



THE DIBA



The Official Newsletter of The Dementia Inclusive Ballina Alliance



WINTER EDITION 2025

PREPARING FOR THE WINTER CHILLS

To avoid colds and coughs, older adults should focus on good hygiene, including regular hand washing, avoiding contact with sick individuals, and staying home when unwell. Additionally, ensuring adequate hydration and sufficient protein intake can support the immune system. Staying up-to-date with vaccinations, including the flu and COVID-19 shots, is also crucial for protection.

Here's a more detailed breakdown of advice from a general practitioner:

Hygiene:

- **Hand hygiene:**

Wash hands thoroughly with soap and water especially after touching your nose or mouth, after using the toilet, and before handling food.

- **Cough and sneeze etiquette:**

Cough or sneeze into your elbow or a tissue, then discard the tissue immediately and wash your hands.

- **Avoid touching surfaces:**

Regularly clean frequently touched surfaces like doorknobs, light switches, and keyboards.

THE DEMENTIA INCLUSIVE BALLINA ALLIANCE IS AN INCORPORATED NOT FOR PROFIT COMMUNITY CHARITY. WE STRIVE TO WORK WITH THE COMMUNITY TO TAKE ACTION TO IMPROVE THE LIVES OF PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS.

dementiainclusiveballina@gmail.com
www.dementiainclusiveballina.org.au

DEMENTIA INCLUSIVE BALLINA ACKNOWLEDGES THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH WE LIVE AND CARE AND PAYS RESPECT TO THE ELDERS PAST, PRESENT AND EMERGING



IN THIS EDITION

FEATURE ARTICLE - FACING THE WINTER CHILLS

UPCOMING EVENTS - 2025

WEDNESDAY ACTIVITY GROUP
 10:30AM - 12:30PM THE BALLINA AEROCUB

DEMENTIA CAFE

10AM-12PM CAFE SEBASTIAN BALLINA FAIR 2ND MONDAY MONTH
 EXCEPT PUBLIC HOLIDAYS

YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM

10-12PM EVERY 1ST FRIDAY OF THE MONTH,
 LOCATION: SUMMERLAND FARM, ALSTONVILLE



- **Avoid shared items:**

Do not share drinks, utensils, or towels with others, especially if they are ill.

Environmental factors:

- **Good ventilation:** Open windows and doors to improve airflow and reduce the spread of respiratory viruses.
- **Air purifiers:** Consider using an air purifier to help clean the air in your home.

Lifestyle:

- **Adequate hydration:** Drink plenty of fluids, such as water, juice, or clear broth, to help loosen congestion and stay hydrated.
- **Protein intake:** Ensure you're getting enough protein in your diet, which is important for a strong immune system. Good sources include eggs, lean meats, legumes, and dairy.
- **Stress management:** Manage stress, as it can weaken the immune system.
- **Sufficient sleep:** Aim for adequate sleep, as it's crucial for immune function.
- **Physical activity:** Regular physical activity to boost your immune system.

Vaccinations:

- **Flu vaccine:**

Get vaccinated annually, especially if you are over 65, as older adults may lose protection from the flu vaccine more quickly.

- **COVID-19 vaccine:**

Stay up-to-date with COVID-19 vaccinations and boosters, as recommended by healthcare professionals.

Other tips:

- **Limit contact with sick individuals:** If possible, minimize contact with people who are sick.
- **Stay home when sick:** If you feel unwell, stay home to prevent spreading the virus to others.
- **Consult your doctor:** Seek medical advice if you have concerns about your health or if your symptoms worsen.

It takes at least two weeks for your flu vaccine to start working, so try to get vaccinated by the end of April.

This is for information provision only. For medical advice or diagnosis, consult a professional.



Call healthdirect

For free instant health advice
anytime, anywhere.

☎ **1800 022 222**

🗣️ For language support call **TIS (Translating and Interpreting Service)** ☎ on
☎ **131 450**.

👂 For hearing or speech support contact the
National Relay Service ☎ on
☎ **1800 555 677**.



1800 022 222
healthdirect...

Save This Number for Free Instant Health Advice

If you or someone you care about needs health advice, treatment or care, call health direct for free **on 1800 022 222 anytime**, anywhere across NSW.

You'll speak to a registered nurse who will help you access the care you need, day or night.

The nurse can:

- Provide health advice
- Help you find a nearby GP or pharmacist
- Connect you to your closest Urgent Care service
- Arrange a virtual care appointment
- Call you an ambulance if your situation is life-threatening.

Save 1800 022 222 now, so you have easy access to health advice and care when you need it.

World Elder Abuse Awareness Day

Everyone has the right to live free from abuse

Ageing and Disability Abuse Helpline
1800 628 221 (M-F 9-4)

World Elder Abuse Awareness Day 2025

Sunday 15 June 2025 is World Elder Abuse Awareness Day.

Over the past five years, reports about abuse of older people to the NSW Ageing and Disability Commission have more than doubled. Many reports involve bullying or being pressured for money.

Help is available. Talk to someone you trust, seek legal advice or contact the NSW Ageing and Disability Abuse Helpline for information, support or to make a report **contact 1800 628 221. <https://elderabuseawarenessday.org.au/>**

CHAIR - Anne Moehead**Update for Winter2025**

I would like to share a few lines on my recent overseas sojourn with the readers. My husband Grant and I have been away for the past 5 weeks on an amazing adventure. First stop was to visit our daughter Renee and our Son-in-Law Mohamed who live and work in Doha Qatar for a few days. We then flew to Lisbon Portugal spending a few days in the hilly city and later joining a 7-day round trip cruise along the Douro River from Porto and return calling in to the Spanish city of Salamanca. We visited numerous small villages along the river, sampling many of the fine wines and tasting local cuisine. We then flew to Venice, which I loved and enjoyed. Here we joined another small ship to sail through the Aegean and Adriatic seas visiting Croatia, Athens, the many Islands of the Cyclades and finally Ephesus in Turkey. The highlight was visiting the many antiquities and places of the ancient historical sites of Delphi, Acropolis, Parthenon and Ephesus. I've included a few of the photos from the trip. We took many hundreds of photos, so its hard to choose the highlights. Ian, a committee member and his wife Ricky sailed with us and enjoyed the trip. You will see a few photos of us together.

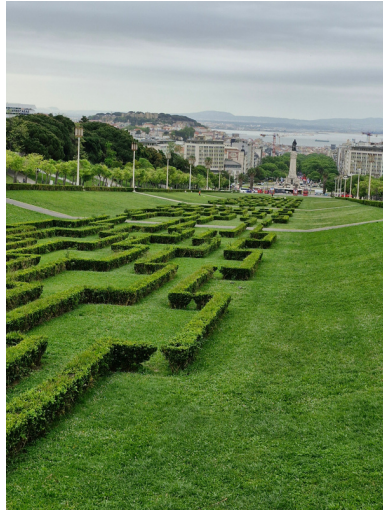
There is nothing like travel to broaden ones mind and to also appreciate home and the comfort of one's own bed.

I do hope many of you have had the awesome experience of travel yourself and that it engenders many wonderful memories.





PORTUGAL LISBON,



DUBROVNIK



IAN AND I IN ATHENS



VENICE



DELPHI



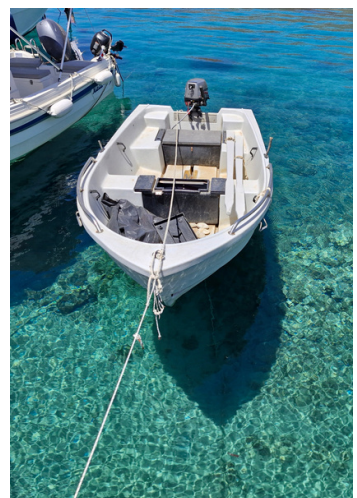
SHIP MOORED OFF AMORGOS



AMORGOS



SYROS



WEDNESDAY ACTIVITY UPDATE - Meg Pickup



The Activity Group has a well-earned reputation for providing a safe environment for people living with dementia and their carers. You know you've hit the mark when people make it quite clear that they don't like sessions to be called off because of bad weather.

The variety of activities that make up the weekly program continues to be engaging. We are consistently having 35 people including volunteers attend each week compared with the average of 20 people attending when we first started in July 2022. Our reach has increased because we have had two people with intellectual disability attending our group. One carer/ parent commented that she appreciated that her daughter has been made to feel so welcome at the activity group because the only alternative available was for her to attend a group for people with disability.

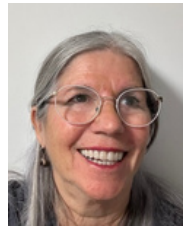
Since the Autumn Newsletter we have celebrated St Patrick's Day, reminisced about medical improvement in our lifetime, made beeswax wraps to reduce our reliance on plastic to wrap food in, had a great sing-a-long with Stan Blundell performing songs from the 40s, 50s and 60s, had a BBQ lunch cooked by Wayne and his helpers from Ballina-on-Richmond Rotary, celebrated Easter and Mother's Day, commemorated ANZAC Day, and had a presentation on falls prevention.

Sadly, in April we farewelled stalwart members Ron and Robyn. They decided to move to Victoria to be closer to family. Their good cheer is missed by the group. Choir singing continues to be enjoyed by all. In recent weeks the singing has been joyous with people joining in enthusiastically. We now have an expanding repertoire of songs requiring us to start a second song book. As well we have started to gather themed songs with Christmas, Australia Day, ANZAC Day and Easter addressed so far.

In May, as part of Volunteers Week we recognised those who regularly assist with the group. Some are carers, others are people with a good heart who want to improve the quality of life for people living with dementia and their carers. Their commitment to the group is appreciated by those who attend. Without volunteers we would be far less effective than we are. They enable us to offer a variety of activities weekly and provide the most delicious morning tea to share each week.



ADVISORY GROUP CHAIR - Winter 2025 Sandra Signorini



Since I have been the Chair of the DIBA Advisory Committee I have seen that the role of caring for someone with dementia is an act of immense love, but it also comes with unique challenges—both emotional and physical. As the condition progresses, the demands on carers can become overwhelming. That's why it's not just helpful but essential for carers to communicate openly and seek assistance when times get tough.

Talking about our experiences as a carer can be incredibly powerful. Sharing our feelings with a trusted friend, family member, or professional helps release emotional pressure and provides much-needed clarity. It can also lead to practical solutions—whether it's getting help with household tasks, accessing respite care, or simply being reminded that you're not alone.

Open communication also improves care. When carers feel supported, they are better equipped—mentally and emotionally—to respond to the needs of the person with dementia. Everyone benefits when the carer is well.

Every carer's journey is different, but no one should have to face dementia care in isolation. If you are feeling overwhelmed, uncertain, or simply exhausted, please reach out. Talk to someone. Let others help carry the weight. Because when carers are cared for, everyone thrives.

As the Advisory Group supports the DIBA Committee by identifying areas for improvement and concern for members within our Activity Group, we recognise that wellbeing is at the heart of everything we do. By reaching out and sharing your story, you're not only taking an important step for yourself—you're also helping to foster a stronger, more supportive community for all carers.

REFRESH RETREATS NSW/ACT

Baptist Care provides education, support and respite for carers of people living with dementia and the people they care for.

Locally respite is available in Lismore July 8-10 and October 28-30, 2025.

Phone: 1300 275 227 Email: refreshretreatNSWACT@baptistcare.org.au

CARER GATEWAY

Carer Gateway provides a range of face-to-face, online and phone-based support services for carers across Australia. Services include carer support planning, counselling, peer support, tailored support packages and respite.

Phone 1800 422 737 between Monday to Friday, to speak with the service provider in your region, or visit:

<https://www.carersnsw.org.au/services-and-support/advice-for-carers>





HEARTY PEA AND HAM SOUP

INGREDIENTS

NUMBER OF SERVINGS 8

2 CARROTS, CHOPPED
2 ONIONS, CHOPPED
1 PINCH PEPPER (FOR SEASONING)
8 SLICES CRUSTY BREAD, TOASTED (TO SERVE)
1½ CUPS GREEN SPLIT PEAS
1 TABLESPOONS OIL
2 TEASPOONS FRESH THYME LEAVES
2 STICKS CELERY, CHOPPED
1 SMOKED HAM HOCK

METHOD

STEP 1 OF 4

HEAT OIL IN A LARGE SAUCEPAN AND COOK ONIONS, CARROTS AND CELERY OVER MEDIUM HEAT FOR ABOUT 10 MINUTES UNTIL SOFTENED. ADD SPLIT PEAS, THYME AND HOCK AND COVER WITH ABOUT 8 CUPS OF WATER. SLOWLY BRING TO THE BOIL THEN REDUCE HEAT AND SIMMER PARTLY COVERED FOR 2 HOURS.

STEP 2 OF 4

REMOVE HOCK AND CHOP MEAT. DISCARD EXCESS FAT AND BONES.

STEP 3 OF 4

STIR MEAT INTO SOUP AND SEASON WELL WITH PEPPER. COOK FOR A FURTHER 30 MINUTES.

STEP 4 OF 4

SERVE WITH TOASTED CRUSTY BREAD.

ENJOY!

THANK YOU WOOLWORTHS ONLINE FOR THIS DELICIOUS RECIPE

MEMBERSHIP UPDATE - Kylie Strom



Thank you to everyone for renewing your membership for 2025 and welcome to those who are new to our group.

This year our group comprises of:

- 16% of people having an interest or on the DIBA committee
- We have an even 38% each for people living with dementia and carers. We have had an increase in carers joining us from last year's members.

Please encourage people in the community to join us....Your membership is what keeps us going.

The annual subscriptions are as follows:

A. Individual Concession \$5.00 -Person with dementia, Carer/Advocate, Pensioner, Student

B. Doubles Concession \$5.00 - for two people: Person with dementia and carer /advocate

C. Full fee \$15.00 - All other individual membership

Kylie Strom

Membership Officer

Fees can be deposited directly to:

Summerland Bank: Dementia Inclusive Ballina

BSB: 728 728

Account Number: 22334456

PLEASE INCLUDE YOUR INITIAL, FAMILY NAME AND MEMBERSHIP ON YOUR TRANSACTION

E.G., A SMITH MEMBERSHIP

DONATIONS ARE VERY WELCOME

If you have any feedback or wish to cease your membership, please do not hesitate to contact Kylie Strom on 0401 648 938 or email dementiainclusiveballina@gmail.com

Meet your Dementia Inclusive Ballina Committee members

Dr. Louise Horstmanshof PhD., MAPs

Louise is a founding member of the Alliance and we are so fortunate that she has shared her experience and knowledge in establishing our group. Thank you.

I am a psychologist, researcher, and senior academic at Southern Cross University, where I supervise honours and PhD students. In 2018, alongside Val Schache and Meg Pickup, I co-founded Dementia Inclusive Ballina Alliance Inc. as a Dementia-Friendly Community group. With 20 years of experience, my research has focused on health literacy, ageing, and dementia care. I serve as Research and Evaluation Coordinator for DIBA and also hold committee roles with the Australian Psychological Society and the Australian Association of Gerontology. I am passionate about fostering dementia inclusion and advocating for evidence-based approaches that support individuals and carers.



Younger Onset Dementia Carer Support Group by Dr Sabrina Pit

What have we been up to?



Our group is not limited to Ballina. People are from across Northern NSW, so please share with your patients, clients, friends and family.

When you talk to others, it will help raise awareness of younger onset dementia and we can find other people who may just need some social connections with other people to feel a little bit better and be heard!

We love to hear from you, please contact Sabrina on 0429455720 or admin@dementiainclusiveballina.org.au:

- If you are a professional & would like to share knowledge at a meeting or promote our work with your clients
- If you would like more information
- If you are interested in providing funding or in-kind donations for future activities.

• THE YOD GROUP IS A VITAL WAY FOR CARERS TO CONNECT AND FEEL PART OF A LARGER COMMUNITY, OTHER THAN THEMSELVES. CARER

The DIBA younger onset dementia carer group continues to support each other each month and grow.

We had our biggest month of attendance last month and continue to welcome new members on the first Friday of the month to Summerland Farm Alstonville from 10am to 12pm.

- April was a busy and very informative meeting we had Kayla Perusco from Carers NSW to discuss available services. We also welcomed Karen Harborow at the same meeting to discuss our local Byron Shire Respite Service for people living with dementia. There was something for everyone to take away and apply to their every day lives at this meeting. Members found it insightful and were able to add both services as potential resource to support their situations.
- In May we had a much needed coffee catch up where we share stories, practical advice, and supported each other.
- Ian Johnson, DIBA steering committee member and local Geropsychologist was with us for a Q&A session in June. Some of the themes discussed were on challenging behaviors, sleep and caring for oneself as a carer. Everyone was able to take something away to apply at home to make their day-to-day living easier to manage.

We are always welcome to new members and the group is extremely supportive and caring towards each other and understanding of their unique situations.

We have various speakers lined up for July, August and September.

WHATS NEXT?

EVERY 1ST FRIDAY OF THE MONTH 10-12 NOON AT SUMMERLAND FARM, ALSTONVILLE.

PLEASE CHECK OUR WEBSITE FOR EVENT UPDATES AND PRESENTERS.

[HTTPS://DEMENTIAINCLUSIVEBALLINA.ORG.AU/](https://dementiainclusiveballina.org.au/)

WEDNESDAY ACTIVITY CALENDAR JULY 2025 - OCTOBER 2025

July

- 2nd:** 3rd Birthday Party
9th: Mural painting/ other craft activities/ games
16th: Music with Stan
23rd: Christmas in July
30th: Art workshop for 2026 calendar

August

- 6th:** Art workshop for 2026 calendar
13th: Games Day
20th: Music with Stan
27th: Drumming

September

- 3rd:** Fathers Day activities
10th: Reminiscing with museum box
17th: BBQ at Missingham Park
24th: What's interesting about September?

October

- 1st:** Oktoberfest – Music with Stan
8th: North Coast National (Lismore) Show activities
15th: Carers Lunch
22nd: Annual Duck Race – Dress our duck
29th: Melbourne Cup – sweeps, hat parade, trivia

2025 SYMPOSIUM: SOCIAL CONNECTEDNESS

Optimising Well-Being through Social Prescribing and Connectedness

October 17th 2025 Ballina RSL

We plan to have registration opened mid June
 Numbers will be limited so get in early to avoid disappointment

NORTHERN RIVERS YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM

WHEN:

- FRIDAY 4TH JULY 10-12 NOON
- FRIDAY 1ST AUGUST 10-12 NOON
- FRIDAY 5TH SEPTEMBER 10-12 NOON
- FRIDAY 3RD OCTOBER 10-12 NOON

WHERE: SUMMERLAND FARM, 253 WARDELL ROAD, ALSTONVILLE NSW 2477

JULY TOPIC: Caitlin Geyer talking all things NDIS

AUGUST TOPIC: Kellie Shields talking about caring for the carer -TBC

SEPTEMBER TOPIC: Coffee and chat

OCTOBER TOPIC: Carers' choice

Phone Dr Sabrina Pit 0429 455 720



SAVE THE DATE



**2025 DEMENTIA INCLUSIVE BALLINA
SYMPOSIUM**

**OCTOBER 17TH
2025**

BALLINA RSL CLUB

REGISTRATION OPENS MID JUNE 2025

admin@dementiainclusiveballina.org.au
www.dementiainclusiveballina.org.au



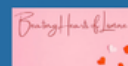
BALLINA AND SURROUNDS

SUPPORT FOR CARERS & PEOPLE LIVING WITH DEMENTIA

**Every Monday
of school term
10am - 11:30am**

BEATING HEARTS OF LISMORE

A SOCIAL GATHERING FOR OLDER PEOPLE
LISMORE HEIGHTS SPROTS, RECREATION AND COMMUNITY CLUB
HIGH STREET, LISMORE HEIGHTS
No need to register Not run on public holidays



**2nd Monday of
month
10am - 12pm**

DEMENTIA CAFE

FOR PEOPLE LIVING WITH DEMENTIA AND CARERS
CAFE SEBASTIAN, BALLINA FAIR
No need to register Not run on public holidays



**3rd Monday of
month
2pm- 3pm**

ONLINE CARER SUPPORT GROUP

FOR CARERS OF PEOPLE LIVING WITH DEMENTIA
ONLINE
[CLICK HERE TO JOIN MEETING](#)



**Every Tuesday
of school term
1:30pm - 2:30pm**

RALLY4EVER

FREE & FUN TENNIS FOR CARERS
BALLINA TENNIS CLUB, 69 BURNET STREET, BALLINA
[CLICK HERE TO REGISTER](#)



**2nd Tuesday of
month
10am - 12pm**

CARER SUPPORT GROUP

FOR CARERS OF PEOPLE LIVING WITH DEMENTIA
LISMORE WORKERS AND SPORTS CLUB, 202 OLIVER AVE, GOONELLABAH
No need to register



**3rd Tuesday of
month
10am - 12pm**

CASINO LIBRARY ACTIVITY

FOR CARERS AND PEOPLE LIVING WITH DEMENTIA
CASINO LIBRARY, 4 GRAHAM PLACE, CASINO
No need to register



**Every Wednesday
10:30am - 12:30pm**

DIB ACTIVITY GROUP

FOR PEOPLE LIVING WITH DEMENTIA AND CARERS
BALLINA AEROCUB, GA ACCESS ROAD, SOUTHERN CROSS DRIVE, BALLINA
No need to register [VISIT WEBSITE FOR FURTHER INFORMATION](#)



**3rd Wednesday of
month
10am - 12pm**

THE CARERS COFFEE CLUB

FOR CARERS
HOTEL BRUNSWICK HEADS, 4 MULLUMBIMBI STREET, BRUNSWICK HEADS
Contact Emma White Phone: 66851629



**Last Wednesday of
month
10am - 11:30am**

BALLINA F2F PEER SUPPORT GROUP

FOR CARERS
CHERRY STREET SPORTS CLUB, 68 CHERRY STREET, BALLINA
Contact Chris de Brenni Phone: 0497176945



NEED SUPPORT

MY AGED CARE

Information and access to aged care services

1800 200 422

www.myagedcare.gov.au

THE CARER GATEWAY

Information about emergency respite and carer support

1800 422 737

THE DEMENTIA OUTREACH SERVICE

Dementia advice and support

Ballina Community Health

02 6620 6274

CARERS NSW

Information for carers

02 9280 4744

DEMENTIA AUSTRALIA

24 HOUR HELPLINE

1800 100 500

www.dementia.org.au

FORWARD WITH DEMENTIA

Information for people living with dementia, carers and health professionals

www.forwardwithdementia.au

NSW ELDER ABUSE

HELPLINE

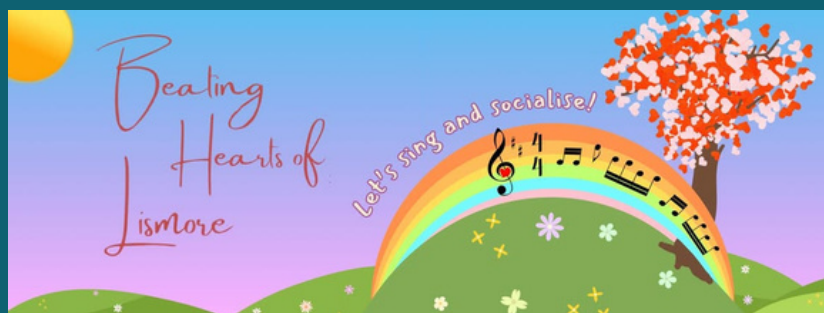
1300 651 192

www.eapu.com.au

BYRON SHIRE RESPITE CARERS COFFEE CLUB

Support group for carers

Emma White - 02 6685 1629



JOIN US:

Where: Lismore Heights Sports, Recreation and Community Club
High Street, Lismore Heights (downstairs, enter from carpark)

When: Mondays (excluding school and public holidays)

Time: 10-11.30am

Cost: FREE

