

NEWSLETTER

EDuCARE SUPPORT SERVICE

FAMILY/CARER INFORMATION

SEP/OCT 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



Health, Wellbeing & Vitality Workshop

Come & freshen up after Winter at our relaxing & informative workshop.

WHERE: Jockey Club Newcastle

DATE: Thursday 27 October 2011

TIME: 9.30am - 2.30pm

COST: \$11 (inc light morning tea & lunch)

- understand depression
- participate in Tai Chi
- laugh
- enjoy meditation
- connect with other carers



BOOKINGS ESSENTIAL FOR ALL EVENTS.

**PLEASE CONTACT EDuCARE ON:
1300 887776 OR 49214895**

Carer EXPO

The Carer Expo is being held in conjunction with Carers Week. The Expo will provide a variety of resources & information to:

- aid & support carers in their caring role
- provide professionals with a range of information to assist them in their roles
- provide an opportunity for networking with other professionals

Guest speakers will be:

- Dr Lee Sturgeon – Consultant Clinical & Developmental Psychologist – Autism Spectrum Disorder
- June Morris – Service Manager & Clinical Social Worker – HNE Dementia Advisory Service
- Judy Dawson – Senior Social Worker/Case Manager – HNE Hunter Brain Injury Service
- Turnbull Hill - Solicitors

WHERE: Cardiff Panthers, corner Pendlebury & Munibung Rds Cardiff
DATE: Thursday 13 October 2011
TIME: 9.30am – 3.30pm
COST: FREE, includes Lucky Door Prizes



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: 12 Sept 1pm – 3pm;

Nelson Bay CHC: 14 Sept 1pm – 3pm;

Raymond Terrace YMCA:

16 Sept 12.15pm-2.15pm

**PHONE 40164685
or 49257990**



Health
Hunter New England
Local Health District

EDuCARE WORKSHOP CALENDAR 2011

TOPIC	DATES	VENUE
ONE DAY WORKSHOPS:		
[Subject to change]	Cost: variable	
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

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.

Join the largest celebration ever held in this nation for people with Down syndrome at Buddy Walk 2011 - the Buddy Walk for the Hunter Region will be held on the Newcastle Foreshore on Sunday October 16 – contact Priscilla on 02 98414404 or priscilla@dsansw.org.au to register.

The Commonwealth Respite and Carelink Centre is offering an Emergency First Aid for Carers Course. The Course is presented by St John Ambulance and is designed to meet the needs of those caring for someone who is frail aged and/or disabled. The course is free of cost to carers registered with CRCC and alternate carers are also eligible to attend. Call 1800 052 222 to register.

The course will be offered at two venues:

Venue 1: St John Ambulance Training Rooms, 1b Court Street, Adamstown
7th and 8th September, 2011 – 8.30am to 4.30pm

Venue 2: Heritage Room, Maitland City Council, 285-287 High Street, Maitland
27th and 28th September, 2011 – 8.30am to 4.30pm