



National Carers Week

10 - 16 Oct 2021

National Carers Week is an opportunity to recognise and celebrate the 2.65 million Australian carers who do an amazing job at providing care and support to a family member or friend.

In these difficult times carers need continued support to sustain them in their caring roles. The Benevolent Society, Your Side and Livebetter have joined together to provide targeted online sessions for carers throughout Carers Week. These sessions have been designed to bring carers together to:

- Provide spaces for carers to work on the physical and mental wellbeing
- Provide information on services and assistance available for carers
- Most importantly, have some fun!

You will require access to a computer with speakers (a microphone and camera are a bonus). These sessions will be delivered through Microsoft Teams or Zoom. Once registered, a link to the selected session will be sent to you to use one the day.



Events

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
<p>Emotions in the Caring Role 10:30am – 12pm</p> <p>Understanding the Carer Gateway 1pm – 2pm</p> <p>Understanding My Aged Care 2pm – 3pm</p>	<p>Have you been spammed? 12:30pm – 1:30pm</p> <p>Navigating the NDIS 2pm – 3pm</p> <p>Paper Scissors Tea 3pm – 4:30pm</p>	<p>Navigating Aged Care 10am – 11am</p> <p>Digital Lunch with Uniting Family and Carers Mental Health 12pm – 1pm</p> <p>Celebrating Resilience 1pm – 3pm</p>	<p>What is Positive Caring? 10:30am – 12:30pm</p> <p>Mental Health and Recovery for Families and Carers 2pm – 3pm</p> <p>Managing Study and the Caring Role 4:30pm – 5:30pm</p>	<p>RetroSweat – 90's Freestyle Workout – For all fitness types 10am – 10:45am</p> <p>Finding Vitality in Sleep and Stillness 1:30pm – 2:30pm</p>

Monday 11 October

Emotions in the Caring Role 10:30am – 12pm

Carers experience an ever changing “roller coaster” ride of emotions that accompany the caring journey. Journey with us as we discover, what emotions are, and learn some great tools for coping with them. During this session Rose Rowson will take carers through:

- What are emotions?
- What happens to us when we ignore them?
- What are the different types of emotions?
- How to deal with specific emotions – Coping Strategies

Reserve your spot now by emailing CGconnections@benevolent.org.au

Understanding the Carer Gateway 1pm – 2pm

Milena Tramosljanin from Your Side will discuss the Carer Gateway and all the support carers can access. This session is for any carer who looks after someone with a disability, mental health condition, medical condition which may be terminal or frail aged. We welcome any professional working in the community services space who would like to understand how this program can complement your service.

Please register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Understanding My Aged Care 2pm – 3pm

Are you having trouble navigating the My Aged Care system? Well, you are not alone. Join us if you are caring for an older person or if you are elderly yourself. This session will help you to work through and understand:

- The different levels and types of service that My Aged Care can provide
- How to make a referral to My Aged Care
- The process involved from making a referral to getting a service
- What to expect during the Aged Care Assessment
- How to link with services after the Assessment
- Who can assist you further, with navigating the My Aged Care system

Reserve your spot now by emailing CGconnections@benevolent.org.au and let us help you.

Tuesday 12 October

Have you been spammed?

12:30pm – 1:30pm

We are spending more time online and on social networks these days and the threat of being scammed is at its highest. One in three Australians have been fallen victim to online scams and hackers and this workshop will teach you what to look out for so you can manage your online presence safely.

- You will learn how to spot a scam
- What information to share on social media
- Staying safe with online shopping and banking

Reserve your spot now by emailing
CGconnections@benevolent.org.au

Navigating the NDIS

2pm – 3pm

Tori Jewkes from Your Side will talk about all things NDIS. She will provide information on how to access the NDIS and what services and support can be provided once you have an approved plan. This session is for anyone currently receiving NDIS services and anyone who is in the process of applying or considering to apply for the NDIS.

Please register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Paper Scissors Tea

3pm – 4:30pm

Join us for an afternoon of creativity and conversation. In this fun and accessible collage workshop, artist Angie Cass will help us engage our collective creative groove, making cards to send to people who need a little TLC. Register early to receive a collage kit in the mail, or simply gather a few scraps from around the house and join in the fun.

To register please email
fcmhinfons@parramattamission.org.au

Wednesday 13 October

Navigating Aged Care 10am – 11am

Jane Meccelli from Your Side will walk you through the steps to access Aged Care services. This session is for anyone who wants to understand how Aged Care works and what services are available. You are welcome to attend this session if you are currently receiving aged care services.

Please register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Digital Lunch with Uniting Family and Carers Mental Health 12pm – 1pm

Join the Uniting Family and Carer Mental Health team for a digital lunch where you can have a laugh and play some fun games. Our space is open for all mental health carers who wish to take a moment of respite and recharge, and those who want to create a community with others who can empathise with their experience.

To register please email fcmhinfo@parramattamission.org.au

Celebrating Resilience 1pm – 3pm

Join Anikikio Neradilkova from True Voice Global in a celebration of carers resilience. Take this opportunity to share your stories of resilience with other carers and learn from their experiences. Where were you, what have you done to get to where you are now and where are you heading in the future?

In all of Anikiko's sessions carers will walk away with real life tools, strategies and inspiration to feel empowered in their caring role and life.

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Thursday 14 October

What is Positive Caring? 10:30am – 12:30pm

Ever wondered what positive caring was and how to do it? More than ever being proactive, taking control of our future and moving forward needs to be our goal.

Join Rose Rowilson as we journey along the road to positive caring, understanding the why, create the story and learn some great skills and tools along the way.

Reserve your spot now by emailing CGconnections@benevolent.org.au

Mental Health and Recovery for Families and Carers 2pm – 3pm

Join Uniting and Your Side for some general information on the mental health system, mental health recovery and what kind of supports are available.

Please register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Managing Study and the Caring Role 4:30pm – 5:30pm

Your Side invites young carers to a session on how to manage school while also being a carer. The session will provide study tips to stay on top of your school work as well as information on courses you can study when you leave school.

For this special session, please register [here](#).

After registering, you will receive a confirmation email containing information about joining the meeting.

Friday 15 October

RetroSweat – 90’s Freestyle Workout – For all fitness types 10am – 10:45am

Join us for a 1990’s workout while enjoying the retro greats of David Bowie, The Pointer Sisters, Prince or The Police. Dress up in your favourite 90’s workout gear (or not) and join us for a flashback in time work out while in the comfort of your own home.

One instructor will conduct exercises that are suitable for physically able carers and another instructor in the same session will conduct seated chair moves to make sure everyone can join in and have some fun.

Reserve your spot now by emailing CGconnections@benevolent.org.au

Finding Vitality in Sleep and Stillness 1:30pm – 2:30pm

The way towards increased vitality in your body and mind as a carer doesn’t require doing more, it is to know more about how to access good quality rest for restoration and reset.

Having more vitality leads to increased mental clarity, more joy, less pain, higher tolerance and patience in challenging times, and ease of movement in completing tasks. Enjoy sharing a little time during this session in understanding the truth of how to feel energised and promote good quality rest.

At the completion of this session you will be able to engage in simple processes wherever you are to cultivate more vitality. This will happen by doing less! The process is enjoyable, simple and time efficient.

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