



Share and Care would like to welcome the new staff that have started in our various programs, we hope you enjoy your time with us.



Share&Care
Community Services Group
Building resilience in communities

Northam Office
88 Wellington Street,
PO Box 365
Northam WA 6401
Tel: 08 9622 2828
Fax: 08 9622 5070
www.shareandcare.com.au

NEWSLETTER

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What's been happening... ...around the office...

Welcome back to the new year. New staff members in both Administration area's. Welcome Sam and Jenny. May you enjoy your time with us.

Reception office has had it's facelift, has made the space more practical and open.

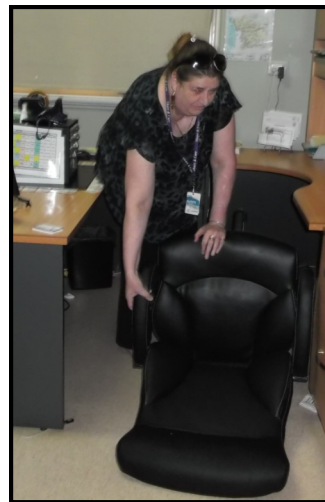


Before and after photos.

The staff are always having



fun when one has left the office for a day or two. Yvette had to put her desk back into order. Laughing so hard that she was unable to pick up the chair.



BOARD MEMBER - Attila Mencshelyi, was born and educated in Merredin married with 4 children and 8 grandchildren. Regional Manager with the Department of Housing with 38 years experience in the housing sector and 5 years prior to this with the Public Works Department. Attila has worked in Merredin, Kalgoorlie and Northam. While in Kalgoorlie/Boulder was a City Councillor from 1994 to 1999 and served on Boards of Goldfields Group Training and also Goldfields Independent Family Support Association. Attila has been on Share & Care Board since 2009 and also on Wheabelt Independent & Family Support Association, and Chair of the Wheatbelt Senior Managers Forum.



BOARD MEMBER - Jacquie Holmes has been teaching for over 20 years. A long time local of Northam Jacqui enjoys family (4 children and 14 grandchildren) and enjoys reading, spinning, bowls and crosswords.



BOARD MEMBER - John Klassek John Klassek works in IT Support as well as a short film producer. Married with six children, John has a keen interest in archaeology, public speaking, mission and ministry. He is currently promoting the third edition of his book. He is an active advocate for family and community issues, and is appreciative to share in the journey and governance in Share and Care Community Services and the mission it represents.



BOARD MEMBER—James Paxman : As a local Northam resident James has a keen interest in supporting his local community and making a positive difference to improving the lives of those who may be disadvantaged or experiencing life challenges. James has worked in the community sector for 13 years and is currently a lecturer in youth/community services work at CY O'Connor Institute. As a member of other peak community service bodies, James is aware of the major issues facing the community sector. Outside of work, James enjoys cooking, archery, socialising with friends and family as well as travelling.

BOARD OF MANAGEMENT



CHAIRMAN - Ann Gibbs is long time resident of Northam, married to Ian and has been involved in not for profits that include Rocky Bay Village Morby Cottage Committee Chairman for 15 years, a Penguin Public Speaking Club member for 15 years, Charter member of the Inner Wheel Club of Northam Inc (27 years), Chairman of District A40 Inner Wheel Inc. (State Level), and Paul Harris Fellow for service to Rotary.

Currently Ann works part time and her Interests include reading, gardening and music. Ann has 4 children and is a grand mother to eleven grandchildren.



VICE CHAIRMAN - Trisha Ellis was born and educated in Northam and after moving away and returning several times, has now settled in town with her husband, Daniel, and two young children.

Trisha's work experience is largely in Local Government and the not-for-profit sector, now working in health. Her current role complements the work of Share and Care and she is excited about working with the Board.



SECRETARY—Barbara Silvester comes to us with previous Board experience in local organisations and fills the position of Secretary for Share & Care, Avon Youth Community & Family Services and the Avon Region Branch of the National Party. Barbara's connection to the Wheatbelt is a strong one having grown up in Narrogin. Barbara now works for the Hon Paul Brown MLC in Northam as a Research Officer and is married to local Police Sergeant Steve Bordas. Barbara shares Carol's passion for gardening and despite the extremes of both heat and cold

Northam experiences struggles on with her roses.

TREASURER - This role is completed by an independent accountant: Mr Steven Pollard.

Avon Valley Black Dog Ride...



Trisha Ellis who is the Vice Chair from the Share & Care Board presenting a \$500 donation to the Black Dog Ride, supporting Mental Health and Suicide Prevention.



This year there were 202 bike riders with 31 pillions plus the support crew.

The ride started in Northam with hot coffees and the presentations then it was down to Beverley Town Hall. CWA Women provided the morning tea for the riders, who then had time to chat with one another and talk bikes. It was a relaxing journey back up through York, Spencers Brook and Clackline to the final destination of Stirling Park in Toodyay.

While everyone settled down with lunch there were more presentations, raffles of motorbike gear and other items.

All of the proceeds of the day go to Lifeline WA suicide prevention programs.

We are looking forward to next years ride on March 20th, 2016.

7 Essential Oil Natural Cleaner Recipes

All-Purpose EO Spray Cleaner Recipe

- ¼ C white vinegar
- 2 C water
- 30 drops essential oil

Essential Oils To Try:

15 drops each lavender & lemon

10 drops each eucalyptus, peppermint, and wild orange

30 drops OnGuard

Add all ingredients to a spray bottle. Shake thoroughly before spraying.

EO Floor Cleaner Recipe

- 1 gallon of hot water
- 2 T liquid castile soap or saponified coconut oil soap
- 15 drops Wild Orange essential oil
- 8 drops Lemon essential oil

Combine in a large bucket. Use a mop or rag to clean the floor. Rinsing optional.

EO Toilet Bowl Cleaner Recipe

- 1 ½ C white vinegar in a spray bottle
- 1 C baking soda
- ¼ C Salt (optional)
- 10 drops melaleuca essential oil

Mix baking soda and salt together. Add the oils to the vinegar.

Spray the inside of the toilet bowl with the vinegar mixture, and then sprinkle on the powder. It should be fizzy; if it is not, spray a bit more vinegar. Let cleanser sit 10-15 min. before scrubbing with a brush. Flush.

Note: All the essential oils used/suggested in these recipes have anti-microbial properties. The specific oils suggested for each recipe work well, but if you greatly prefer the scent of one EO over another or have only specific EOs on hand, substitutions of the oils listed on this page are okay.

Financial Counselling Services

Well again another huge effort by the Financial Counselling team, you would not believe how much money in the way of debts we have waived for our client's and yes its thousands and thousands of dollars.

- How many houses have we saved from foreclosure?
- How many cars have we stopped from being repossessed?
- How many clients have we helped keep their power connected?
- How many clients have we helped make a fresh financial start?
- How many clients have we helped pay off huge debilitating debts?
- How many clients have we assisted with a simple budget that has made all the difference to them and given them piece of mind?

Over 1000 new clients in the last 12 months that's how many, over 7000 client contacts in the last 12 months and I haven't even touched the "Money Matters" community education workshops we do or that we deliver to the entire Wheatbelt.

So am I proud of this team you bet I am, time and time again they go above and beyond what is required of them, so next time you see a Financial Counsellor looking a bit stressed or down in the dumps give them a smile, it really does make all the difference.

Men's Lodge



Men's Lodge & NPAH:

The NAHA & NPAH Services worked with the Financial Counselling and Domestic Violence services to hold a Money Matters day for clients in the month of February. The Financial Counsellor was able to provide clients with tailored financial advice and information relating to issues affecting those that may be experiencing homelessness or at risk of homelessness. The Financial Counsellor discussed issues such as Maintaining tenancy, Department of Housing Debt Discount Scheme, Budgeting, Centre pay, WA NILS and so on...



The Men's Lodge accommodated ten clients during this period. 90% of clients accommodated agreed to be referred to several agencies including the Wheatbelt Mental Health Service, Homemaker Program and Financial Counselling Service. During this period the Men's Lodge received a donation from the York Friendship Organisation. This money will be used to further assist clients at the Men's Lodge experiencing homelessness.

EO Air Freshener

You can easily use a diffuser to disperse the aroma of essential oils in your home or you can also use a spray bottle.

15 drops essential oil

Mix with water in a spray bottle.

Essential Oils To Try:

*Lemon * Lavender * Peppermint*

Or a combination of all three

EO Glass Cleaner Recipe

1 C. water

1/8 C. vinegar

10-15 drops lemon essential oil

Pour ingredients into a spray bottle, and shake to blend, apply and wipe clean.

EO Tile, Grout, and Tub Cleaner Recipe

1/8 C castile soap or saponified coconut oil soap

1/8 C water

1/2 C baking soda

10 drops eucalyptus essential oil

Mix all the ingredients together. You can add more water depending on how thin or thick you want the mixture to be. Paint on with foam craft brush (or your hand if you want to). Let sit for 15 – 20 min. Get it wet with a spray bottle, scrub with a scouring pad, and wipe clean with a wet cloth.

EO Carpet Freshener

1-2 C baking soda (depending on the area you'll be sprinkling it on)

15-30 drops essential oil

Mix in a container with a sprinkle top or one you can make holes in to create your own sprinkle top. A large yogurt tub works well. Sprinkle on the carpet. Let sit overnight and then vacuum.

Essential Oils To Try:

*Lemon * Peppermint * Lavender * Wild Orange*

*Purify * Citrus Bliss*

20 PLANTS TO CLEAR THE CHEMICALS FROM YOUR HOME

1. Golden pothos (*Scindapsus aureus*): Clears formaldehyde and other VOCs.

2. Ficus alii (*Ficus maeleilandii alii*): Good general air purifier.



3. Spider Plant (*Chlorophytum comosum*): Clears benzene, formaldehyde, carbon monoxide and xylene.

4. Lady Palm (*Rhapis Excelsa*): Good general air purifier.

5. Snake plant (*Sansevieria trifasciata 'Laurentii'*): Clears formaldehyde.



6. Aloe: Clears formaldehyde and benzene.

7. Moth Orchid (*Phalaenopsis*): Clears formaldehyde.

8. Dwarf/Pygmy Date Palm (*Phoenix roebelenii*): Clears formaldehyde and xylene.

9. Chinese evergreen (*Aglaonema Crispum 'Deborah'*): Clears air pollutants and toxins.

10. Chrysanthemum (*Chrysanthemum morifolium*): Clears benzene.

Emergency Accommodation

Emergency Accommodation Services

During this period 63% of those assisted with emergency accommodation were new clients.

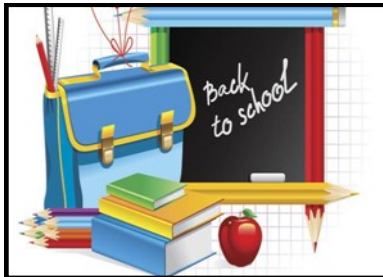
A small number of clients seeking assistance to obtain accommodation were not able to be assisted due to the fact that they had children in their care and there is currently no suitable emergency accommodation available within the Wheat belt for children. Clients in this situation are offered other accommodation in Perth and the surrounding areas.

One of the challenges that we faced during this period was that some of the clients that presented seeking emergency accommodation did not wish to engage with the Financial Counselling Service. This made it difficult for the ER Officer to assist clients to attain long term solutions to their housing issues.

Emergency Relief & Homelessness

Emergency Relief & Families Assistance

In an effort to further assist clients struggling to provide their children with Back to School supplies we managed to order and receive 100 school backpacks to provide to parents. The backpacks also contain a large amount of stationary supplies for children. Clients will be able to receive these backpacks by seeing the ER Officer at Share and Care as usual.



Over the last few months we have provided clients with Emergency Relief on more than 250 occasions. 33% of clients assisted were new while the rest were existing clients.

During this period there has been an increase in the amount of clients requesting assistance to make full or part payments towards utility bills due to a mismanagement of funds over the Festive Season. All clients that were in this situation have been referred to the Financial Counselling Service. The ER Services have continued to work closely with the Financial Counselling service in order to ensure a more holistic approach to solving financial problems.



11. Gerber daisy (*Gerbera jamesonii*): Clears trichloroethylene and benzene.

12. Red-edged dracaena (*Dracaena marginata*): Clears xylene, trichloroethylene and formaldehyde.

13. Weeping fig (*Ficus benjamina*): Clears formaldehyde, benzene and trichloroethylene

14. English ivy (*Hedera helix*): Clears airborne fecal-matter particles.

15. Azalea (*Rhododendron simsii*): Clears formaldehyde.

16. Heart leaf philodendron (*Philodendron oxycardium*): Clears formaldehyde and many other air pollutants.



17. Warneck dracaena (*Dracaena deremensis* 'Warneckii'): Clears pollutants such as those associated with varnishes and oils.

18. Boston Fern (*Nephrolepis exaltata Bostoniensis*): Clears formaldehyde.

19. Bamboo palm (*Chamaedorea sefrizii*): Clears benzene, trichloroethylene and formaldehyde.

20. Peace lily (*Spathiphyllum*): Clears formaldehyde, benzene, trichloroethylene, toluene and xylene.

Sweet Sesame Crackers

Ingredients

1/2 Cup Brown Rice Flour
 1/2 Cup Almond Meal
 2 Tablespoons Flax Meal
 1/4 teaspoon Baking Powder
 2 Tablespoons Sesame Seeds
 Pinch of Salt
 1/4 Cup Maple Syrup



Instructions

Preheat oven to 350.

Whisk together the dry ingredients. Stir in the maple syrup until the mixture pulls together, loosely.

On a cookie sheet lined with parchment or a silicone baking sheet, turn out the dough. Top the dough with a piece of wax paper.

Use the wax paper to prevent the dough from sticking hopelessly to a rolling pin. Roll the dough out thinly and evenly.

Remove the wax paper and cut the dough into cracker shapes (a pizza wheel works great).

Bake in the preheated oven 15 to 20 minutes. They will darken as they bake, we like them quite crispy and dark but I suggest checking them at 15 minutes and adjust from there to suit your personal tastes.

Mental Health & Mental Health Mobile Respite Services

We would like to welcome Jenny to our administration team for these programs and the SYDS programs. Jenny has presented as a fresh face and a willing team member to support staff and clients from an administration point of view.

Recently we have been closely monitoring our statistics for both program and we are finally on target for 100 percent capacity for Mental Health and Mental Health Respite by the end of the financial year.

Our support employees who are engaged in Certificate IV in mental health are all going exceedingly well and are all very enthusiastic about their study. Dean has been continuing with the WAI S leadership program and would like to develop a different approach to care planning and clients our consumers future planning.

Locally a Wheatbelt managers meeting has been formed with all organisations within the Mental Health sector. Our Program Manager was active within the first meeting and this has further our relationships with other service providers.

We are on the cusp of the first school holidays and have some exciting activities for the kids to engage with and we will be joining some of the community events that have been organised for this coming school holidays.

Seniors & Disability Support Services

We have completed our first 9 months with the Regional Assessment Service and are happy with the number of Referrals that we have accepted with the period. 169 new clients and reassessed clients have been reviewed in the last 9 months. Our team has found the changeover very challenging but the continuity with paperwork and assessment has been very positive. We have also managed to build some great relationships with the RAS Coordinator and its assessors.

Our team of support workers have all just completed their refreshers of manual handling and the support employees enrolled with Tafe are back into in again this year.

Our service would not be possible without the continued dedication of all of our community support workers and volunteers enabling independence throughout our consumer base.

Currently we are working on a restructure to our Home Care Packages as from 1st July 2015 we are required to deliver them on a consumer directed care basis, which is a challenge but an effective way of looking at current practise, reviewing and developing and implementing new ways to deliver our service. Our finance officers and our program manager have been undertaking many training sessions to try and develop clear paths for our consumers.

100 biscuits for \$5+

Ingredients

500g butter or margarine
 ½ cup sugar
 5 cups SR flour
 1 can condensed milk



Instructions

Preheat oven at 180C

Cream the sugar, butter and condensed milk with a wooden spoon.

Add flour, slowly mix to combine.

Add desired ingredients to each portion. Such as 100&1000's choc chips, smarties, white choc and macadamia, nuts, sultanas, white chocolate & coconut, cornflakes, choc freckles on top, custard and then fill with icing, or keep them plain and cut them into shapes.

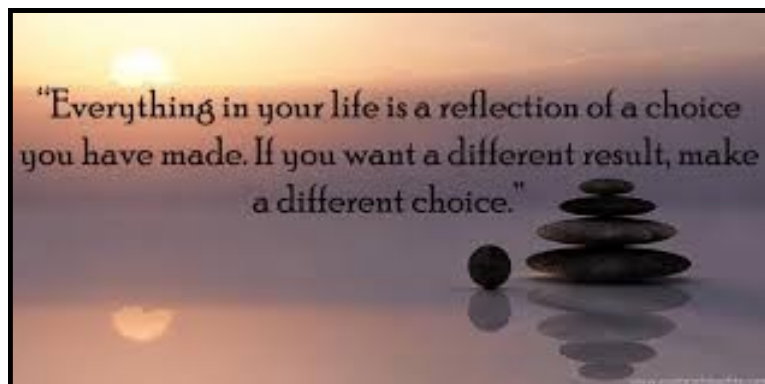
Roll tablespoon mixture into balls, flatten slightly.

Bake for 10-12min, or until golden

**You can freeze dough or cooked biscuits



Reflections...



Rainbow Women's Centre:

Some of the staff held a promotional stall at The Great Southern Social Support Expo. Held in Narrogin, the staff were very happy with the interest from agencies it was a very successful day.

Cooking classes was a fun day at the refuge, homemade pizza bases and toppings also pasta dishes, The clients both in the refuge and outreach were also very appreciative of the gifts from the Variety Toy Bank.

Outreach Support & Counselling:

This service continues to provide outreach visits, transport and referrals to the local counsellor, the staff member that had approval for extended leave has now resigned from the position. The Rainbow Women's Centre staff are covering the role when required. Promotional material from Share and Care has been delivered to some of the south west country towns.

FDVCRT:

Business as usual for both coordinators, the triage happens three times per week in Northam and once a week in Narrogin, both coordinators attend the multi-agency meetings and Northam provides feedback to the Merredin meetings. Both Coordinators attended a teleconference with Dept of Child Protection and other Crisis Response teams in the state, a great networking tool.

Homemaker Service:

The staff have completed the 'Double Your Dollar' days in Northam and Narrogin. The towns that have been visited in the past 3 months have been Mokine, Cunderdin, Bakers Hill, Clackline, Wundowie, Kellerberrin, Quairading and Corrigin, plus services at Share and Care. The Kellerberrin Resource Centre have invited the staff to do a presentation to a group at the Centre, to a mixed group of seniors, to offer an encouraging variety for meal planning.

SHARE & CARE PROGRAM NEWS

Family & Domestic Violence Services

Magnolia Women's Centre:

The Refuge has continued to be very busy accommodating clients.

Donations were once again received for our clients, Sacred Heart School in Goomalling including students, teachers and parents provided copious toys, women's gifts and food, The Variety Club Toy Bank also gave beautiful donations of new toys and women's gifts which were also shared with Djookanka House

West Northam Primary school had a Gold Coin fund raiser with the students and donated the funds of \$190.00;

With these donations were we able to take a huge load off clients with providing age appropriate gifts that they didn't have to spend their money on. All clients accommodated clients left the refuge for Christmas Day to share with either family members or friends.

2 Client's from the refuge attended a resume and career options day at Directions.

Safe at Home:

We said a fond farewell to a staff member who has moved to Tasmania, Penny will be sadly missed, she was a great asset to the team and we welcome Sally to her new role.

This service has continued being very busy, in supporting clients with great outcomes.

129 Referrals have been received in the last 3 months. Support has been delivered in many country areas including as far away as Jurien Bay, A valued Service.

What comes to mind when you think of baking soda?

Something you use when you bake. A while back I saw a commercial that suggested putting an opened box in the fridge to eliminate odours, and I did. It seemed to do the job pretty well. However, there are many more uses that maybe you hadn't thought about. Some uses have amazed even the experts. It can be used for all types of cleaning, deodorizing, and other miscellaneous needs.

Here are some way to use your next box of baking soda.

Clean fruits and vegetables. Sprinkle some on a sponge, wipe fruits and vegetables clean, and rinse them off.

Use it as an antacid. It's great for indigestion, heartburn and sour stomach. Add half a teaspoon to half a glass of water and drink it. Make sure it is completely dissolved before swallowing.

Relieve itchy skin and insect bites. Mix water and baking soda into a paste and apply to the affected area.

Put out fires. If you don't already have a fire extinguisher, then you should keep an open box of baking soda in every room. It works for normal fires, electrical fires and grease fires. Smother the base of the flame

Keep your refrigerator smelling good. This is the most common usage.

Just place an open box in the door. Bad smells are neutralized.

Deodorize sinks and trash cans. For the sink, pour half a cup down the drain while running warm water. For the trash, sprinkle some on the bottom of your trash can and in your trash occasionally.

Deodorize carpet. Most of those powder carpet deodorizers you see in the store are a rip-off. Just sprinkle some baking soda and let it sit overnight before sweeping/vacuuming it up.

Brush your teeth, freshen your breath. Toothpaste can be made with baking soda and a 3 percent hydrogen peroxide solution. For fresh breath, put a teaspoon in some water, swish it in your mouth and spit it out.

Who's behind the



An Interview with Yvette, Financial Counsellor

When did you first get involved with S&C?

2009 in Reception, 2010 Reception & Emergency Relief, 2011 Program Manager & OSH Officer

What are some of the most challenging things that you face in your role that most people would be surprised to know?

There are a few things I find challenging but I hide them very well & keep them to myself, its easier to deal with that way. I guess people would be surprised to know that.

What do you love most about S&C?

The people I work with & the family friendly workplace. The support received from the management & staff through the good times & the bad.

What are some of the lessons you have learned from your role while at S&C?

In Financial Counselling I have learnt—you can't win them all, but if you can win most your doing a good job.

Who inspires you most and why?

Billy Connolly—Cos he just doesn't let anything get him down & always comes back smiling.

When you are not working, what do you spend your time doing?

Quilting, kite flying, quad bike riding.

What was the last book you read?

If I tell the honest truth it was "Hanged at Winchester" This book holds the family secret of which I cannot speak.

If you were not working in your role, what other career role do you think you would have taken up?

Ghost Hunting or Paranormal Activity. Actually I wouldn't want to do anything else but Financial Counselling.

An Interview with Karlee, Community Support Worker:

When did you first get involved with S&C?

In 2013

What are some of the most challenging things that you face in your role that most people would be surprised to know?

The emotional connection you have with your clients that fine line between helping and caring and keeping professional.

What do you love most about S&C?

The additional training, and Share & Care giving me the option to study Cert III in aged care through a scholarship.

What are some of the lessons you have learned from your role while at S&C?

To stress less and be organised.

Who inspires you most and why?

My parents — because no matter what they are always there for me and are strong willed, happy people that always put in over 100% at what they do. (Also Batman –cause I think he's cool!)

When you are not working, what do you spend your time doing?

Spending time with my partner, garage sales and visiting family.

What was the last book you read?

Don't read books. The last magazine that I read was Women's Day.

If you were not working in your role, what other career role do you think you would have taken up?

An event planner, such as weddings and parties or a millionaire.