Carer Events Program

April to June 2021
Welcome to the April - June Alfred Health Carer Services Events Program

Face to Face events are back! With COVID-19 restrictions easing we are returning to face to face events. Look out in the program for events in your area.

Don’t worry - we will continue to offer online events. We have had plenty of feedback about how much carers have been enjoying our online events. These will remain a feature of our events throughout the year.

For online events 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?

You need to be registered with Alfred Health Carer services to be able to attend our events.

Call us on 9076 6644 and we can arrange registration with the service. We will connect you with our phone support team, who will check your eligibility. 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.
MOKSHA Yoga Bentleigh

We invite you to explore the true essence of yoga and experience the overall well-being benefits of this practice. This weekly offering is a great way to meet like-minded carers and get a boost to your week.

Event Time: 11:30am - 12:30pm
Event Dates: Weekly starting Tuesday 20th April - 29th June
Event Type: Carer only / Face to Face

How it works
These sessions are hosted by Moksha Yoga studio in Bentleigh.
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. You must be registered to attend.
TREAT with Jo Gibbs

These mindfulness and relaxation sessions will lead you 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.

Event Time: 11:00am - 12:00 noon
Event Dates: recommencing 23rd April weekly until 25th June
Event Type: Carers only / Online

How it works
Express interest by Thursday 15th April, by visiting carersouth.org.au or calling 9076 6644. You will need to register event if you have attended before. Once your place is confirmed you will receive the event instructions and further details.

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

“It’s been a wonderful time and the group has been terrific” - Carer
Motivational Mornings continue to offer you an easy way to join other carers and boost your wellbeing. Join us for these online events and get a mightier start to your morning.

STARTING MONDAY 19TH OF APRIL TILL WEDNESDAY 30TH JUNE

Monday
Qigong

Tuesday
Zumba and Dance

Wednesday
Tai Chi
**Qigong on Mondays**

**Event Time:** 10:00am -11:00am

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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**Zumba & Dance on Tuesdays**

**Event Time:** 10:00am -11:00am

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. This gentle workout will have you laughing and dancing in no time. Join carers in this Zumba party to start your Tuesday off with positivity.
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 movements designed to help you unwind.

Tai Chi on Wednesdays

Event Time: 10:00am -11:00am

How it works

These sessions run online via Zoom. All Motivational Morning events run weekly. Once confirmed, you can join any time. Express interest anytime by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details. Please express your interest even if you have attended before.
Art for Mindfulness Workshop

The ever so popular Art for Mindfulness returns. Join the class as they explore different art techniques and mediums in a relaxing and calm environment to help with your overall wellbeing and to create a masterpiece. The Art of Creative Thinking™ will use acrylic or watercolour workshop and participants will experience how to create their own artwork while using their authentic self expression.

**Event Time:** 6pm  
**Event Dates:** Friday 14th May  
**Event Type:** Carers / Face to Face

**How it works**  
These sessions will be run face to face in Port Melbourne. Express interest by Thursday 6th May, by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Tuning into Kids® Online Workshops

A series of 6 workshops offered by Alfred Health Carer Services in partnership with EACH Family Relationship Support

Tuning in to Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. The program teaches parents skills in emotion coaching - how to recognise, understand and respond to children’s emotions in an accepting, supportive way. This approach helps children to understand and manage their emotions.

The course will be presented by Kate French, clinical psychologist, who has been a “Tuning into Kids” facilitator for years.

It is not essential, but preferable that you attend each workshop to get the most from the program.

Event time: 6:00pm - 8:00pm
Event dates: Mondays on the 26th April, 3rd May, 10th May, 17th May, 24th May and 31st May 2021
Event Type: Suitable for those caring for a child with a disability, aged 3-12 years.

How it works

These sessions will run online via Zoom. Express interest by Thursday 15th April by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
An Introduction to Sensory Processing

Alfred Health Carer Services joins with Positive Partnerships to host this online workshop where parents and carers can share and learn more about how to support children on the autism spectrum

- Understand what sensory processing is and how it impacts on young people on the autism spectrum in their daily lives
- Understand how sensory processing differences affect behaviour
- Lunch and discussions

Event Time: 11.30-1.30pm
Event date: Thursday 13th May
Event Type: Carers only / Online

How it works
This workshop will be run online via Zoom in English. Express interest by Monday 26th April by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details. Lunch will be included in this event and delivered to your door.
FREE VIETNAMESE COMMUNITY WORKSHOP
An Introduction to Sensory Processing and Behaviour

Alfred Health Carer Services joins with Positive Partnerships to host this
FREE face to face workshop where parents and carers can share and learn
more about how to support children on the autism spectrum

- Understand what sensory processing is and how it impacts on young people on
  the autism spectrum in their daily lives
- Understand how sensory processing differences affect behaviour
- Lunch and discussions

Event time: 10:00am -1:00pm
Event date: Thursday 24th June
Event Type: Carers only / Face to Face

FREE lunch provided

How it works
This workshop will be run in Vietnamese at SICMAA in Springvale. Express
interest by the Monday 7th June by visiting carersouth.org.au or calling
9076 6644. Once your place is confirmed you will receive the event instructions
and further details.
Grief and Loss Workshops

Carers experience grief and loss in many ways, such as

- loss of carer role (when the person you care for dies, or moves into permanent care)
- loss related to changes in a relationship (for example when caring for someone with dementia or an acquired brain injury, or a changing physical disability)
- loss of time and space for being someone other than ‘a carer’

Griefline facilitator will share

- what is grief
- different ways we grieve
- how grief can express itself
- what carers can do to support their health and wellbeing living with and after loss

**Lunch will be included in these events**

Event Time: 10.30-12.00 followed by lunch
Event Dates: **Group 1:** 27th April, 4th May, 11th May
            **Group 2:** 18th May, 25th May, 1st June
Event Type: Carer only / Face to Face

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**How it works**

These workshops will be held at Griefline in Moorabbin. Express interest by date 13th April by visiting carersouth.org.au or calling **9076 6644.** Please indicate which groups dates are suitable for you. You will be required to attend all the dates allocated to your group.
Dried Flower Floristry Workshop

Try your hand at floristry and make a DIY wall hanging with everlasting dried flora.

Our flower workshops are designed for those with a love of all things flowers, with an emphasis on basic elements of design and covering a range of techniques for an appreciation of Mother's natures beautiful creations and most of all having fun with flowers.

Event Time: 12:00pm
Event Dates: Thursday 22nd April
Event Type: Carer only / Face to Face

How it works
This face-to-face session will be held at Malvern. Express interest by Thursday 15th April by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Make your own bath bomb workshop

In this online workshop, you will make your own colorful bath bomb using all-natural materials, they are fun and a delight to use. You will also learn about all-natural essential oils that are not only great for the bath but even better for your skin.

Event Time: 12:00pm - 1:00pm
Event Dates: Wednesday 12th May
Event Type: Carer only / Online

How it works
This session will be held online via Zoom. Express interest by Friday 23rd April carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive all the necessary materials in the post.
Make your own Unique Mug

You will discover so many possibilities of building that perfect mug without using a pottery wheel.

In your craft box, you will be supplied with sufficient materials to build your mug and to apply the amount of colourants to your wet piece, prior to firing.

Your teacher will also instruct you on how and where to fire your piece and all the rest you need to do to complete your perfectly functional mug and be able to drink your morning tea or coffee from your art piece. It does feel great drinking from something hand-built!

Event time: 6:00pm - 7:15pm
Event Dates: Monday 14th June
Event type: Carer only / Online

How it works
This session will be held online via Zoom. Express interest by Monday 17th May by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.
Carer Movies are back!

Have you joined us at Carer Movie Club yet?

We are happy to be offering movies at three locations. Carers can come alone, with another carer, or with the people they care for and enjoy a free movie and snack together.

Hoyts Frankston
Palace Dendy Brighton
Hoyts Chadstone

To find out what's showing, go to our website or look out for the Movie Club

How it works

Tickets will generally be allocated to the Cinema that is closest to your home. Where we have capacity we may be able to offer you a ticket to the event at another location as well. Anyone attending MUST be registered with us prior to attending. Unfortunately, we cannot allow friends or family members to attend unless registered with us as a carer or care recipient.

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.