



NEWSLETTER OCTOBER 2011

C4C in 2011

We are growing steadily and this year we have reached more than 160 carers on our database, four times more than 2 years ago. Carers associated with C4C enjoy the monthly newsletters and our Caring for Carers support groups in Hastings and Taradale. Both groups are going strong with regular attendance from carers.

The greatest support carers experience is the support from other carers who understand the stresses and challenges of being a carer. We have regular speakers on topics based on carer interests and needs, outings for the groups to get together, and activities that are focusing on carers' health and wellbeing.

Just recently our support groups participated in the wecare.org.nz campaign. Photo messages were posted on the wecare website. The campaign is calling for genuine government support and the making of good decision for carers.

The highlight for many carers, especially the ones that can't get to regular meetings, is the PSEC Carer Pamper Day that was held in August this year.

You can see photos and read more about it on the back page.

CARERS' FEEDBACK ABOUT THEIR SUPPORT GROUPS

In June, the carers that attend our support groups in Hastings and Taradale participated in a Satisfaction Survey and answered questions about the benefits they experience from attending a Caring for Carers support group.

Most questions had 100% positive ratings:

The support group provides a respectful and caring environment -100% positive ratings,

The support group is a place where I feel understood and can talk about things that are important to me -100% positive ratings,

The group helps me to receive the support I need – 100% positive ratings,

The group supports me with my own well-being and health- 100% positive ratings,

The support group empowers me in my care-giving role- 100% positive ratings,

The group helps me to feel socially connected and part of the community – 100% positive ratings,

I have met people that I now have contact with outside of the group – 79% positive ratings,

The support group has made a positive difference in my life – 93% positive rating

PHOTO MESSAGES TO JOHN KEY



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Meeting Times:

Hastings Group

1st Friday of each month
1.30—3 pm
(no meetings in January)
Headway House
605 Willowpark Road. South Hastings

Taradale Group

3rd Friday of each month
10 am—noon
All Saints Church
23 Puketapu Rd, Taradale
(no meetings in January)

Contact our co-ordinator:

Phone:

877 8193 ext 730
or 0508 DO CARE.

E-mail:

info@caringforcarersec.co.nz

Website:

www.caringforcarers.co.nz or



CARER PAMPER DAY 2011

PHOTO STORY



CARER PAMPER DAY 2011

We held our fourth Pamper Day for 50 Hawke's Bay family carers. This year's free half day event included morning tea, lunch and pampering such as reflexology, Bowen work, hand and back massages, and hand spa sessions. The pampering was provided by a group of dedicated and caring practitioners in our community. Carers received additional vouchers for more pampering in their goodie bags along with a great variety of other treats, and each person took home a spot prize.

Carers appreciate Pamper Day. For many it is the only day in the year they allow themselves to take 'time out' from their care giving responsibilities. An important time to focus on their own needs, socialise and share their stories with others, and to be recognised for the incredible work they do for their family as well as our community.

Carers' feedback on Pamper Day helps us to assess how the service is meeting carers needs and to improve service delivery in the future. This year's evaluation provided valuable information regarding carers age, needs and interests. Results showed that we have more younger carers, which is an indication that we are meeting our goal to reach carers of all age groups. 61% of carers are younger than 65 and are evenly spread out over the younger age brackets. More carers than last year are interested in a support group for younger carers and parent carers, as well as wanting to participate in a Carer health and wellbeing course. This information is crucial for us to determine in which direction to move next to enhance and expand our service for family carers.

CARERS' VERBATIM COMMENTS ABOUT THEIR SUPPORT GROUPS

- "Knowing other people have same problem."
- "I can talk to people who understand."
- "Other carers feel the same as I do about feeling guilty."
- "Knowing I am not alone as a carer, we can share and laugh about all things."
- "Leaving behind the daily cares, sharing laughs and info with others."
- "I had good support when my husband died."
- "Sharing the problems encountered while caring for others."

BIRDS OF A FEATHER.....

