

May 2023

## in this edition

Carers Werribee Trip  
Victorian Government Eye Care Scheme  
Online Workshops  
Power Saving Bonus Program  
Podcasts  
Recipe of the Month  
May Mpower Carers Meeting Calendar

Welcome to the first edition of the  
Mpower carers' newsletter.

# Carer Monthly

We understand how important it is to stay up-to-date with the latest news, tips, and resources as a caregiver. That's why we've created a convenient monthly newsletter to provide you with all the information you need in one place.

Rather than receiving multiple emails throughout the month, you can now look forward to a comprehensive newsletter that collates everything in a concise and easy-to-read format. We hope that this will keep you informed and connected with the community of caregivers. We look forward to sharing helpful content with you each month.

We would love to hear from you. If you would like to contribute an item for a future edition of the newsletter, please email [marketing@mpower.org.au](mailto:marketing@mpower.org.au)



*Mpower acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of Country throughout Australia and their continuing connection to the community. We pay our respects to their Elders past and present.*

# Mpower Carers meeting calendar

**Marty Pitts**, an Aged Care Specialist from Services Australia, will be the special guest speaker for the May meetings in Portland and Coleraine, as well as the June meeting in Casterton. His presentation will cover:

- My Aged Care overview
- The different types of care and services that can be accessed
- The new face to face services offered within Services Australia
- The role of the Aged Care Specialist (ACSO) and benefits of accessing this service



**01**

**HAMILTON  
CARERS MEETING**  
Speckled Frog Cafe  
11:00am

**02**

**TIMBOON CARERS  
SUPPORT  
MEETING**  
Aberlea Lounge  
11:00pm

**04**

**WARRNAMBOOL  
AUTISM SUPPORT  
GROUP**  
Mpower  
Conference room  
12:00pm

**05**

**CAMPERDOWN  
CARER SUPPORT  
GROUP**  
Camperdown  
Community House  
11:00am

**10**

**COLERAINE  
CARERS MEETING**  
Catching Pen Cafe  
12:00pm

**11**

**TERANG CARERS  
MEETING**  
Middle Hotel  
11:00am

**17**

**WARRNAMBOOL  
CARERS MEETING**  
Flying Horse Bar  
& Brewery  
12:00pm

**19**

**CASTERTON  
CARERS MEETING**  
Old Courthouse  
Community Centre  
11:00am

**19**

**MORTLAKE  
CARERS GROUP**  
Mortlake  
Community Health  
Building  
1:30-3:00pm

**26**

**GLENELG CARERS  
MEETING**  
Fawthrop  
Community Centre  
12:00pm

**May  
2023**

# two day tour

## CARERS WERRIBEE TRIP

MARCH  
2023

It is essential for carers to take some time out for themselves to recharge their batteries and refocus their minds. Going on a two-day retreat is an excellent way to achieve this. Keep your eyes out for the next trip coming up later in the year.



In March the Carer Support Program organised a two day tour for its participants. The getaway was an excellent way for carers to prioritise their well-being and return to their caregiving role with renewed energy and focus.

The itinerary provided an opportunity for the group to immerse in nature, explore historic landmarks, and spend time with other carers who can truly understand their journey.

Included in the getaway was a visit to Roraima's Display Gardens and Nursery just outside of Geelong. Spread over two acres the Carers explored the stunning display gardens and earned a well deserved lunch at the Refectory Parlour, which is right next door to the Werribee Park Mansion. After lunch the group spent the afternoon taking a tour of the historic mansion and learnt about its rich history.

Following a day of exploring, the group retired to the Holiday Inn Werribee for a night of rest and relaxation. The hotel offered spectacular accommodation and everyone enjoyed dining out in the restaurant.

On the final day, Werribee Zoo was the highlight of the tour. The zoo is home to a vast collection of animals and the group spent hours exploring the different animal exhibits and learning about their behaviour and habitats. After lunch the journey home began. The feedback from everyone who could come was that this was a very successful trip.

# WERRIBEE TRIP 2023



"Honestly had the most wonderful, very much needed, break & enjoyed Many 1st's. Never been to ANY of the attractions we attended let alone had the privilege to of even dined at such an opulent setting. I've also NEVER in my entire life spent the night in a hotel in a room on my lonesome.. ohh what a joyful experience that was."





"Will never forget the memories made & are definitely keen to be attending another in the future."





"I felt so spoilt the entire time. Mpower & Christians Bus lines can be legit proud of the job done here."



# Victorian Government Eye Care Scheme



The Victorian Eyecare Service (VES) is a valuable resource for eligible individuals seeking affordable eye care in Victoria, Australia. VES offers low-cost eye care to people holding a Pensioner Concession Card or those who have held a Health Care Card for six months or more, as well as their dependents under 18 years of age. This service is available across Victoria and is supported by a wide network of participating optometrists and ophthalmologists. VES is dedicated to providing eye care to those in need, even if they have financial barriers preventing them from accessing necessary services. Through this program, eligible individuals can receive quality eye care at a reduced cost.

In rural and regional areas, VES services are provided by private practice optometrists and ophthalmologists who receive subsidies through the scheme. The management of VES rural services is overseen by the ACO.

To find out more phone or visit their website via this link

**Call 1300 303 125**

[Link](#)



## recipe of the month.

SEND IN YOUR  
FAVOURITE RECIPE  
AND YOU COULD WIN  
A \$50 WOOLWORTHS  
VOUCHER

Email recipe to  
[marketing@mpower.org.au](mailto:marketing@mpower.org.au)





# IF YOU HAVE NEVER TRIED A PODCAST MAYBE NOW IS THE TIME. IT'S EASY & FREE.

There are many platforms available for listening to podcasts, and some are easier to use than others. You can download them on your phone or to your computer. Podcasts are convenient, entertaining, informative and FREE.

## ACCESSING PODCASTS

Here are some popular platforms that are easy to use for listening to podcasts:

**Spotify:** Spotify is a popular music streaming service that also has a large selection of podcasts. It has a user-friendly interface and allows users to easily search for and follow podcasts.

**Apple Podcasts:** Apple Podcasts is a free app that comes pre-installed on Apple devices. It has a simple and intuitive interface that makes it easy to search for, subscribe to, and listen to podcasts.

**Google Podcasts:** Google Podcasts is a free app available on Android devices and also accessible through the web. It has a clean and simple interface that makes it easy to discover and listen to podcasts.

**Stitcher:** Stitcher is a popular podcast app that has a user-friendly interface and allows users to easily browse and follow their favourite podcasts. It also has a feature that suggests new podcasts based on a user's listening history.

## SOME RECOMMENDED PODCASTS



### **CARER CONVERSATIONS**

This is a podcast about the services Carer Gateway can provide. Your host, Patty Kikos answers questions such as, what is a carer? What kinds of services and support can I access through Carer Gateway? You'll hear how simple it is for carers to get the support they need such as services, carer directed support, counselling coaching, online and face to face workshops.

### **THE CARE MOSAIC**

explores the challenges unpaid carers face on a daily basis. Each episode looks at a particular type of caring relationship, including young carers, carers supporting their ageing parents and carers who are partners - focusing on the nature of the caring relationship and how the care relationship features within other aspects of their life.



### **MOMENTS OF MINDFULNESS**

Relax the body, quiet the mind & focus on the present with Moments of Mindfulness by Epworth Clinic. Bring regular mindfulness practices into your day, strengthen your self-awareness & focus your attention on the present.

# ONLINE WORKSHOPS & USEFUL LINKS

## free workshops



**May 2** *YOUNG CARERS*  
Finding the Support You Need

[Register for Event](#)

**May 19** *SUPPORT SERVICES FOR CARERS*  
Who Supports the Carer

[Register for Event](#)



**Association for Children with a Disability**

**May 16** *TEENS AND BEYOND*  
A workshop for families of teens aged 13+ with disability, looking for information to support their child now and in the future.

[Register for Event](#)

## useful links



The Companion Card program that supports people with disabilities by providing free access for their carer to participating venues and events. To apply, visit the program's website for eligibility requirements and application process.

[Link here](#)



Unpaid carers can benefit greatly from using The Australian Carers Guide, a useful website that provides valuable information and resources. In addition, a free digital copy of the Australian Carers Guide magazine is available to offer further support and insights.

[Link here](#)



# power saving bonus

APPLY NOW

The government of Victoria has introduced a new phase of its **Power Saving Bonus** program, providing a **\$250** payment to households in order to alleviate financial pressures and encourage them to compare energy plans and save money.

All households in Victoria are eligible for the second round of the program, without requiring any concession cards. The first round's applications are now closed, while the second round will be open for applications from 24 March until 31 August 2023.

To obtain the bonus, households must have a recent electricity bill that shows them as the account holder and apply via the Victorian Energy Compare website or an affiliated community partner.

The one-time payment of \$250 will be deposited directly into the recipient's designated bank account and can be used as desired. Only one payment is allowed per eligible household.

**If you need assistance with the application process try one of these avenues.**

## **West Warrnambool Neighbourhood House**

To make an appointment call Jill 0418 944 276 or email [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

## **Friends and Family**

If someone you know has a computer with the internet, ask if you can use it to visit [Victorian Energy Compare](#) website.

## **Online**

Get help in real time by using the live chat on the [Victorian Energy Compare](#) website.

## **Phone support**

Call **1800 000 832** for general support and assistance with the Victorian Energy Compare website and the Power Saving Bonus program. If you don't have internet or computer access, you can apply over the phone.



MAY 2023

# CARER MONTHLY

contact email:

[marketing@mpower.org.au](mailto:marketing@mpower.org.au)

Enhancing Abilities, Supporting Families, Strengthening Communities