



The Update

June-July 2018

Corowa Counselling Centre

57-65 Redlands Rd COROWA NSW 2646

Health & Wellbeing Centre

46 Peter St WAGGA WAGGA NSW 2650



How **YOU** live matters

Join us for

A Spring Affair

Saturday 1 September 2018

6.30pm for 7pm



Winter will be over! Grab your most colourful cocktail gear, frock or suit up, and celebrate life and the first day of Spring at the Amaranth Foundation's major fundraiser for the year, *A Spring Affair*, 6.30pm for 7pm, Saturday 1 September, 2018.

Join us at the stylish *Atura Hotel*, 648 Dean Street, Albury for an evening of entertainment, raffles (no chooks allowed), lucky door prizes, collectables and other silent auction items. You'll be guided through the evening in fine style by the inimitable John Walker (actor/comedian Full Frontal) and his sidekick Chris Pidd. With these two at the helm (pictured below) there could be a few surprises!



ATURA
Albury

Atura Hotel will serve up delicious finger food accompanied by wines donated from Buller Wines, Rutherglen.

Funds from the evening will support Amaranth's chronic illness and palliative care program which ensures people in regional and rural areas have access to Amaranth's unique wrap around care model to meet people's social, emotional and psychosocial needs. You can read more about the program and our other work at amaranth.org.au

Founder and CEO, Julianne Whyte's establishment of the foundation and work in this important space was recognised when she was awarded an OAM for her services to community health through palliative care programs in January 2017. Amaranth has premises in Corowa and Wagga Wagga, with its outreach work covering centres including Albury.

Money raised from the silent auction supports the Trevor Davis Pay It Forward Community Compassionate Fund. This was established Trevor Davis's family in partnership with the Amaranth Foundation to provide practical support including meals and gardening, as well as vital counselling support.

So, shake off the Winter blues and join us for *A Spring Affair*! **Tickets \$70 each. (Ticket purchases are tax deductible.) More information on page 2.**

Fundraisers and donations boost Amaranth's capacity

The Corowa Community continues to support Amaranth's vital work through fundraisers and major donations.

Corowa Flooring Xtra's Golf Day raised \$450 for the Foundation while Corowa RSL Club donated \$6500 through the ClubGRANTS program, and Rivalea Australia donated \$15,000 for our social impact programs.

Golfers not only raised money but also had the chance to win beautiful gold bags (pictured right).

Presenting Amaranth's CEO and Founder, Julianne Whyte, OAM with the grant, Corowa RSL Club president, Phillip Scott, (pictured on next page) said the club was incredibly honoured to donate \$6,500 to the Amaranth



Foundation.

"To have these services available in Corowa, we all as a community need to

do more to ensure they continue.

Julianne and her team are amazing and we are thrilled to contribute to this organisation."

Mr Scott said the club knew firsthand how many lives Amaranth has impacted positively and it relied on funding to continue offering the life changing and lifesaving services to the community.

"It is so important to support foundations like this, nothing is more important than the health and welfare of our community," he said.

Julianne said the club's generous donation would be used for Amaranth's Social Impact Programs (ASIP) enhancing social engagement

A Spring Affair Saturday 1 September

Check out our Facebook page for more details about the event including entertainment and some great silent auction items.

Or book through Eventbrite :

eventbrite.com.au/e/a-spring-affair-amaranth-foundation-tickets-47536997439

Need accommodation? Contact Atura Albury direct on 02 6021 5366 and mention that you are attending the Amaranth event.

Silent Auction Items Coming In

The good folk at Federation Tyrepower & Corowa Exhaust have donated this die cast 1:12 scale model of 2015 Bathurst 1000 winner Craig Lowndes



ATURA'S CONFERENCE FRIENDLY RATES MAKE STAYING A CINCH. GUESTS ARE INVITED TO STAY AT ATURA ALBURY WITH EXCLUSIVE RATES FROM \$159 PER ROOM PER NIGHT FOR UP TO TWO PEOPLE.

THIS RATE INCLUDES:

- OVERNIGHTS ACCOMMODATION FOR TWO IN DELUXE KING ROOM
- FULL BUFFET BREAKFAST FOR TWO
- COMPLIMENTARY CAR PARKING
- COMPLIMENTARY WIFI

TO BOOK CALL RECEPTION ON 0260215366

ATURA
Albury

648 DEAN STREET ALBURY
FUNCTIONS_ATURAALBURY@EVT.COM
ATURAHOTELS.COM



and Steve Richards Holden Red Bull team.

If you would like to donate items for the silent auction contact Kendall Whyte:
kendall.whyte@amaranth.org.au



Fundraisers and donations boost Amaranth's capacity cont'd



and basic and everyday living and food supports for residents of Federation Shire and the Corowa community.

"We deliver this in a wonderful partnership with FoodShare Victoria, and more than 50 residents and their families currently receive support from this project. This includes our monthly Mondays@Amaranth lunches and weekly Amaranth food parcels," she said.

The ASIP started in 2014 and with the move into the larger Amaranth House on the corner of Redlands Road and Guy Street the reach and spread of the two initiatives has grown exponentially.

Currently volunteers drive weekly to FoodShare Victoria in Wodonga to pick up and deliver to Amaranth House a significant amount of food and personal items stored at Amaranth which are then distributed to families who may have self-referred or been referred by local agencies.

Julianne said the popular Mondays@Amaranth lunches were a monthly lunch and social engagement and education event hosted by the Amaranth team including administrative staff, community care staff and when available, mental health clinicians.

"Twenty five to thirty people attend the lunches and many are socially isolated, living with mental and physical health concerns, and several have terminal illnesses.

"The aim is to encourage social engagement and communication and enhance the therapeutic relationship and increase awareness of community supports and programs," she said.

With premises in Corowa and Wagga Wagga, Amaranth offers its programs to communities within an hour's drive of the centres.

Rivalea Donates \$15,000

Rivalea has continued its commitment matching its contribution from the last year.

Rivalea's funds contribute towards:

A Social Work Support Clinician – 1 day/week providing support for people/ families living with a terminal illness cost: \$11,000;

10 Mondays@Amaranth Lunches for disadvantaged /bereaved Clients \$1,000; and equipment hire for 10

individuals living with a terminal illness and wanting to remain at home— \$3,000.

Julianne said Without Rivalea's financial and Kellie's personal support, Amaranth would struggle to continue to provide our comprehensive suite of services in an affordable and effective manner.



Rivalea's Employee Liaison Manager pictured above with Julianne Whyte

If you know of someone who might benefit from one of the programs in the project, or would benefit from any of Amaranth's services email support@amaranth.org.au or phone 02 6033 1738.

What we can offer you

Our services and support includes the practical aspects of care. Uniquely we acknowledge and support those who are close to you and care for you, working together for your best physical and mental wellbeing.

We provide:

- Assessment
- Group programs—individualised, group
- Life skills—shopping, meal preparation, finances
- Service coordination
- Care planning and case management
- Mental health and psychological assessment, and therapy
- Rehabilitation plans, nursing and clinical care plans and support
- Goal setting and life planning
- Service advocacy
- Advanced care planning

How **YOU** live matters

How *YOU* live matters

COROWA COUNSELLING CENTRE

57—65 Redlands Rd, Corowa

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HEALTH & WELLBEING CENTRE

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46 Peter St, Wagga Wagga

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Find us on the web:

www.amaranth.org.au



[@AmaranthOz](https://twitter.com/AmaranthOz)



[@amaranthfoundationoz](https://www.instagram.com/amaranthfoundationoz)



We have equipment available for hire—please phone or call in for details.




Our wrap around care helps our clients maintain independence and wellbeing in their home.



57—65 Redlands Rd
COROWA NSW 2646
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E: ashleighspinks@outlook.com

 [shbeautytherapy](https://www.facebook.com/shbeautytherapy)

Winter blues don't have to get us down

With shorter days and longer nights we sometimes feel that we want to hibernate, but there is a lot of evidence to show that if we should, as far as possible, keep up our exercise, get out into the daylight hours and keep an eye on our diet.

It's not unusual, even in Australia, for a percentage of people to experience Seasonal Affective Disorder (SAD) during the winter months: the estimate is around 35 per cent. For some it may be a case of the 'winter blues', but for others, the experience can be depressive and they may need to seek professional help. There may be a disruption to sleep patterns - sleeping longer than in Spring and Summer - and with a tendency to eat more kilojoule laden food to warm us up, an increase in weight.

Our tendency to stay indoors in the winter can also decrease our exposure to sunlight and our Vitamin D levels, so a supplement may be in order.



A change in diet might also be contributing to the vitamin D deficiency. It has been suggested that eating fish like salmon and sardines which also contain high levels of Omega 3 fats necessary for optimum brain function can help. Also lots of leafy greens, sweet potatoes and legumes. So there's that gut and brain connection we have highlighted before.

And while the weather might not be conducive to exercise, studies show, that in some cases it can be as effective as an antidepressant. A Harvard University study found that the exercise can be 35 minute walk at a fast pace, five days a week, or an hour a day three times a week.

If you're caught indoors for an extended period of time, even putting on some music can lift your mood. Interestingly it isn't necessarily music with a quick beat, but classical and even music to accompany meditation. Organising to catch up with friends can also help.

We might look forward to a winter escape: sand and surf or cocktails by the swimming pool, but a 2010 study out of the Netherlands suggests that we can in a way 'trick' ourselves into a happier state of mind simply by planning the holiday. Even if we do manage to get away, on returning a certain state of reality sets in and it's not long before we're feeling exactly as we did before we left home, but there is no doubt that we do all need break at some time, and often before we recognise the need to take action.



There is light ahead, and from 22 June, the winter equinox, the days have lengthened and just those few extra minutes of daylight can lift our spirits. However, if you feel that what you are experiencing is more than the 'winter blues', then it may be time to speak to your GP who can refer you to Amaranth's counselling services, or you can self-refer.

