

NEWSLETTER

EDuCARE SUPPORT SERVICE

FAMILY/CARER INFORMATION

JUL/AUG 2011

Carer Checklist.....

Are You a Carer?

■ Do you look after someone who is frail aged, has a disability, drug or alcohol issue or chronic illness?

■ Are you a family member, partner, friend or neighbour who offers this care?

■ Do you help with personal care, mobility, transport, communication or housework?

If you answered **YES** to any of these questions – have you thought about enrolling in our **FREE Carer Information Sessions?**

Learn more about accessing carer services, caring for yourself, practical skills, legal issues & meet other people in similar caring situations

Phone: 1300 887 776

or 49 214895

for more information



EDuCARE Support Service present information workshops and events throughout the year at various locations in the Newcastle, Lake Macquarie, Port Stephens, Upper and Lower Hunter areas. For further information on upcoming workshops, lookout for our updated newsletters or phone the number above.

EDuCARE Carer & Family Information Sessions

Carers/Families are invited to attend our Free EDuCARE Information Sessions that run each Thursday for 3 weeks.

WHERE: East Maitland Bowling Club

TIME: 9.30am – 2.00pm

COST: Free
(Morning Tea & Light Lunch Included)

WHEN: Thursdays
1st, 8th & 15th September 2011

Topics covered include:

- Practical Skills for Carers
- Accessing Community Services
- Stress Management
- Financial Information - Centrelink
- Legal Issues
- Resource kit & more



Evening at the Movies for Working Carers

WHERE: Glendale Cinema

WHEN: Monday 15th August

COST: \$5 (includes supper & movie)
Information on the movie that will be screening will be available early July - please contact us for details & bookings.

BOOKINGS ESSENTIAL FOR ALL EVENTS.

PLEASE CONTACT EDuCARE ON: 1300 887776 OR 49214895



Are you concerned about falling?

Stepping On – Falls Prevention Program

is a free 7 week program at a location near you. It is aimed at building knowledge, strength & confidence & reducing the risk of falls. Commencing:

Newcastle CHC: 18 July 1pm – 3pm;

Toronto CHC: 20 July 1pm – 3pm;

Belmont Hospital: 22 July 9am-11am

PHONE 40164685

EDuCARE Workshop with Sue Larkey:

International Author, Autism Spectrum Specialist & Teacher For Carers/Families, Teachers/Assistants, Service Providers & Health Professionals. Teaching Strategies & Behaviour Support - Autism/Asperger's Syndrome

WHERE: Cardiff Panthers

TIME: 9.30am – 3.00pm

COST: See Registration Form

WHEN: Monday 29th August 2011

Registration form to be completed to register for this event. Contact EDuCARE for more details.

Don't miss this opportunity!!
Limited places!

Contact EDuCARE on 1300 887 776 for details



Young Carers Cooking Day

38 Young Carers joined us in the Kitchen for the 2 Young Carers Cooking Days in April & June. They prepared Apple & Cinnamon Muffins, a Fruit Platter with Honey Yoghurt Dip & Italian Pizza's... Yum!! As well as learning new skills and receiving a Recipe Book to take home, they made some new friends and had a fun day with other Young Carers.



EDUCARE WORKSHOP CALENDAR 2011

TOPIC	DATES	VENUE
ONE DAY WORKSHOPS: [Subject to change]		
Evening at the Movies for Working Carers	Cost: variable 15 th August	Glendale Cinema
Health & Wellbeing Workshop	27 th October	Newcastle Jockey Club
Carer Expo Providing a variety of Resources & Information to aid & support carers in their caring role. There will be a range of Topics being presented by Guest Speakers at this Expo.	Cost Free 13 th October	Cardiff Panthers
Christmas Workshop	8 th December	Newcastle Jockey Club
LOOK OUT FOR MORE DETAILS ON UPCOMING WORKSHOPS, YOUNG CARER ACTIVITIES AND SESSIONS FOR WORKING CARERS		
EDUCARE WORKSHOP: Topics covered include: Accessing Community Services, Centrelink, Legal issues, Stress Management, Practical Skills for Carers, Where to Now!		
	Cost: FREE	(Includes morning tea & a light lunch)
Day Sessions: 3 day program – each Thursday for 3 weeks (9.30am – 2.00pm each session)		
	1 st , 8 th and 15 th of September	East Maitland Bowling Club
i-care Young Carer Program: Limited places – FREE		
Young Carer/Sibling Family Picnic Day – FREE	12 th November	To be advised
Young Carers Camp: 8 - 12 years	16 th -18 th September	One Mile Beach
CARERS WEEK ACTIVITIES		
Movie Day	20 th October 2011	Glendale Cinema
Workshop with <u>Sue Larkey</u> – International Author, Autism Spectrum Specialist, Teacher - for Families, Teacher/Assistants, Service Providers & Health Professionals (Teaching Strategies & Behaviour Support–Autism/Asperger's Syndrome)	29 th August 2011	Costs Apply contact EDuCARE for further details.

For further enquiries and to RSVP for any sessions please contact
 EDuCARE Support Service on Ph: 4921 4895

Website: http://www.hnehealth.nsw.gov.au/educare_support_service

Please contact EDuCARE 49214895 if you no longer wish to receive this newsletter.

*Stroke & Disabilities Information Centre is running a FREE workshop with the **Guardianship Tribunal for people with a disability, their Carers & Service Providers.** The workshop will cover the role and function of the Guardianship Tribunal, financial management, and enduring power of Attorney. It will be held at the Charlestown Multi-Purpose Centre, on Wednesday 20th July, between 1pm – 3pm.*

Please Contact Judy/Juliet: 49 439786 before the 18th July to register.

Are you a male carer? - Carers NSW is running a six week phone group program, facilitated by trained Counsellors, which will allow male carers to connect with other men, share experiences & get support from people in similar situations. They will occur weekly beginning the **28 June 2011** for one hour, over 6 weeks, with a follow up session a few weeks later.

To sign up or for more information contact Rob Grimes (07) 5524 8711

