

# Support for Carers Program Newsletter | July 2023



Dear all,

Welcome to the Winter edition  
of the Support for Carers Newsletter

I am absolutely delighted to announce that  
The Southern Migrant Refugee Centre (SMRC)  
celebrated its 30th anniversary at State Parliament  
on Friday 16 June.

The event was attended by over 100 people, including  
members of Parliament, Lee Tarlamis MP, Pauline  
Richards MP, Belinda Wilson MP, Nina Taylor MP,  
Cassandra Fernando Federal MP and Lana Formoso  
Deputy Mayor City of Greater Dandenong and CEOs  
and members from our stakeholder organisations  
and supporters. Since 1993, SMRC has supported  
the settlement of newly arrived refugees and  
provided services for migrants and refugees across  
Melbourne's southeast region. SMRC could not  
have delivered fantastic services and achieved the  
outcome without significant commitment by our  
loyal and passionate staff, volunteers, our partners,  
and funding from the Federal, State and Local  
Government bodies.



## Support for Carers Program started Advisory committee meeting on 4/05/2023.

This group of carers will assist the program to  
identify the gaps to have a more effectively  
direction for Support for Carers Program.

At our last meeting we had 6 members Mira  
Petkovic Hasina Chowdhury, Betty Chen,  
Nada Al Saffar and Anwar Waheeb.

We would still like to have 2 more carers on  
this committee. Please let us know if you are  
interested. Our next meeting is on 2/08/23 at  
SMRC at 39 Clow street Dandenong.

**A free group and/or individual counselling  
sessions are available at SMRC for carers.**  
The aim is to help carers find their own solutions  
to their problems and concerns, respecting  
carers right to self-determination.  
How do I make an appointment?  
Contact Zlata Bukarica on 0407055930 or  
Email: [zlatiab@smrc.org.au](mailto:zlatiab@smrc.org.au)

Yours,

Zlata Bukarica  
Senior Coordinator,  
Support for Carers Program  
and Saturday Centre Based  
Respite Program



Follow us:



@smrcdandenong

**Thanks to all 2.65million carers who are often invisible but invaluable.**



## WHAT WE HAVE DONE TOGETHER...

### APRIL

Carers came to attend the Family Safety information session, which focussed on the wellbeing of elderly family members.

Later in the month, carers went to enjoy an Autumn day in the sun at Frankston Beach. They also had a delicious meal at Sofia's overlooking the foreshore.



### MAY

During May, carers came to see an informative presentation on self-care by Helen Karr from Carers Victoria. They learned ways to practise self-care and the importance of prioritising it.

Our carers then enjoyed a day out at Melbourne Zoo. We looked at over 40 animals, including giraffes, elephants, monkeys, and hippos! Afterwards, clients enjoyed lunch in the gardens.



### JUNE

Our carers started winter with a glorious High Tea Lunch. Beethoven played, while cocktail wraps, creamed scones and delicious sweets were served.

However the main event, was a few games of Bingo! Carers became very competitive as they were eager to win a prize!

Later in June, carers were treated to a calming evening at the cinemas to watch The Little Mermaid.

Carers enjoyed the movie very much, as it was a chance to put their feet up and relax.



*Feedback from M.C "Ladies, Thank you so much for a lovely day yesterday. I was able to relax and enjoy everything. I am so grateful that you enabled me to be a part of this."*

## WHAT IS THE DIFFERENCE BETWEEN CARER ALLOWANCE AND CARER PAYMENT?

The Australian Government provides a range of payments, benefits and concessions for eligible carers. The two main payments are Carer Allowance and Carer Payment.

- Carer Allowance is an income supplement available to people who provide daily care and attention in a private home to a person with disability or a severe medical condition.
- Carer Payment is an income support payment for people who are unable to support themselves through substantial paid employment because of the demands of their caring role.

Carer Payment is income and assets tested and paid at the same rate as other social security pensions.

## AGED COMMUNITY VOLUNTEER VISITORS SCHEME

**Help us to help others.**

Volunteers needed to help an older person in your community feel less isolated and lonely by having a friendly coffee and chat for one hour (1hr) once a fortnight.

Providing friendship and companionship to someone with no social connection can be a rewarding and meaningful life experience for you and the older senior.

Be involved! Volunteer for SMRC.

**Call Monica on 9767 1900 or  
Godette 0408 015 128.**

*The Community Visitors Scheme (CVS) has supported volunteer visits to older people for over 30 years. From July 1 2023, the CVS will become the Aged Care Volunteer Visitors Scheme (ACVVS).*



## WORD SEARCH

G N I L L E S N U O C G D P T  
L C Q Y O W M D Q G K N I X F  
B E K F E F I S C S X I Y M F  
N L U K C C G S O Z H E O D G  
U E X S O W R U M H A B K P V  
G B G G A W A P P J Q L K W O  
V R P N C O N P A M C L I A W  
R A N I H C T O S D Z E L N O  
E T D T I L T R S C I W W E R  
R I Y U N W C T I L I R B W K  
A O B O G M S H O U X B R V S  
C N W N O B C K N U I L I O H  
X L L I N R E S P I T E H M O  
N V M Z G H J Q I S M R C R P  
P E X A A M H F Y V Y H Y J S

Counselling

Support

Workshops

Coaching

Migrant

Carer

Wellbeing

Celebration

Respite

SMRC

Compassion

Outings

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

**Zlata Bukarica** –  
Senior Coordinator  
0407 055 930

**Nazira Malaeb** – Coordinator  
0478 849 240

**Lara Burns** – Coordinator  
0408 015 282

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





## ACTIVITY CALENDAR

### July

#### CARERS MEETING

**Tuesday 11/07/2023 – 10am-12pm**

Carers group counselling with Zlata

Join us for morning tea and a chat!

### August

#### CARERS MEETING

**Tuesday 08/08/2023 10am-12pm**

Eating and staying healthy

Presentation by a nutritionist

Enjoy morning tea with us! We'll be serving fruit and healthy juice.

### September

#### CARERS MEETING

**Tuesday 12/09/2023 10am-12pm**

Information session about the Aged Care reform and National Disability Insurance Scheme (NDIS)

Come by and enjoy a coffee.



#### CARERS OUTING

##### CHRISTMAS IN JULY LUNCH

**Wednesday 19/07/2023 12 - 3pm**

Celebrate Christmas in July with a delicious meal and great company!

Meet us at RSL Dandenong

44-50 Clow St Dandenong, VIC, 3175

Contribution: \$13

#### CARERS OUTING

##### YARRA VALLEY CHOCOLATE FACTORY

**Wednesday 23/08/2023 From 10am - 3 pm**

Come and enjoy seeing Yarra Valley chocolate being made. Bring your lunch or you can purchase it there.

Meet us at SMRC at 10am.

Free

#### CARERS OUTING

##### PICNIC AT THE HIVE

**Tuesday 26/09/2023 from 11am – 2 pm**

Bring your lunch and exercise shoes, let's enjoy exercise under the spring sun at The Hive in Braeside Park.

Meet us at SMRC, at 10:30am to take the bus.

Free

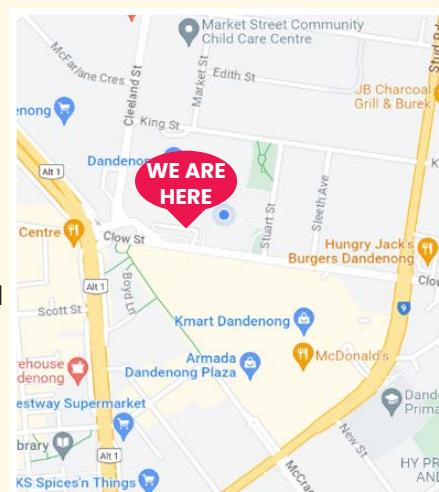
## HOW TO BOOK FOR OUR ACTIVITIES:

Our activities and events are very popular, as a result, we have Expression of Interest system in place. All Carers can book their place for events; however, event bookings will be confirmed with you two days before the event.

Also be advised that places for events are limited. We endeavour to make the booking process as fair as possible and aim to accommodate the wishes of all Carers, however owing to the demand on our events this may not always be possible.

### Where are we?

Please note there is no on-site parking available but there are plenty of car parks around this vicinity as well as good transport links.



For information about our services visit  
[www.smrc.org.au](http://www.smrc.org.au) or call **(03) 9767 1900**.

*Our ticks are your assurance of quality.*

