



The Tweed Trumpet

Tweed Valley Respite Service Inc,
January 2007

Welcome to the first newsletter for our Carers Focus and Support group and also the Life Connection program for 2007.

With the coming of the New Year I am planning some new programs, as well as rekindling some activities that we ran last year.

The focus for me this year will be to offer you a greater range of options to complement your role as a carer.

The **Carers Focus and Support Groups** will be meeting on the **15th of February**.



The **Disability Carers Support** group meets at the HACC centre, starting at 6.00pm till 8.00pm, great supper included, please call Denyelle on (07) 5524 8185 for RSVP and respite.

The **Aged Carers Support** group meets at the SDA Hall Kingscliff starting at noon till 2.00pm, lunch provided, please call Val on (02) 6674 2267 for RSVP and respite.

The **Connect Creatively** program starts on the 8th Feb with the beginning of our Visual Arts and Yoga programs, also Aquaerobics will commence on the 20th Feb. I am also planning a group for male carers starting in February/March, so get out your fishing lines guys. Shopping trips for those who like to have a bit of retail therapy will also be available (if we have any money left over after Christmas!!).

TVRS now has a presence on the internet: www.tvrs.org.au will give you information about our many programs and services.

The input from you into what you want/need is the most important ingredient for a successful program, so please let me know your preferences for activities. Call me here at TVRS or email me at tvrs@norex.com.au and I'll be in contact to discuss your ideas and suggestions.



Steve



Home and Community Care

The '**Home and Community Care Programme**' (HACC) is a joint project of the Commonwealth and State Governments. The program is designed to ensure support for people who have a disability or illness and who live in their own homes. Support is also provided for carers. Getting community support early can delay the need for residential care.

The most well-known HACC services are Home Care and Meals-on Wheels. The HACC program offers a wide range of services in conjunction with local governments, community and voluntary organisations. These include:

- ◆ Assistance with personal care needs, such as bathing and dressing
- ◆ Support with everyday tasks and getting around such as cooking, cleaning, washing, ironing, shopping, banking and transport to attend appointments and generally have access to the community.
- ◆ Provision of home nursing by a qualified nurse
- ◆ Provision of meals at home or at a local community centre, or help with shopping for food
- ◆ Help with home maintenance jobs, such as mowing the lawn, fixing taps, or changing light-globes, as well as the installation of necessary home modifications such as wheelchair ramps or bath-rails

Contact: HACC
Tweed Heads (07)
5524 8285
Murwillumbah
(02) 6672 1487

Shopping Trips and Outings



Feel like a day out?

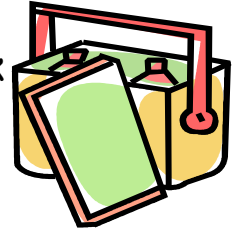
Shopping expeditions will be operating every second Thursday of the month. The venues will range (Pacific Fair, Robina, etc). Pick-ups from your door, then travelling to the centres in a mini-bus. This is a great chance to pick-up a few bargains and have a social get together.

No cost to you!!

Please call (07) 5524 8185 for bookings and info.

Male Carers Group

On the 23rd of February a BBQ will be held at Ed Parker Park Kingscliff, this will be the first meeting of our male carers group. We are inviting all male carers to join us between 11am to 2.00pm. Food will be supplied as well as transport and respite (if needed). This is a great opportunity for us to get together, meet each other, have a chat, cook some food and relax. From this meeting we will 'put to plan' a series of activities for the year 2007. Come along and 'support us, to support each other'.



Please contact Steve or Denyelle (07) 5524 8185 for details.



Commonwealth Carelink

Your nearest Commonwealth Carelink Centre can provide you with information about community care and other disability and aged care services available in your local area. They can be contacted:

Freecall 1800 052 222

Something Silly!!!

During an auction of exotic pets, a woman who made the successful bid told the auctioneer, "I'm paying a fortune for that parrot. I hope he talks as well as you say he does." "I guarantee it madam," replied the auctioneer. "Who do you think was bidding against you?"

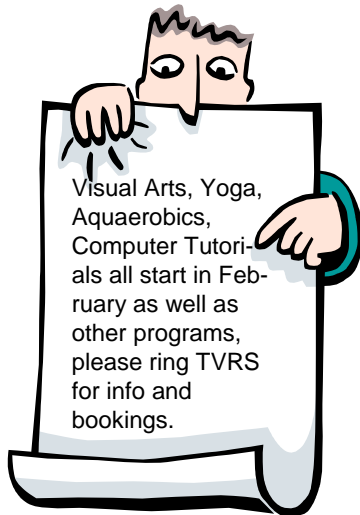
Steve was unemployed and desperate for money. He decided to go to a rich neighbourhood and look for work. One homeowner offered Steve a job painting the porch and told him the paint and brushes were in the garage. An hour later Steve rang the door bell to collect his pay. "Thank you," Steve said as the homeowner handed him the money. "And, by the way, you don't have a Porsche - it's a Ferrari."

Two castaways were watching the tide roll in. "Look!" exclaimed one, "a note in a bottle!" "What does it say?" the other man said. The first fellow read: "Two cartons of milk."



What has become obvious to me is that there is a time for practical information and a time for relaxation.

With that in mind I will be introducing a series of different activities once a month starting in March. These will cover a whole range of topics, such as basic yoga, painting, working with e-mail, scrap-booking, digital cameras and a whole host of 'one-off' topics. These activities will be open to all carers and will be held only once. This means if you feel that something appeals to you, then come along for that topic. If it doesn't appeal, then that's okay, you are not obligated to anything.



However, if I find that a group of people are interested in continuing a subject, then I will endeavour to include it into the next round of the Connect Creatively program.

My hope is to be able to present to you a selection of programs that will not only compliment and enhance your quality of life but also be a bit of fun.



Age is something that doesn't matter, unless you are a cheese!!!

Disability & Aged Care Information

- Far North Coast Respite Service, (02) 6628 6911
- Community Worker – Aged & Disability, Tweed Shire Council, (02)6670 2440
- Commonwealth Carelink, Free Call 1800 052 222
- Carers Line – Carers NSW, Free Call 1800 242 636
- Autism Association, Free Call 1800 069 978
- Tweed Parkinson's Support Group, (07) 5524 3872
- Ability Incorporated Advocacy Service, Free Call 1800 657 961
- Multi-Cultural Disability Advocacy Association, Free Call 1800 629 072
- Red Cross/Telecross, (02) 6622 3244
- Stroke Support Group – Murwillumbah, (02) 6672 5990
- Meals on Wheels – Twin Towns Meals on Wheels, (07) 5536 0481

