

CONNECT

 CarersNT

DRY SEASON 2021



**THE NEW
WELL BEING
CENTRE OPENS**
OUR BEAUTIFUL SENSORY GARDEN

**MORE RURAL
OPTIONS FOR
CARERS**

Entertaining the Chief Minister Michael Gunner MLA in the new sensory garden at the Wellbeing Centre in Wulagi!





MESSAGE FROM OUR *Chair*

This year has been especially challenging for carers, service delivery was scaled down in some areas due to Covid 19.

I would like to thank Carers NT staff for ensuring carers were heard and assisted.

The Carers NT Wellbeing Centre in Wulagi is complete, and it has been very well received by the local community, service providers and potential attendees.

The Sensory Garden will be the only one of its type in the NT, so we are proud to be providing this innovation to the community.

The Chief Minister, Michael Gunner visited the Sensory Garden recently, spending time with Wulagi House regulars and he enjoyed a tour of the blooming garden. He is very supportive of expanding dementia care into Darwin and across the Territory.

Our service is seeing a higher engagement level of carers with the Carer Gateway program, the Carer Gateway team are doing wonderful work in that area. Carer Gateway covers the entire Northern Territory ensuring our carers are being supported.

Our Darwin service welcomed people from the Tiwi Islands aged respite service, we always enjoy their trips and they had a great time so we are all looking forward to their next visit.

A new Carers NT service opened to our rural residents in Humpty Doo. The Humpty Doo Carer Support and Respite Centre offers support to Palmerston and beyond for rural carers.

We welcomed two new Directors to our board, Martina Hazlebane, a Larrakia leader with a legal background and Tony Webb who is an experienced indigenous workforce development specialist.

Both of our new Directors will help Carers NT stay connected to remote indigenous communities and indigenous people across the NT. What a contribution they will make to our board.

The dedication of CEO Steve Vitone and his amazing team ensures that carers are heard and are provided with the help they need to survive their caring journey.

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FROM OUR CEO



2021 has been another year of living with the COVID-19 pandemic & whilst that comes with its own complexities, it isn't surprising that the year feels like it has gone way to quickly with everything that has been happening at Carers NT.

In April this year we expanded shop front service delivery when we opened the Humpty Doo office in Vereker Street. The view was to give carers who live in the outlying areas, including Palmerston, Howard Springs, Virginia and the Greater Darwin regions access to face to face services.

This has been very successful, and the facility will soon be expanding even further with the opening of the Rural Aged Care Day Respite facility during the next couple of months. It's great to see the locals utilising this space.

During June the Administrator of the NT, Her Honour the Honourable Vicki O'Halloran officially opened the Carers NT Wellbeing Centre in Wulagi. This centre has a purpose built Sensory garden and thanks to the NT Government for partially funding this project.

The facilities in Nhulunbuy continue to provide exemplary disability and aged services allowing people with disability to remain on country close to culture, family & friends. Carers NT will be opening a shopfront in the Nhulunbuy Town centre during October, this will allow carers and the general public in Nhulunbuy, or visitors from surrounding communities, to call in and find out what services are available to them through Carer Gateway and Carers NT.

As the CEO it is part of my job to advocate the needs of carers, people utilising Aged Care services as well as people with disability. I am always looking for opportunities that will make accessing services less difficult for those people who live in the remote and very remote areas of the Northern Territory.

The introduction of a Remote Mobile Office is helping to do this in the northern regions, whilst staff from our Central Australia office in Alice Springs have made trips out to Tennant Creek, Hermannsburg and the townships in between, with many other communities on the planning list.

I am the leader of this fantastic team of people from very diverse backgrounds who work tirelessly to come up with innovative ways to work with our community to achieve amazing outcomes. I thank them very much for their dedication and commitment

Lastly I would just like to add, that during these difficult times it is so important that we take care of ourselves, please be kind to yourself and others.

We are all in this together, I wish you and your families Good Health & Happiness!



**Become a financial member
of Carers NT today**

Members are crucial to the continued success of Carers NT. Renew your annual membership or become a NEW member, contact us NOW!

Call 08 8944 4888 or email carersnt@carersnt.asn.au
Complete the online form at www.carersnt.asn.au

Individual and Corporate membership is available to everyone over the age of 18 and renews annually on 1 July.



The grand opening of *The Wulagi Well Being Centre*

Carers NT Patron Her Honour the Honourable Vicki O'Halloran AO, Administrator of the Northern Territory was again on hand to officially open the Carers NT Wellbeing Centre, Wulagi.

These beautiful gardens finally came to life as the sun set and the fire pit burst into life to mark the opening of this much anticipated and innovative facility.

Carers NT have 2 adjoining properties in Wulagi. 'Wulagi House' has been operating for many years providing Day Respite. With the expansion of the adjoining property, Carers NT will be able to offer additional services to carers. The two properties now have an amazing purpose built sensory garden, and we would like to thank the NT Government for making this possible through an Immediate Works Grant.





Carer's FEEDBACK

Feedback is an important component of our business at Carers NT. It can be an acknowledgment of what we do well, provide us with direction on how we can grow our services, and motivates us to provide the best possible service.

Here is some of the feedback we have received recently.

"Respite gave me the opportunity to rest, walk along the beach, daydream at the ocean and i even had an afternoon nap - all the things i do not normally get to do"

"The service and support i received from Carers NT was simply astounding. It made such a difference to my role as a full time carer for my granddaughter"

"Thank you for the organizing a workshop for carers' in the Alice. I attended and have nothing but praise for Amy and the program and her ability to create and foster such a friendly, caring and happy atmosphere"

"I'd like to thank you for everything! Forever grateful for the help of Carers NT :)"

"Thank you, its nice to be listened to, and not judged. Thank you for your help'

"Thank you for your amazing support and work you do to help young Carers."

'Thank you so much for all of your support, and for listening. I really appreciate it'.

You can provide us with feedback by sending us an email to feedback@carersnt.asn.au



On The Move!

Where carers can find support
Connecting carers to support services

The Carers NT 'Mobile Office' has been on the road spreading the word about the Carer Gateway and connecting with carers and service providers.

With recent trips to Batchelor, Pine Creek, Waigait Beach, Adelaide River, Jabiru, Katherine, Kybrook farm and a number of Community Groups venues in the Darwin region we look forward to expanding this service much further afield.

Carers NT was a stand out at both the Katherine & Darwin shows recently, and it was great to be able to connect with so many people and provide information about all of the supports and services available to carers.

It is a fantastic resource and it allows us to be much more hands on in areas that have previously been difficult to get to regularly.

Introducing *Tom Poutu*

Tom has been at Carers NT Nhulunbuy since 2019 and been a part of their rapid growth and development.



Mel Hunter, the manager of Carers NT Nhulunbuy, has assembled a passionate, motivated and determined team of workers, stepping up to provide a high level of culturally appropriate Supported Independent Living, Short Term Accommodation and respite services to the Yolngu people.

Team Leader, Tom Poutu, was born in New Zealand, and was raised speaking language. His dad is Maori so he has an appreciation for indigenous culture.

When he left New Zealand in 2016, after studying to be a primary school teacher, with a one way ticket to Europe, little did he know that several months later he would find himself working in Nhulunbuy where he fell in love with the beaches, the weather, and the small tight-knit community.

He has a passion for working with disability/special needs. Prior to role with Carers NT was overseeing Special Needs cohort at Nhulunbuy High School.

We are so thankful to have Tom on the growing team and his experience is invaluable as we bring on new staff.

Mel has overseen an increase to the number of permanently funded 'Supported Independent Living' NDIS participants across the entire East Arnhem Region.

Carers NT also provide regular short-term respite services and accommodation to individuals from various communities and homelands across the region.

The provision of "Return to Country" short term accommodation for NDIS participants residing in Darwin, allowing them to visit family and connect with their community and culture.

Participants maintain their outings and activities to fully access their community and culture.

This includes morning walks, hitting the gym and swimming pool for weekly exercise sessions, collecting bark for paintings and picnics at the beach.



One of our regular trips to Ski Beach



A RURAL REVOLUTION

THE TEAM MOVES INTO HUMPTY DOO WITH THE CARER GATEWAY

It's been a relatively quick turnaround in the development of the Humpty Doo site, first finding the right location, in what was a very exciting location, to the grand opening on Saturday 17 April 2021.

The Carers NT Patron Her Honour, the Honourable Vicki O'Halloran attended the Open Day at the new Carers NT Humpty Doo facility.

With a live Broadcast from the inimitable Katie Wolfe of MIX104.9 the local community turned out in force and enjoyed a fabulous morning of celebration.

There was plenty to do for young and old from sizzling sausages and great coffee, to bouncy castles and face painting, as well as having a great opportunity for the members of the rural carer community to meet with our staff face to face and discuss their caring role and services that are available to support carers.

It was great to see local politicians taking time out to both experience the facility first-hand but also to talk directly with carers. Special thanks to Kate Worden MLA, Lauren Moss MLA, Kezia Purick MLA and Gerard Maley MLA, we appreciate your support.

Since the opening the local community have embraced the facility, dropping by or calling the office, making appointments at times that suit them, speaking with a Care Support Planner, assisting them in discovering what supports are available to them.

The space has enabled us to conduct some activities on site, the Young Carer group where able to express their artistic talents painting an old couch for the annual 'Couch Surfing' event in Darwin.

Peer Support Groups are meeting regularly and the Aged Care Flexible respite group have called in and used the space to take a break and lunch in the Activities room. You may have seen the Carers NT Mobile Office out and about in the Community.

Carer Gateway staff have been busy attending various groups and events to talk about services that are available to carers. If you would like the mobile office to visit your group, give us a call!

In the near future we will be operating a Day Respite Centre from this facility. This will provide much needed respite to carers in the outer Darwin & Palmerston regions to access services.

If you are caring for someone who is aged 65+ years (50+ years ATSI), eligible for CHSP and you are interested then you can contact Carers NT on 8944 4888 (option #2) and speak with a member of the Aged Care Team.

Humpty Doo office 26 Vereker Street Humpty Doo

Mon – Fri 8:30am - 4:30pm

**For more information or to book an appointment
call 1800 422 737**



Established to serve the carers of the fast-growing rural communities.



Carers NT Charity Golf Day!

There were 2 Golf days this year, the 8th Annual Charity Golf Day that took place at the Palmerston Golf & Country Club and Carers NT's very first Charity Golf Day in Nhulunbuy which was a resounding success!

Following the 'Ambrose' competition rules, hopeful teams leapt into their golfing buggy's and headed out onto their respective course.

On a very hot day in Palmerston, 14 teams of four participated over 9 holes and made it a fantastic afternoon.

There were some incredible shots made across the day but nobody managed a hole in one on the 16th hole - where Bridge Toyota had offered up the amazing new Toyota RAV4 Hybrid as a prize for any sharp-shooter on the course who managed that elusive single shot.

Palmerston Golf & Country Club were the perfect hosts, the drinks carts hotly pursued the teams around the course and there was a wonderful spread laid on before and after the event.

The Bridge Toyota team were also the golfing winners on the day, but thanks to the generosity of local Darwin businesses who donated golfing, auction and random raffle prizes for the event, it seemed as though everyone walked away with a prize.

At the Gove Country Golf Club, 13 teams of four turned out for a fun day of golf on one of the Territory's most picturesque courses.

There were plenty of prizes and raffles here too, generously supported by local businesses. The success of the day was made possible by the enthusiastic support of the team at Gove Country Golf Club with warm hospitality, top food and beverage service and oversight of the competition thanks to Club Captain Gus.

All funds raised - including \$200 from the DEAL team to snap up the last golf cart! - will remain in Nhulunbuy to support our independent living residence. Plans are afoot for a backyard makeover to create a really special outdoor space for our participants. Special thanks to the Carers NT Nhulunbuy crew for pulling the event together and the teams who signed up and gave generously. It was an absolute hoot.



Dressed to impress!



The Carers NT Nhulunbuy team.



Team transport!



The style of Mr. Hayward wasn't effected by the 'heat'.

We look forward to organising the 2022 Darwin and Palmerston and Nhulunbuy Charity Golf Days with one addition, a 'best dressed' prize. This was inspired by three teams in Nhulunbuy who had an appetite to dress up – Chix with Stix A and B and Flaming Whatever goes - choosing to bring a bit of colour and frivolity to the competition.

It was terrific to have our major sponsors Paywise and Gallagher travel to both events with teams to participate and a ladies team from Laynhapuy Homelands who were delighted to represent Paywise in Nhulunbuy. Congratulations to team Gallagher taking out first place.

All the funds raised will stay in the Territory to help support Carers NT deliver the services and opportunities our clients need.



The winners in the golf, Toyota, win - er, Toyota goodies!



Coming 'bottom' has it's own rewards!



Thanks to our major sponsors, Paywise Salary Packaging, Gallagher Insurance Darwin, Area9, Cam Interiors, Port Darwin, Bendigo Bank Nightcliff, and all the other sponsors who came onboard to make this a very special event, Bridge Toyota, Harvey Norman, Darwin Ice Skating, Camping World and Complete Angler Darwin, Crab Claw Island Resort, Big Fish, Nash Hair & Co, Regina's Cleaning Group, Quack Pest Control, Novotel Airport Resort, Grazin Tables , Sapphire Bar & Grill CBD, Curby's NT, Fairy Jill's Enchanted Entertainment, Harvey Distributors, and Humpty Doo Bakery - in Nhulunbuy - Leopard Lounge Hair and Beauty, Walkabout Lodge, Gorrkbuy Industrial Supplies, Buku Larrngay Mulka Arts, Gove Warehouse, Arnhem Allied Health, Living Holisitically, Refinery Café and BIG NT Print.



Vincenzo De Santis

THE GREEN FINGERED MAN OF WULAGI HOUSE

The boy who migrated from Italy when he was 20 years old with no single word of English, is now nearly 90 years old. Vincenzo De Santis (Vinnie), is a client at Wulagi House aged care respite.

He's always been an active, talented hardworker, spending a lot of time in the garden over the years. With the development of the Wulagi Well-Being Centre Vinnie has played a large part in identifying plants for the area and then actively assisted with the planting.

Enjoying his time at Wulagi House, he looks forward to getting into the garden each day and socializing, he loves his honorary role as the 'head gardener'.

The sense of achievement allows Vinnie to continue to participate in one of his life passions. His knowledge is also greatly appreciated by all those around him.

Like all of us he enjoys his trips to Bunnings to get supplies and wants to grow more vegetables, fruits and lots of other plants, and he'll happily sit and enjoy them through the day. He's planted Passionfruit, Pineapple, and also a lemon tree at Wulagi Sensory Garden and waters them every day.

"I grow plants for many reasons; to satisfy my eyes, to satisfy my soul, to challenge my stamina but mostly for the joy in seeing them grow. If you ever feel lonely, come and sit in this Wulagi Well-Being centre sensory garden, you can talk with the plants, you can share your feelings with them." said Vinnie.

Wulagi House day respite provides Vinnie an opportunity to talk and interact with other people, share their stories, jokes and always keeps him active. It also supports Vinnie and his carer by giving them both "some time out" for a short period of time.

Vinnie initially attended Wulagi House two days a week, he now attends 5 days a week.

Prior to Vinnie coming to Wulagi House he was a little lonely and fearful of having a fall while he was alone at home and his carer was at work. This has given his carer peace of mind that he is being supported in a safe environment that he feels comfortable in. "Home is where you are safe, where you relax, and where you breathe, Wulagi House is my other home," said Vinnie.

Other things Vinnie likes to do includes craft activities like painting, card making, beading. He recently made necklaces for everyone in his house, "gifting something self made to a family member at this age is marvellous." Vinnie has also made rosella jam with the produce he's grown while at Wulagi House.

He likes chair exercise, board games and always encourages other clients to become involved in the activities.

When Vinnie sings his favourite song 'Don't worry be happy' by Bobby Mc Ferrin, it brings a smile to everyone's face. The house is always fun, active and creative in the presence of the "head gardener" Vinnie.

Wulagi house provides person centered planning and activities, a modified bathroom, undercover outdoor areas, large open plan air-conditioned areas, a warm friendly and secure environment, with friendly experienced staff. All activities are based on clients likes and are aimed at maintaining independence and re-ablement. On occasion Vinnie's also accessed the overnight respite, when his carer needs to travel away from Darwin for work, and can't take him. Recently he travelled with his carer to Nhulunbuy and accessed the Carers NT program there, where he was key to establishing a fruitful garden.

"We live in such an eventful world, the whole thing moves at a speed of a million miles per hour. The aged care clients do not stay in that world. We must give them the time they ask for and deserve."

For more information on Carers NT Aged Care program call 8944 4888.



Andrew & Kiko

ON TOUR IN MILINGIMBI

When Andrew Gurruwiwi first arrived at our Nhulunbuy centre little did we know the talent and experience he was bringing with him.

A talented producer promoter and musician he soon had the staff enthused and making music.

Unfortunately Andrew was losing his sight, but with the help and collaboration of Kiko they embarked on an amazing road trip to the festival in Milingimbi, playing music for communities along the way.

Carers NT certainly can make the most amazing things possible for our clients.



Young Carers

Ebony has played a caring role for her sister Jayda all her young life.



Sitting with these sisters you sense the strong bond that has kept them together. Jayda's diagnosis of Foetal Alcohol Spectrum Disorder has had a huge impact on her young life.

Ebony makes sure her sister is okay and checks up on her regularly, makes sure she is taking the correct medication, and keeps her close when they are out and about ensuring she is always safe.

Ebony is a strong advocate and ensures that the people they meet are aware of her sister's situation and understand that they need to consider her in what they do, and regulate how they interact with her on a day to day basis. It's a full-time job!

Her carer role is crucial to her sister's development and well-being, and she does it with love and care.

In 2020 Ebony was rewarded with a Young Achiever Award for her continued dedication to her sister, and her ongoing commitment to educating others about this condition. She is a true hero.



Ramingining

Ladies stepping out in Darwin



In May 2021 the Ramingining respite group visited Darwin, they were accompanied and supported by Wendy Haydock Service Delivery Coordinator.

The group of six women's seven-day stay was filled with lots of activities and excitement. High on the agenda was shopping, more shopping, catching up with friends at the local church, and of course a favourite take-away KFC.

A visit to the Art Centre in Stuart Park was timely with the centre receiving a package from BulaBula Art Centre in Ramingining. The talented artist of the group Julie assisted with opening the package giving an overview of the art work received, naming each artist associated with the piece of art.

An outing to Shoal Bay was a long day but worth the feast of mud crabs enjoyed by all. The highlight of the trip for the women was a visit to Crocodylus Park where they had the opportunity to hold a small Freshwater Crocodile and partake in the Monkey encounter.

There were smiles and laughter all round with the interaction of the cheeky, playful Marmoset Monkeys. An afternoon tea on Day 4 of the visit was especially honourable for Carers NT.

On behalf of the organisation CEO Steve Vitone was presented with a beautiful mat made by master weaver Julie Djuling Malibirr.

Julie spent many hours prior to the visit to Darwin whilst at respite working on this gift.

This beautiful mat will take pride of place at the heart of our Head Office in Harrys place.



Katherine Respite

The Katherine Seniors Expo, organised by COTA, was held on Wednesday 17 March at the YMCA where Carers NT had an information booth.

We were able to share information about the Carer Gateway as well as highlighting services that Carers NT are providing to support the older community in Katherine.

Clients from Burnet Place attended and everyone found the outing beneficial and enjoyable.

The exhibitors at the event included Victims of Crime, Darwin Community Legal Services, Anglicare, Kalano, Relationships Australia, Tai Chi for Health, Find and Connect, NT Concessions, and many more.

COTA hope to make this an annual event for all of Katherines Seniors.



Shauna and Dennis with the Course Instructor Klem.

Dementia Essentials Training in Katherine

Shauna Easton and Dennis Walton, 2 of our Support Workers, attended the three day Dementia Essentials training in Katherine.

During this time both Support Workers learnt a great deal and they will be even better equipped to provide outstanding support and care to our clients.

The Katherine Day Respite Centre continues to provide Aged Care supports. The centre provides structured group activities to clients to develop, maintain and support independent living and social interaction. Respite is conducted in a community setting.

Who can access this service?

- People who are aged 65 years or older, 50 years or older for Aboriginal or Torres Strait Islander people.
- People who are eligible for CHSP services
- Fee for Service available for clients with funding through other programs or clients who self-fund

We currently have availability for services at the centre, If you would like more information regarding this service please contact the Aged Care Team at Carers NT on 8944 4888 or email AgedCare@carersnt.asn.au

Alice Springs

A New Start



Carers NT in the Central Region

With a focus on expanding Gateway services, Carers NT have recruited Wendy Ammitzboll into the role of ICSS (Integrated Carer Support Services) Coordinator.

Wendy has a strong background in service delivery for carers and aged care services. Relatively new to Central Australia, Wendy has enjoyed meeting with local residents and putting services in place to support their individual needs.

With a sound understanding of services available in the community and working with other service providers, Wendy is very excited about her new role.

Collaboration with other Service Providers is essential to filling the gaps in service delivery to Alice Springs and remote communities of Central Australia.

Carers in the Central Australian Region who would like more information about Carer Gateway services should contact 1800 422 737 and arrange to speak with Wendy.

Carers NT are keen to provide Information sessions to other organisations in Alice Springs and the surrounding areas, if you would like to discuss this opportunity contact us to discuss further.



The Main Event

Territory highlights for carers

There are always great events happening across the Territory so keep up to date by making sure you regularly visit the website, subscribe to our e-newsletter and join us on facebook!



AMY HETHERINGTON WORKSHOPS

Amy came into Harry's place twice this year and conducted workshops with our senior and junior carers. They were very well received and we had a lot of fun, Hopefully we will get more opportunities to work with Amy again soon.



To mark the opening of National Carers Week 2021, Carers NT will host a 'Family Fun Day' on October 10 2021 at the following Locations:

- Leanyer Recreation Park
- Katherine Aquatic Centre
- Alice Springs Aquatic Centre
- Nhulunbuy Aquatic Centre

For more information about these and other events during National Carers Week, visit our website at carersnt.asn.au & carersweek.com.au

Keep up to date with what is happening on facebook at facebook.com/carersnt



National Carers Week 2021

From the 10th to the 16th of October we get to enjoy the events of National Carers Week.

There will be activities and Information stalls at various locations throughout the NT.

Visit carersweek.com.au or our facebook page for more up to date information!



Join our PEER SUPPORT GROUPS

Are you caring for a family member or friend?
Do you want to connect with other carers in a similar caring role?

In-Person Peer Support Groups provide carers with a safe space to share experiences, challenges and learn from each other in a group setting.

In Person Peer Support Groups Held fortnightly in Humpty Doo and Harry's Place.

For more information contact the Carer Gateway Team on 1800 422 737

Light refreshments, tea and coffee will be provided after each session.

Limited spots available so register EARLY!

Carers NT on the Road!



Carer Gateway Van visit
Katherine 12 - 13 October 2021



Martina Hazelbane catches up with a family in Adelaide River.

CONNECT is produced by Carers NT, for further information on our events or services please visit our website, social media pages or contact us on:

Phone: 08 8944 4888

Email: carersnt@carersnt.asn.au

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Darwin

Harry's Place, 1 Willeroo Street, Tiwi

Humpty Doo

26 Vereker Street, Humpty Doo, NT

Alice Springs

Unit 1, 9 Parsons Street

www.carersnt.asn.au



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