



Carers' Society Otago
Community House
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Hello Carers,

Please Note our new email address above

I hope everyone survived the Christmas rush and festivities and enjoyed the nice settled aftermath of the New Year's celebrations. I am writing this at the end of November in the most glorious summer-ish weather for gardening and beaching, with predictions of a long hot summer. I'm currently planning all of the speakers for 2018. It is difficult for some speakers to make commitments that far in advance. Some people prefer to play it by ear.

Some carers feel they cannot make plans because the plans are often disrupted by their caree's needs and wants. The carer often gives up at the first hurdle, the plan goes out the window and more stress ensues.

However making plans can give stability and can be the saving of a carer's life. Developing great habits in **plan making** makes it less stressful and easier the next time.

Some of the steps to avoid stress are usually listed as:

1. Make your health a priority.
2. Make time for leisure.
3. Be good to yourself.
4. Learn about resources.
5. Accept help.
6. Plan ahead.
7. Develop contingency plans.

So to follow those rules let's give the example of a carer who might want to plan a weekend break from caring duties. Taking a weekend break is a great example and ticks off 1, 2, and 3.

Ok now to numbers 4 and 5. What resources are available and what help can you accept to enable your break?

You could explore options that fulfil the need such as:

- Respite for the caree in a rest home or other facility. Find out how and where can this happen?
- Carer Support payments to a professional nurse, caregiver, friend or neighbour depending on the need. How are these payments accessed?
- Is there a relative your caree could stay with?
- Is there a Volunteer agency that could help?
- Are there friends who initially asked if there is anything they can do? Keep a list and call on them.

And now 6. Break everything down into little steps and write down a plan.

And 7. Every plan needs a backup plan and where carees are concerned sometimes 2 or 3 backup plans are necessary.

Carers, don't give up, we can help you plan. One you have established the method, the rest follows and it gets easier each time.

All the best, Susan

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

CARERS' MEETINGS 2018

SOUTH OTAGO CARERS' MEETINGS

Meetings are **NOW** held on the **1st Tuesday of every ALTERNATE MONTH at 6:30 pm** in the Brian Dodds Room of Clutha Health First.

February – No meeting this month.

6 March – It's all about Chocolate.

NORTH OTAGO CARERS' GROUP

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

13 February – Another Valentine's Day special with Chocolate.

10 April – Social meeting and perhaps a short walk around Weston, weather permitting.

CENTRAL OTAGO CARERS' GROUP

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

1 February – Chocolate is the theme of the month.

DUNEDIN CARERS' MEETINGS

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

February – No meeting this month.

8 March – It's all about Chocolate.

WALKING GROUP

27 February – We are meeting at 10 am at Coffee Culture in Roslyn (the old Roslyn Fire Station) and walking to the Kaikorai Community Gardens.

27 March – Self Walk. Meet in the Chinese Gardens tea rooms and walk through the gardens. Remember there is an entry fee.

YOUNG CARERS' GROUP

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

ALL CARERS ARE WELCOME

Carers, I hope you know that all carers are welcome to join other group meetings if they are in that area at the time.

NEWSLETTER

We do enjoy your feedback about our Newsletter and we receive lots from all our readers. Readers, please do remember that we welcome contributions to our Newsletter, a letter, a thought, a grumble, a joke, anything.

Don't get left behind in the language war.

Have you **tweeted** lately? Do you know what it means to tweet? Is tweeting meaningful? Twitter and 'tweeting' are about broadcasting daily short burst messages to the world, with the hope that your messages are useful and interesting to someone. Twitter is also about discovering interesting people online and following their burst messages for as long as they are interesting. Tweets used to be 140 characters but this has since increased to 280.

WHEELCHAIRS

At the moment we have one wheelchair available for loan. Our 14 wheelchairs are lightweight and fold up easily to fit in the boot of a car. A wheelchair will enable you to take your caree out for a stroll through the Botanic Gardens, a visit to the Esplanade at St Clair or a round through the mall. There is just a \$30 deposit to pay of which we keep \$10 for maintenance. There is no time limit. We just ask you to return the wheelchair when there is no more need.

JENNIE CLEGG LIBRARY

Visit our library or ask us to send you the list of books. There is no charge and if you are unable to return the book yourself we can include a return envelope.

Books You May Need to Know About

Recipes for Those with Swallowing Difficulties – Published by A.L.S. Motor Neurone Disease Ass'n, Australia

Kids in the Kitchen – Published by the Heart Foundation, NZ. See the recipe page for some delicious treats from this book.

KIRSTY'S COTTAGE



After caring for my own beloved caree, I have some idea of what it takes.

I and my large friendly cat, Lawrence, would like to offer a comfy bed, tasty nourishing food, in a cosy house, and a sympathetic presence to other women carers in the midst of their caring time. My home is in the village of Lawrence which is about 1 1/2 hours from Dunedin. It is a charming wee place with a quiet friendly atmosphere, some nice shops, and an interesting and intriguing history.

Cost to stay: by Koha

Please contact Kirsty: 03 485 9458

JOKES



RECIPES

Breakfast is the Most Important Meal of the Day – Get a good start and the rest will follow well.

3 Way Muesli

Muesli

Ingredients:

3 cups rolled oats

1 cup nuts seeds roughly chopped

1 cup dried fruits roughly chopped

1 cup of combined extras such as dried coconut, sesame seeds, ground linseed, ground almonds

Method:

1. Mix the ingredients together.
2. Store in an airtight container.
3. Serve with milk, yogurt and fruit.

Muesli Porridge

Method:

1. Place half a cup of muesli (above) per person in a pot.
2. Add 1 cup of reduced fat milk per person and cook gently until thick.
3. Serve with fresh or canned fruit in juice, reduced fat milk or reduced fat yogurt.

Muesli Crumble

Ingredients:

1 cup Muesli (see above)

1/3 cup wholemeal flour

3 Tbsp vegetable oil

2 Tbsp brown sugar

4 apples peeled and sliced

Method:

1. Heat oven to 180.
2. Mix together muesli, flour, oil and sugar.
3. Stew apple slices in a pot with a little water for 5 minutes.
4. Place stewed fruit in an oven proof dish and sprinkle muesli mixture on top.
5. Bake in oven 20 minutes until browned and crisp.
6. Serve with yoghurt.

Caring for Carers in Christchurch

It is with incredible sadness that I announce the demise of **Caring for Carers in Christchurch**, an organization that supported carers with groups in Christchurch, Ashburton, Timaru, Rangiora and supported carers in general throughout Canterbury. They started around the same time as Carers' Society Otago so we have a real affinity for them and we are a bit shocked at what has happened to them.

Just before Christmas I received an email from the Chair of their Governance Committee as follows:

To our networking organisations,

It is with much regret and sadness that we inform you that unfortunately Caring for Carers will close this year due to financial restraints. We have found that the full funding of the Caring for Carers budget has been getting harder to secure.

However, it has been kindly offered by the Florence Nightingale Agency to continue to provide the supports to the Carers. There will also be monthly meetings/catch up to be held for the Carers and the Graduate Carers. Our Service Co-ordinator of 11 years, Alecia Todd and also our Social Worker of 4 years, Elaine Riach have moved on to the Florence Nightingale Agency. You and your Carer client/s can contact them on 03 366 8630.

Thank you very much for your support over the years. It has been very much appreciated. We have enjoyed working alongside you.

We wish you all the best for your organisation. Continue to do the best work that you do for the people in the community.

This is a real blow to grass roots organizations everywhere and especially to an organization that supports a much needed but undervalued workforce as unpaid family/whanau carers.

Thankfully they were able to identify another organization that can help family carers in Canterbury.

However, this does not negate the crucial need for the government to wake up and realize that the organizations working face to face with people in real need are the organizations that need government support. When you think of all the money family carers save the health sector it is astounding that government is so wishy washy about supporting them.

Government funding of employment websites and limiting government support to printed information is a step backwards. At this stage most family/whanau carers are not computer savvy or even own a computer. If they are savvy they usually don't have time or energy to go online. After months of sleepless nights who would?

Carers are real people whose only desire is to be listened to and possibly helped by another human. Cutting services that support carers, as the National government did in 2015, is actually committing a grave disservice to the health system and to the entire community.

Another cut they made was to abolish Carer Training schemes. This leaves family carers in the lurch. Expecting them to care for someone at home with little training and support is like throwing a first year doctor into the operating theatre with a dull and rusty scalpel.

And anyway it's not just about getting web or printed information. It's about talking to someone who understands, and being listened to by someone who is empathetic about the situation that they are in. It's about relating to someone who knows how to navigate through the complicated health sector, and knows how to go to bat to help carers achieve their goals. It's about professional help on a personal level and having someone who is just there for them.

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



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 through the year is from:

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| Carers' Donations | Presbyterian Support Otago | New Zealand Lottery Grant Board |
| COGS | Dunedin Casino | University of Otago |
| | | Otago Polytechnic |
| Lion Foundation | Dunedin Community House | Dunedin City Council |
| The Southern Trust | Otago Community Trust | Healthcare Otago Charitable Trust |
| The Southern Victorian Trust | Mitre 10 Mega | ACE Shacklock Charitable Trust |
| Bendigo Valley Sports & Charity Foundation | | Perpetual Charitable Trust |
| | The Trust Community Foundation | |

