

Our Mission is to provide the South West community with excellence in respite and end-of-life care within a home-like environment; embracing respect and compassion for all people.

Upcoming Events

- AGM - Tuesday 8 November at 5pm.
- Parkinson's Support Group - 25 November (last one for 2022)
- Bereavement Support Group - 31 October (every second Monday)
- Volunteers Award Ceremony Wannon - 17 November
- Bunnings Family Christmas Event - 8 December
- Anam Cara Christmas Party - 13 December

We acknowledge the valuable contribution to Anam Cara Colac, of the following businesses, organisations and community groups:

- FRRR
- H & L Hecht Trust
- Colac Otway Shire
- Department of Health

**QIC Accredited Organisation
Member - Palliative Care
Victoria Inc (PCV)
Member - International
Association for Hospice and
Palliative Care (IAHPC)**

Anam Cara Colac acknowledges Aboriginal and Torres Strait Islander Peoples as the First Australians and especially the Gulidjan (also known as the Kolakngat) people who occupied the Lake Colac region of Victoria.

A word from ...

Karen Eccles, Hospice Manager

As we enter our second decade of service delivery it's a great time to reflect on the growth of Anam Cara, both in the amount of care we provide to the community and other ways we connect within the region. When I began working at Anam Cara in 2012 we were a tiny little place, with a very small team of staff. Hardly anyone locally had heard of Anam Cara. We provided overnight respite for 5 to 10 nights each month and one day each week of Day Respite. In the last financial year, July 2021 to June 2022, we provided 995 episodes of overnight care, for respite and end of life, over 315 nights to 81 people and their families. Our Day Respite programme operates four days each week now and last year supported 25 people. We have expanded our services to include In Home Care, facilitation of specialist support groups, transport to programmes, equipment for loan and are available for advice and support when needed. We have built many great relationships with different groups and services in the region, such as Colac Area Health, disability services, health providers, educational institutions, employers and businesses, social and service clubs. We have supported more than 400 people and their families from the region over the years and are now much more well-known and understood. In early October, we held a sausage sizzle fundraiser fundraiser at Bunnings and it



was lovely to see people stop for a chat and to provide feedback about their experiences of Anam Cara. A huge contrast to our first Sausage Sizzle a few years ago, when people stopped to ask "What's Anam Cara?" We are your Community Hospice - by the community for the community and it gives us great pleasure to be embraced and supported by this community and to support you in return.

Until the end of the month, we have a display in the foyer at COPACC showcasing the many talents of our day respite guests. Lots of artwork, knitting, crocheting, teddy bears and more. There is a wonderful display of photos featuring the many activities at the hospice. Be sure to view our display if you are at COPACC.

Thank you to our recent supporters

- David Shelton at Shelton Timber Treatment Co for donating mulch for our gardens
- Supporters of our Bunnings BBQ's
- 3CS/Mixx FM for their support promoting our Community Appeal
- Jeanette Young for providing the entertainment for Carer's Week
- Riches Brothers Electrical for their continued support.

Contact Us

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Soul Friend

Community Appeal

We are pleased to share with you the result of our Community Appeal. \$86,170 was raised by our generous South West Victorian community - a truly outstanding achievement. Our sincere appreciation is extended to each of our supporters.

Bunnings BBQ Fundraisers

We've recently held two BBQ's and cake stalls at Bunnings - one in August and one in October. Both were very successful days and raised a grand total of \$3135! Not only did these events raise money for Anam Cara Colac, but they also allowed a wonderful opportunity to re-connect with our community. Thank you to everyone who contributed to the success of these events -

- All of our wonderful volunteers who assisted at the events and contributed to our cake stalls
- the team from Bunnings Colac
- Coles Supermarket Colac
- Murnane's Country Fresh Meats - Michael, Mandy & Grady
- Tip Top Colac Distributors - Darren & Ange



Lesley, Julie & Gerri at our August Bunnings BBQ

Dominos Pizza Colac

Dominos Pizza opened in Colac in June this year. Each day during their first week of business, Dominos donated proceeds to a local charity. Anam Cara Colac was the nominated charity for 15 June - a total of \$689.50 was raised! Thank you to everyone who supported this event!



Find Us

Visit the Website - to find everything you need to know about Anam Cara Colac
www.anamcarahousecolac.org.au

On Facebook - "Like" us on Facebook to keep up with the happenings at the hospice.

Donate - Donations can be made by mail, phone, in person or via our website or Facebook page.

All donations over \$2 are tax deductible. Contact us today to make your donation.

Annual General Meeting

The Anam Cara House Colac Annual General Meeting is being held at **5pm on Tuesday 8 November 2022** at the hospice - 50 Forans Road, Barongarook West. Everyone is most welcome to attend. Please RSVP to Jodie Lemke on 03 5233 8203 or admin@anamcarahousecolac.org.au by 7 November.

Nominations for our Committee of Management are currently open. Any nominations must be received seven days prior to the AGM. Please contact Jodie Lemke in the office, if you would like further information

Carer's Week 2022

On Tuesday 18 October, we were entertained by the fabulous Jeanette Young as we gathered to celebrate Carers Week 2022. A fantastic day with lots of singing, clapping, toe-tapping and tears of laughter! We even managed a visit from "Frank Spencer". Thank you especially to Jeanette for your wonderful entertainment.



Left: Jeanette & Volunteer, Jill Rodger

Right: Frank Spencer



State Election Candidates Visit

On 27 September, we hosted two State Election Candidates - Andy Meddick (Animal Justice Party) and Sarah Mansfield (Greens). Andy and Sarah toured the Hospice along with Marion Nott and Maryjane Crabtree from our Committee of Management. Karen Eccles gave candidates an overview of the important role we play in our community.



a
place
like
home