

PENINSULA CARER COUNCIL INC.

(Building bridges between carers and mental health services)

www.peninsulacarercouncil.org.au

PH: 1300 550 962

NEWS UPDATE JUNE 2020

Greetings everyone; it has been a tough, unpredictable time for many. This Newsletter and our Webpage www.peninsulacarercouncil.org.au have the updated contact details of the services which may help us face many challenges. Don't hesitate to contact PCC to share experiences and concerns.. Looking forward to seeing you again soon. Regards from PCC Committee.

1 Carer Navigator at Peninsula Mental Health

A Carer Navigator has recently been appointed in the Mental health Service of Peninsula Health. Her name is Katyana Dunstan and she can be contacted on Mobile: 0435 633 357. Katyana is available Monday to Friday 8.30am – 4pm. If she is unavailable during these times please leave contact details and she will return your call.

Katyana will listen to your concerns and direct you to appropriate services, if your loved one is an in-patient she will link you with a peer worker who will discuss steps after DISCHARGE.

2. Carer Gateway

See the attached information sheet about how to contact the Carer Gateway and an explanation about the process. Regardless of whether need help at the moment **it is important to register as soon as you can**. This will ensure quicker access to Alfred health

3. Acknowledging the difficulties and challenges of the pandemic isolation for carers

We are hoping to start the Support Meetings again soon, but we need to adhere to the following rules and these apply to each meeting:

- it will be restricted to 15 people
- you will need to advise us in advance if you intend to come a support meeting
- everyone has to bring your own food & drink
- there will be a separate sign in book (this will be used for any Department of Health follow up should anyone fall victim or come into contact with anyone who tests positive).
- You will need to have the COVIDSafe App on your mobile phone

Bill Keilar, who has done the course will be the Covid-19 Safety Officer.

4. How can we help ? We want to hear from you !

- Please write , email or phone us with your concerns , issues ,challenges and triumphs
- Remember that our email and 1300 phone number are always open. (Email : info@peninsulacarercouncil.org.au Ph: 1300 550 962)

5 In the not too distant future we will acknowledge the great contribution of 2 of our members

- Mari Neill our great mind worker who retired in May
- Norma Roberts a foundation member of PCC, who sadly passed away in March

6 Facebook Page

We regularly put posts of interest and information on our Facebook page. We would encourage you to check it out.

- You can find it by going to Facebook and searching for Peninsula Carer Council.

7 Important Contact Details

Carer Gateway 1800 422 737

8.00 a.m. – 5.00 p.m

www.carergateway.gov.au

Peninsula Carer Council 1300 550 962

www.peninsulacarercouncil.org.au

Peninsula Health Mental Health Triage 24 hours 1300 792 977

<https://www.peninsulahealth.org.au/services/services-f-m/mental-health-service/>

Peninsula Health Mental Health Carer Navigator

Hours 8.00 a.m. – 4.30 p.m. Katyana Dunstan 0435 633 357

Tandem Advocacy for Mental Health Carers 1800 314 325

www.tandemcarers.org.au

Membership free of charge

Mental Health Complaints Commissioner

1800 246 054

<http://www.mhcc.vic.gov.au/>

Headspace Frankston

Provide mental health services for young people and those who support them. For young people aged between 12 and 25.

Ph: 9769 6419

Carers Victoria

State organisation for all carers.

<https://www.carersvictoria.org.au/>

Ph : 1800 514 845

Office of the Chief Psychiatrist

Ph: 03 9096 7571

Email : cp@dhhs.vic.gov.au

<https://www2.health.vic.gov.au/about/key-staff/chief-psychiatrist>

Lived Experience Australia (formerly Private MH Carers and Consumers)

Provide national advocacy for consumers, families and carers.

<https://www.livedexperienceaustralia.com.au/>

Sane

<https://www.sane.org/>

Ph: 1800 18 7263