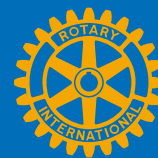


NEWSLETTER

Rotary
Club of Warringah



CARER GATEWAY – Kiersten Jones, Senior Community Engagement Consultant



Our speaker, Kiersten Jones receiving a Certificate of Appreciation from our Vice President, Ruth Vumbaca

Kiersten Jones is the senior Community Engagement Consultant (CEC) at **Your Side** in Sydney's North West and in conjunction with **The Benevolent Society** delivers the

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Now available!
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April – June

Throughout our bulletin, **bright blue** text indicates a website link.





In partnership with *YourSide*

face-to-face services that the **Carer Gateway** offers in Sydney. **Your Side** are also an NDIS for over 18's and Aged Care registered provider so they can assist with Commonwealth Home Support Packages, Home Care packages, the NDIS and with fee for service options.

What is the Carer Gateway?

The Carer Gateway is the National service for Carers, funded by the Australian Government.

It includes:

- **A website** – with information and advice
- **Phone or online services**
- **Face to face services** – delivered by local Regional Delivery Partners

Carers can call **1800 422 737** Mon – Fri, 8am – 5pm or visit their website on

www.carergateway.gov.au

When carers call the 1800 number, free support is then provided through a network of regional Carer Gateway service providers. For a full list: [carer-gateway-service-areas.pdf \(dss.gov.au\)](#)

Who can access Carer Gateway?

Carers are people who look after someone who needs help with their day-to-day living

Carers can be any age. Children and young adults (under 25 years of age) are called young carers

The definition for Carer (under the Australian Government Recognition Act 2010) is someone who gives care and support to a relative or friend who:

- Has a disability
- Has a mental health problem
- Is frail aged

- Has a medical problem (including an ongoing problem or an illness that will end in death)

You are not considered to be a carer if you are employed to look after someone, if you work as a volunteer for an organisation, or if you are doing work experience as part of a course. It is not means tested, nor does it affect any pension or program the Carer receives such as NDIS.

Emergency Respite



Designed to offer support to carers who are experiencing an urgent, unplanned and imminent event that temporarily restricts their ability to continue caring when no other services are available, for example:

- An unplanned situation that prevents the carer from providing care required by the care recipient;
- An unplanned event that threatens the health and safety of the care recipient; or,
- An unplanned event that threatens the health and safety of the carer (including extremely high levels of strain and anxiety).

Your Regional Service Provider will broker emergency respite care (on behalf of the carer) to secure replacement care for the care recipient. For children this would be in home support.

In-Person Peer Support Groups

- Free facilitated support forums designed to assist carers to:
 - ▶ Connect with people in similar circumstances;
 - ▶ Learn from their peers through the sharing of lived experiences; and,
 - ▶ Aid in decreasing carer strain through the connection and sharing of personal stories and experiences.



- Peer support groups located throughout Australia that are organised and coordinated by the Regional Delivery Partners.
- The groups meet regularly and provide carers with access to a community of carers that is moderated by a trained facilitator.
- Note: An online peer support forum will be provided by a separate National Online Peer Support Provider.

In-Person Counselling

- Free short-term counselling service for carers who are experiencing difficulties with anxiety, stress, depression and low mood.
- Assists carers to manage their own health in order to remain effective in their caring role and avoid crisis events through a series of counselling sessions in person with a professional counsellor.
- Designed to deliver high quality counselling in person that is functional, meaningful and specifically aimed at carers across 3-6 sessions of one hour each.

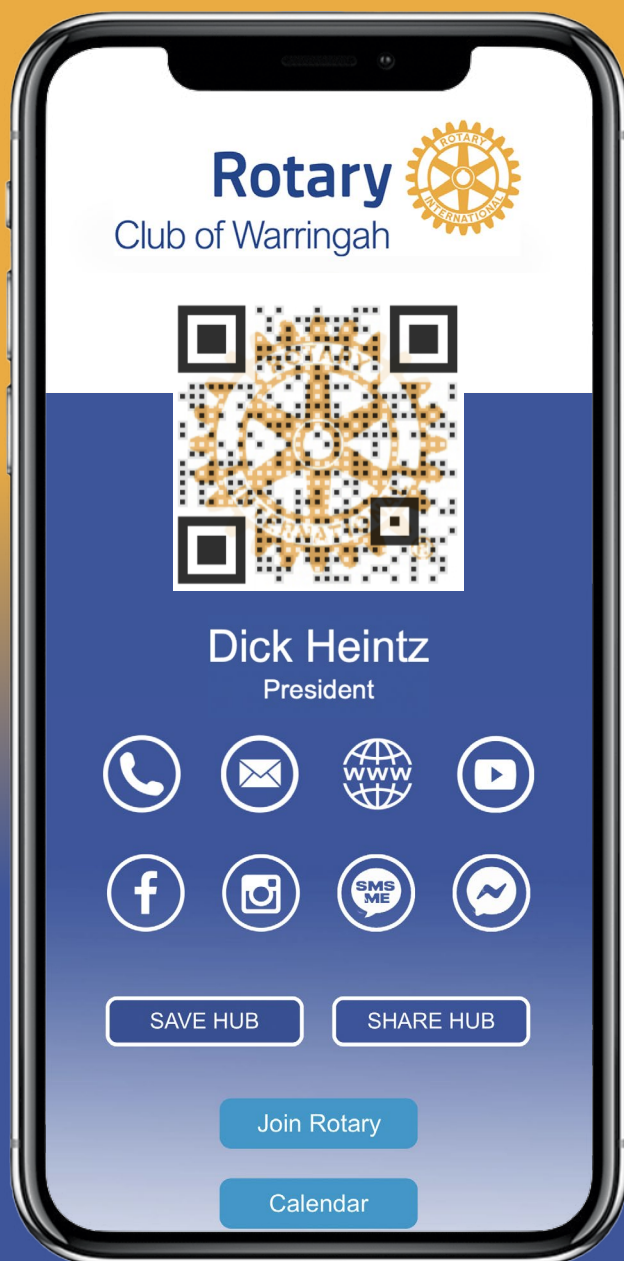
- More sessions can be provided if there is proof that the carer is on a waitlist for Headspace (under 25) or LHD Assertive Outreach Team (Over 25)
- Your Side has a well established and highly experienced team of counsellors who deliver this service to carers.
- Note: Virtual Counselling will be provided by a separate National Digital Counselling provider.

Young Carers

- **Young carers are aged between 12 and 24. We offer them their own network and support through the Young Carers program.**
- A young carer needs **practical support** such as: tutoring, work related courses such as First Aid, Driving Lessons, a RSA or Barista course, money for school uniforms and/or access to a laptop or iPad.
- Once the practical supports are in place then ongoing **counselling, mentoring and group support**, both online and in the community, is available to support them to manage their caring role.
- **Online virtual hangouts** introduce young carers to topics including setting boundaries, finding creative outlets, building confidence, getting a job.
- Respite weekends and regular outings provide the Young Carer with an age appropriate break with people they can connect with.



SAVE OUR DETAILS TO YOUR SMARTPHONE



Follow these simple steps:

✓ Open The Camera On Your Smartphone

✓ Scan Our QR Code

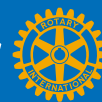


✓ Tap The Link On Your Screen To Display MyRotaryHub

✓ Tap The 'Save Hub' Button To:

- Save Our Details To Your Contacts List
- Save Our Hub As An App To Your Smartphone

MyRotaryHub.club



Vice President Ruth Vumbaca, getting through a little club business before we hear from our speaker, Kiersten Jones (far left) from Your Side.



2023

Beach2Beach
Charity Fun Run & Festival
bring it on!

YOU & YOUR BUSINESS CAN HELP YOUR COMMUNITY

Have your business or employees sell **B2B** raffle tickets that aid our community groups.

80% of tickets sales, go to a community group or charity of your choice **OR** buy tickets to **WIN 5 nights at the Seaview Hotel, Norfolk Island, includes airfares and a car hire.**

Contact Christine on **0418 201 228** or email **brookvalebd@bigpond.com**

HAPPY DAYS ANNUAL CHARITY GOLF DAY • 26 MAY 2023

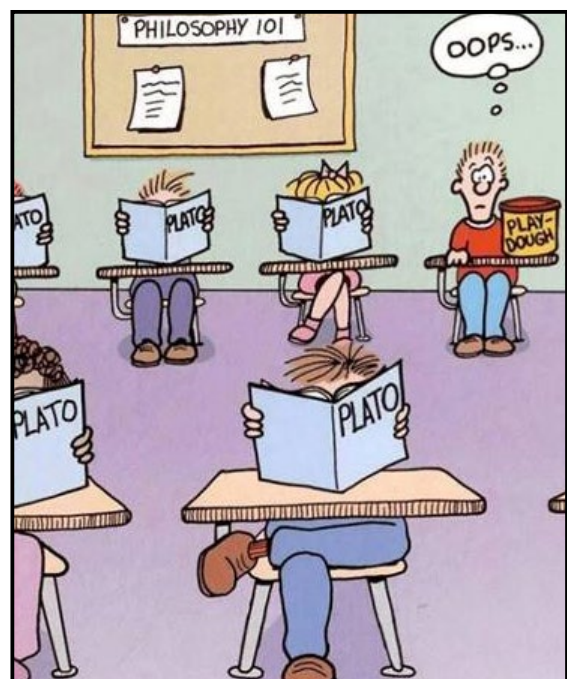


We would love you to share with us on the 26th of May, 2023 at our annual Charity Golf Day, being held at Long Reef Golf Club, Anzac Avenue, Long Reef, to raise funds for our High School/ University Scholarship Program in Cambodia.

[CLICK HERE](#) or use QR Code for more information.



JUST FOR A LAUGH...THANKS BOB



Stay Safe,
Dick Heintz, President 2023-2024
District 9685
Email: dick@marketknowledge.com.au



APRIL 2023

Date	Guest Speaker/Event	Location	Time	Activity
Saturday 1	Comedy for a Cause	Manly Leagues Club 1st Floor	Upstairs open at 7	Fundraising Event
Tuesday 4	Kiersten Jones Carer Gateway	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 11	First Tuesday after Easter NO MEETING			
Tuesday 18	Greetings from Nepal Sandra Meihubers	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 25	TBA		6pm 7pm	Dinner Meeting

MAY 2023

Tuesday 2	TBA			
Tuesday 9	Martin Davies A voice beyond parliament!	Manly Leagues Club	6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 16	Guy Leech - Defibrillators	Manly Leagues Club	6pm 7pm	Dinner Meeting
Tuesday 23	TBA			
Tuesday 30	Pride of Workmanship Award Night	Manly Leagues Club 1st Floor	6:30pm for 7pm	Social Community Event (includes dinner)

JUNE 2023

Tuesday 6	TBA		6pm 7pm 8pm	Dinner Meeting Board Meeting
Tuesday 13	TBA			
Tuesday 20	Changeover Dinner	Manly Leagues Club 1st Floor	6:30pm for 7pm	Social Dinner
Tuesday 27	TBA			

Warringah Rotarians, please check our calendar weekly for updates. Thank you