



AlfredHealth

Carer Services

Online Carer Events Program

August 2020



Welcome

Welcome to the August 2020 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.

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.





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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

6 week online series

Grab yourself a coffee or tea and join us for a weekly, online catch up. These sessions will be hosted by Jo Gibbs who will help guide a relaxed and information chat. It's a great way to stay in touch with like-minded people while social distancing.

Event Dates: Wednesdays

12th, 19th and 26th August, 2nd, 9th and 16th September

Event Time: 10:00am – 11:00am

How it works

These weekly informal catch ups will be run online, join in as many sessions as you please. You do not have to attend every session. You are required to express your interest by Tuesday 4th August 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

6 week online series

We have 6 workshops that will explore different crafts and have you completing fun DIY projects in the comfort of your own home. Join in to learn new skills, combat boredom and connect with like-minded carers. All materials you will need for all of the below classes will be delivered to your home address.



Soy Candle Making

Event Date: Thursday 13th August

Event Time: 2:00pm – 4:00pm

You will learn how to prepare, make and create your own soy candles using eco friendly natural ingredients.

The facilitator will show you the step by step process to produce your very own soy candle. The facilitator will even show you how to add oils at the correct temperature to scent your candles.



Express your interest by Wednesday 5th August.



Terrarium Workshop

Event Date: *Thursday 20th August*

Event Time: *11:00am – 1:00pm*

You will learn about soil layering and composition, how to pick the right plants for your environment, and then how to care for your beautiful little garden so that it thrives in the years to come.

Express your interest by
Monday 10th August.



Beeswax Wraps

Event Date: *Thursday 27th August*

Event Time: *7:30pm – 9:30pm*

Using fabric and beeswax, learn a foolproof process for food preservation involving zero plastic. You too can learn how to make your own earth-friendly wraps the cruelty-free way. Say no to synthetics and wrap responsibly.

Express your interest by
Wednesday 12th August.





Plant Hanging Workshops

Event Date: Monday 31st August

Event Time: 10:00am – 12:00pm

You'll learn all about soil composition, plant selection, tying techniques and care, so you can keep your little moss ball looking lush and happy for many moons to come.

**Express your interest by
Thursday 20th August.**



Screen Printing

Event Date: Friday 4th September

Event Time: 7:30pm – 9:30pm

In this class, you will learn the basics of screen printing including effective setup, equipment needed to do this at home and the best way to translate your design to stencil. You will learn how to print multiple colours and how to print a repeat pattern.

**Express your interest by
Friday 21st August.**





DIY Skin Care Products for Self-Care

Event Date: Wednesday 9th September

Event Time: 2:00pm – 4:00pm

During the class, we will discuss easy ways to reduce the toxic load on our bodies and on our planet through homemade zero-waste, low-impact swaps. The facilitator will demonstrate other easy DIY techniques to create your skin care products.

*Express your interest by
Friday 28th August.*



How it works

Classes will be run online. You are required to express your interest by the events RSVP dates by visiting carersouth.org.au or calling **9076 6644**. You can express interest in more than one session. Let us know your top three choices as we may not be able to guarantee your place in popular sessions. Once your place is confirmed for each session, you will receive the event instructions and further details.



Mindfulness and Relaxation with Jo Gibbs

6 week online series

Jo will take you on a journey over 6 weeks, to discover techniques on how to take care of yourself through breathing, gentle movement and relaxation methods. Jo's classes are always popular with carers, take this opportunity to recharge.

Please note you can attend one or several of these sessions.

Event Dates: Fridays

7th, 14th, 21st and 28th August, 4th and 11th September

Event Time: 11:00am – 12:00pm

How it works

These weekly sessions will be 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.



Online Information Sessions

6 week online series

An educator from Carers Victoria will be hosting a range of information sessions on topics relevant in these times. Come and join to explore different strategies, practices and creative learning skills to assist you in your caring role. Please note you can express interest in one or several of these sessions depending on your interest.

Caring for Yourself

Event Date: Wednesday 5th August

Event Time: 1:30pm – 2:30pm

This workshop explores why your health and wellbeing are important, and gives you strategies to help take better care for yourself.

Topics include:

- Why caring for ourselves is so important
- What stops us caring for ourselves?
- Making a self-care commitment

Express your interest by Monday 3rd August.



These information sessions are facilitated by Carers Victoria.



Overcaring Costs the Carers

Event Date: Tuesday 11th August

Event Time: 10:00am – 11:00am

Is your energy low from trying to anticipate your care recipient's every need? Perhaps you have fallen into the trap of 'over-caring'. This workshop explores what the concept of over-caring means for you and the person you care for. It will give opportunity to reflect on your caring style and make changes to benefit both of you.

Topics include

- What is over-caring?
- The effects of over-caring
- Strategies to manage over-caring

Express your interest by Friday 7th August.

I Feel so Guilty!

Event Date: Tuesday 18th August

Event Time: 1:30pm – 2:30pm

Guilt can tie us in knots, squeezing out joy and fulfillment. Many carers struggle with guilt and don't know how to manage it. But guilt can be minimised and this workshop could be the starting point for you.

Topics will include

- What do I feel guilty about?
- The anatomy of guilt
- Moving on from guilt

Express your interest by Friday 14th August.



Communicating with Family and Friends

Event Date: Tuesday 25th August

Event Time: 2:00pm – 3:00pm

This workshop looks at the building blocks of communication and can help you develop confidence to communicate clearly and without guilt.

Topics include

- Understand the elements of good communication
- Identify what causes communication breakdown
- Develop strategies to improve communication

Express your interest by Friday 21st August.

Write Your Cares Away

Event Date: Tuesday 1st September

Event Time: 10:00am – 11:00am

This workshop will introduce you to some simple, enjoyable writing activities and provide you with a chance to share your writing with other carers (optional), and understand how writing can support your wellbeing.

Topics include:

- Writing can contribute to wellbeing and helps relieve stress.
- Exploring how writing can be a lot of fun and anyone can do it.
- Develop strategies and techniques to start writing.

Express your interest by Friday 28th August.



These information sessions are facilitated by Carers Victoria.



Music and Self Care

Event Date: Tuesday 8th September

Event Time: 2:00pm – 3:00pm

This workshop will give you tools to choose music that makes you feel good and meets your needs (no solo singing required!).

Topics include

- The place of music in our lives
- How does music help?
- Choosing music that is good for body, mind and spirit

Express your interest by Friday 4th September.

How it works

This session will be run online. You are required to express your interest by the events RSVP date by visiting carersouth.org.au or calling **9076 6644**.

Once your place is confirmed you will receive the event instructions and further details.



Online Book Club

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

Event Date: Thursday 13th August and Thursday 11th September
Event Time: 11:00am – 12:00pm

A new book will be sent out monthly and all carers are welcome to take part in the online conversations that follow.

How it works

These sessions will be run online. You are required to express your interest by **Monday 3rd August** by visiting **carersouth.org.au** or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



Online Art Classes

Take some time for yourself and explore your creative side in this series of art classes.

The facilitator will venture into three different mediums and techniques to give you inspiration to create a work of art you will be proud of. Pick one of the two groups below. All abilities welcome.

Group 1

Event Date: Sundays 16th, 23rd & 30th August

Event Time: 3:00pm – 4:00pm

Express your interest by Tuesday 4th August.

Group 2

Event Date: Sundays 6th, 13th & 20th September

Event Time: 3:00pm – 4:00pm

Express your interest by Friday 21st August.

How it works

These sessions will be run online. You are required to express your interest by the event RSVP date by visiting carersouth.org.au or calling **9076 6644**.

Once your place is confirmed you will receive the event instructions and further details.



Online Meditation and Yoga Classes

Gentle Flow and Yin Yoga

Practice important self-care with our weekly meditation, mindfulness, gentle flow and Yin Yoga classes. These classes are pre-recorded by Moksha Yoga and available for you to access at your convenience.

How it works

These sessions will be run online. You are required to express your 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.



Online Mental Health First Aid Course

St John's First Aid Training Mental Health

A comprehensive course, which covers a variety of topics to extend your knowledge and give you practice in responding to adults experiencing mental illness or a mental health crisis.



Event Date: Monday 17th August

Event Time: 8:00am – 5:00pm

How it works

This session will be run online. You are required to express your interest by **Tuesday 10th August** by visiting **carersouth.org.au** or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



This information session is facilitated by St John's First Aid Training



Aged Care Program

Do you know about the Aged Care System?

Event Date: Monday 10th and Tuesday 11th August

Event Time: 2:00pm – 3:00pm

The aged care system leads to many questions. We are here to help you get the answer. Come along to our workshop to build your knowledge and confidence.

How it works

These sessions will be run online. You are required to express your interest by **Friday 7th August** by visiting carersouth.org.au or calling **9076 6644**.

Once your place is confirmed you will receive the event instructions and further details.



These information sessions is facilitated by Carers Victoria.

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