Carer Events Program
February – March 2021
Welcome

Welcome to the February - March 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 registration with the service. Our phone support team will explain how else we may be able to assist you.

Subscribe to our e-Newsletter via carersouth.org.au for updates or changes to the events program.
Motivational Mornings are back, join us online Monday, Tuesday and Wednesday mornings to get a mightier start to your day.
Starting Monday 8th of February.

Monday
Qigong

Tuesday
Zumba & Dance Class

Wednesday
Tai Chi

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

Please note: Events will not run on public holidays.
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.

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**Qigong Class**

*Event Time: 10:00 -11:00am*
*Event Dates: Monday 8th, 15th, 22nd of February, 1st, 8th, 15th, 22nd and 29th of March*

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**Zumba and Dance class**

*Event Time: 10:00 -11:00am*
*Event Dates: Tuesday 9th, 16th, 23rd of February, 2nd, 9th, 16th, 23rd and 30th of March*

What better way to start your day than to dance up a storm to a blend of upbeat world rhythms with easy to follow choreography.

Don’t worry if you’ve never danced before, this gentle workout will have you laughing and dancing in no time.

Give it a try and join carers in this Zumba party to start your Tuesday off with positivity.
Tai Chi

Event Time: 10:00am – 11:00am
Event dates: Wednesday 10th, 17th and 24th of February, 3rd, 10th, 17th, 24th and 31st of March

Take part in this outstanding gem of traditional Chinese culture that is valuable in promoting health and improving concentration and overall well-being.

All abilities welcome to take part in this class of gentle tranquil movements, to help you unwind into the weekend.
How does Motivational Mornings work?

*Event type: Carer only*

These sessions will be run online via Zoom. Aside from Ukulele classes which run as a course, all Motivational Morning events are ongoing and you can express your interest and join in at any time.

Express interest 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.
TREAT with Jo Gibbs

With so much positive feedback we are excited to offer a new TREAT course with Jo Gibbs. These mindfulness and relaxation sessions will take you on a journey to discover the importance of self-care through breathing, gentle movements and relaxation. There is a large social aspect of these events as well, utilising break out rooms to discuss techniques and share stories with likeminded carers.

These sessions run as a course that builds on information throughout the weeks. It is not essential but best if you are able to attend all of the sessions. Week one is particularly important to attend.

Take time for yourself and recharge right in the comfort of your own home. This event is a must do.

Event Time: New time of 10:00am – 11:00am
Event Dates: Friday 12th February, 19th, 26th of February, 5th, 12th, 19th & 26th of March
Note: there will be no class on Friday 2nd April.

“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

This course will be run online via Zoom. Express interest by Monday 8th February by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Drop in TREAT session with Jo Gibbs

Can’t commit to the weekly TREAT Sessions? No worries, this is your chance to drop into the monthly check in, recharge and relax.

These mindfulness sessions are designed for carers familiar with TREAT who have previously attended sessions in the past.

*Event Time: 4:00pm - 5:00pm*

*Event Dates:*

*Wednesday, 24th February (express interest by the 19th February)*

*Wednesday, 31st of March (express interest by the 26th March)*

*Event Type: Carer only*

**How it works**

These sessions are for carers who have attended TREAT sessions in the past and will be run online via Zoom. Express interest by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Coffee & Catch ups

Grab yourself a coffee and jump online for chats with like-minded carers. These small groups of coffee and catch ups have been very popular during 2020 with great friendship forming.

As well as continuing the Wednesday groups established last year, we are delighted to extend this event to include Thursdays and offer opportunity for more groups to be formed.

Facilitated by a host, these events will have you chatting about anything from wellness to pets. There are no set agendas, the groups can make the sessions unfold anyway they wish.

They are a great way to chat to other carers and build friendship whilst in the comfort of your own home.

Event times: Wednesday and Thursday morning

We will attempt to base groups based on your local area as we hope these groups will be able to meet face to face one day soon!

Event dates: Wednesday 10th, 17th, 24th of February, 3rd, 10th 17th and 24th of March Thursday 11th, 18th, 25th of February, 4th, 11th 18th 25th of March

How it works

These sessions will be run online via Zoom. Express your interest by visiting carersouth.org.au or calling 9076 6644. If you attended a group last year and wish to continue to attend the same group we request you still express interest. Once we have enough carers to form a group we will confirm your attendance and send you further instructions on how to access the Zoom calls.
Online Book Club

Join our online book club and monthly catch ups to share your thoughts and discuss opinions with other carers.

Stonnington Library will host this book club for carers. They will be held over an online platform so you will need access to a smart phone or computer with internet to participate. We can assist you to set this up if there is any problem.

*Event Time: 11:00am – 12:00pm*

*Event Dates: Monthly catch ups occur on the 2nd Thursday of the month, the first session will be on Thursday 11th March.*

*Event Type: Carer only*

**How it works**

Express interest by Monday 5th February by visiting [carersouth.org.au](http://carersouth.org.au) or calling 9076 6644. New books are sent out well in advance. Upon confirmation of your place in the class, we will post your free book to your home address.
Financial Capability Workshops presented by Good Shepherd

These workshops offer a free non-judgemental confidential workshop for people to build their money management skills, knowledge and confidence. They aim to help you make informed financial choices, build capability to budget and manage money. There will be plenty of opportunities to ask questions.

*Event Time: 1:00pm – 2:00pm*

*Event Date: Monday 15th February, Wednesday 3rd March & Tuesday 16th March*

*Event: Carer Only*

**How it works**

Express interest by Monday 8th February. These sessions will be run online via Zoom. Express your interest by visiting [carersouth.org.au](http://carersouth.org.au) or calling 9076 6644.
Karaoke Sing Along and Lunch

Sing, scream, shout, let it all out, and embrace your inner Elton John or Whitney Houston in this singing karaoke online party.

Absolutely no experience or singing ability needed, this is a chance to sing like nobody is watching and boost your morale for the days ahead. Upon confirmation of your spot on this event, we will organise a lunch pack to be delivered to your home to enjoy during the event.

Event Time: 1:00pm – 2:00pm

Event Date:
Thursday 25th February (express interest by the 19th February)
Wednesday 31st of March (express interest by the 24th March)

Event type: Carer and care recipients

How it works

These sessions will be run online via Zoom. Express your interest by visiting carersouth.org.au or calling 9076 6644.