Carer Events

February-April 2013

Eligibility: Carers who live in the Eastern region and care for a person who:

- Is over 65 years, or has an age related condition
  - Is living with dementia
- Is an Aboriginal or Torres Strait Islander over 45 years, or has an age related condition
  - Has an acquired brain injury
  - Has a mental health condition

Transport not provided

Bookings Essential

For bookings and respite information call
Villa Maria Carer Access ph:

1300 650 615
Wellness and Meditation Course

An exciting six week program will be offered focusing on meditation, relaxation and stress reduction techniques. Facilitated by Australian Reiki Association president Tammy Jones.

*The course will offer carers simple techniques to reduce stress and anxiety and better manage the demands of the caring role.*

Free carers meditation CD and morning tea included

**When:**
- Monday 4th Feb – Relaxation and self care
- Monday 11th Feb - Reiki Healing Modality
- Mon 25th Feb - Personal Development & Emotional Release
- Mon 4th March - The Human Energetic System – Charkas
- Mon 18th March - Boosting your Self Confidence & automatic writing
- Mon 25th March - Relationship Harmony and Balance

**Time:** 10.00am -12.00am

**Where:** Arrabri Community House Allambanan Drive
Bayswater North

**Cost:** $40

See front cover for eligibility and booking information

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Melba and Moncrieff

A performance celebrating the lives and music of two iconic Australian female stars: Dame Nellie Melba and ‘Our Glad’ Gladys Moncrieff.

*Morning tea Included*

**When:** Wednesday 27th February

**Time:** 10.15am – 12.15

**Where:** The Whitehorse Centre 397 Whitehorse Rd
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**Cost:** $5

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Karralyka – The Girls From Oz

Jane O’Toole, one of Australia’s most talented soprano’s, will perform melodies that are indelibly identified with Australia’s greatest musical stars

**Where:** Karralyka Centre Mines Rd Ringwood East

**When:** Tuesday 26th March

**Time:** 10.00am – 12.30pm

**Cost:** $5
Carer Support Program
Consultation

Would you like to have your say on what issues are affecting you as a carer?

Villa Maria will be holding regular group consultation sessions with carers to find out more about the needs of carers and ways to improve our Carer Support Program.

Watch this space further details will be provided at a later date.

Reiki Level One
Expression of Interest

Reiki is a Hands on healing modality which balances the, mind, body & spirit. Reiki is the Universal Life force of all things. This course will offer participants an accredited Reiki level one qualification certified by The Reiki Association of Australia.

Lunch included

When: (attendance is required on all three days)
   Monday 8th April
   Monday 15th April
   Tuesday 16th April

Time: 10.00am -3.00pm

Where: Arrabri Community House Allambanan Drive
       Bayswater North

Cost: $50
Carer Dementia Education

If you are caring for someone with dementia join us for a four week program aimed at developing skills and techniques to care for your loved one, manage behaviours of concern and reduce stress.

Lunch Included

**Friday 1st March** – Living With Dementia Strategies & Looking After Yourself, How to de-stress

**Friday 8th March** - 10 tips for supporting someone with Dementia (Presenting Scenarios & problem solving)- Different Therapies for the Carers & their Benefits

**Friday 15th March** – How to put a Life Story Book together Respite & Why you need it (Benefits for both Carer & Care Recipient)

**Friday 22nd March** – Meditation & relaxation

**Time**: 10.00am – 2.00pm

**Where**: Karawarra Australian Plant Garden Mt. Dandenong Tourist Rd Kalorama Melways: 120B9

**Cost**: $5 per session

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Lasting The Distance

Join us for a series of workshops facilitated by Carers Victoria aimed at assisting carers to manage their caring role and reduce stress levels.

**Morning tea included**

**Tuesday 19th Feb** - Surviving carers stress
The stress of caring may affect you physically and emotionally. We will explore stress, what it means for you and suggest some options for managing it.

**Tues 26th Feb** – Sleep matters
Do you have trouble getting to sleep, staying asleep or sleeping enough? Learn some hints for better sleep and try some techniques to help you relax at night and deal with worry.

**Tues 5th March** – Wellbeing: write your carers away
This workshop explores how simply writing your thoughts and feelings can reduce stress and contribute to positive health and well being.

**Time**: 10.00-12.30

**Where**: Wyreena Community Arts Centre Silver Birches Room 13-23 Hull Road Croydon

**Cost**: $5 per session

See front cover for eligibility and booking information