



Alfred Health Carer Services presents

Carer's Week

Online Events Program

10th - 16th October 2021



Alfred Health Carer Services presents:

Events for Carer's Week 2021

We are excited to offer a program of events designed to celebrate carers.

We hope these events will give you a break from your day to day role as a carer.

Remember all of our events are free!

- In the program you will find all the information you need to know about the events, and how to join in.

Numbers are limited for many of the events.
Please register as soon as possible so that you don't miss out.

If you have any further questions call us on **03 9076 6644**

Important information about our events

Are you attending one of our events for the first time?

- You must register with us to attend our events.
- To register, call us on 9076 6644 or express interest in an event online: www.carersouth.org.au/events
- Our carer engagement team will contact you to start the registration process.

How will I know I can attend?

- We will send you an email to confirm you can attend the event.

Can anyone else attend with me?

- Some events are listed for 'carers only' , this means only you can join the event.
- Some of our events are listed for 'carers and friends". This means, you, your close family/friends and the person you care for can join in the event with you. Please do not share links to events with anyone outside of your home.

What will I need?

- For online events you will need a smart phone or computer with internet to be able to join in.
- We will send you the 'link' you need to join in.
- Some events offer a kit or 'extras' that will be sent to you in the post. There is no cost for this.

Subscribe to our e-Newsletter via carersouth.org.au to find out about new events, updates or changes to the events program.



Comedy Online with Cal Wilson

We could all do with a laugh at the moment!

Join Cal Wilson and our Master of Ceremonies, Bobby Macumber, for some well needed comic relief. Cal will bring the unique sense of humour that has made her one of Australia's favourite (imported) comedians to the event.

There will be jokes, hilarious Q&A sessions and games to make everyone laugh.

Date: Monday 11th October

Time: 12:30pm - 1:30pm

Event Type: Carers and friends / online

How it works

This session will be held ONLINE. Express interest by Monday the 4th of October by visiting www.carersouth.org.au/events or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



Motivational Mornings Deluxe TREAT

Led by Jo Gibbs, these mindfulness and relaxation sessions will help you discover the importance of self-care through breathing, gentle movements and relaxation.

Everyone who attends the TREAT session will also receive a copy of the *Complete Guide to Self Care* by Kiki Ely

Date: Monday the 11th October, 2021

Time: 11:30am - 12:30pm

Event type: Carer only / Online

How it works

This session will be held ONLINE. Express interest by Wednesday the 6th of October by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.



Drag Bingo

What could be better than a session of Bingo lead by one of our local Melbourne Drag Queens? A make-up lesson to kick off the event of course!

This event will be hosted by local drag queen Aurora Arsenic and includes:

- A short 'drag' make up tutorial
- A performance
- Fun and games
- 3 hilarious rounds of Drag Bingo!
- The **first 50 carers** to register for the event will receive a make-up pack to help them get "Dragged Up". If you are a carer but don't make it into the first 50 you will still get a gift.

There will for PRIZES for:

Best Dressed Carers - so make sure you bring your best Drag Queen to the screen!
There will also be prizes for the *BINGO winners*!

Date: Tuesday 12th October

Time: 2:00pm - 4:00pm

Event Type: Carers and friends / online

How it works

This session will be held ONLINE. Express interest by Thursday the 23rd of September by visiting www.carersouth.org.au/events or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



The Art of Creative Thinking

Join DYA Australia for a workshop to help you develop the Art of Creative Thinking.

This is a workshop that will nurture your creative spirit, challenge the way you think and encourage your personal expression. In a fun and judgement free environment you are encouraged to step out of your comfort zone and practise the Art of Creative Thinking.

You will receive a kit with all of the materials you need to get creative.

Date: Thursday 14th October

Time: 11:00am - 1:30pm

Event Type: Carer only / Online

How it works

This session will be held ONLINE. Express interest by Sunday the 26th of September by visiting www.carersouth.org.au/events or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



Studio Ghibli Art Class

This will be a workshop where you will learn how to recreate iconic Studio Ghibli characters and develop your own techniques.

The workshop will take you through easy to follow steps so you can recreate the characters from "My Neighbour Totoro".

You will receive a kit including a sketch pad, pencils and textas. You can also feel free to add extra mediums of your own choice to add extra flair to your pieces!

Date: Friday 15th October

Time: 6:00pm - 7:30pm

Event Type: Carer only / Online

How it works

This session will be held ONLINE. Express interest by Sunday the 26th of September by visiting www.carersouth.org.au/events or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



Motivational Mornings

Qigong

Qigong is a form of mindfulness. In this class Jo will help you practice gentle movements and meditation with a focus on the breath. It is designed to improve your health and vitality.

Qigong runs weekly on Mondays as a part of our Motivational Mornings program.

This session is open to all to come along and give it a try.

Date: Monday 11th October

Time: 10:00am - 11:00am

Event type: Carers and friends / Online

How it works

This session will be run ONLINE. Express interest by Wednesday the 6th of October by visiting www.carersouth.org.au/events or calling **9076 6644**. Once your place is confirmed you will receive the event instructions and further details.



Moksha Yoga runs weekly on Tuesdays as part of our Motivational Mornings program.

Date: Tuesday 12th October

Time: 11:30am - 12:30pm

Event type: Carers and friends / Online

How it works

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Motivational Mornings

ZUMBA & Dance

What better way to start your day than to dance up a storm to a blend of upbeat classic songs and easy to follow choreography with Lucy. This gentle dance will have you dancing in no time!

ZUMBA runs weekly on Tuesdays as a part of our Motivational Mornings program.

This session is open to all to come along and give it a try.

Date: Tuesday 12th October

Time: 10:00am- 11:00am

Event type: Carers and friends / Online

How it works

This session will be held ONLINE. Express interest by Wednesday the 6th of October by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.



Motivational Mornings

Tai Chi

Take part in this outstanding gem of traditional Chinese culture. Tai Chi is valuable in promoting health and improving concentration and overall wellbeing. All abilities welcome, from beginners to advanced.

Tai Chi runs weekly on Wednesdays as a part of our Motivational Mornings program.

This session is open to all to come along and give it a try

Date: Wednesday 13th October

Time: 10:00am - 11:00am

Event type: Carers and friends / Online

How it works

This session will be held ONLINE. Express interest by Wednesday the 6th of October by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.



Motivational Mornings TREAT

Led by Jo Gibbs, these mindfulness and relaxation sessions will help you discover the importance of self-care through breathing, gentle movements and relaxation.

TREAT sessions run weekly on Fridays as a part of our Motivational Mornings program.

This session is open to all Carers to come along and give it a try

Date: Friday the 15th October, 2021

Time: 11:00am - 12:00pm

Event type: Carer only / Online

How it works

This session will be held ONLINE. Express interest by Wednesday the 6th of October by visiting carersouth.org.au or calling 9076 6644. Once your place is confirmed you will receive the event instructions and further details.

Thank you for Caring



AlfredHealth



**Carer
Gateway**

An Australian Government Initiative
A network led by Merri Health supporting carers across Victoria

AlfredHealth

Carer Services



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Visit us at carersouth.org.au