

# Carer Support Service

## The Caring Times

*Ballarat, Golden Plains, Moorabool & Hepburn Shires*



**Grampians  
Health  
Ballarat**

**ISSUE 14 – APRIL 2024**

Hello and welcome to Autumn,

As often, summer has started late this year, we are having some wonderful days. Sadly, we also have had some serious fires through our catchment areas, and we have had some of our Carers directly affected. Our thoughts are with you and please contact us if extra support is required during this time.

We have asked Gert and Kirstin to talk to you about IPPS (In Person Peer support) a service we proudly offer our Carers.

IPPS are social support groups. They are as unique as the individuals who attend them. Being part of a community can have a positive effect on your physical, mental, and emotional wellbeing.

The role of a carer can be quite isolating. Many carers feel like the caring role has taken over their lives. Often friendships fade and interests in activities, which once brought joy, can just be too hard. Research shows that carers are 3 times as likely to regularly experience loneliness than anybody else.

When given the opportunity to get together conversations quickly develop often including belly laughs and tears. There is a strength that can be gained from knowing people have similar issues and that you are not alone. Having someone say you are doing the best you can, and it is alright, is empowering. We should never underestimate the power of shared experience and the brainstorming of solutions that can be gained over a cuppa and a cake.

It is normal to feel nervous about joining a new group and for some using new technology. We have all been there from joining mothers' groups, sporting clubs or adult learning sessions. With Peer support groups there is an openness and kindness that coming into a new group can feel like catching up with old friends. Sharing personal information can be difficult however you decide how much you want to share. The peer support groups are peer lead.

As Peer Support facilitators we have laughed, cried, and felt anger due to social injustices with the group. Cats walk across the screens and dogs are poking in their noses, care recipients have tried to catch a look at the screen to see what all the laughter is about, and babies have quickly grown into little people. Many topics are discussed from the complexity of the caring role but also TV shows, music, books, art and craft and renovations gets discussed. From one session to the next you never know what the conversation will be.

Online Peer Support utilises the CHIME (Community, Hope, Identity, Meaning and Empowerment) framework, it provides a safe space where there is no judgement, and all are welcome.

Here at Carer Support Service- Grampians Health, we provide 4 online groups. We hope to see you at one of our groups very soon.

Kirstin and Gert.

Women's Carer Community – Tuesdays  
Men's Group – Wednesdays  
Dementia Carers Group – Thursday  
Carer Connections Open to all – Thursday

For further information talk to one of our Peer Support Facilitators at  
Carer Support Service - Grampians Health  
**Phone: 03 53337104**



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### Events coming up:

	What are we doing	Who is it for	Where
<b>April</b>			
4 <sup>th</sup>	Q&A Session (Adam from Home Care Packages)	All Carers	Online
4 <sup>th</sup>	Big Day Out Bus trip (Legoland)	Young Carers	Melbourne
11 <sup>th</sup>	Movie Night with nibbles (The Great Escaper)	All Carers	Regent Cinemas
18 <sup>th</sup>	Pathways for Carers	All Carers. Meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
19 <sup>th</sup>	Memory Mingle Bus Trip (National Wool Museum)	Carers of people with memory problems and the person they care for	Geelong
<b>May</b>			
2 <sup>nd</sup>	Q&A Session ( <i>To be confirmed</i> )	All Carers	Online
2 <sup>nd</sup> 9 <sup>th</sup>	Life After Caring workshop Facilitator: Counsellor, Mary O'Mara	Carers who have recently lost the person they care for. ( <i>2 part workshop</i> )	Online
16 <sup>th</sup>	Pathways for Carers	Carers meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
23 <sup>rd</sup>	Social catch up	LGBTQIA+ Carers	Oscars
<b>June</b>			
6 <sup>th</sup>	Q&A Session ( <i>To be confirmed</i> )	All Carers	Online
20 <sup>th</sup>	Pathways for Carers	All Carers. Meet at 9:45am at Pipers for a stroll around the Ballarat Botanical gardens & a free morning tea at Pipers	Pipers by the Lake
21 <sup>st</sup>	Memory Mingle luncheon	Carers of people with memory problems and the person they care for	Ballarat Golf Club

If you are interested in any of these events, please contact us on phone (03) 5333 7104 or email [carers@gh.org.au](mailto:carers@gh.org.au) to register your interest.

Our business hours are 9:00am – 5:00pm Monday – Friday

## Are you an LGBTIQ+ Carer?

Lesbian, gay, bisexual, transgender, intersex, queer, asexual + (LGBTIQ+) carers face the same stresses and pressures as other carers, but may also face added problems of discrimination and misunderstanding.

Our Carer Engagement team would like to provide a safe space for the LGBTIQ+ cohort. A space that offers understanding and recognition.


**We are excited to announce that our first event will be held at 6:00pm on the 23<sup>rd</sup> May**


To register your interest, or to join this mailing list, please email us at [carers@gh.org.au](mailto:carers@gh.org.au) or give us a call on 5333 7104.

- You may also be aware of the online group for adult LGBTIQ+ carers that meets once a month for informal sessions. This group is run by Alfred Health Melbourne. You can fill out an expression of interest form here <https://forms.office.com/r/VgP5z0CuyE> or contact your local office on the email and phone number mentioned earlier.
- For Young Carers aged from 8-18 that identify as LGBTIQ+ who would like to meet online, hang out with other Young Carers, make new friends, talk, laugh and share experiences or to just take a break from the caring role to just be themselves! **Please email Karen (Young Carer worker) at [carers@gh.org.au](mailto:carers@gh.org.au) or give us a call on 5333 7104**


## Y Ballarat's Youth Art Exhibition 2024 is open for registrations!


The annual Youth Art Exhibition is open to young visual art creatives aged 12 to 25 to exhibit and sell their artworks. Mark your calendars, everyone! Here's your ultimate guide to the Art Exhibition.....

 **Registration Deadline: April 10th** - Don't miss your chance to be part of this awesome opportunity! Sign up before it's too late!

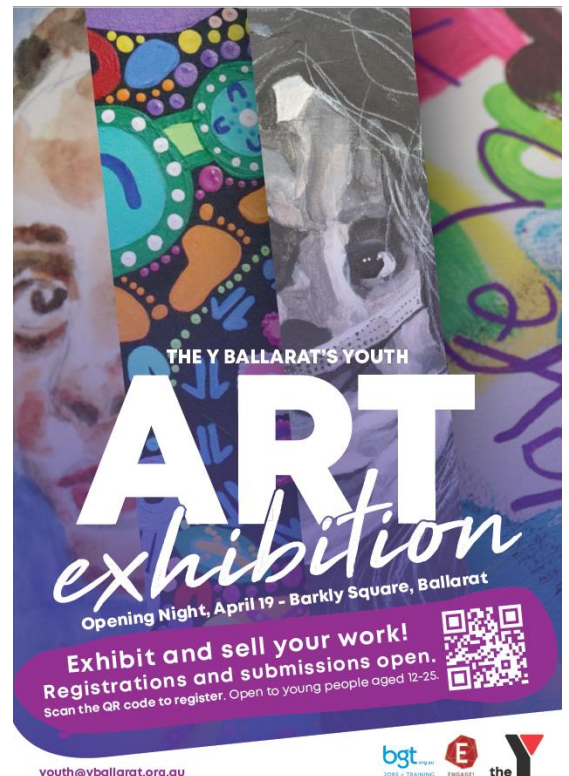
 **Art Drop-off: April 11th, 12th, and 15th** - Time to deliver your masterpieces! Swing by the Y Ballarat Office and drop off your piece/s.

 **Opening Event: April 19th** - Join for a night of art, music, food and celebration. Please invite your friends and families along. This is your opportunity to get in quick to buy a piece for your home or workplace!

 **Exhibition Dates: April 19th - May 2nd** - All works will be on display in the Exhibition space at Barkly Square.

 **Artwork Collection: May 6th, 7th, and 8th** - Don't forget to pick up your prized creations or purchases!

**For more information regarding the Youth Art Exhibition, please contact Asha, Youth Impact Lead. The Y. Phone 0499 592 302**



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## Young Carer Scholarship

Carers Victoria are proud to announce that the 2024 Young Carer Scholarship program is now open for applications. This annual initiative recognises the remarkable contributions of Young Carers while providing them with opportunities for skill development and educational advancement.

Applications are now open and **close on Thursday 18 April 2024**, offering young carers a chance to pursue their dreams.

### WHO CAN APPLY?

Secondary school students in Victoria who give care and support to a family member with a disability, mental illness, chronic health issue or an older person with care needs. Please note all applicants must have the consent.

**Applications from recipients of the Young Carer Bursary will be deemed ineligible if the applicant received funds in the 2024 calendar year**

### WHAT CAN BE APPLIED FOR?

Scholarships are up to \$500 and can be awarded for:

- School or community based classes / activities, such as camps, excursions
- School trips, or sporting club participation fees
- Tutoring
- Skills-based activities and lessons such as dance, music, fitness or driving
- Club memberships
- Direct educational expenses such as compulsory fees, books, uniforms, and fares.

### FOR MORE INFORMATION

Young Carer Scholarship Program

Phone: 1800 514 845 (option 4)

Email: [membership@carersvictoria.org.au](mailto:membership@carersvictoria.org.au)

[www.carersvictoria.org.au](http://www.carersvictoria.org.au)

### HOW TO APPLY?

For more information or to apply for a Young Carers Scholarship, scan the QR code or visit:

[www.carersvictoria.org.au/youngcarersprogram](http://www.carersvictoria.org.au/youngcarersprogram)

**Further information regarding any articles featured in this newsletter is available by contacting**

**Carer Support Service    Post: P.O Box 199 Ballarat VIC 3353    Phone: 5333 7104    Email: Carers@gh.org.au**

**Business Hours: Monday – Friday 9:00am – 5:00pm (Closed Public Holidays)**