

Carer Support Service

The Caring Times

Ballarat, Golden Plains, Moorabool & Hepburn Shires



Ballarat Health Services

ISSUE 07

“Hi IPPSers”

If you have not seen this beginning of an email then you may be unaware of the wonderful world of In Peer Person Support (also known as IPPS). I too, had no idea what it was until I was offered the opportunity to train as a facilitator.

After training, I eagerly waited until I could commence my first session. In my head we would be meeting in a light filled room, having coffee and cake. We would be talking about anything and everything and of course I would be wearing fabulous shoes. As lockdown kept us at home longer and longer the hope of meeting in person became more of a pipe dream.

While 3 years of COVID has made it difficult for some to make connections with anyone let alone finding people who are in a similar situation, here at CSS-Ballarat we realised that we too, had to make changes and find ways to keep the program going without the “In Person” and we looked to an on-line model.

I initially thought it would be impersonal and would be difficult to make connections through a screen but thankfully I was wrong. Through my screen I have watched friendships blossom and flourish, problems solved and confidence rise.

As a group we have watched babies grow into toddlers, cats walk across screens and dogs poke their noses in. Care recipients have tried to catch a look at a screen to see what all the laughter is about. We have comforted those who are struggling and shared stories that inspire. We have discussed the complex issues of NDIS, lack of service availability, My Aged Care, School Can't and mental health.

We have also discussed binge-worthy shows, books, music, renovations and inappropriate T-shirts. From one session to the next you never know what the conversation will be or how someone will interpret a topic.

IPPS is the coming together of people to share their knowledge and experiences to provide emotional and social support. Some have been regulars while others have dropped in and out at time of need.

Being part of an IPPS group may not be for everyone. Talking to family and friends can be enough. Some are waiting for the face to face groups to commence. For others online IPPS, utilising the CHIME (Community, Hope, Identity, Meaning and Empowerment) framework, can provide a safe space where there is no judgement and all are welcome.

Another hat I wear within the Carer Support Service is in Triage, Intake and Response Team. I speak daily to carers who are absolutely amazing with what they do. The resilience, dedication and love, day in and day out is inspiring. The Response Team is a phone call or email away to answer questions and provide support at time of need. Don't hesitate to reach out.

Stay Warm

Kirstin



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Events coming up:

* Delivery of programs is subject to COVID related guidelines and/or restrictions in place at the time.

	What are we doing	Who is it for	Where
July			
4 th	Art class (painting) Facilitator: Artist, Mel Tolliday	All Carers	Online
6 th	School Holiday Art Class & Entertainment Vouchers	Young Carers	Online
7 th	Q&A Session (Senior Rights Victoria)	All Carers	Online
12 th	Priscilla, Queen of the Desert (The Musical)	All Carers (ticketed event)	Her Majestys
15 th	Memory Mingle	Carers of people with memory problems and the person they care for	Online
20 th	Art class (painting) Facilitator: Artist, Mel Tolliday	All Carers	Online
22 nd 29 th	Difficult Decisions workshop Facilitator: Counsellor, Mary O'Mara	Carers who are having to make decisions about permanent care for their loved one. (2 part workshop)	Online
August			
4 th	Q&A Session (Safety Link)	All Carers	Online
18 th 25 th	Life after Caring workshop Facilitator: Counsellor, Mary O'Mara	Carers who have lost the person they care for. (2 part workshop)	Online
19 th	Memory Mingle	Carers of people with memory problems and the person they care for.	TBA
TBA	25 th Year Anniversary	All Carers	TBA
September			
1 st	Q&A Session (Travellers Aid)	All Carers	Online
16 th	Memory Mingle	Carers of people with memory problems and the person they care for	TBA
22 nd 29 th	Caring Together workshop Facilitator: Counsellor, Mary O'Mara	Carers whose loved one is in permanent care. (2 part workshop)	Online
TBA	School Holiday Events	Young Carer	TBA

**** If you are interested in any of these events, please contact us on (03) 5333 7104 or email carers@bhs.org.au to register your interest.**

Expressions of interest

We have successfully applied for project funding through the Carer Gateway and we are very pleased to now be able to offer these sessions also to our Carers in Pyrenees Shire, Ararat, Northern Grampians, Hindmarsh Shire, Horsham, West Wimmera, Yarriambiack Shire.

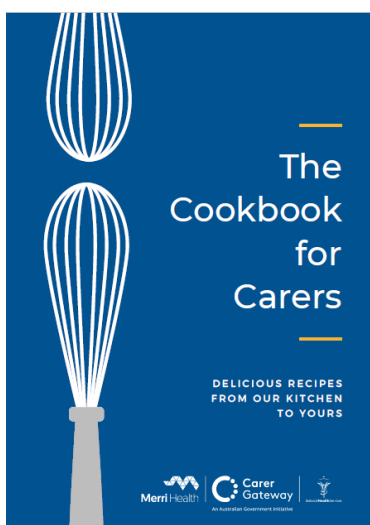
The basic outline of the programs, which will be offered online:

- **Making of Difficult Decisions** – targets Carers who are looking at permanent care for their CR. The program addresses the emotions associated with making this decision as well as practical considerations.
- **Caring together**- targets Carers whose person they care for has recently moved into a residential care facility. The program explores the impact of placing someone in a care facility, it provides emotional support, information and strategies for adjusting to this new phase of the carer role
- **Life after Caring** – targets Carers who have recently lost the person they care for. Program will provide support regarding managing grief and loss and will discuss adjusting to changed circumstances as well as exploring opportunities for the future.

If you are interested in any of these sessions and have online access, please contact our office

Phone **(03) 5333 7104** or Email **carers@bhs.org.au**

Carer Cookbook



Our Carer Cookbook is now out!

Special thank you to all Carers who participated and/or supported us in making this become a reality.

Please have a look at our website to download your free copy today

[Carer Cookbook - click here](#)

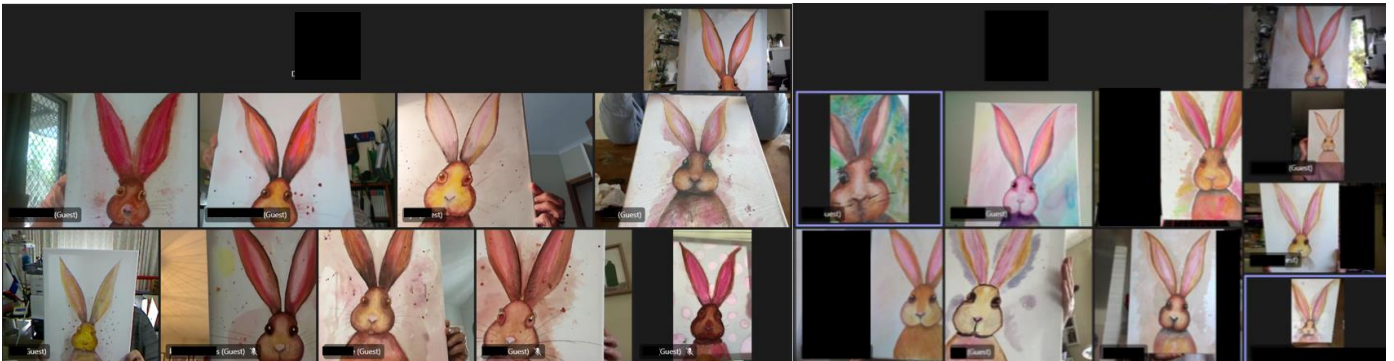
[Carer Support Service Website - Click here](#)

www.bhs.org.au/services-and-clinics/community-services/carers-support-service

What our Carers have been up to ...

What a busy few months it has been since our last newsletter!

- Anh Do: 45 double passes were offered to Carers to see Anh Do in person at the Civic Hall
- Q&A: We have welcomed guest speakers from the Aged Care Assessment Team (ACAS), a local Dietitian, the Disability Liaison Officers from Ballarat Health Services and the Co-ordinator of Eyes house to speak to our Carers & answer all the questions
- Workshop series facilitated by counsellor Mary O'Mara were conducted online including Difficult Decisions, Caring Together & Life after Caring
- Mindfulness sessions: 22 Carers joined a 5-week online program to learn the art of relaxation through mindfulness.
- Memory Mingle: Monthly get togethers for carers looking after a person with memory loss and the person they are caring for.
- Art classes: Our popular art classes have included learning to paint with water colour, acrylic pouring & our Young Carers making Easter baskets. We have loved seeing the progression & the final masterpieces! We know of carers who have continued some of our activities as a hobby!
- The Resilience Project: 40 double passes were offered to Carer to attend the Resilience Project event at Wendouree Centre of the Performing Arts
- Young Carers: Take a friend to the movies & lunch school holiday activity



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

Carer Support Service

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