

Issue 145

February 2012

TE ROPU MANAAKI I NGA KAI-AWHINA

Whakamarama Tautoko Tukaha

Welcome to Issue 145 We hope that you and your family had a relaxing Christmas and New Year and were not too affected from the shakes on the 23rd December. Please remember that we are only a telephone call away if you are in the need of support or just to phone to say hello. February is a busy month for CfC as we are organising the Carers Day Out to be held in March and CfC is holding a stall at the Garden Gala. It would be great to see you there! The details of these events are in this month's newsletter. All the best for 2012 and hopefully a much less shaky year! Take care. Alecia (Service Co-ordinator)

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**The office is open from
9.00 am - 1.30 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 COMING UP ... FEBRUARY

Tuesday, 7 February, 10.30 am

Ashburton Support Group

Venue: Presbyterian Support, 215 Tancred Street, Ashburton

Thursday, 9 February, 10.30 am

Please do not order your drinks before 10.30 am

Christchurch City Support Group

Venue: Portstone Café, 465 Ferry Road, Christchurch

Wednesday, 15 February, 10.30 am

Rangiora & Amberley Combined Support Group

Venue: John Knox Hall, corner High & King Streets, Rangiora

Thursday, 16 February, 1.30 pm

South Canterbury Support Group

Venue: The Cancer Society Rooms, Memorial Ave, Timaru

CARERS DAY OUT 2012

WILLOWBANK WILDLIFE RESERVE for a tour and barbeque lunch.

Date: Tuesday, 13 March

The full details are on the back page of this newsletter.

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Christchurch Social Worker's Report

Well who would believe that we have reached the end of January. I hope everyone had a relaxing holiday break. I spent some time away in Hanmer after Christmas, with my family. We enjoyed mountain biking and a day soaking in the hot pools. I started back work on January 4th and it was great to get the phone calls in the office from carers and hear about your holidays. I was pleased that the carers I assisted to have a respite care break at Waikuku Beach really enjoyed themselves there. The city group enjoyed their coffee gathering Ristretto Café.

I was pleased that the Rangiora group enjoyed the two lady guest speakers from the Ministry of Social Development. It was great that our carers asked questions about various benefits, and entitlements. I have different guest speakers lined up for the City Support Group and also the Rangiora Support Group after February this year.

I was really pleased that everyone enjoyed the Art Show and that carers sold some of their works. Because of the strong expression of interest in it we might hold another one later this year. I am pleased that carers still phone regularly for support and to have a talk via a phone call. I sincerely hope this year will be a more settled one for everyone.

Until next month-take care, Maree (Social Worker)

ASHBURTON FIELD WORKER'S REPORT

We have had our first get together for 2012 which was great. A small group of us went to the Ashburton Airport Aviation Museum. What a fascinating place with an amazing array of aviation memorabilia. If you ever get the opportunity to go there it is well worth a visit. We then headed to our beautiful domain to catch up with more of our group and have a picnic lunch. You always seem to eat more when you are in the outdoors. We all, young and older, joined in a fun game of parcel post. We learnt who had done the dishes and who had made their bed before coming to the day.

Dellwyn Moylan
Ashburton Field Worker

RED ZONE INFORMATION

As many of ours Carers will be aware "The Carers Night Out 2010" was co-sponsored by the Avonhead Rotary and led by Les Willetts from the law firm Clark Boyce who generously presented pens to attendees. At this time, Les is aware that many of our members will have been affected by the recent red-zoning and may be pondering which option has the best outcomes. Les is available to discuss your situation on: 027 224 9366, les@clarkboyce.co.nz or via the office on: 03 358 8660

OCHILTREE EARTHQUAKE RETREAT – If you are feeling desperate to get out of Christchurch for a break after aftershocks and earthquake issues. Please phone Lynda Kitchingham on 033194377 or 0274596321 to discuss whether you meet the criteria. Ochiltree Earthquake Retreat is a stunning environment with the hills, river and ocean only minutes away. A trauma counsellor is available to teach strategies to cope with the ongoing aftershocks, relaxation techniques and help to sort out oncoming earthquake issues. The website is www.ochiltreeretreat.com

CARING FOR CARERS ART SHOW

We held the Art Show for two weeks from the end of November 2011 at the Linwood Community Arts Gallery. It was really fantastic. We had our opening on Monday the 28th November, and invited all of the exhibitors and their family members to come along. Quite a few staff from different community agencies called in too.

There was a lot of effort involved in putting the art works up. It took a full day with the help from a couple of the gallery staff.

It was certainly an eclectic mix of art works and a vibrant display – the most colourful the Linwood Community Arts Gallery has had for a long time. It was pleasing to see most of the carers who exhibited their works sold quite a few too. It was great that Joy Rice from Timaru put in a lot of her cards. There was a lot of positive feedback from carers and local communities.

There has been a strong expression of interest to hold another exhibition later this year, we will see if this is possible.

A big thank you to everyone who helped out, it was a huge success.

Maree McGovern (Social Worker)

Photos shown are from left to right;

Top Left: Maree McGovern

Bottom Left: Tiffany Thornley, Marie Nichol, Merrit Khalil and Wafaa Khalil

Bottom Right: Tiffany Thornley and Maree McGovern

**If you wish to view the photos in this Newsletter please contact the office
And we will send you a hardcopy.**

You are invited ...

The Riccarton/Wigram Community Board request the pleasure of your company at their 2012 Garden Gala.

To be held at Riccarton House, 16 Kahu Road, on Thursday 16 February 2012, from 11 am – 2 pm.

For your entertainment we have selected a wide range of quality performances and fun activities. A picnic lunch may be brought with you and there will also be Devonshire teas and light snacks for sale on the day.

Postponement date: Friday 17 February
Feel free to contact 03 941 8999 or visit betere.co.nz for more information about this event.

SHOW YOUR ABILITY EXPO Disability Equipment Expo 2012

To be held in Christchurch at the Pioneer Stadium on 20 February from 9 am – 2 pm and Dunedin at the Edgar Stadium on 21 February. New Zealand's premier annual equipment show includes all kinds of items for younger and older disabled people and older persons care equipment.

Wheelchairs, shower stools, stair lifts, powered wheelchairs, portable ramps, Paediatric seating systems, walking frames, mobility scooters, hoists, daily living equipment, pressure mattresses, specialised seating, electric hi lo beds, standing frames, disability information, vehicle modifications.

For more information phone: 021 240 8622

INVITATION TO PARTICIPATE - AGING WITH AN INTELLECTUAL DISABILITY IN NEW ZEALAND

- Do you *or* a member of your family/whanau have an intellectual disability who is aged 40 years or more?
- If so, do you / or they live with other family/whanau?

Then it would be great to talk with you.

- The aim of this study is to find out what people with an intellectual disability think getting older might be like.
- For family/whanau/siblings/carers, this is an opportunity to discuss supporting an adult family member with an intellectual disability; your realities, plans, and/or hopes for the future.

The goal is to talk with 25 people with an intellectual disability who are aged 40 years or over and who live with family/whanau.

It will involve meeting two or three times to talk about what is important for you as you get older both as a person with intellectual disability and for your family/whanau /siblings/carers. You are welcome to have a support person at each meeting.

If you and/or your family/whanau would like to take part (and you live in Christchurch or South to Timaru, North to Kaikoura or on the West Coast) please contact:

Henrietta Trip, RN, PhD Student
Centre for Postgraduate Nursing Studies, University of Otago, Christchurch
Phone (03) 364 3850 027 294 6488 Email henrietta.trip@otago.ac.nz

THANK YOU FOR YOUR CONSIDERATION

Kindness, like a boomerang, it always returns!
~ *Anonymous*

Results from CFC's Christmas Raffle

CONGRATULATIONS TO THE FOLLOWING:

1st Prize = Julie Noster

2nd Prize = Gill Coe

3rd Prize = Jan Morgan

Thank you to those who donated the goodies for the Christmas raffle!
Also, thank you to those who purchased a ticket/s - your support is appreciated!

Carer Education

Catholic Social Services has limited services available but are able to provide counselling, Social Work support and home visits. Please phone (03) 379 0012 for more details.

Kingdom Resources offers a variety of free courses. If interested, contact Paul on (03) 332 1700.

Presbyterian Support has most of their services operating. Please phone (03) 363 8214 for more details.

Support Groups

Alzheimer's Canterbury holds support group meetings for carers. Please phone 03 379 2590 or email admin@alzcanty.co.nz for more information.

Anxiety Support Canterbury Please phone 03 366 8288 or email info@anxietsupport.org.nz for information.

The Brain Injury Association (Canterbury) Inc. is affiliated to the Brain Injury Association of New Zealand and is one of thirteen regional associations around the New Zealand. Please phone 03 365 3262 for more information or email admin@biacant.org.nz

Cancer Support Groups For information phone the Cancer Society on (03) 379 5835 or email support@canty.cancernz.org.nz

Canterbury Arthritis Advocates independently pursues initiatives to advance the health and well-being of people with musculoskeletal disorders. For information please phone (03) 352 4872.

Christchurch Kidney Society Inc. A Patient Support Group. Our aim is to offer assistance, fellowship and social opportunities to people with renal failure and their supporters. To provide equipment and property for the relief, rehabilitation, entertainment and comfort of patients. To foster and promote public awareness and interest in the causes and treatment of renal disease including research. Phone 03 379 5529 for more information.

Eastside Support Group for people affected by Bipolar disorder (service users only). Please contact bipolarsupportcanterbury@xtra.co.nz or phone 03 366 8288 for more information.

Depression Support Network provides a range of support and education groups for adults and youths aged between 15-24 years. Phone (03) 366 8083 or email admin@dsn.org.nz for more information.

Stroke Foundation Southern Region Inc - to support people of all ages who have had a stroke, these clubs are held at various venues in Christchurch and Rangiora and offer group support and friendship for stroke people and their carers. Meetings include speech therapy, exercise classes and entertainment. For more information, contact the Stroke Foundation office - phone (03) 381 8500, fax (03) 381 8507 or email southern@stroke.org.nz

Unique – Rare Chromosome Disorder Support Group: Support for special needs, disabled people, long term conditions, physical disability, sensory impairment, social interaction difficulties. Contact Beverley Searle, info@rarechromo.org 01883330766

CARERS DAY OUT 2012 **Willowbank Wildlife Reserve**

Date: Tuesday, 13 March 2012

Activities: The tour of Willowbank Wildlife Reserve begins at 10.45 am. Everyone will sit down for the barbeque lunch at 12 noon.

Time / Pickup: The bus will be leaving at 10.00 am from 467 Wairakei Road (Lamb & Hayward) – please park on the road and not in the car park.

Cost: \$10 per person – to be paid before the outing. Please send/drop your \$10 into the office. Alecia will issue you a receipt for your payment.

Please contact the office ASAP to book a seat on the bus as there are limited seats.

A big thank you to the Christchurch City Council for funding most of the cost for the outing and to Lamb & Hayward for donating the use of the bus and driver for the day.

POSSUM STEW 😊

Ingredients

2 cans tomato sauce
3 cans cooked tomatoes
½ thickly sliced wild pig meat (mainly for flavour)
A big pack of pasta noodles
½ possum (other ½ can be used for breakfast possum-omelettes)

Method

Fry wild pig in a big pot, then fry the possum in the grease until golden brown. Take the meat out, then add enough water to the pot to fill 2/3 of the way and then boil the noodles. Once cooked, add all of the ingredients to the big pot, adding salt and pepper to taste. Cook together for about 1 hour simmering over a low heat.

Bon appetit

Source: Internet

Please Note: We would like to hear from you if you are game enough to give this recipe a try!

Acknowledgements

Caring for Carers Inc acknowledges the financial support received from these organisations in 2011:

New Zealand Community Post

LAMB & HAYWARD

Pakeke Lions Ashburton

Eureka Trust

Clarke Boyce Lawyers

Christchurch City Council

THE CANTERBURY COMMUNITY TRUST

The Southern Trust

The Avonhead Rotary Club

New Zealand Lottery Grants Board

The Lion Foundation

Community Organisation Grants Scheme

Ballantynes

And those who have made donations as well as all paid up CfC members - Thank you!