



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

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NEWSLETTER

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



“When cold weather hits and you hide your feet under a desk.....” Staff trying to stay warm on a chilly winter's day.



Donation of Paintings

Pearl an artist from Toodyay contacted S&C to very generously offer one of her paintings to be raffled or sold and the proceeds to be donated to the Northam refuge.

On the 25th June, Dianne and Jacey attend Pearls art studio and was presented with not only one but three original pieces of art. Carol has organised for the artwork to be exhibited for sale at the Avon Valley Arts Centre which is located at the Visitors Centre in Northam.



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 Wheatbelt 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.

Self-Care Strategies for Dealing with Stress, Trauma and Crisis

When dealing with stress, trauma and crisis, it is crucial that you remember to care for yourself. Those who recover most quickly are those who take specific actions to manage their responses and feelings.

Here are some self-care strategies you may choose to try:

Stay away from mood-altering substances, including drugs and alcohol

Eat well-balanced meals

Give yourself permission to feel bad—schedule it in your day

Give yourself permission to feel good
If possible, put off major life decisions

Structure your time and develop a routine

Take breaks from periods of isolation

Give yourself permission to do something that could feel good to you

Exercise—even a little bit

Engage in practices that are meaningful to you such as prayer, walking in the woods, sitting quietly, reading inspirational material, taking a bath, or writing in a journal

Get plenty of rest so that you feel rested and relaxed

Practice stress reduction techniques such as deep breathing, meditation and visualization

Let yourself cry

Make small decisions daily to get control of your life back

Give yourself permission to focus on someone outside yourself

Lower expectation on what you think you “should be doing”

Talk it out—even with a professional

Give and get physical touch—a hug can do wonders

Remind yourself that your reactions are normal

Do something that puts a smile on someone's face



Adapted from MCC Behavioral Care Inc.

Taking Time Out...from the CEO

As a component of our Risk Management strategies, Share & Care have had disaster “bug-out-bags” for a few years now. These bags contain all (hopefully) that programs would need to work with their consumers in a natural disaster, and includes solar chargers (Beverley was without power for 8 days in the 2011 storm) and wind up radios amongst many other items in the backpacks.

The SES have graciously sent us a list that is useful for homeowners to consider:



For more information please visit the DFES Website:

<http://www.dfes.wa.gov.au/safetyinformation/pages/emergencykits.aspx>

What's inside your emergency kit

Your emergency kit includes items for your essential needs in the event of an emergency or natural disaster.

When you prepare your kit, include items you will require during several days of disruption to supplies such as power, water and gas. Your kit should be stored in a waterproof storage container, kept in an accessible place and checked and resupplied every couple of months. Supplies should be rotated and stocked up to ensure provisions are fresh and safe to use.



Financial Counselling Services

Well, another extremely busy time for the Financial Counsellors, the clients we are now seeing have cases so complex we are spending a minimum of 3 hours on each case and sometimes up to 8 hours on one case alone, this doesn't include ongoing cases that come back every 4 – 6 weeks for sometimes up to a year or emergencies, these are also increasing.

We have 9 appointments per day between us, so we don't ever get to finish one day's work before we get another 9 cases, sometimes when the clients don't turn up you can actually hear the Financial Counsellors collective sigh of relief permeate the building. *(This means we can catch up on other cases)*

Genie and myself did some networking during the month to agencies in Northam. We decided to do this on foot and set out with a big wheelie bag full of marketing information. We started out by going down to the Post Office and turning left, we did go to a lot of agencies but by the time we got down to Avon Youth and walked back again I was absolutely exhausted and we had to sit under a tree to recuperate, Genie meanwhile was fine, we even contemplated ringing Carol to come pick us up.

Oh well Genie looks like you got yourself elected as the chief networker for Northam. (Me being too old and frail to do it myself)

Men's Lodge



Men's Lodge & NPAH:

The Men's Lodge has been busy and there were nine clients accommodated during this period (at different times).

The Coordinator continues to involve residents of the Lodge in different projects as these projects can ensure the client base develops self-worth, improved mental health and a sense of achievement.

During this period the men built a chook pen, they intend to have it running effectively in a few weeks' time.

All clients accommodated at the Lodge attend weekly information workshops with other services and agencies such as the Financial Counselling Service, Homemaker Service, and Holyoake Service and so on. The Coordinator provides direct support to clients on a daily basis to assist the client base with immediate accommodation and look at future longer term housing.

There were a number of donations received by this service for homeless clients. All the donations received are provided to clients who are transitioning to long term accommodation.

The NPAH Coordinator has been very busy housing eligible clients in suitable long term accommodation. At times this task can be challenging due to fact that there are often fewer houses available than required. The Coordinator provides homeless clients with extensive information on alternative accommodation options available as there may not be enough Public Housing available.

NPAH Staff have noticed that there are now more clients that have been homeowners requesting assistance to obtain long term accommodation after losing their homes through mortgage defaults. The NPAH Service works with the Financial Counselling Service to fully assist clients in this situation.

NATURAL DISASTERS

Emergency Kit

FACTSHEET

01

PREPARING AN EMERGENCY KIT FOR YOUR FAMILY

Having an emergency kit will help your family prepare for an emergency.

An emergency kit provides essential items for your family's short term survival whether you choose to stay at home or need to relocate to a safer place before, during or after a natural hazard such as cyclone, storm, flood and bushfire.

START YOUR EMERGENCY KIT WITH THE FOLLOWING ITEMS

- Portable, battery operated AM/FM radio with extra batteries
- Waterproof torch with extra batteries
- First aid kit and manual
- Bottled drinking water (to last at least three days for each person)*
- Canned or non-perishable food items and can opener (to last at least three days for each person)*
- Copies of important documents. Scan copies of these documents and save them on a USB memory stick or CD to include in your kit. Keep these items in sealed plastic bags
- Survival plan with emergency contact phone numbers

* You may require food and water for your family to last more than three days depending on your location and family's needs



Additional items may be included in your emergency kit. If you do not have enough space in your kit, make a note of where to find the extra items in your home so you can collect them quickly. Place this note in your emergency kit.

- Spare cash in case ATMs do not work
- Debit cards, credit cards, prepaid phone cards and coins for phone calls
- Mobile phone and charger
- Medications, prescriptions, toiletries and sanitary supplies
- Special items for infants, elderly or people with special needs
- Spare house and car keys
- Pet food, water and other animal needs
- Change of clothes for everyone including warm jumper, waterproof jacket, hats, gloves and closed-toed shoes or boots stored in plastic bags
- Cooking gear/eating utensils, portable gas stove/BBQ, container for boiling water
- Whistle and pocket/utility knife

If you have visitors during an emergency, you should consider supplies for them also.

All family members need to know where your emergency kit is kept.

Check and update the contents of your emergency kit every 12 months. Use a birthday, anniversary or special date as a reminder for your family to do this every year.

DID YOU KNOW?

If you are relocating to an evacuation centre due to a cyclone/flood you must take your own bedding/sleeping bags, food and supplies with you. In most cases these will NOT be provided for you.

How Grandchildren Can Protect Your Mental Health

Ask any grandparents about their grandchildren and they're always quick to say that grandchildren are the best part of growing older – and well, life in general. The bond between grandparent and grandchild is a uniquely special one, helping keep grandparents active and young at heart, and providing grandkids with a strong connection to family heritage as well as an extraordinary love and trust that can only come from wise grandparents. It's a relationship that's equally rewarding as it is beneficial, not just when the grandkids are little ones but throughout the rest of their life. And now there's scientific evidence to back it all up. A new study shows that the quality of the relationship between grandparents and adult grandchildren has real, measurable effects on each other's mental health and psychological wellbeing long into grandchildren's adulthood.

Researchers from Boston College in the US tracked 376 grandparents and 340 grandchildren from 1985 to 2004.

The data revealed that grandparents and adult grandchildren who felt emotionally close to each other had fewer symptoms of depression for both generations.

"Extended family members, such as grandparents and grandchildren, serve important functions in one another's daily lives throughout adulthood," said study researcher Sara Moorman, assistant professor in the Department of Sociology and the Institute of Aging at Boston College.

Emergency Accommodation

The days leading up to the Avon Descent regularly cause a shortage in available accommodation in the Wheatbelt as tourists take up most of the available rooms in hotels and motels. This year we found this to be the case yet again. Many people requesting assistance in the Wheatbelt ended up moving in with extended family as there were no vacancies in local hotels or motels, and this service assisted people with fares so that they could travel to be with family.



A number of clients requesting assistance during this period comprised of families with children. This situation continues to present a challenge as there is currently no suitable accommodation for these clients within the Wheatbelt. Share and Care will soon have a refuge for clients in this situation, but for now we continue to work with CPFS services to provide suitable accommodation for clients with children. The ER Officers often have to look outside of the Wheatbelt for accommodation for homeless families.

Clients requesting assistance with rent arrears and facing eviction are assisted by this service in collaboration with the Financial Counselling Service. This is due to the fact that most people who struggle to pay their rentals are usually experiencing many other financial problems, and this service aims to not only assist the client but also reduce the likelihood of future homelessness.

One of the challenges faced by this service is that some clients that are homeless refuse to be accommodated in local hotels or motels for personal reasons... These clients are provided with Swags and blankets as they end up sleeping in local parks or cars.

Emergency Relief & Homelessness

Emergency Relief & Families Assistance



We welcome Ashleigh to the ER Services.



During this period we have experienced a significant increase in the number of clients accessing the Emergency Relief Service.

This has been largely due to the fact that we have often been the only providers of Emergency Relief in the region as other agencies have not had access to funding.

The ER Officers have been receiving a lot of referrals from other agencies requesting assistance for clients in need, and in most cases this service has managed to assist those referred. Clients have been assisted with food vouchers and hampers, medications, school supplies, blankets and many other items.

Most of the clients that request Emergency Relief assistance are experiencing problems with their overall budget management due to issues such as debts.

The Emergency Relief Service continues to work collaboratively with the Financial Counselling Service by issuing referrals for clients to be able to attend Financial Counselling appointments.

The ER Officers received training in the management of the SHIP Database as well as training in Client Assessment.

“The greater emotional support grandparents and adult grandchildren received from one another, the better their psychological health.”



“Grandparents expect to be able to help their grandchildren, even when their grandchildren are grown,” Moorman said.

“There is a saying, 'It is better to give than to receive.' Our results support that folk wisdom – if a grandparent gets help, but cannot give it, he or she feels badly.”

In fact, when grandparents supported their grandchildren, even fully-grown adult one, this improved the psychological wellbeing of the grandparent rather than the child. The researchers noted that grandparents who felt independent, gave their grandchildren advice and bought them an occasional gift or paid for lunch had fewer depressive symptoms, whereas grandparents who only received help, without give help, had increased depressive symptoms.

“Most of us have been raised to believe that the way to show respect to older family members is to be solicitous and to take care of their every need,” Moorman said. “But all people benefit from feeling needed, worthwhile, and independent. In other words, let granddad write you a cheque on your birthday, even if he's on Social Security and you've held a real job for years now.”

Have the Zodiac and star signs changed?

The BBC have reported that the star signs (or horoscopes, or zodiacs, or whatever you want to call them) are actually **WRONG**.

Apparently, about 86% of us are wrong about which constellation we were born under.

Two thousand years ago, when the zodiac signs were first devised by the Ancient Greeks, they were based on whichever constellation of stars was behind the Sun on the day of a person's birth. But since then, the stars have drifted. Something to do with the 'wobbling effect' of the Earth and the Moon and the Sun... anyway, the stars have moved, and now the constellations are different.

They are officially out by about a month. And, wait for it... there is a THIRTEENTH star sign, called Ophiuchus (Off-ee-yoo-kus), or the 'serpent-bearer'. That's right. We've added another star sign to the list, and he comes bearing serpents. Those horoscope hotlines won't know what to do with themselves.

It's expected that early astronomers decided to leave the 13th sign out, in order to make the whole system more mathematically pleasing – the 360 degree sky could be divided into 12 neat parts of 30 degrees each. But the truth is out now.

BBC iWonder has a handy chart to find your 'new' star sign – that is, the constellation of stars you were **ACTUALLY** born under.

Senior & Younger Disabled Services

We have completed our first 12 months with the Regional Assessment Service and have completed 285 assessments and reassessments within this time. We have transitioned all of our Home Care Package clients and currently have 26 packages being utilised. Our clients in Home Care Packages and their Carers and families have all embraced the consumer directed care process.

We have moved into the David Gorham Building and all staff have adjusted to the new layout and processes within the building. We have introduced another cuppa club on a Monday at the Share and Care building in the afternoon and we have seen an increase in attendance to both groups.

The SYDS programs have employed two new volunteers for social support/companionship for our clients. We have had extremely positive feedback with regards to these extra supports and the ladies have been very well received.

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.



Mental Health & Mental Health Mobile Respite Services

We have welcomed Sandra and Rebecca to our Mental Health programs and the SYDS programs. Sandra has moved from Share and Care Administration and is willing team member to support staff and clients. Rebecca is our Peer Support worker who will work with Carers from our Mental Health Respite program.

Recently we have made some adjustments to some programs. The Get Tapping program has been re-named "Tech Time" has we have recognised a need in the community for clients to seek help for more than just computer related skills. We have planned an exercise and meditation program for our clients which will range from Tennis, golf, indoor sports, and Tai Chi.

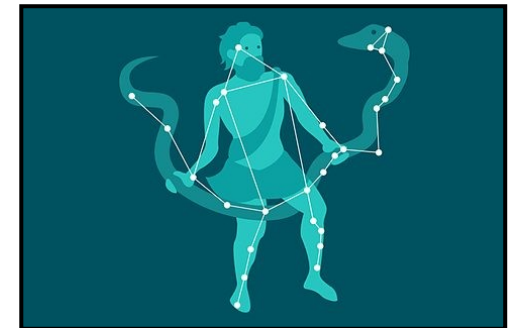
Our activity room is getting an upgrade to incorporate a sensory area, imaginative play area and an art area. The staff have enjoyed planning the changes in the activity room to make it more suitable for all ages and range in clients.

We have teamed up with other agencies to promote Mental Health week in the community in the beginning of October.

- 21 January – 16 February, you are actually a CAPRICORN
- 17 February – 12 March, you are actually an AQUARIUS
 - 13 March – 18 April, you are actually a PISCES
 - 19 April – 14 May, you are actually an ARIES
 - 15 May – 21 June, you are actually a TAURUS
 - 22 June – 20 July, you are actually a GEMINI
 - 21 July – 10 August, you are actually a CANCER
 - 11 August – 16 September, you are actually a LEO
 - 17 September – 31 October, you are actually a VIRGO
 - 1 November – 23 November, you are actually a LIBRA
- 24 November – 29 November, you are actually a SCORPIO
- 30 November – 18 December, you are actually an OPHIUCHUS
(Boom! Go you! New horoscope!)
- 19 December – 20 January, you are actually a SAGITTARIUS

You know what? We should have known this would happen. Our horoscopes said we might experience a change.

Ophiuchus
30th Nov—18th Dec



So if you were born between 30 November and 18 December, why not claim yourself a totally new star sign?

Cauliflower Cheese

Ingredients:

- 1 whole cauliflower broken into florets
 - 1.5 cups of milk
 - 2 teaspoons butter
 - 2 tablespoons plain flour
 - 1 teaspoon mustard powder (optional)
 - 1 cup grated cheddar cheese
 - Salt and Pepper to taste
- 1/2 cup extra cheese for the top

Boil or steam the cauliflower until just tender. Drain and place in a baking dish with high sides.

In a microwave proof jug, melt the butter until bubbling. Stir in the plain flour and microwave an additional 20 – 30 seconds.

Gently whisk in the milk and microwave for one minute and whisk again until it starts to thicken.

Add one cup of the grated cheese and the mustard powder. Season to taste.

Microwave again for 30 seconds to one minute and whisk until the cheese sauce is nice and thick and smooth.

Pour the cheese sauce over the cauliflower florets and top with the 1/2 cup of extra grated cheese.

Place in the oven or under a grill until bubbling and the top is golden. Serve immediately.



Rainbow Women's Centre:

Business as usual at the Rainbow Women's Centre, we have employed a new child support worker who has commenced and we now have a support worker position available.

The centre has been quiet this reporting period with only 5 short term clients, this has been fortunate as the centre is one staff member short and one on annual leave.

The Rainbow Centre has held two sessions with cooking fried rice and banana muffins, also cooking vegetable pancakes and Anzac biscuits, the clients continue to want the cooking classes rather than any other activities at the moment.

Promotional drive to Brookton and Pingelly providing numerous resource packs to agencies.

Homemaker Service:

The staff are looking forward to re-locating next door to Jacaranda House.

The staff have completed the cooking sessions at Avonvale School that was partnered with Playgroup WA. Both staff members attended a Food Cents training day and gained information on food packaging, labels, the food pyramid, pre-packaged foods contents and have now ordered a lot of resources and new recipe booklets.

The staff has presented a cooking, food and nutrition class in Kellerberrin at the High School, these sessions will continue for the next six weeks with fortnightly classes, the target group for these sessions is the year 9 students as requested by the high school principle. The CEO attended the first planning with the program manager and staff members, the staff stated that they found the process very beneficial and informative and are looking forward to the next 12 months.

SHARE & CARE PROGRAM NEWS

Family & Domestic Violence Services

Magnolia Women's Centre:

The refuge has been steady for this month with clients, however, on the 18th June the refuge was empty, which provided time for the staff to do a big clean out of both client units, and they are looking great at the moment.

One client was successful in accessing a private rental and another successful in obtaining a DOH property: Some minor maintenance this month with replacing screen door in Unit 2 and extra CCTV cameras installed for black spots.

The Senior Coordinator is now completing all S&C's OSH checks and records. Magnolia recently replaced all the hazard tape for all step down areas.

The Admin unit office has been completely painted throughout and is looking very fresh and clean.

Safe at Home:

The staff are loving the new office space in the David Gorham building, and it is working well. The program continues to be business as usual with lots of information packs being sent to clients who have required information.

The staff have had a very busy few months, 98 -referrals, 19-VRO, 25 -Court Supports – 40-Outreach/Office appointments & visits and 6-security upgrades.

Weather warming up... ...try a salad & dressing.

CLUB CHICKEN RANCH PASTA SALAD

8 oz pasta (I used shells)
8 slices bacon, cooked & drained
2 cups cooked chopped chicken
½ avocado, diced
1 tomato, seeded & diced
½ cup cheddar cheese, cubed

Dressing

½ cup buttermilk	1 tablespoon fresh parsley
½ cup mayonnaise	1 teaspoon onion powder
½ cup sour cream	1 teaspoon garlic powder
1 tablespoon chives	salt & black pepper to taste
	1 tablespoon fresh dill

Instructions

Combine all dressing ingredients and set aside. Cook pasta according to directions. Rinse under cold water. Toss all ingredients in a large bowl except dressing. Add dressing to taste (there may be leftover dressing).

ITALIAN SALAD DRESSING

Ingredients:

1 cup canola oil
¼ cup white wine vinegar
2 Tbsp red wine vinegar
1 large garlic clove, pressed
2 Tbsp finely chopped shallots
2 Tbsp finely chopped red bell pepper
2 tsp Dijon mustard
1 tsp honey
1 tsp salt
¼ tsp dried oregano
¼ tsp dried marjoram
pinch of red pepper flakes
freshly ground black pepper, to taste
Whisk all ingredients together in a bowl until well combined

Who's behind the



An Interview with — Dean from Mental Health

When did you first get involved with S&C?

July 2014

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

Not being able to help everybody that you come across

What do you love most about S&C?

Getting to work with a wide range of great people, both staff and clients

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

The ability to work with people from many different backgrounds

Who inspires you most and why?

My wife because of what she has achieved and the constant support she provides

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

Spending time with my family and playing footy

What was the last book you read?

CHCAD401D—Advocate for clients

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

AFL Superstar / Legend



An Interview with Sue from Homemakers

When did you first get involved with S&C?

At least 10 plus years ago. I first started catering for Share and Care Conferences, training days etc. Then 4 years ago Carol approached me about this new program (Homemaker) she wanted to get up and running, and the rest is history.

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

I think all the programs have very similar challenges which is not surprising.

What do you love most about S&C?

I like the wide range of services that Share and Care provide and how large an area they cover.

OH and the wonderful people I work with as they make working life so much easier.

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

To be very open minded as no 2 clients are the same and you can't always take people on face value.

Who inspires you most and why?

OPRAH. On one of her shows about 20 years ago, she was talking about getting rid of excess baggage in your lives. After a lot of courage I put this into action and haven't looked back since. Best advice I have ever taken.

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

Spending time with my 5 beautiful grandchildren, cooking and unwinding at the Casino.

What was the last book you read?

It was some time ago but I got hooked on Nora Roberts books, Innocents in Death and Never Say Never.

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

I would go back to my catering business. I only gave this up after my back operation and at the time I needed to decide which would be better long term.