



The Update

January 2019

Corowa Counselling Centre

57—65 Redlands Rd COROWA NSW 2646

Health & Wellbeing Centre



How **YOU** live matters



Community Care Fund to Continue Fundraising

A Community Care Fund to raise \$10,000 to support its services, friendship and assistance to our ever-growing list of clients in the communities it services.

Amaranth's many programs and clinical services are delivered across the rural communities in southern NSW and NE Victoria, and provide support and therapeutic services to people living with the effects and impacts of psychological distress,

including mental health issues, social, emotional and existential issues and for people living with grief, loss and trauma.

With our main offices in Corowa and Wagga Wagga, Amaranth's clinicians travel across the regions, including smaller rural communities providing in home therapy and support, and it is the only bulk-billing facility in the region, meaning there are no out of
Cont'd page 3

A Spring Affair Raises \$7500 for Vital Chronic Illness and Palliative Care Work

The event, A Spring Affair held on 1 September at Atura Hotel Albury raised \$7500 to support the continuation of work in this area.

Amaranth CEO and Founder, Julianne Whyte thanked the major sponsors, Atura Hotel and Bullers Wines and businesses that donated items for the silent and live auctions: Inspiring Views BnB; Regent Cinemas Albury Wodonga;



Winemakers of Rutherglen;
Beechworth Honey; Corowa

Cont'd page 2

Amaranth
FOUNDATION

A Spring Affair Raises \$7500 for Vital Chronic Illness and Palliative Care Work cont'd

Bindaree Holiday Park; Hartwigs Trucks Wagga Wagga and Corowa; Corowa Bush Furniture; Federation Tyrepower and Exhaust; Din Dins Restaurant Albury; Circa 1936 and Corowa Remedial Therapy Centre.

The event highlighted not only Amaranth's work but also the need to change the perception that chronic illness and palliative care are only for older or people with cancer, whereas the need covers a range of ages and also impacts on those who care for the person affected, whether they be family, friends or other caregivers.

'It was a wonderful event celebrating the beginning of Spring and highlighting the work Amaranth does to

ensure that people lead their best possible life,' Julianne said.

MC and auctioneer, John Walker and his side kick Chris Pidd (pictured front page) ensured a fast paced evening that brought together staff, supporters and friends of the Amaranth Foundation from Corowa, Albury and Wagga Wagga.

The evening included John interviewing Julianne, and then a Sale of the Century based quiz on the information she had given in the interview.

Funds for the evening were boosted with an additional donation of an outdoor furniture setting from Corowa Bush Furniture.



Amaranth—Your NDIS Providers

Amaranth's model of wrap around care is at the core of its delivery of service as your provider for the National Disability Insurance Scheme (NDIS).

Contacting the Client Care Coordinator in Corowa, Maree, or Mel in Wagga, is the first step to the management of the plan that will help you to live your best life – management not only of the financial and administrative aspects of your plan, but also the best therapeutic support for your optimum health and wellbeing.

Amaranth's clinical nutritionist can provide nutrition education around managing a range of health conditions, and also practical advice in meal planning, creating shopping lists and meal preparation. This can also include food shopping trips, internet shopping lessons as well as cooking and food safety lessons.

Individual and group counselling can help or manage with depression, anxiety or mood problems that may be interfering with sleep, interpersonal relationships, wellbeing or

concentration again to contribute to your optimum mental health. Group sessions are also available.

Other services Amaranth can offer as an NDIS Provider include community engagement assistance, one-on-one personalised support to help achieve your goals; a therapy assistant for one-on-one support; and community nursing care.

Contact the Amaranth Foundation via email at support@amaranth.org.au, phone – 02 6033 1738.

Community Care Fund to Continue Fundraising cont'd from page 1

pocket expenses for eligible people in our communities to access the help and assistance they really need.

Amaranth Foundation Founder and CEO, Julianne Whyte said she hoped people would donate to the fund to continue its work.

"It may be that we support someone they know or love. People can commit with a one-off donation or consider a

monthly or yearly sponsorship and all donations are tax deductible," she said.

People can also support through donating their time through Amaranth's Social Impact Program with "Pay It Forward" Acts of Kindness where they might do an hour's ironing a week, prepare meals, do gardening or other household jobs.

Amaranth also needs volunteers who may like to support people with a terminal illness through its Dignity Therapy or volunteer program. Training and support are provided for anyone wanting to undertake this role.

To donate to the fund go to <https://www.gofundme.com/amaranth-community-care-fund> or to find out more about volunteering 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
- ☑ Palliative care

COROWA COUNSELLING CENTRE

57—65 Redlands Rd, Corowa

Phone: 02 6033 1738

Fax: 02 6033 3507

HEALTH & WELLBEING CENTRE

Phone: 02 6033 1738

Fax: 02 6971 9607

46 Peter St, Wagga Wagga

info@amaranth.org.au

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.



The amaranth never fades ...

Major Initiatives to Continue and Expand in 2019

New programs, including chair yoga and meditation, and access to a clinical dietitian will continue and expand in 2019.

The chair yoga and meditation classes run by Nikki Hobbs, founder of Zen Do Chair Yoga and Meditation, have proved very popular. Nikki was featured in The Border Mail in December in a story highlighting the benefits of this practice.

Nikki told The Border Mail that chair yoga was suitable for everyone, and with the 20 minutes

relaxation at the end of the session, there were many benefits.

Classes are held at Amaranth House in Corowa Tuesdays 9.30am to 10.30am and 6pm to 7pm.

Clinical dietitian, Rebecca Moore has been value adding to Amaranth's services, and is working on a Mood and Food program for children which she will present at a parent night.

Keep an eye on the Amaranth Facebook page for updates on all activities.

Go Fund Me Campaign for Gaylene Crabtree Gains Momentum

Almost \$4,000 has been raised toward the \$10,000 target for the Go Fund Me campaign for Gaylene Crabtree who has a rare genetic lung disease, Alpha 1 Antitrypsin Deficiency Disease.

The funds will assist them in meeting expenses they face when Gaylene has to travel to Sydney for treatment such as accommodation, food and daily living expenses.

The campaign is also the beginning of the Gaylene Crabtree Foundation founded in partnership with Amaranth. The foundation will provide much

needed support to people in the Wagga and regional communities who may be living with the impact of an advanced chronic disease, specifically lung or other organ disease or failure.

Donations can be made at <https://au.gofundme.com/gaylene-crabtree>

