Carer Events Program

September - November 2020

Including special events for Carers Week in October!
Welcome to the September – November Alfred Health Carer Services Online Events Program

Due to COVID -19 restrictions continuing, our face to face events are still on hold.

We are pleased to present an alternative online events program. The program includes a variety of carer only workshops and activities that you can do right in the comfort of your own home.

You will mostly need a smart phone or computer with internet to access these classes.

If you do not have this technology, please contact the Events team on 9076 6644 to find out how you can be involved.
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Are you new to Alfred Health Carer Services?

Please note you need to be registered with Alfred Health Carer Services to be eligible to attend events.

Call us on 9076 6644 and we can arrange for a member from the phone support team to call you back. They will introduce you to the service and tell you about some of the other supports we offer.

Subscribe to our e-Newsletter via carersouth.org.au for updates or changes to the events program.
How to use the program

1. Find an event that interests you.

2. Call to express your interest.

3. Wait for us to call you back to confirm attendance and provide further details of the event.

Express your interest in an event

You will need to “express your interest” in an event if you would like to attend, by calling our events team on 9076 6644 or visiting carersouth.org.au.

Our online events have limited spaces so we will use a ballot process to confirm and allocate places.

Once the ballot has been drawn, successful carers will receive a confirmation call and final event information.
Weekly Coffee and Catch Ups

Grab yourself a coffee and jump online for chats with other carers. These small groups of coffee and catch ups have been very popular over the last 6 weeks, with great friendships forming. We will be continuing established groups and we are delighted to offer the opportunity for more groups to be formed.

Facilitated by host, Jo Gibbs, these sessions will have you chatting about anything from wellness to pets. There is no set agenda - the group can make the session unfold in any way they wish.

Build friendships whilst in the comfort of your own home.

*Dates and times to be confirmed upon express of interest of the group.*

**How it works**

These weekly informal catch ups will run online, join in as many sessions as you please. Express your interest by visiting [carersouth.org.au](http://carersouth.org.au) or calling 9076 6644. Once we have enough carers to form a new group we will set up a weekly event day and time and send you further instructions on how to access the Zoom calls.
Qigong

Qigong is a form of mindfulness. In this class you will practice gentle movements and meditation with a focus on the breath, designed to improve health and vitality.

Practicing Qigong allows the body to restore the natural flow of Qi (chi) in the body, bringing a sense of peace and calm.

Event Date: Wednesday 30th September
Event Time: 2:00pm – 3:00pm

How it works

This session will run online. You are required to express your interest by Monday 28th September by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
TREAT with Jo Gibbs

Due to popular demand, TREAT sessions with mindfulness guru, Jo Gibbs will continue for the remainder of this year’s carer event program.

These mindfulness and relaxation workshops will help you discover the importance of self-care through breathing, gentle movements and relaxation. There is a large social aspect to these events, as Jo utilises break-out rooms to discuss techniques and share stories with carers.

Event Dates: Fridays
2nd, 9th, 23rd, 30th October & 6th, 13th, 20th, 27th November
Event Times: 11:00am – 12:00pm

“It’s been a wonderful time and the group has been terrific”
- Carer

“I’m not sure I can express how exceptional Jo has been in these sessions. Even on really bad days I look forward to tuning in and it has helped so much”
- Carer

How it works

These weekly sessions will run online. You are required to express your interest up until the day before each event, by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Alfred Health Carer Services Events Program

Make Your Own Mosaic Candle Holder

Delivered in Turkish, Mandarin and Arabic

We are excited to offer some online events for our Cultural Linguistically Diverse Carers.

These hands-on Mosaic workshops will take you through all the steps of making a beautiful colourful Mosaic candle holder. All tools and materials supplied.

Mosaic Class in Mandarin

Event Date: Thursday 8th October
Event Time: 2:00pm – 3:00pm

Mosaic Class in Arabic

Event Date: Thursday 15th October
Event Time: 2:00pm – 3:00pm

Mosaic Class in Turkish

Event Date: Thursday 22nd October
Event Time: 2:00pm – 3:00pm

How it works

These sessions will run online via Zoom. Please only express interest in these events if you speak the language listed as there will be no English instructions and there are limited places available. You are required to express your interest by Monday 28th September by visiting carersouth.org.au or calling 9076 6644. For an interpreter, call Telephone Interpreter Service on 131 450 to arrange a call to speak with us.

Once your place is confirmed you will receive the event instructions and further details.
“My Mind’s View” Art Class

We invite you to be a part of the “My Mind’s View”, a carer collaborative art project. This unique art piece will be made up of individual square canvases that when combined will create a magnificent artistic “quilt” of carer personalities and points of view.

Once you have finished your piece we will collect them and create the final piece. Each attendee will receive a digital version of the project to keep as a memoir.

Event Dates: Tuesday 6th October and Thursday 22nd October
Event Time: 2:00pm – 3:00pm

How it works
These sessions will run online. You are required to express your interest by Tuesday 29th September by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Have Fun, Create and Connect at Home

We have five new classes for you to indulge in.

Learn new skills and continue to combat boredom. All the materials you need for the classes below will be delivered to your home address.

**Creative Writing Workshop**

*Event Date: Wednesday 7th October*
*Event Time: 2:00pm – 4:00pm*

Do you have a creative story idea but are unsure where to get started? Or just want to learn more about creative writing as you search for things to do at home? Well, this workshop will have you exploring and unleashing the writer within you! During the workshop you will be encouraged to expand your literary horizons and think in entirely new ways so you can create exciting pieces of work. This workshop is perfect for beginners.

*Expression of interest by Thursday 1st October*
Homemade Gnocchi

**Event Date:** Tuesday 27th October  
**Event Time:** 10:00am – 11:30am

From their kitchen to yours, a chef will take you through a step by step demonstration on how to make the gnocchi they serve in their restaurant. In the live streaming cooking class, you will make gnocchi al pomodoro for your lunch.

*Express your interest by Thursday 8th October*

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Dream Catcher Workshop

**Event Date:** Tuesday 10th November  
**Event Time:** 7:00pm – 8:30pm

Have you ever wondered how to design and make a dream catcher from scratch? This online class will teach you how to make one with beautiful dried flowers and a crystal of your choice! The online class covers how to tie a ribbon, lay out the foundation of the dream catcher, how to use real flowers to decorate and how to wire a crystal and attach it to the dream catcher.

*Express your interest by Tuesday 20th October*
Make a Leather Coin Purse

**Event Date:** Wednesday 18th November  
**Event Time:** 7:00pm – 8:00pm

Learn to make stylish leather accessories in this introductory leather workshop. You will learn how to make a coin purse with a button using quality Italian leather. This is a great fun way to gain knowledge and skills in leather making.

*Express your interest by*  
*Tuesday 27th October*

DIY Greeting Cards - Christmas Themed

**Event Date:** Tuesday 24th November  
**Event Time:** 10:00am – 11:00am

Come and experience just how easy it is to create beautiful cards with easy-to-use paper punches. Create three beautiful cards you’ll be proud to give to someone this Christmas season.

*Express your interest by*  
*Thursday 5th November*

**How it works**

These sessions will run online. You are required to express your interest by the event’s RSVP date by visiting [carersouth.org.au](http://carersouth.org.au) or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
**Laughter Workshop**

**Laughter is the best form of therapy.**

Want to try something different?

Join in a laughter workshop with host Cris Pop, a half hour session to help you laugh your cares away.

*Event Date: Tuesday 17th November*
*Event Time: 10:00am – 10:30am*
*Express your interest by Tuesday 10th November*

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**Carer Trivia**

**Fancy yourself as a bit of a general knowledge quiz master?**

Funky Bunch will host this fun filled afternoon of virtual trivia. A lunch will be delivered to all carers to fuel your brain before the fun begins.

*Event Date: Thursday 19th November*
*Event time: 1:00pm – 2:00pm*
*Express your interest by Friday 30th October*

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**How it works**

This session will run online. You are required to express your interest by the events RSVP date by visiting [carersouth.org.au](http://carersouth.org.au) or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.
National Carers Week is about recognising and celebrating the outstanding contributions of 2.7 million unpaid carers make to our nation.

Alfred Health Carer Services wants to say “Thank You For Caring”. We are excited to present a whole week of activities to celebrate YOU.
Motivational Mornings

Join us every morning at 10am during Carers Week. Get a mighty start to your morning and a healthier start to the day.

Monday
Zumba

Tuesday
Qigong

Wednesday
Laughter Workshop

Thursday
Tai Chi

Friday
Sing Sing Sing

You are important
You are strong
You are beautiful
Healthy days
You can do it
Mightier Mornings
You are worth it
Nothing can stop you
Solf care
You are important
Seize the day
Zumba

Event Time: 10:00am – 10:45am
Express your interest by Thursday 8th October

What better way to start Carers Week than to dance up a storm to a blend of upbeat rhythms and easy to follow choreography.

Don’t worry if you’ve never danced before. This gentle workout feels more like a celebration that will have you laughing and dancing in no time.

This week is about you. Join carers in this Zumba party to start your Monday off with positivity.

Qigong

Event Time: 10:00am – 11:00am
Express your interest by Friday 9th October

Qigong is a form of mindfulness, in this class you will practice gentle movements and meditation with a focus on the breath, designed to improve health and vitality.

Practicing Qigong allows the body to restore the natural flow of Qi (chi) in the body, bringing a sense of peace and calm.
Laughter Workshop

*Event Time: 10:00am – 10:30am*

*Express your interest by Monday 12th October*

Laughter is the best form of therapy.

Join us for a mighty start to Tuesday morning with laughter workshop expert, Cris Pop. This quick session will help relieve stress and leave you feeling fresh.

Tai Chi

*Event Time: 10:00am – 11:00am*

*Express your interest by Tuesday 13th October*

Take part in this outstanding gem of traditional Chinese culture, valuable in promoting health and improving concentration and overall wellbeing.

All abilities are welcome to take part in these gentle tranquil movements designed to help you unwind.
Sing Sing Sing

Event Time: 10:00am – 11:00am
Express your interest by Wednesday 14th October

Embrace your inner Stevie Wonder or Beyoncé in this singing workshop. No audition needed to be part of the group and you don’t need any experience in singing. This class is a chance to have a go and learn more about your voice in a relaxed and friendly setting.
Mr Velvet Ears Movie Screening

Event Date: Monday 12th October  
Event Time: 7:30pm – 9:30pm  
Express your interest by Thursday 8th October

Follow the experiences of Anne and Edie as they make the difficult decision to access a residential aged care home for Edie, who lives with younger onset dementia. The film is shot through the eyes of Mr Velvet Ears, their dementia assist dog; adding warmth to the difficult topics addressed in the film.

This event is open to all carers and their friends.

“TREAT & Friends”  
Special Edition

Event Day: Monday 12th October  
Event Time: 2:00pm – 3:00pm  
Express your interest by Friday 9th October

Come and take part in this special, extended version of TREAT mindfulness and relaxation. Jo Gibbs will be joined by a special guest Nutritionist Fiona McPhee who has more than 15 years’ experience as a Nutritionist and Naturopath. Fiona will be sharing her knowledge and will be available to answer any questions you may have.

Celebrating YOU with an at home Cookie Decorating Workshop

Event Date: Saturday 17th October  
Event Time: 2:00pm – 3:00pm  
Express interest by Monday 28th September

Carers Week is all about celebrating you, the carer! This at home workshop will have you decorating delicious cookies with an expert cake and cookie chef. Don’t worry about baking, all the cookies and equipment will be delivered to your door.
National Carers Week Events

Comedy and Lunch

Event Date: Wednesday 14th October
Event Time: 1:00pm - 2:00pm
Express your interest by Thursday 8th October

Join us from home, for an afternoon of virtual laughs with a comedy show and lunch delivered to your door. We are helping you get through lockdown with jokes from a special guest comedian. This is one not to be missed!

Digital Dance Club

Event Date: Thursday 15th October
Event Time: 4:00pm – 6:00pm
Express your interest by Friday 2nd October

All the Queens Men will host this wonderful event via Zoom. So dust off your dancing shoes and party the afternoon away. Doesn’t matter if you’ve never danced before or if you’re an avid dancer. Come take part and dance like nobody is watching.

This class will be facilitated by dance professionals and feature special guest Drag Queen performances.

Suitable for all abilities and all the family!

Carer Trivia and Lunch

Event Date: Friday 16th October
Event Time: 1:00pm – 2:00pm
Express your interest by Thursday 1st October

It’s time to get together and test your general knowledge. Funky bunch will host this fun filled afternoon of virtual trivia. A lunch will be delivered to all carers to fuel your brain before the fun begins.

How it works

Sessions will run online during Carers week. You are required to express your interest by the event’s RSVP date by visiting carerssouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
carersouth.org.au

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