



## Carers News July 2022

Hi everyone,

It has been lovely to have the sunshine over the last few weeks, hopefully you have had the opportunity to enjoy some time outdoors before the latest round of heavy rain. This month's newsletter will share updates, reminders, upcoming events, workshops, tips and reading suggestions.

### EVENTS

#### Kitchen Table Conversations

The next online carers group, Kitchen Table Conversations, is Thursday July 14<sup>th</sup> at 10.30am and Thursday July 28<sup>th</sup> at 7pm. If you would like to attend the group, please RSVP so I can send you the joining information.

#### Link And learn Weekend – for Carers

Just a reminder to register your interest for the Link and Learn weekend for carers. These weekends are open to carers of people with MND, including our young carers. This is a weekend to relax, revive and connect, filled with activities for all ages and interests. A full itinerary will be released closer to the events. If you wish to register, or have any further questions, please contact Natalie.

- **Port Macquarie** (17th and 18th of September)
- **Canberra** (29th and 30th October)

#### Youth Hub

The Hub has been created for younger people (aged 13 – 21 years) who are connected to and caring for someone with MND. It is a space to chill and connect with others from all over Australia with similar experiences. MND NSW Youth Hub will be run online every second month.

The next MND NSW Youth Hub will be on **Wednesday 3rd August at 7pm**. Please note all MND NSW team members supporting MND NSW Youth Hub are required to hold a Working with Children's check.

#### Upcoming Support Groups

- Western Sydney Support Group – 21<sup>st</sup> July, 10am – The Ponds Community Hub
- North Sydney Support Group – 21<sup>st</sup> July, 10am – Hornsby RSL Club
- Central and Eastern Sydney Support Group - 21<sup>st</sup> July, 10am – Online
- Chat and Connect – 27<sup>th</sup> July, 10am - Online

### INFORMATION

#### Young Carer Bursary Program

The Young Carer Bursary Program supports young carers to continue with their education. The program offers bursaries of \$3000 each year. Applications for the Young Carers Bursary Program 2022 are open from now through to 30 September. You can find out how to apply here: [Young Carer Bursary | Young Carers Network](#)

#### Carer Workshops

Carers NSW are running workshops focussing on your wellbeing and mindfulness. Workshops this month include:

- Online Scavenger Hunt – 8<sup>th</sup> July
- Art Space - 14<sup>th</sup> July and 28<sup>th</sup> July

- Visual Experience – The Great Pyramids of Giza – 15<sup>th</sup> July
- Read Aloud Book Club – 22<sup>nd</sup> July
- Health and Wellbeing – 22<sup>nd</sup> July
- 5 Ways to Wellbeing: Introduction – 28<sup>th</sup> July

More information can be found on the Carers NSW website [Upcoming events | Carers NSW](#)

### Travel

Several carers this month have spoken about travelling both near and far. One website that provides a good range of information is “Have wheelchair will travel”. Some of the blogs looks at international travel, evaluations of hotels, accessibility of events and a personal insight into navigating travel with a wheelchair. [Have Wheelchair Will Travel](#)

[Holiday and Respite Accessible Accommodation](#) is a website that provides a database of accommodation across the country that is accessible. The review of each location provides the level of access and equipment available to ensure a safe and enjoyable visit.

### Emergency Respite

Should there be a time where you become injured or sick and unable to find someone within your network to support you, Carers Gateway can assist in organising emergency respite. You can call **1800 422 737** to speak to a local service provider at any time and find out what options are available.

### Emergency Care Plan

An emergency care plan is a collation of information about the person you are caring for. It can be used for someone who made need step into your role as carer for a short time. This allows them to access the information quickly and easily.

It can contain information such as:

- Emergency contacts
- Care needs of the person you care for
- Medical information and Medicine list

Carer Gateway has an online example: [Emergency Care Plan | Carer Gateway](#)

### 2022 National Carer Survey

Just a reminder about the NSW Carers **2022 National Carer Survey!** This Survey is an opportunity for carers to share their experiences to help the State and Territory Carer Organisations advocate for carers across Australia. The data collected through this survey will highlight the strengths of carers and also the challenges carers face in caring for a family member or friend.

You can still access the survey online until 31 July 2022 at [2022 National Carer Survey](#)

### Just a little reading

MND NSW provides access to a range of resources about symptom management, practical guides and links for accessing services and resources. Below are two online booklets you may find useful:

- [I have MND, now what?](#)
- Living with motor neurone disease: [Day-to-day for people with MND, their family and friends](#)



### **How do I feel?**

by Rebekah Lipp and Craig Phillips is a pictorial dictionary on feelings and emotions, helping children recognise and label the different emotions and feelings they experience. It assists in providing the tools for emotional language and an understanding how behaviours are a way we communicate our feelings and emotions. This book can be used to start a conversation with young people.

A final note: **“No matter our circumstances, no matter our challenges or trials, there is something in each day to embrace and cherish”** - Dieter F Uchtdorf.

Warm wishes,  
Natalie

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