

Support for Carers Program Newsletter | April 2023

Welcome to our April newsletter edition!

Dear carers,

As the cost of living is increasing, we understand that many carers are under additional pressures.

Here it is a **Media Release from the Ministers from the Department of Social Services**

The Minister for Social Services, The Hon Amanda Rishworth MP, has announced that more than 4.7 Million pension and allowance recipients will receive a boost to their social security payments which will occur on 20 March 2023. Recipients of Age Pension, Disability and Carers Payment can expect an increased of \$37.50 a fortnight for singles and \$56.40 a fortnight for couples combined.

For more information please visit Department of Social Services website.

<https://ministers.dss.gov.au/media-releases/10516#:~:text=Adult%20rates%20of%20allowances%20and,a%20result%20of%20payment%20indexation>.

Also... The Victorian Government's new \$250 Power Saving Bonus program will provide a once-off payment of \$250 to ease cost-of-living pressures and encourage Victorians to compare their household energy prices and save money on their bills. <https://services.dffh.vic.gov.au/250-power-saving-bonus>

If you need more information about this payment or you need help to apply for this payment, please call our Access and Support Team Sanja Grahovac 0435 837 665 and Godette McGregor 0408 015 128.

Support for Carers Program welcomes Federal and State governments for financial support to eligible recipients.

Support for carers program is committed to focus on what is important to carers. That is why The Carers Advisory Committee is enthusiastic to commence our first meeting in April. The Advisory Committee will play a significant role in planning and developing the program, advocating for carers and in making sure we improve our program accordingly. The Carers Advisory Committee is expected to support staff with fresh ideas and in assisting solving the programs potential issues.

Yours,

Zlata Bukarica
Senior Coordinator
Support for Carers & Saturday Respite Program
0412 613 458



WHO CARES FOR CARERS?
WE DO!!!!

What we did over the past couple of months...

JANUARY



To start the year off right, our clients attended a group counselling session with Zlata and staff. Clients shared their thoughts and feelings that come up while caring for their loved one.

Later in the month, we made the most out of the great weather by picking fresh berries in the Dandenongs. We made sure to end the day with a cup of coffee where clients could relax after.



FEBRUARY



We started February off by presenting an information session on Dementia. Clients shared their experiences of recognising the signs and stigma that dementia brings.

In the last month of summer, our clients were given the opportunity to explore Philip Island. We started off at San Remo for morning tea, then followed by a walk through the Koala Conservation Centre, where lots of photos were taken of the cute mammals. To end, we ate lots of pizza!



One of our carers said, "this was my first time seeing Koalas!" – K.F

MARCH



We ran an information session on 'making wills' by partnering with Hayat Doughan from ECCV and lawyer Will Betts from Peninsula Community Legal Centre. Our carers thanked us for the opportunity; one carer said it was "very important and helpful".

We took the train from Dandenong Train station to the city. We started to walk from Flinders Station to Federation Square. We later had lunch at Southbank, then finished the day with delicious ice cream, as we sat along the Yarra river bank. One of clients had "never walked along the Yarra River before".



What we are doing over the next few months...

Support for Carers Program | Activity Calendar

APRIL

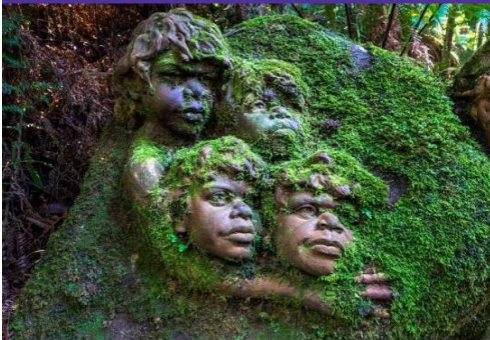
CARERS MEETING

Tuesday 11/04 - 10:00am-12:00pm

How to Spot Elder Abuse

Presented by Hayat Doughan, speaking on the importance of spotting elder abuse, and what we can do to help.

Join us for morning tea!



CARERS OUTING

William Ricketts Sanctuary

Wednesday 26/04 10:00am-3:00pm (approx.)

Enjoy the Indigenous sculptures and fresh air at William Ricketts Sanctuary. Bring your walking shoes and lunch as we will have an Autumn picnic.

Meet us at SMRC at 10:00am

MAY

CARERS MEETING

Tuesday 09/05 10:00am-12:00pm

What is self-care?

Guest speaker informs us on how carers can look after themselves.

Enjoy morning tea with us!



CARERS OUTING

A Day Out at the Zoo

Wednesday 24/05 9:30am-4:00pm (approx.)

You'll need your walking shoes as we discover animals from all over the world. Please bring your lunch on the day.

Meet us at SMRC at 9:00am

Contribution: \$13

JUNE

CARERS MEETING

Tuesday 13/06 10:00am-12:00pm

A surprise carers meeting!

Come in and enjoy a surprise as there will be fun activities!

Come by and enjoy a coffee!



CARERS OUTING

Movie night at Village Cinemas

Wednesday 28/06 2:00pm-8:00pm (approx.)

Bring your lunch, concession card and myki card on the day where we see Avatar (or alternative) in 3D.

Meet us at SMRC at 2:00pm.

Contribution: \$13

The HIVE Garden Program

Please contact one of our staff to secure your place in an outing as places are limited!

Zlata Bukarica - Senior Coordinator

Contact - 0407 055 930

Nazira Malaeb - Coordinator

Contact - 0478 849 240

Lara Burns - Coordinator

Contact - 0408 015 282

Let one of us know if you need respite or an interpreter.

I hope everyone is enjoying the wonderful weather this autumn so far and whilst you may still be enjoying the walks on the beach or in your local park, it might be beneficial to think ahead and prepare your garden for the autumn planting season. So, if you are considering growing vegetables such as kale, peas, lettuce... you might also consider to plant flowers such as pansy, forget me not, sweet peas... and just enjoy the colours, the fragrance and... breathe. The Southern Migrant and Refugee Centre has a fully developed garden with variety of fruit and vegetables of the season. This is managed by a professional horticulturalist and has several people from the community attending various gardening activities.

If you are interested in joining our Garden groups, please contact Elisa on 0407 050 878.

ART BANNER PROJECT

"I changed my doctor's appointment to be able to come to the Carers Support Program". – T.S

The Art Banner Project for SMRC's 30th Year Anniversary is off to a good start.

We have had several clients contribute their ideas and time towards the making of this banner.

Since the banner is supposed to reflect our carer's thoughts about the Support for Carers Program, we would still like more clients to participate! There is still time to contribute your great ideas towards this important project.

Please let one of us know if you'd like to join.

Come every Tuesday at 10am to 12pm.
Morning tea will be provided.



Financial Counselling Victoria's Standing Strong Project

Financial Counselling of Victoria (FCV) is partnering with SMRC to engage with carers to be a part of their research.

FCV is hoping to get a greater understanding on financial matters experienced by carers. We will support FCV by running small groups where carers can share their financial experiences.

By providing your experience, FCV aims to create helpful resources for carers.

Announcement of Easter Public Holiday

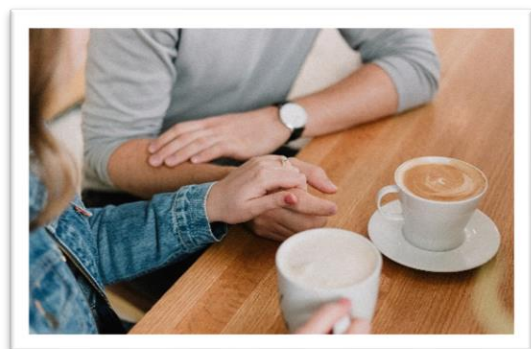
We are closed from 5pm on Thursday 6th of April and reopening at 9am on Tuesday 11th of April.

Respite

We offer respite for those who need a break from their caring role.

We can arrange for one of our bilingual respite workers to look after your loved one. We also offer respite in a friendly social group setting at our office in Dandenong on Saturdays. If you wish to receive respite, please let one of our staff know.

Counselling



Our Support for Carers Program offers counselling for any of you that may be feeling overwhelmed, depressed, or anxious relating to your caring role.

Counselling is professional support for those experiencing personal issues or emotional problems. We can help you by providing guidance to your problems relating to your caring role.