within the healthcare process?

For example the Health and Disability Code of Consumer rights is displayed, or ought to be, everywhere a health service is given. This means dental services, health food shops, alternative health practitioners, physiotherapists.

But is this a poster we just glance at? Do me a favour, next time you are waiting to be seen by a health worker. Please read the red poster with the green fern leaf. It outlines all the rights you have when receiving a health service and how to make a complaint when one of your rights is not complied with. If you do make a complaint you are not seen as a whinging complainer. On the contrary, you are helping to make the health service better for everyone.

And please in this election year research the platforms of the political parties and please do vote. Your vote counts.

## **SOUTH AUSTRALIA CARERS CHARTER**

These principles ought to be adopted world wide.

- Carers have choices within their caring role.
- Carers' health and well-being are critical to the community.
- Carers play a critical role in maintaining the fabric of society.
- Service providers work in partnership with carers.
- Carers in all specific communities need specific consideration.
- All children and young people have the right to enjoy life and reach their potential.
- Resources are available to provide timely, appropriate and adequate assistance to carers.

## **THE PHOTO PROJECT**

We forgot to tell you about the Photo Project for Carers at the last Dunedin meeting. Carers, please take a photo of what caring means to you. It could be a walk on the beach, a picture of a book, something else you do in down time. Or it could be of a hands on caring situation, a photo of equipment, a wheelchair, a shower chair, a reaching stick. Please send these photos to us by the end of July at

**[carerssociety@pconnect.co.nz](mailto:carerssociety@pconnect.co.nz)**

We intend to print the photos, mount them on a board and display them at Carers' Week in October.

TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK TAKE A BREAK

## **CARERS' MEETINGS 2017**

### **SOUTH OTAGO CARERS' MEETINGS**

Meetings are held on the **1<sup>st</sup> Tuesday of every ALTERNATE MONTH at 6:30 pm** in the Brian Dodds Room of Clutha Health First starting in **MARCH**.

**2 May** - We are having a Gary Ross presentation.

### **MILTON CARERS' GROUP**

**All Milton carers are welcome to attend the Balclutha meetings. If you would like to be picked up please ring the office on 03 471 6204.**

### **NORTH OTAGO CARERS' GROUP**

Meetings are held on the **2nd Tuesday of the months of February, April, September, and November at 2 pm** in the Weston Community Church.

**11 April** - Dave McFarlane is coming to talk to us about the Yellow Eyed Penguin Trust.

### **CENTRAL OTAGO CARERS' GROUP**

Meetings are held at **2pm** on the **1<sup>st</sup> Thursday of the months of February, April, September and November** in the Alexandra Community House.

**6 April** - We are having a social catchup and talk about the Carers' Week Photo Project.

### **DUNEDIN CARERS' MEETINGS**

Meetings are held every month on the **2<sup>nd</sup> Thursday of the month** beginning in **MARCH** at 1:30 pm in the Alexander McMillan Room, Community House, 301 Moray Place.

**13 April** - Easter Bonnet and afternoon tea and raffle.

**11 May** - We are having a social meeting and Clinic day.

### **WALKING GROUP**

We meet on the **4<sup>th</sup> Tuesday of every alternate month**. The walk usually starts with a coffee at 10am. Latecomers can get a coffee to go. All carers welcome. We would like to suggest that walkers meet informally in the intervening months. Please check with the latest Newsletter for the meeting place.

**23 May - At 10 am** we meet at Agnes Cafe on the main street in Green Island for a coffee, then a walk. We may go to the Tip Shop if walkers are keen.

### **YOUNG CARERS' GROUP**

Meetings are held on the **3<sup>rd</sup> Thursday of the month, 5:30 – 7pm**. Contact Susan or Anneloes for more information or transport 471 6204. Young Carers will be sent a monthly Newsletter advising of the dates and activities.

### **Carers' Cottage**

As you know we no longer have access to the cottage in Otematata. However a kind reader alerted us to this information. Did you know that CCS Disability Action has houses in Tekapo, Christchurch and Queenstown for rental for families? They just need to be members of CCS Disability Action. The charge for the houses is very reasonable.

<http://www.ccsdisabilityaction.org.nz/regions/southern/mobility-awareness-and-holiday-home-services>

### **Jennie Clegg Library**

#### **WE HAVE BOOKS ON THE FOLLOWING TOPICS:**

Self Care for the Carer, Aged Care, Mental Health, Caring for Specific Conditions and Illnesses, Caring in General, Young Carers, Cookbooks, Socio-Political Issues, Audio Visual Material, Dying and Grief, and a big Miscellaneous section.

If you would like a copy of our library list, please call us. If you would like a book sent to you, we can do that too.

### **Carers' Week Photo Project**

I hope you remember our new Photo Project. Please take a photo of what caring means to you and send it to us at [carerssociety@pcconnect.co.nz](mailto:carerssociety@pcconnect.co.nz) or if you want to bring a photo in we can scan it and print it. These will be an important part of our display for Carers' Week in October.

### **Your Stories**

We would love to hear from you. Just like regular magazines we would like to receive your letters and contributions for our Newsletters. We will choose a winning letter each time to receive a small prize. It can be a comment, an adventure, a gripe. Anything goes! Please get your contribution in before the 15th of May, in time for the next Newsletter. You send your email to [carerssociety@pcconnect.co.nz](mailto:carerssociety@pcconnect.co.nz) or send by mail to Community House, 283/301 Moray Place, Dunedin 9016.

### **Carers Self Walks**

As you all know our cut backs have forced us to limit the combined Dunedin/Mosgiel walking group from 10 walks to 5 in February, May, July, September and November. Carers have told us they would like to get together more frequently for walks but find it difficult to organize.

We recognize how good it is mentally, physically and emotionally for carers to get together and have a walk.

Starting this year we will hand out a prepared walk for 3 of the intervening months, in March, June and October. You will get the date, venue and the time for a coffee and a walk to follow.

## **Lumino Day    Book your appointment!    Saturday 6th May**

**carers.net will send you details of your local participating Lumino dentist and confirm your free treatment. Send the following details to register your interest to:                    [supportteam@carers.net.nz](mailto:supportteam@carers.net.nz)**

**I would like to register my interest in booking a free dental appointment for Lumino Day on 6th May 2017. Please give your name, location, post code and who caring for to the above address.**

## JOKES & OTHER INTERESTING THINGS



CLEARING A PATH  
FOR PEOPLE WITH SPECIAL NEEDS  
CLEARS THE PATH FOR EVERYONE!



**THIS TRAIN IS LIFE SIZE AND MADE ENTIRELY OF  
CHOCOLATE!**



## **MORE JOKES**

**It could happen to anyone.**

**While on a road trip, an elderly couple stopped at a roadside restaurant for lunch. After finishing their meal, they left the restaurant, and resumed their trip .**

**When leaving, the elderly woman unknowingly left her glasses on the table, and she didn't miss them until they had been driving for about forty minutes.**

**By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turnaround, in order to return to the restaurant to retrieve her glasses.**

**All the way back, the elderly husband became the classic grumpy old man. He fussed and complained, and scolded his wife relentlessly during the entire return drive.**

**The more he chided her, the more agitated he became.**

**He just wouldn't let up for a single minute.**

**To her relief, they finally arrived at the restaurant.**

**As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her,**

**While you're in there, you might as well get my hat and the credit card.**

**I changed my iPod's name to Titanic. It's syncing now.**

**Jokes about German sausage are the wurst.**

**I know a guy who's addicted to brake fluid, but he says he can stop any time.**

**I stayed up all night to see where the sun went, and then it dawned on me.**

**This girl said she recognized me from the vegetarian club, but I'd never met herbivore.**

**I did a theatrical performance about puns. It was a play on words.**

**Why were the Indians here first? They had reservations.**

**Broken pencils are pointless.**

**What do you call a dinosaur with an extensive vocabulary? A thesaurus.**

**I dropped out of communism class because of lousy Marx.**

**All the toilets in New York 's police stations have been stolen. The police have nothing to go on.**

**I got a job at a bakery because I kneaded dough.**

**Velcro - what a rip off!**

**Don't worry about old age; it doesn't last.**

# RECIPES

## SAUSAGE AND KUMARA SLICE

### **Ingredients**

500 g sausage meat  
1 onion, chopped  
2 medium sized kumara, grated (500g)  
1 apple, grated  
1 cup tasty cheese, grated  
4 eggs, beaten  
freshly ground pepper

### **Method**

With wet hands line a 23 cm diameter quiche dish with the sausage meat.  
Place the onion, kumara, apple, cheese and beaten eggs in a bowl and mix well.  
Pour the mixture into the sausage meat case and gently press down.  
Sprinkle with pepper and bake at 180 degrees for 40 - 45 minutes until golden brown and set in the middle.

Serves 4. This recipe is from the Caring for Carers, Christchurch, Newsletter with thanks.

### **And for dessert.....**

## BERRY CHERRY CRUMBLE

**I have never succeeded in making the perfect crumble so here goes.....**

### **Ingredients**

250 g strawberries  
200 g blueberries  
1x425g can pitted black cherries  
1/2 teaspoon cornflour  
1 Tbsp icing sugar

### **Topping**

90 g butter  
1/4 cup golden syrup  
2 cups rolled oats

### **Method**

Preheat oven to 180 degrees.  
Strain cherries and reserve the juice.  
Halve the strawberries and place in an overproof dish with the blueberries and cherries. Mix well.  
Blend cornflour with reserved cherry juice until smooth.  
Pour over fruit.  
Sprinkle on sifted icing sugar and set aside.  
To prepare topping, melt butter and golden syrup in a small pan over low heat.  
Remove from heat and stir in rolled oats until combined.  
Spoon oat mixture over the berries.  
Bake crumble for 15 minutes or until topping is golden and crunchy.  
Serve hot, with French Vanilla ice cream, please.

Serves 6. This recipe courtesy of 'A Good Harvest'. It's in our library. Many thanks.

## **To Coerce or not to Coerce**

This has always been an issue in Mental Health since the beginning of the rights movement. Do we respect the rights of a client to refuse a much needed health service or does a client saying "No" to a support being offered become an easy way out for the provider to do nothing.

Here is an excerpt from an article in Enigma a newsletter of News and Views on Mental Health.

The Mental Health Act is currently being looked at by the Ministry of Health in relation to human rights.

The rates of people under a Community Compulsory Treatment order have been rising. The key question is "Does coercion produce better outcomes?"

Many would argue it does not. The Ministry of Health stated, "A review of the most recent international literature concluded that the scientific evidence for community treatment orders is weak at best (Heun et al 2016)."

What then are the alternatives? Maybe a system that is more hope than fear based? A discussion we all need to have.

From the perspective of carers' issues, often the caree will refuse to go into care for respite. It is entirely within the caree's rights to refuse. However this then places an incredible burden on the family carer.

Carers need regular breaks from caring, it's how they function well and safely and in fact survive. Can you imagine working at a job 24/7 for years with no holiday? Yet if the caree refuses to go into respite care it is the family carer who suffers.

From the caree's perspective there are valid reasons to refuse respite. If the caree enters a care facility will they ever get out again? Is this just a trick to get the caree into full time care?

What will happen in respite? Often it is fear of the unknown that prompts the refusal.

But in the end it is the family/whanau carer that pays the price.

## **SAFE HANDS, SAFE PLANS WORKSHOP**

**DATE: MONDAY 10 APRIL, 2017**

**TIME: 9AM – 4PM**

**VENUE: Queenstown Lakes Event Centre,  
Joe O'Connell Drive,**

**FRANKTON**

In this workshop, you will receive up-to-date information about rural suicide risk; learn to use evidenced based tools to screen for depression and suicide risk; and develop your skills and confidence in working within your own rural community to provide care for people who are experiencing mental distress, crisis, or may be at risk of suicide.

The workshop will be facilitated by Dr Annette Beutrais, suicide prevention researcher with over 35 years' experience in this area and Dr Martin London, a rural GP, and Medical Director for RHĀNZ.

Ministry of Health contracted RHĀNZ to develop a full day workshop specifically for rural health and social service professionals

**Contact: Marie.Roxburgh@southerndhb.govt.nz**

## **UNIVERSITY OF OTAGO PSYCHOLOGY DEPARTMENTAL SEMINAR**

**The Survivor to Thrive (S2T) collaborative strengths-based group intervention: Enabling posttraumatic growth outcomes in women survivors of childhood sexual abuse presented by**

**Dr Hayley Walker-Williams and Professor Ansie Fouché North-West  
University, Vanderbijlpark Campus, South Africa ALL WELCOME  
Monday 3 April at 12 noon William James Seminar Room**

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



**HERE WE ARE AT A HEALTH EXPO IN MILTON**

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

**If you would like to make a direct donation to Carers' Society Otago our Bank Account details are as follows: Westpac 03 0903 0415768 00**

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

New Zealand Lottery Grant Board, COGS, Presbyterian Support Otago, Dunedin Casino  
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