

# Fran enjoys 40 years with Meals on Wheels

Byron Shire Respite Service has spent the last couple of weeks farewelling Brunswick Valley Meals on Wheels coordinator Fran Leske. Fran worked closely with our service and is a familiar face to many of our clients and community members.

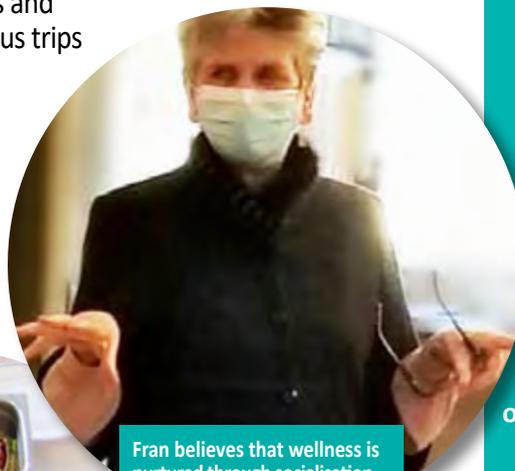
After working locally for 27 years and a total of 40 years for Meals on Wheels, Fran is looking forward to a busy and eventful retirement. Her first fulltime job was with Meals on Wheels when she was just 21 years old. After catering college, Fran was looking for a permanent job Monday to Friday, and in her early days cooked 500 meals a day from a CWA kitchen. She has enjoyed progressing to a supervisory role and the many colleagues, clients, changes and challenges she's met along the way.

At Brunswick Valley Meals on Wheels (BVMOW), Fran had the opportunity to become the first coordinator. During this time, the service has risen from 2 to 10 staff members and initiated many programs including the Wollum Aboriginal Meal program that provides regular nutritional meals. Fran saw the Wollum program as a 'golden opportunity' to work with Aboriginal people and existing Aboriginal networks in the community and is grateful for the experience.

Fran believes that wellness is nurtured through socialisation and BVMOW programs have always included social interaction, whether occurring when food is delivered by its caring workers and volunteers, or clients enjoying their bus trips and picnic days.

Byron Shire Respite Service and BVMOW share amenities and have a close working relationship, with many clients consuming many tasty and nutritional meals from its kitchen. We thank Fran for her kindness and support and welcome new BVMOW coordinator, Chelle in her new role. Chelle has been working with Fran for several years and is a worthy successor. She looks forward to assisting their friendly volunteers to deliver frozen meals, fresh salads and sandwiches to many homes in our region.

If you are interested in learning more, you can view a 10 minute video produced by our friends at Social Futures, at: <https://vimeo.com/591390363>



Fran believes that wellness is nurtured through socialisation and people eat more and enjoy food more, when eating in a group atmosphere.



New Brunswick Valley Meals on Wheels Coordinator, Chelle (at right) has been working at the branch for several years and looks forward to the new challenge of keeping Fran's dream alive.



## The Byron carer

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[www.byronrespite.com.au](http://www.byronrespite.com.au)

Byron Shire Respite Service is located at the Brunswick Valley Community Centre, South Beach Rd, Brunswick Heads.

**Our incorporated non-government community based organisation is managed by a local committee and covers the shires of Byron, Ballina and Lismore.**

### NDIS Registered Provider

Respite care is delivered through our Flexible Respite, Day Respite and Social Support projects, with a person centred enablement approach across the respite continuum.

Telephone Janine on: 02) 6685 1629  
or Karen and Emma on 02) 6685 1619

Website: [www.byronrespite.com.au](http://www.byronrespite.com.au)  
Email: [caremanager@byronrespite.com.au](mailto:caremanager@byronrespite.com.au)



Byron Shire Respite Service acknowledge and pay respect to the Arakwal people of the Bundjalung nation, the traditional owners of the land on which we live and care – and pay respect to the Elders past, present and emerging.

Byron Shire Respite Service Inc. is supported by the Australian Government Department of Health. Visit [www.health.gov.au](http://www.health.gov.au) Although funding for the Commonwealth Home Support Programme (CHSP) has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

**If you require emergency respite care, please call the Carer Gateway on: 1800 422 737**

# Ready to do something productive? Time to get out in the garden

Outdoor activities may be very therapeutic for less mobile people and people living with dementia. Studies have shown that being in nature and physical activity associated with outdoor activities such as gardening, can help reduce stress and lower blood pressure. Being outdoors in the daylight assists with vitamin D absorption and helps maintain the body's natural circadian rhythms to assist with nighttime sleep. Gardening and planting vegetables is also a meaningful activity that can build the person's self-esteem when working and imparting knowledge to others, such as a young grandchild or friend.

Tips to ensure ongoing engagement with the garden include:

- Garden areas should be accessible for less mobile people and may include level paths for wheely-walkers and raised garden beds that reduce the need to bend over.
- Place pots close to the house on a sheltered or screened back veranda or seating area to be easily viewed and allow for ease of watering.
- Select plants, flowers, vegetables and garden ornaments that are familiar to the person and promote reminiscing.
- Plant flowers and natives that attract wildlife such as birds, bees and smaller marsupials – as their visits will be an additional source of conversation for people.
- Decorate the garden with bird feeding trays which require filling with seed and bird baths with water to promote additional activity.
- Add a selection of flowering and edible plants to ensure there is something to discuss and view through the seasons.

## Need support?

- **Carer Gateway** telephone: 1800 422 737 for information about planned & emergency respite & other carer supports. [www.carergateway.gov.au](http://www.carergateway.gov.au)
- **Australian Government Department of Health** For more information about COVID-19 call the Coronavirus Health Information Line on 1800 020 080 or [www.health.gov.au](http://www.health.gov.au)
- **My Aged Care** telephone: 1800 200 422 for information about the Australian Government's aged care system and services. [www.myagedcare.gov.au](http://www.myagedcare.gov.au)
- **Telephone Janine at Byron Shire Respite Service to discuss your role as a carer.** telephone: 02) 6685 1629
- **National Dementia Helpline** telephone: 1800 100 500
- **Carers Counselling Service** telephone: 02) 6628 6416
- **Carers NSW** telephone: 1800 242 636
- **Sandra Kimball Counselling** telephone: 0458 175 962
- **NSW Elder Abuse Helpline** telephone: 1800 628 221

### Aids:

- **National Continence Helpline** telephone: 1800 330 066
- **Byron Ballina Home Maintenance and Modification Service 1/65 Centennial Circuit, Byron Bay** telephone: 02) 6685 7312
- **Lismore Home Maintenance and Modification Service 43 Habib Dr, South Lismore** telephone: 02) 6622 2323
- **Bright Sky Cards for Continence Aids Payment Scheme (CAPS)** telephone: 1300 886 601

### Need Transport?

- **Byron Shire Respite Service** can assist with transport to medical appointments. Telephone Emma or Karen: 02) 6685 1619
- **Byron Shire Limousines** telephone: 02) 6685 5008 Travel for medical appointments free with travel voucher or for Veteran and Widow Gold Card holders
- **Brunswick Limousines** telephone David on: 0412 855 747
- **Tweed Byron Ballina Community Transport** telephone: 1300 875 895

Tweed Byron Ballina Community Transport provide transport to medical appointments, weekly & fortnightly shopping outings & monthly social outings. The service is funded to support older people living at home independently or have a permanent disability or Indigenous Australians aged over 50 years. Phone Kathryn in the Byron office on: 1300 875 895 for transport to medical appointments or Amanda for any shopping bus or social bus enquiries.

Diane Hart is a local gardener with a fabulous and informative website and blog. She lives on a small suburban block with terrible clay soil but it is chock full of flowers, food, herbs, spices, tea plants! In fact, she boasts over 70 useful plants. She believes you don't need a lot of space to feed yourself – you just need to start.

Di's had success growing from local seed, often passed from gardener to gardener which tend to be better fruiting varieties and more resistant to pests and diseases. She believes that 'Growing your own vegetables from seed you have collected, or which has been shared by another gardener, is a great way to really get you in touch with your garden.'

'It's a fun activity for the whole family, doesn't involve any heavy work, saves money, helps to save valuable heritage varieties – and best of all – if you plant a few seeds at a time, but on a regular basis (like lettuce) you will have salad greens when you want them – and nothing goes to waste.'

If you don't have time to grow your own from seed, Di suggests purchasing seedlings from a local supplier. She finds hers at growers from local farmers' markets or our rural co-op.

### Di's suggestions for Spring/Summer plantings in our region

- Asian greens (but not after December)
- Beetroot
- Bush basil
- Bush beans
- Capsicum
- Choko
- Climbing beans
- Corn
- Cucumber (but not after December)
- Dill
- Eggplant (long, Asian)
- Fennel
- Italian basil
- Leeks (but not after December)
- Lettuce (but not after December)
- Melons
- Okra
- Pumpkin
- Radish
- Snake beans
- Spinach (but not after December)
- Spring onion
- Squash
- Sweet potato
- Tomato (but not after September)
- Winged bean
- Yacon
- Yam bean/Jicama
- Zucchini (but not after October)

To read Diane Hart's website for more local gardening tips, visit: <https://growfoodslowfood.com>

## Understanding Multiple Sclerosis

FREE ONLINE COURSE

If you, a friend or a family member has been touched by Multiple Sclerosis, you may be interested in the Understanding Multiple Sclerosis (MS) course that commences very soon. This FREE online course aims to improve understanding and awareness of MS. Members of the public will increase their knowledge of MS-related issues and those in the MS Community will be empowered to create and contribute to personalised MS management plans.

**Opens:** 13th Sep 2021, 9:00am (AEST)

**Duration:** 6 weeks

**Effort:** 2 hrs per week

**Location:** Online Course

**Completion Certificate:** Yes

**For more information, visit:** <https://ms.mooc.utas.edu.au/index.php>

The course is designed for anyone with an interest in Multiple Sclerosis including:

- People living with MS, their families and carers
- Medical and nursing professionals
- Allied health professionals
- Advocates, service delivery staff, support workers

The course consists of six modules addressing the areas of:

- Biology and Pathology
- Diagnosis and Symptoms
- Demographics and Introduction to Risk
- Risk Factors
- Disease Management and Support Strategies
- Living with MS

This course was developed by the Menzies Institute for Medical Research in partnership with Multiple Sclerosis Limited, and in collaboration with the Wicking Dementia Research and Education Centre.

### HOTLINE FOR OLDER AUSTRALIANS during the COVID-19 pandemic

If you have questions about the pandemic or would like information on the up-to-date guidelines, call 1800 171 866 to speak to friendly, specially trained staff from a senior's advocacy organisation. This is a dedicated free call support hotline for Senior Australians, their families and carers.

A little  
**support**  
makes a big  
**difference**



Dementia affects close to half a million Australians.  
That number is set to double in the next 25 years.

Many Australians will start experiencing the impact of dementia amongst their own family and friends in the coming years. With so many people impacted now and into the future, Dementia Australia believe it is vital they clear up some of the prevailing misconceptions about dementia.

**Dementia Action Week is held from 20 – 26 September**

For example, people living with dementia can continue to live active and rich lives many years after diagnosis. It is our role as a community to do the best we can to support people living with dementia to live well for as long as possible.

The concept for Dementia Action Week was developed in consultation with Dementia Advocates, who have a lived experience of dementia. Dementia Australia's 'A little support makes a lot of difference' campaign, launched during Dementia Action Week last year, was the result of engagement with Advocates which indicated a prevailing attitude that people living with dementia are old, frail and living in care. Misconceptions about dementia have led to judgements by the community about the capacity of a person and such beliefs can lead to significant discrimination against people living with dementia.

### Everyone will experience dementia differently

If you have dementia, or you're caring for someone living with dementia, it's normal to experience a range of good and bad feelings. You are not alone and counselling is important as it can help you understand what you, or someone you care about, is going through. It can be good to talk with a professional about your emotional reactions, family and culture, living arrangements, dementia symptoms and changed behaviours. Dementia Australia offers free, confidential, professional counselling for individuals, families, couples and professional carers at all stages of a dementia journey.

### Free Counselling Support

**Counselling support can help individuals, couples and families to gain a better understanding of the impact of dementia, develop strategies to respond to feelings of stress or mixed emotions, plan for the future by setting goals, and seeking referrals for practice support.**

Dementia Australia counsellors can speak with people living in our region over the telephone or via video conferencing. If you are interested in finding out more, visit <https://www.dementia.org.au/support/counselling> or call the National Dementia Helpline on free call 1800 100 500.



### Byron Shire Respite Service – Day Program Timetable

monday	tuesday	wednesday	thursday	friday
10am – 3pm centre-based day respite <i>dementia friendly</i>	10am – 3pm centre-based day respite <i>dementia friendly</i>	10am – 3pm centre-based day respite <i>dementia friendly</i>  10am – 3pm Bus Outings & shopping days	10am – 3pm centre-based activities for older people	10am – 3pm centre-based day respite <i>dementia friendly</i>



Lunch, morning and afternoon tea is provided.  
The cost for the day from the 1st July 2021 including transport is \$30.00 (Fees subject to change).

### Carers Coffee Club

Are you caring for someone with dementia? If so, we'd love to see you at our monthly Carers Coffee Club on the 4th Wednesday of every month in Brunswick Heads. The next meeting will be held on the 22nd of September. If you are interested in joining us, please email Emma on: [emmawhite@byronrespite.com.au](mailto:emmawhite@byronrespite.com.au) or telephone 02) 6685 1619 for more information.