



Issue 208

October 2017

TE ROPU MANAAKI I NGA KAIAWHINA

Whakamarama Tautoko Tukaha

**Welcome to Issue 208 ...** Even though Spring is now here, the weather needs to improve! At least all of the daffodils in the gardens are looking gorgeous, reminding us of the warmer days ahead. We have started the planning for this year's CfC Christmas Party. It promises to be an excellent day! The details will be in the next CfC newsletter issue. Please relax and take some time to read over this month's newsletter with a nice cup of coffee or tea. You deserve the break. Have a great month! *Take care, Alecia (Service Co-ordinator)*

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**The office hours are:**  
**9.00 am – 4.00 pm**  
**Monday – Friday**

Telephone messages are cleared regularly. Your call will receive attention as soon as possible.

### Disclaimer

The views expressed in this newsletter are not necessarily those of *Caring for Carers Inc.*

## What's On ... September

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**Tuesday, 3 October, 10.30am**  
**Ashburton Support Group**  
**Venue:** 215 Tancred Street, Ashburton  
**Guest Speaker:** Helen Wilson from St Johns

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**Thursday, 12 October, 10.30am**  
**Christchurch City Coffee Morning**  
**Venue:** Garden Bar Café, 110 Marshland Road, Shirley, Christchurch  
*Coffee/tea orders will be taken when you arrive.*

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**Wednesday, 18 October, 10.30am**  
**Rangiora Support Group Meeting**  
**Venue:** Artisan Café, 18 High Street, Rangiora

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**Thursday, 19 October, 1.30pm**  
**Timaru Support Group's A Happy Afternoon**  
**Venue:** Cancer Society Rooms, Memorial Avenue, Timaru  
**Please bring along something with a Happy memory to share or a poem, anything that will make us laugh!**

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**Wednesday, 25 October, 10.30am**  
**Caring for Carers Support Group Meeting**  
**Venue:** The Loft, 1<sup>st</sup> Floor, Eastgate Shopping Centre, Linwood, Christchurch  
**Guest Speaker:** Constable Crowther from the Phillipstown Police

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## SOCIAL WORKER'S REPORT

Hello. I hope that you are well and are looking after yourself.

It has been very busy the past month what with the coffee groups, the support groups and me visiting clients at home. I cannot believe in the last two days we have been planning our Christmas party. This seems crazy. The year is flying by quickly.

Just to let you know that I have sent out letters to all who haven't paid their membership fees. This is a reminder that these are due. If you are unable to pay this and want to stay on as a member that is great. Please feel free to contact me so we can have a discussion about it.

I have had a lovely week's holiday in Fiji. It was beautiful, warm and very relaxing.

I trust that your caring is going well and if there is anything I can do please feel free to contact me.

Ka Kite  
Elaine  
Ph 386 1863 / 0210724218  
cfcsw2011@xtra.co.nz



## TIMARU FIELD WORKER'S REPORT

Ruth – from Anglican Care South Canterbury who is a Social Justice Advocate provided us with some insight about the differences between being **Self-less, Selfish, and practising Self-Care?** This always highlights to us as Carers about how do we do what we do yet maintain a healthy balance for ourselves. A very well worth afternoon discussion and the possibility of next year having our own workshop on Self Awareness

I will be working remotely over the next couple of weeks and I can be contacted on my cellphone 0226858093.

Alison will also be here as a support person if you need anything – she can be contacted on 0272487916 or 036843140.

Looking forward to our meeting in October.

Kindest Regards,  
Margerie Gould  
Timaru Field Worker  
cfc2010@xtra.co.nz  
03 6877370 (Timaru)  
0226858093



## >>ANOTHER NEWSLETTER UPATE<<

After a discussion between the CfC Management Committee it has been decided that the Caring for Carers newsletter will be posted to the members who have paid their membership subscription each month. Our networking organisations will receive their newsletter via email each month. The newsletter is also available via our website [www.caringforcarers.org.nz](http://www.caringforcarers.org.nz). Thank you ☺

## MANAGEMENT COMMITTEE PROFILES

### ***Jim Vince ~ CfC Chairperson***

My name is Jim Vince! I have been married to my wife Helen for almost 49 years. Since 1988 I have been Helen's designated carer after Helen was diagnosed with a benign brain tumour and had it removed. This left Helen with Frontal lobe damage and an epileptic. In a volunteer capacity I have spent

1. 12 years in the Police Kiosk in the square.
2. 8½ years' operating the Crime prevention cameras in the Central Police Station.

And along with Helen, 11 years on the Committee of Heart Children New Zealand, local branch now known as Heart Kids Canterbury as Vice Chairperson. I have just finished serving a second term as President of the Bishopdale Men's Probus Group, and this year will be my fourth as the Chairperson of your Management Committee.

Helen and I have a married son in Auckland and a son we lost to Hypertrophic Cardiomyopathy which went undiagnosed for 36 years. We also have a granddaughter with a congenital heart condition, two wonderful grandsons and two wonderful daughters-in-law.

In the late 1980's I attended a Caring for the Carers seminar held in the Manchester Unity building led by Barbara Scott. In joining the Committee of Caring for Carers I hope to learn a lot and in some small way contribute to the running of the organisation. Remember our Caring for Carers group is only as good as you the members want it to be. This is your group but we can only work with the feedback that you the members give us. Thank you for reading and may we as a group go from strength to strength.

### ***Julier Roberts-Bye ~ Vice Chairperson***

Hi I'm Julier Roberts-Bye, born at Lynhurst Maternity Hospital, Christchurch. I have lived most of my life in Christchurch but did live in Wanaka for a few years. I trained as a nurse and also a paramedic.

I have three children; David, Joshua and Lucy and I also have three grandchildren. Matthew is the oldest of my grandchildren and wants to be an officer in the Navy. Connor also wants to join the navy when he finishes school. My youngest granddaughter Aaliyah was born last year. I am fortunate to have her living in Christchurch. I cared for my father who passed away three years ago, aged 91. I oversee my middle son Joshua, who has mental health issues.

I am involved in many organisations such as Citizens Advice Bureau, Bishopdale Seniors, Fresh Perspectives Mentoring Programme to name a few of them. I am also a Budget Advisor.

Two years ago I had the privilege to receive a Fendalton/Waimairi Community Service Award.

### ***Elaine Breach ~ Treasurer***

Hi – I am Elaine Breach, a widow, who has lived in Christchurch all my life. I have a son and daughter and have four grandchildren and one great grandchild. I left employment to care for a relative in my home, who was severely disabled as the result of a stroke. I was introduced to Caring for Carers by Liz Seelen and have been involved with the organisation ever since. I have always had an affinity with those who are in need of care and support and willingly give of my time and effort to making a difference to these people. Over the last 12 months I have been involved with people suffering from mental and emotional disabilities and of late have assisted my sister with her ill husband both physically and emotionally.

### ***Alison Dellow ~ Committee Member***

Hello, I would like to introduce myself – my name is Alison Dellow and I am a carer for my husband Graham. I am a knitter and do a lot of craft which helps to put your mind in a different place as being a carer you need an interest.

Becoming a carer has many descriptions. Yes, you are a wife, then you become an advocate, then a general dog's body and anything else in between. One day you stop and think who am I? It is an expectation that this is your duty however frustrations do rear up from time and time so how and when as a carer do your needs get met? This is when I decided to join forces and be part of the setup of Caring for Carers that oversees Timaru and Christchurch.

I feel strongly that as a Carer there needs to be more recognition regarding the role and the strain that it can put on all of the family members. I find it very valuable to be able to meet up with Carers, and having social and information contact monthly. It is so pleasing to see the companionships that are formed.

## MANAGEMENT COMMITTEE PROFILES CONTINUED ...

### **Denise Te Koeti ~ Secretary**

Hi Everyone! My name is Denise Te Koeti and I'm 73 years young. I originally came from Southland where I did my schooling. When I was 11 years old we shifted to Timaru where I finished off my schooling.

My family consists of 2 daughters, 1 son and 5 grandsons, all of whom I am very proud of. During their young lives I had always been there to help with their sport and education. I was on the Playcentre, Plunket committees etc. Working life has always connected me with people. I have helped my mother care for my stepfather during their illnesses. Len and I have been married for almost 40 years and the last few years I have cared for my husband during his cardiac illnesses and I am always here for him. Len and I have had close contact with Maori Trusts on the West Coast. I had been Secretary /Treasurer for the past 8 years but we have resigned due to Len's continuing health problems and as Len is unable to drive now this leaves all of the driving up to me.

I have accepted this Executive Position and feel my previous life experiences will help me to be honest and caring to all whom I come into contact with.

### **Kerry Gray ~ Committee Member**

Hi, my name is Kerry. I have lived in Christchurch all my life and have five children, four sons and a daughter, and I am blessed with a grandson and granddaughter. Two of my sons live with me and have shared care of my youngest son. I am an artist, poet and writer. My hobbies and interests are many and include; bible, films, music, quotes, draughts, sports, church and compiling lists.

I have been a long time member of Caring for Carers for quite a few years now. I am very grateful for the help I received from them while I was a full time caregiver of my mother for five years, as she had advanced dementia and emphysema. It is therefore a privilege to give something back to CfC by joining the Management Committee and lending support wherever I can. Sadly, my mother passed away last year and I continue to miss her greatly.

After being separated after a 21 year marriage and then trying to take care of my mother and the children on my own, I have come to appreciate the much needed support CfC plays in the life of those who are left to provide care and support for our loved ones in need. As the saying goes; "who cares for the carer?" The answer is "US" I guess, so here we are.

If there is any way I can help or lessen the load for another's burden it would be an honour and privilege, as usually only those who walk the path of a carer can understand the strain and isolation that this sometimes thankless task brings. We don't clock out at the end of the day, we don't get paid overtime and there are certainly no sick days. Best wishes to all.

**Never believe that a few caring people  
can't change the world. For, indeed,  
that's all who ever have.**

*Margaret Mead*



Care does not need powerful eyes or a  
cute voice, or a lovely face.  
It always needs a beautiful,  
responsible heart with  
affection forever!



*Source: Internet*

## **AGE CONCERN CANTERBURY POSITIVE AGEING EXPO**



### **Marking the International Day of the Older Persons**

To be held on Monday, 2 October 2017 from 9am – 2.30pm at the Papanui High School, Papanui, Christchurch.

CfC will have a stall and will also be holding a raffle on the day.

We hope to see you there!

## ***Wanting to find a relief carer with Carer Support?***

If you support a disabled family member under the age of 65, you can recruit relief carers at no cost at [www.mycare.co.nz](http://www.mycare.co.nz). This online space allows you to easily link with people in your area who can provide Carer Subsidy support. We have been building a nationwide relief care workforce at Mycare, so you can find help in your area, and relax and enjoy a break. A relief carer is someone who does the things you usually do as a family carer. We know that you can't relax unless the person you support is also having a wonderful time. Using Mycare you are able to view the profiles of people able to provide relief care with Carer Support, so that you can find the right 'match' for your situation.

- ❖ Funded by the Ministry of Health, this matching service is free for people seeking a relief carer with Carer Support
- ❖ Post as many Carer Support jobs as you wish during the year at no cost
- ❖ Make direct message contact with any relief carers that are of interest; they can also see your relief care listing and message you
- ❖ Search for the skills and experience you're seeking in a relief carer
- ❖ Relief care may include buddies, companions, outings, overnight support, participation in social activities, and/or 'personal care': it's whatever help is needed to provide time out for you and your family member.
- ❖ You can contact us on 0800 777 797 if you need advice or help to use the service or to learn more.
- ❖ Your Needs Assessment Service Coordination (NASC) organisation can send a referral so that you can access Mycare at no cost – make contact with your NASC to start the process!
- ❖ Or you can fill out the short form to sign up to Mycare.

If your family or whanau member doesn't currently receive Carer Support and you are their unpaid full-time carer, this subsidy may be an option to help you fund regular breaks. Contact your local NASC for information. If you need some help to locate your NASC call us on 0800 777 797 we can connect you with your local service.

*Source: Carers New Zealand*

## **HANDY HOUSEHOLD HINTS**

**IF YOU HAPPEN** to run out of toothpaste there is a good substitute that most people will have in their kitchen. Mix some bicarbonate of soda with a little water until you get a thick paste, add a drop of peppermint essence for flavour, and it does just as good a job.

**REMOVE CARPET STAINS** by saturating the stain area with a mixture of half vinegar and half water. Add for 10 minutes, working in with the fingers and then soak up the liquid with a towel.

**IF YOU** can't open the lid off a jar or bottle, just hold it under a hot tap for a wee while. Then turn the lid until it comes off.

**FLOWER VASES** – Press a ball of cotton wool into the base of vases before filling them with water. The cotton wool will absorb stains from the flowers, keeping your vases clean.

**WHEN GRATED CHOCOLATE** is needed for decorating cakes, use a vegetable peeler. It gives the chocolate a nice curled appearance and is easier to use than a grater.

**IF YOU NEED TO MASSAGE** an injury with ice, freeze a Styrofoam cup of water and, when frozen, peel the rim of the cup back and hold it by the base.

*Source: Unknown*

## THIS IS YOUR

DO WHAT YOU LOVE, AND DO IT OFTEN. IF YOU DON'T LIKE SOMETHING,



CHANGE IT. IF YOU DON'T LIKE YOUR JOB, QUIT. IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV. IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP; THEY WILL BE WAITING FOR YOU WHEN YOU START DOING THINGS YOU LOVE. STOP OVERANALYZING, ALL EMOTIONS ARE BEAUTIFUL. WHEN YOU EAT, APPRECIATE EVERY LAST BITE. **LIFE IS SIMPLE.** OPEN YOUR MIND, ARMS AND HEART TO NEW THINGS, AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES. ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS, AND SHARE YOUR INSPIRING DREAM WITH THEM. **TRAVEL OFTEN;** GETTING LOST WILL HELP YOU FIND YOURSELF. SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM. LIFE IS ABOUT THE PEOPLE YOU MEET, AND THE THINGS YOU CREATE WITH THEM SO GO OUT AND START CREATING. **LIFE IS SHORT.** LIVE YOUR DREAM, AND WEAR YOUR PASSION

Source: *The Holstee Manifesto © 2009*

## From the cookbook



### Beef and Vegetable Stew/Casserole

#### Ingredients

400g beef steak  
100gm red lentils  
1 ½ cups water  
2 onions, chopped  
2 carrots, chopped into cubes  
½ cup chopped celery  
½ tin tomato puree

#### Method

Cut meat into cubes. Briefly brown on both sides in a saucepan or frying pan. Put in a casserole dish, add lentils and water to almost cover. Add vegetables. Cover and cook at 160°C for 1 ½ to 3 hours till the meat is tender and the lentils are soft. Let the lentils get really soft and they will make a good gravy. Or if you like, thicken with cornflour or flour, mixed to a paste with cold water, in the last half hour of cooking, and season to taste.

Source: *CDHB Cookbook*

## Acknowledgements

Caring for Carers Inc acknowledges the financial support received from these organisations in 2016/17:



United Way New Zealand

And to those of you who made donations as well as all paid up CfC members – THANK YOU!