

Welcome Winter.

You read that right, we are welcoming Melbourne's winter once again and have prepared a newsletter filled with fun activities to keep you busy and most importantly, warm, during the cold months of Winter.

'One kind word can warm three winter months'

DID YOU KNOW?

Five kind words can be forgotten by one unkind word.

Tania, our Support Coordinator, held a team training day where we all learnt about the importance of managing mental health in the workplace.

The cold weather during winter months may make it a little difficult to keep our spirits up. However, here at Carer's Network, we care about you and want to ensure you are well looked after. If you need some extra support in the upcoming months, *please* let your Client Services Manager know. **We want to help!**

JUNE 1ST

GLOBAL DAY OF PARENTS

We want to celebrate every parent that is part of our Carer's Network and want to thank you for everything you have done over the years for your families. We appreciate you immensely!



JUNE 20TH

WORLD REFUGEE DAY

World Refugee Day is an international day organised every year on 20 June by the United Nations. It is designed to celebrate and honour refugees from around the world.



"I believe that when you put a smile out there, you get a smile back."

Carer's Network Outlets:

- ◆ Melbourne East/North/West/South
- ◆ Bendigo
- ◆ Ballarat
- ◆ Gippsland
- ◆ Loddon-Mallee

Office Hours:

Mon to Fri 7am to 5.30pm
Sat & Public Holidays 8am to 4pm
Sunday Closed

Emergency please call:

03 8488 9982

Email (complaints/feedback/compliments) :

yourvoice@carersnetwork.com.au

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- Important Dates
- Winter activities in Melbourne
- Carer's Network Updates
- Workplace Harassment
- Information on industry updates
- Winter competition

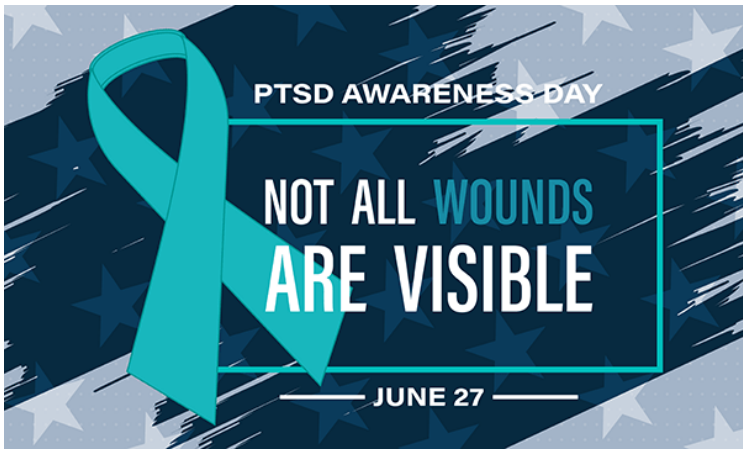
Carer's Network

Suite 6/758 Blackburn Road, Clayton, VIC 3168

Phone: 03 8488 9982

Email: info@carersnetwork.com.au

Website: www.carersnetwork.com.au



National PTSD Awareness Day

JUNE 27TH 2023

Each year on June 27th, National PTSD Awareness Day recognizes the effects post-traumatic stress has on the lives of those impacted by it.



It is that time of year again and we should all take the right measures to ensure a safe Winter.

Vaccination is the safest way to protect yourself and others from influenza viruses.

We should all get the vaccine in order to protect both ourselves and those around us.

At Carer's Network, we are committed to creating a safe workplace environment for everyone!

Remember, in most cases, your home is our workplace, so we want to ensure that both Support Workers and clients feel safe and respected during working hours.

Here are some ways to ensure that everyone is contributing to a safer and more enjoyable work environment.

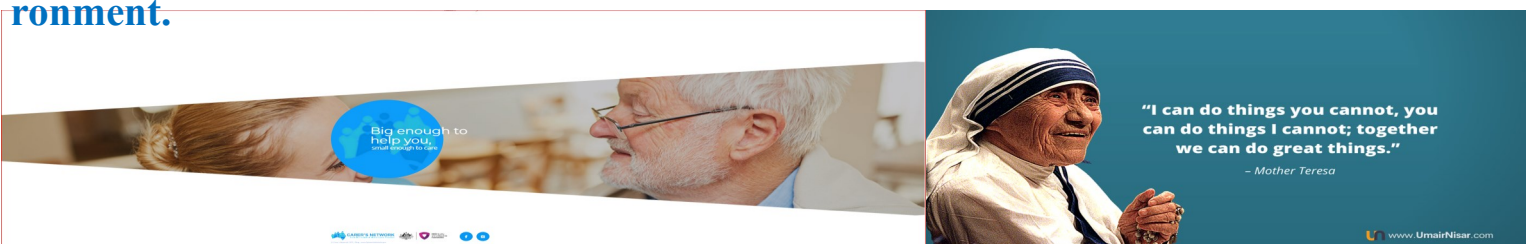
4 Types of Sexual Harassment

Verbal/ Written	Physical	Non-Verbal	Visual
<ul style="list-style-type: none"> Remarks of a sexual nature about a person's clothing, personal behavior, or body. Sexually explicit statements, questions, jokes, or anecdotes. Requesting sexual favors or dates. Spreading rumors about a person's personal or sexual life. Coercion of sexual activity by threat of punishment. Excessive and unwelcomed flirting. 	<ul style="list-style-type: none"> Impeding or blocking a person's physical movement. Inappropriate and unwanted touching of a person and/or their clothing. Other inappropriate touching including kissing, hugging, patting, stroking, or rubbing. Playing music with offensive or degrading language. Purposefully brushing up against another person. 	<ul style="list-style-type: none"> Looking a person's body up and down. Making derogatory gestures or facial expressions of a sexual nature. Frequently following or standing too close to a person on purpose. Whistling or staring in a sexually suggestive or offensive manner. 	<ul style="list-style-type: none"> Displaying sexually suggestive objects, pictures, cartoons, posters, calendars, or computer screens. Showing other people sexually suggestive text messages or emails. Sharing sexually inappropriate images or videos, such as pornography, with co-workers.

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The law defines sexual harassment as unwelcome verbal, visual, non-verbal or physical conduct of a sexual nature or based on someone's sex that is severe or pervasive and affects working conditions or creates a hostile work environment.

For more information: U.S. Equal Employment Opportunity Commission (EEOC) / www.eeoc.gov





MEET THE TEAM



Karen Johnson—Nurse/ Trainer

Hi. My name is Karen and I have recently joined Carers Network. My role is both trainer and nurse. I have worked as a nurse in a variety of hospital and community settings including in education roles.

I will be meeting clients in their homes for a variety of assessments as needed. I will also work with staff to support their continual professional development and ensure it is relevant to our clients needs

I look forward to meeting and working with you!



Christine Ioannides— Finance Manager

Hello! My name is Christine, and I am the Finance Manager. My team is responsible for Accounts Payable, Receivables, Payroll, and everything in between!

I am committed to best practice of care, support, dignity, comfort and confidentiality to clients and stakeholders.

I love to spend time with my family and going to the movies!



**Kyri Derzotis
Office Administrator HR/ Client Services**

Hello,

My name is Kyri and I have been working at Carer’s Network since October 2022. I enjoy my role as it allows me to get to know all of you, our lovely clients, and speak with you over the phone throughout any given day in the office. I have enjoyed working alongside some of the best and funniest people here at Carer’s Network and every day is a new

learning opportunity here in the office.

My hobbies include taking long walks with my beautiful dog, exercising, reading and enjoying a cup of coffee with friends and family.



Brittany—Scheduling Coordinator

Hi, my name is Brittany and I have recently joined the Carer’s Network Team as part of the scheduling team.

My career background has been working in the aged care sector as a PCA and Rostering Coordinator; most recently I spent the past 6 years working in the computer software industry.

In my spare time, I compete in and coach Calisthenics, and enjoy sewing and sequining many many costumes.

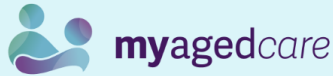


**Andrew Diaz
Client Services Manager**

Hello,

My name is Andrew. I have been working with Carer’s Network for over four years now. I started off in our Scheduling department and have recently moved into a Client Services Management role within My Aged Care. I am enjoying this role as I have always been someone who enjoys helping others and improving their lives. My role allows me to visit my clients and really make a difference in their day to day living which is important to me. I consider myself to be a calm and relaxed person- I do not get ruffled easily. In my home time I love baking, walking my dog and spending time with my friends. Carer’s Network is a fun and friendly environment to work in and I look forward to working alongside my colleagues each day.

INFORMATION ON INDUSTRY UPDATES ...



Better and fairer wages for aged care workers.

Fair Work Commission has announced to provide a 15% award wage increase for aged care worker to take effect from 30 June 2023 in their recognition towards the aged care workers' value and the complex work they do.

In supporting this, the Australian Government is increasing the Home Care Package subsidy and some supplements to cover any reasonable increases to prices to support providers to pay workers on these increases.

We sincerely hope your cooperation to work with us in order to meet these changes. Our Client Services Managers will communicate with you further on this matter.

NDIS pathway

The NDIS pathway is the journey, or process, that people go through with the NDIS. It's what happens before, during and after you become an NDIS participant. It covers contacting the NDIS, applying to be a participant and starting and using your plan.

The pathway includes things like:

1. Finding out what the NDIS is
2. Finding out how the NDIS could help you
3. Finding out if you can become an NDIS participant
4. Talking to the NDIS to set up your planning meeting
5. Having your planning meeting
6. Getting your plan
7. Using your plan to get things that you need, like supports or equipment
8. Talking to NDIS staff and other people who help you with the NDIS, like Local Area Coordinators
9. Looking at your NDIS plan again after a year, and making changes to it



THE NDIS FITS WITHIN A BROADER SUPPORTS AND SERVICES SYSTEM

The NDIS is for all Australians



The NDIS is part of a broader system supporting people with disability



My NDIS Pathway

Your guide to being an NDIS participant

ndis.gov.au

ndis



Melbourne's unmissable winter event the Winter Night Market is back at Queen Victoria Market for a spectacular 14-week season, every Wednesday evening from **7 June to 30 August 2023.**

With free entry, the only prerequisites are to come hungry and ready for a good time.



Winter Wonderlights at Sovereign Hill, Christmas in July in Ballarat 2023!

Sovereign Hill Winter Wonderlights is back this year and we are so excited for this spectacular family event!



Enter a world of splendour and romance, of eye-popping excess of glitz, grandeur and glory!

Moulin Rouge, the musical!

From 20th August 2023 at the Regent Theatre. 191 Collins Street, Melbourne!



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Match the pet to the owner and send a photo of your answers to:

csmadmin@carersnetwork.com.au



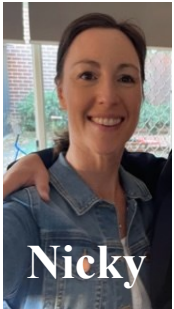
Tahnee



Maria



Rosemary



Nicky



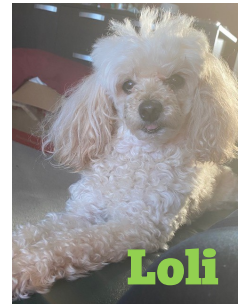
Sharon



Tania



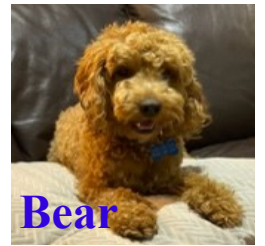
Kyri



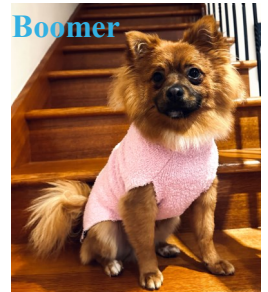
Loli



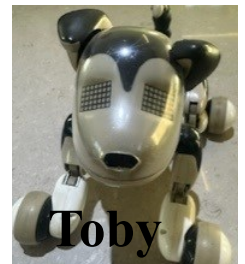
Mavvy



Bear



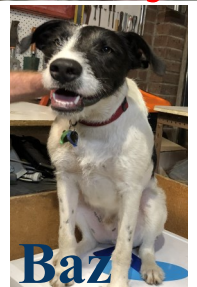
Boomer



Toby



Miss Lolly



Baz

The winners will be announced in the next newsletter!