

It's getting closer ...



LAST week Shooters Fishers and Farmers Party MP Phil Donato caught up with Currajong Disability Services CEO Jeff Evans and Board Chairman Neil Unger outside our new premises. The newly acquired premises at 32 Clarinda Street Parkes is soon to be developed and hopefully be finished in time to move in before Christmas 2020.



Boys getting fit



Photo Galleries



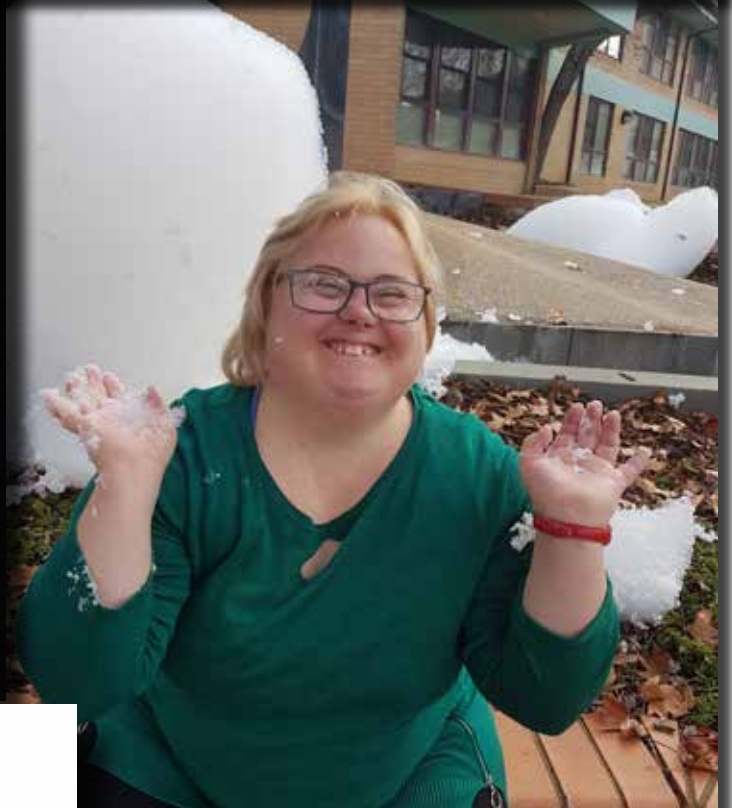
Arts and Crafts



Carers NSW Survey

Living their best life ...

BELOW TOP (L-R): Mark working away on his artwork while Sarah has fun playing with ice flotsam at Cowra; BOTTOM (L-R) Jay at Albion Park Forbes while Doug Pout and Blake Huntly are all smiles on the golf course.



CARERS SURVEY CALLS ON MORE PARTICIPATION FROM CARERS

THE Carers NSW 2020 National Carer Survey is now open until 30 June 2020. Make a difference for carers across the country and have your say today!

Developed by Carers NSW in collaboration with researchers from five universities and the National Network of Carer Associations, the Carers NSW 2020 National Carer Survey, is now online.

Every two years Carers NSW conducts a survey to ask carers about their experiences and find out what supports they need. In 2020 for the first time this will be a national survey, providing the opportunity to increase our number of responses and find out more about what is on the minds of carers nationally.

The data gathered in this research will help to advocate for carers, influence policy makers, and plan for service delivery into the future.

We encourage carers to complete the online version where possible, but we understand that not everyone is able to do so. A paper copy and reply paid envelope has been included for all Carers NSW members with every copy of the April/May edition of Carers News, and carers can order paper copies through this online form.

The Carers NSW Carer Survey is one of the major ways in which Carers NSW and our partners and stakeholders improve our understanding of caring and carers' lives. This knowledge helps us to advocate for the things that matter to carers and raise awareness about current issues in caring.

The Carer Survey also helps us to understand the needs of specific groups of carers, including carers from different cultural backgrounds. It also highlights the challenges of different caring roles, for example caring for someone with a mental health condition, or the experience of being an older carer.

For more information about the Carer Survey, please contact the Research Team at research@carersnsw.org.au or on 02 9280 4744.



There's always something going on at



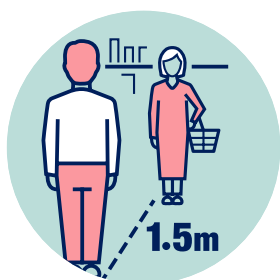
TOP (L-R): Joey and Jason playing hoops in Forbes; Johnny Carey gets fit; Mark and Kym work on Mark's artwork while Sarah Bowkett went to the Cowra Japense Gardens on the weekend.



Keeping everyone safe:

Physical distancing

helps stop the spread of COVID-19 between people



Stay 1.5 metres or 2 big steps away from other people.



Follow NSW rules for gatherings (individual and business).



Limit visits with family or friends. Talk to them on the phone or online instead.



Outdoor exercise is OK but stay 1.5 metres away from others.



No shaking hands, hugging or kissing other people.



Get tested if you have any symptoms. Self-isolate until you get your test results.

Stay Safe



Wash your hands with soap for at least 20 seconds or use a hand sanitiser.



Cough or sneeze into your elbow or a tissue. Throw the tissue away immediately.

COVID-19 symptoms



Fever



Cough



Sore throat



Shortness of breath

For more information

Call the National Coronavirus Health Information Line on 1800 020 080.

For a free telephone interpreter ring 131 450, say the language you need. Ask the interpreter to connect you to the Coronavirus Health Information line.



**Looking for an
NDIS provider?**



**Call us on
6863 4713!**

CURRAYONG
DISABILITY SERVICES





Free legal advice

in Forbes

Legal Aid NSW lawyers can help you with problems like these:

- Marriage breakdown
- De Facto relationships
- Parenting
- Property
- Domestic violence
- Child support
- Fines
- Centrelink
- Discrimination
- Tenancy and housing
- Credit, debt and mortgage
- Scams and unfair deals
- Complaints about how you've been treated
- Work issues
- Consumer issues
- Car Accidents

Due to coronavirus, we are providing advice by phone only



**1st Tuesday of the month
Call 6362 8022 to make an appointment**



**For free legal help at other times,
call LawAccess NSW on 1300 888 529**

FREE

Westview boys get fit

The girls from Kerin Physio setting some goals with Timbo. BELOW: The boys get put through their paces.





Australian Government
Australian Public Service Commission
Comcare

CORONAVIRUS (COVID-19): Looking after your Mental Health



MAINTAINING A BALANCED LIFESTYLE

Everyone needs to stay at home more to help slow the spread of COVID-19. We need to make maintaining a balanced lifestyle a priority. The reality is we may be living and working with COVID-19 restrictions for some time, which makes our physical health and the positive impact that has on our mental health more important than ever. The mental health continuum can help you identify when things are out of balance and get you back on track.



Coping

- Staying active, eating well and maintaining healthy habits
- Focused, productive and able to maintain a positive routine
- **ACTION:** Keep checking in with yourself, stay positive and connected.

Reacting

- Skipping meals, not taking enough breaks or going outside
- Unable to concentrate, engage with others and/or stick to a healthy routine
- **ACTION:** Reach out to a close friend, family member, colleague or connect with the Employee Assistance Program (EAP).

Not Coping

- No physical activity, irregular sleep and lack of appetite
- Unable to maintain a routine or cope with daily life and/or disconnected from family, friends, colleagues and community
- **ACTION:** Contact your GP, a counsellor or psychologist, EAP or other support services (see below).



Self help tools

- [Beyond Blue Wellbeing Plan](#)
- [Black Dog Self-Care Planning](#)
- [My Compass Self-Help App](#)
- [Mindspot Online Mental Health Assessment](#)
- [HeadGear Worker Mental Health App](#)
- [SportAus Find your 30 minutes of activity](#)



Support services

- Beyond Blue: 1300 22 4636
- Lifeline: 13 11 14
- MensLine Australia: 1300 789 978
- Suicide Call Back Service: 1300 659 467
- [COVID-19 Telehealth Services](#)



For more information

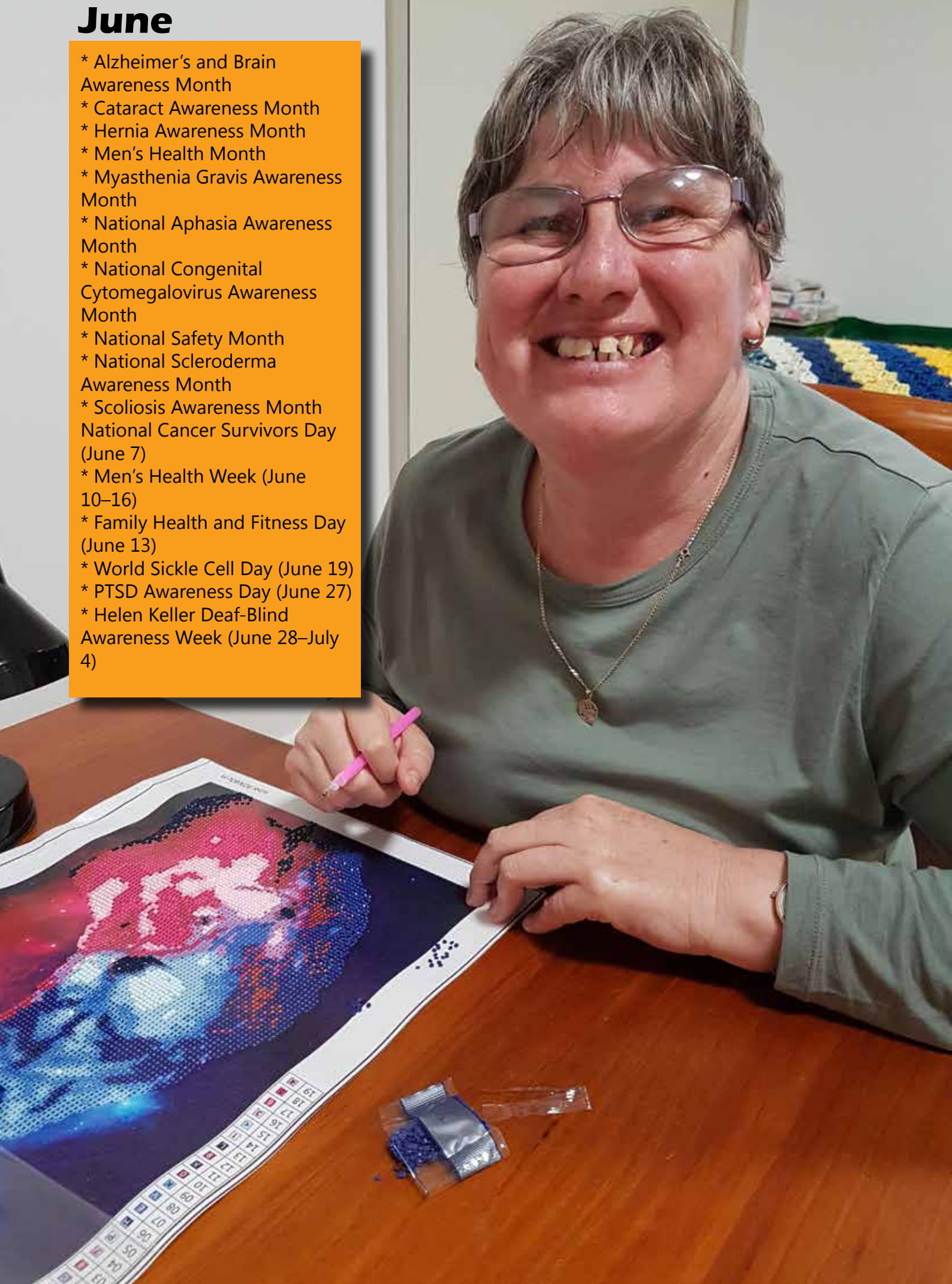
- [Australian Government](#)
- [Victorian Health](#)
- [Health Direct](#)
- [Australian Psychological Society](#)
- [World Health Organization](#)
- [Beyond Blue](#)



comcare.gov.au | connect with us

June

- * Alzheimer's and Brain Awareness Month
- * Cataract Awareness Month
- * Hernia Awareness Month
- * Men's Health Month
- * Myasthenia Gravis Awareness Month
- * National Aphasia Awareness Month
- * National Congenital Cytomegalovirus Awareness Month
- * National Safety Month
- * National Scleroderma Awareness Month
- * Scoliosis Awareness Month
- National Cancer Survivors Day (June 7)
- * Men's Health Week (June 10–16)
- * Family Health and Fitness Day (June 13)
- * World Sickle Cell Day (June 19)
- * PTSD Awareness Day (June 27)
- * Helen Keller Deaf-Blind Awareness Week (June 28–July 4)





Out & About



***"No pessimist ever discovered the secret of the stars,
or sailed to an uncharted land, or opened a new
doorway for the human spirit." - Helen Keller***



www.currajong.org.au