

Home Care Connection

Newsletter

April 2025

VMCH

A message from our CEO

Welcome to our April edition of Home Care Connections. I hope you find the information provided interesting and useful.

As we approach April, I'd like to wish you all a safe and joyous Easter. I hope you enjoy some rest and relaxation, and quality time spent with your loved ones.

Yours sincerely,

Sonya Smart

VMCH Chief Executive Officer



Heart healthy recipes for every budget

Did you know, one in three people believe that eating healthy is too expensive?

This Heart Foundation finding has inspired the peak body to release a recipe e-book, helping people to enjoy healthy dinners without breaking the bank.

The free downloadable 'Family-friendly budget recipes' includes 13 meals costing less than \$5.50 per serve, so you can fill your stomach without emptying your wallet!

Prefer meals that are quick and easy to make? The Heart Foundation has you covered too!



Their '5 ingredient recipes e-book' (also a free download) includes seven easy-to-follow recipes using only five key ingredients, with minimal steps and maximum flavour!

Find both e-books on the Heart Foundation's website at shop.heartfoundation.org.au/collections/ebooks

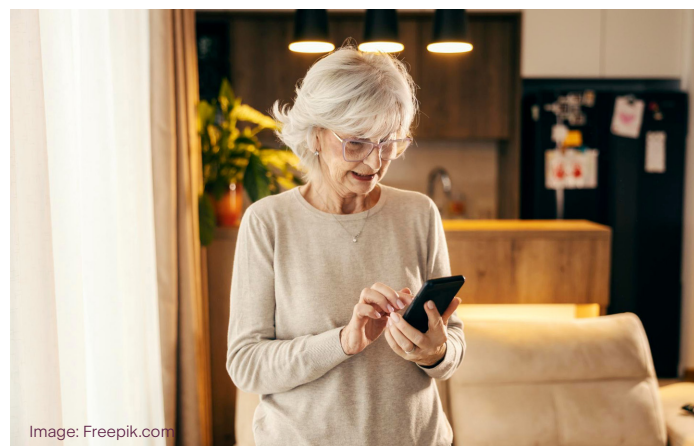


Image: Freepik.com

Stay updated with VMCH

VMCH now sends important updates by SMS!

We'll send text messages from our new number, **0487 445 866**, to keep you informed about roster updates and general alerts, such as heatwave warnings.

Please note: You **cannot** reply to this number or call it. If you have any questions, please call us on **1300 650 615**.



Dementia friendly group supporting Henny's journey as a carer



As a retired medical professional, Henny Tompkins is familiar with the physical impacts of dementia.

However, it's the emotional and social side of being a carer that Henny has found challenging, following her husband Ken's diagnosis in 2021.

Being Ken's primary caregiver means that Henny has less time to look after herself and get out of the house.

Henny enjoys attending carer groups where carers are treated to events like movies, dinners, comedy shows and craft activities. However, she finds it difficult to organise alternative care for Ken and can't participate as much as she'd like to.

That's where VMCH's monthly Craft Workshops, hosted by Scoresby Bunnings, come in. Here, carers like Henny are encouraged to bring the person they care for with them and participate in a craft activity together.

Henny can relax and enjoy the company of other carers, knowing that Ken is in a familiar and safe setting.

"It's getting out of the house for one. But it's doing something different, and no one is asking Ken why he's doing this or that. He's comfortable in the environment."

Thanks to a Dementia Australia grant, VMCH will run seven more programs like the Bunnings Craft Workshops. These social support groups are hosted in community centres in both regional and metro areas, including Noble Park, Bundoora, Werribee, Geelong, Ballarat, Shepparton and Wangaratta.

With new activities to try like the 'No Brush Art' class, gardening and Boccia (modified lawn bowls), carers and their loved ones can choose which option best suits them.

"I'm excited for the garden group," Henny, a budding green thumb, says.

If you'd like more information on carer support, visit: vmch.com.au/carers



Easter fun

If you're looking for an exciting activity or an interesting place to visit over this Easter break, Visit Victoria has a great calendar of events across Melbourne and regional areas. Visit: visitvictoria.com/whats-on/april/easter

Have your say

Help us ensure your VMCH experience is the best it can be. Share your insights by scanning the QR code or by visiting us at vmch.com.au/feedback.



Follow us on Facebook and please share a positive review—we'd love to hear from you!

facebook.com/VMCHVic/reviews

