



SAGE HILL
CARERS SERVICE
Newsletter

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Spring 2011

Spring is in the air. It is just wonderful to see the sunshine and say bye to winter. Bring on the warmth, time to get out in the garden, find those walking shoes, the good weather has arrived. Mind you we do live near the coast so keep the jumpers and the coats handy, just in case.

Beth and I are (still) desperately trying to establish an electronic "mailing list" that will allow us to disseminate information faster about forthcoming events and information in general. This will save on paper printing and mail costs, as we now have too many people on our mailing list to send all information by mail. At Last I am getting the "gist" of the technology available in the 20th Century, all be it a bit late! So to assist me, if you have an email address, could you please email it to either Beth or me?

bcarty@aspire.org.au

pcmahon@aspire.org.au

Important Information

Do you have your Carer Card yet? The Carer Card Program is for unpaid primary carers in Victoria. This program has a wide range of discounts and benefits on offer from businesses, the local government and community organisations. Cardholders are also entitled to free travel on public transport on a Sunday plus two return off-peak travel vouchers each year.

For information about the Carer Card call 1800 901 958 or visit www.carercard.vic.gov.au

Or give us a call up here at Sage Hill and we can assist you.

New Library Resources

We are looking at updating our library resources at Sage Hill. If you have any suggestions of recommended books, DVDS or resources which you have found helpful please let us know, so that we can share your knowledge/recommendations with other carers.



Regional Carer Groups:

Portland: **Gordon Hotel** on the 1st Tuesday of each month at 12:00 PM.
Camperdown: For further information phone Sage Hill.
Hamilton: The **Cally Hotel** on the 3rd Tuesday of each month at 12:00 PM
Warrnambool: **Maceys Bistro** on the 4th Tuesday of each month at 12:00 PM.

Events in Planning!

Carers Week 2011 is rapidly approaching the Annual "Carers Network" Concert this year will be held in Hamilton. (see attached flyer)

Then in November (mid) we will be presenting Ms Rudy Simone in forums in Portland and Warrnambool the forum will be focusing on Aspergers Syndrome and families.

Carers Conference

Male Carers Night out 3rd November 2011



Male Carers Night

Promises to be a night of petrol fumes, racing, talking, laughing and support!

What	Go Karting, refreshments and bragging rights afterwards
Where	Go Kart Centre in Silverton Park, 112 Walsh Rd Warrnambool
When	5:30pm 3 rd of November 2011
RSVP	is necessary to attend, so give the office a call before the 28 th of October

South West Carers Conference for 2011

An event not to be missed!

This promises to be a great day, with the presenters all experts in their field!

You will need to register early for this event! The cost is a more than reasonable \$11 for family carers and \$77 for paid workers.

It is important that you complete the registration form as possible and forward it to 'Leanne' as per the form or to Sage Hill and we will forward the form.

See attached for program details and registration form.

Young Carers (SHAnKs)

A small group of young carers attended a recent BBQ at Lake Pertobe during the school holidays, they managed to run Chris around playing cricket; yes the football season is over; and on the jumping pillow at the Mini Golf. Also down at Lake Pertobe was a pair of large inflated balls that you hopped into and walked/rolled around the course provided. Neither Chris nor I ventured there!

Cheers Beth, Peter, Carol and of course Nat.

In three words I can sum up everything I've learned about life. It goes on! Robert Frost