

Carers Awareness Week an opportunity for service

18th -23rd
October 2009

Carers Week will be held this year from October 18th -23rd

(the week before Children's Week) and is an opportunity to tell carers their role is appreciated.

A carer is someone who provides care and support for their parent, partner, child or friend who has a disability, is aged, or who has a chronic mental or physical illness. Carers rarely have any special qualifications or training. They are people like you, who have found themselves in this role for a number of different reasons. They may be your neighbour, a work mate or the person who sits next to you in church, and all carers work tirelessly to care for another.



Appropriate crafts from KUCA News will be available on the KN **Crafts** webpage closer to Carers Week, hopefully by the end of August. *ED.*

By **Linda MacGillivray**
Brougham Place Uniting Church

Our Sunday School has made Carers Week a special project for the past four years. Other church groups have also accepted this challenge and each group decides on a group of carers to support. Our church has linked with parents of children at a special school, but you could choose to support a group from your church or a local school's special class, or just make morning tea for a group of carers.

Feel free to ring or email Linda if you need ideas about groups to support.

Our church community has supported this worthwhile activity by holding a Carers Week church service highlighting the role of Carers, and by collecting and donating items for our Sunday School project.

How the Sunday School Project works:

One year we gave each family a coffee bag, tea bag and chocolate in a cellophane bag with label, another year we gave away coffee mugs.

Last year we made the CD with tea-light candle from KUCA News. [from **KUCA e-NEWS Autumn 2008** page 26 – *ED.*]

We added a label that said, "Thank you for shining your light by

caring" and a label to say it was from the Sunday School children of our church.

Each year the children make cards that say "Thank you for caring" and add their own message, drawing, stickers etc. This year we plan to give notebooks with decorated covers. KUCA News has some great craft ideas but you could simply do a card as it is the words of support that matter! We present the gifts and cards to the special school we are linked with at the start of Carers Week and the school sends one home to each family. About 300 families received gifts last year.

Any project will be appreciated! I know my church and particularly the members of our Sunday School embrace this project and the carers we support love hearing from children. Why not make this a special project for your church this October, or even integrate it with or make it a precursor to your Children's Week activities?

Linda would be happy to hear from anyone wanting to know more, or looking for ideas for how to care for carers in Carers Awareness Week. Contact details above.

Carers Association website:
www.carersaustralia.com.au
a resource for carers

NB. This issue's Parenting Page will be a page for carers.

Rev Trevor Whitney

Disabilities Ministry Chaplain, UCA, Presbytery & Synod of SA, writes:

Some carers are parents striving to give a decent life to their children amidst a system that doesn't care.

Some are teenage children caring for parents with disabilities whilst trying to finish their schooling.

Some are disability advocates seeking justice and political answers for those with whom they share friendship.

Every carer has a unique story to share, but many carers share common threads

threads of struggle
threads of financial hardship
threads of exhaustion.

The needs of disability carers represent, arguably, the most critical disability issue facing our country.

For those of us who do not have the responsibility of caring for a loved one with a disability the question may be, how can we care for the carers?

From **Disability News Vol 5**
Issue 1 July 2009

From **Grass Roots Stories: KUCA e-NEWS Vol 2 No 2: Winter 2009 page 6**

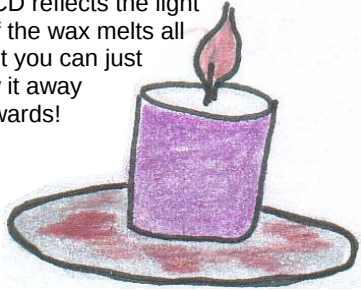
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Recycled CD Candle

Materials:

- ♦ old CDs
- ♦ stand alone candles
- ♦ double-sided sticky tape (optional)

Fix a candle onto the centre of the shiny side of the CD with a small amount of double-sided sticky tape to stop the candle from moving around. The CD reflects the light and if the wax melts all over it you can just throw it away afterwards!



Thank you for
shining your
light by caring



Hospitality,
making people welcome:

Matt 10: 40-42:
29 June 2008

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