

Carers Week 16-22 October 2022

Events and Offers

Ballarat Aquatic and Lifestyle Centre (Gillies St, Lake Gardens): **special offer**

In celebration of Carers the Ballarat Aquatic and Lifestyle Centre will be offering **FREE entry** to all aquatic facilities, the Health Club and Group Fitness Classes (subject to availability) for any unpaid Carers with a We Care Card (<https://www.carercard.vic.gov.au/>) during Carers Week.

Ballarat Neighbourhood Centre (11 Tuppen Drive, Sebastopol)

Carers Week Free Morning Tea (Wednesday 19th Oct, 10.30am): Enjoy a free cuppa and sweet treat in a friendly and welcoming environment, RSVP by 14th Oct at 5329 3273 or email reception@ballaratnc.org.au.

Sing Australia Ballarat Choir (Thursday 27th Oct, 1.30-2.30pm): Celebrate with others as part of Seniors Month, enjoy a sing along with the Choir showcasing a selection of 'Songs from the Shows', \$2 donation followed by afternoon tea of scones, jam and cream, please RSVP for catering to 5329 3273 or email reception@ballaratnc.org.au.

Community Lunches (Fridays): \$10 for a two-course meal, prepared by Our Kitchen Social Enterprise. Bookings essential call 5329 3273.

- October 28th
- November 4th, 11th, 18th, 25th
- December 2nd, 9th, 16th

Grampians Health Ballarat – Carer Support Service

If you are a Carer interested in any of the following sessions from Grampians Health, please contact our office on phone **(03) 5333 7104** or email carers@bhs.org.au.

Online Art/Craft class (Tuesday 18th Oct): Learn to Macramé with Mel

Memory Mingle Trivia quiz (Friday 21st Oct): Memory Mingle is a social group for people with dementia or memory impairment and their Carer. The group meet on the 3rd Friday of each month to share experiences and provide peer support to one another in an environment where they feel safe and understood.

'In Tails' with David Hobson & Colin Lane (Sunday 23rd Oct): Ticketed event at the Wendouree Centre for Performing Arts.

Bigger Hearts Dementia Alliance

Carers Catch Up – A safe space for current and recent carers supporting someone living with dementia. On the third Monday of each month (**next one 17th October**) at a community venue in Ballarat East. For more information, please contact Kay on mobile 0477 673 946 or email dementiaallianceballarat@gmail.com.

Local Supports and Services for Carers

Ballarat Neighbourhood Centre (11 Tuppen Drive, Sebastopol)

Ballarat Neighbourhood Centre is a Carer Friendly centre which offers a range of programs and services suitable for Carers. This includes opportunity to connect socially and also support for Carers to re-enter the workforce. Contact the centre to find out more: Ph 5329 3273 or email reception@ballaratnc.org.au.

Grampians Health Ballarat – Carer Support Service

If you are interested in any of the supports or sessions mentioned below, please contact our office on phone **(03) 5333 7104** or email carers@bhs.org.au.

Question & Answer (Q&A) sessions: Ask all you want to know about a different subject each month. We invite Carers to join us online with the experts to provide information and have your questions answered. Previous sessions have included guest speakers such as a local Dietician, Centrelink, Aged Care Assessment Services, Disability Liaison Officers and much more.

Coaching: Carer Gateway offers coaching in 2 different ways as outlined below.

One on one coaching

This type of coaching is offered by our local staff over the phone. When you have registered and are contacted by our staff, we have a conversation with you to identify in what areas you need support. For some people this means that a coaching referral is appropriate.

Carers often put aside their own needs because of the needs of the person they care for. In coaching it is about taking time out to think about your own wellbeing and consider how you can find space in your life to make room for your needs as well.

In 6 sessions, you can reflect with your coach on how things are going for you and see if there are some changes you might like to make. The coach will assist you with possible steps that can help you to implement those changes. If you think this service may be of assistance to you, please discuss with our staff, when you are being contacted. You can also let us know by contacting (03) 5333 7104.

Self-guided coaching

This type of coaching is offered online through the Carer Gateway website, so you can access it anywhere, anytime via your home computer, mobile phone or tablet.

This program was designed in partnership with carers, and it will help you reflect on how things are going for you currently and how you would like things to be. Sessions are conducted online, so you can complete them at your own pace. They include information, practical tips, resources, reflection activities and stories from other carers. For this service, please go to <https://coaching.carergateway.gov.au/>.

Mindfulness: The Carer Support Service invite Carers to join us in our Mindfulness Meditation Course (**next session November 2022**). Mindfulness meditation is a simple skill. Over this 5-week course you will learn how to practice and experience the benefits for yourself.

Some Benefits of Mindfulness:

- Relieve an anxious, worrying or obsessive mind
- Release stress and physical or mental tension
- Improve coping skills and better manage stress
- Learn to relax effortlessly and deeply, and sleep better
- Improve clarity of mind, focus, performance and efficiency
- Enhance immunity and physical and mental health and wellbeing
- Replace old unhelpful mental habits with simple new skills
- Gain a sense of calm, ease and contentment

Carer Workshops: Grampians Health Carer Support Service are very pleased to now be able to also offer the following workshops to our Carers in Pyrenees, Ararat, Northern Grampians, Hindmarsh, Horsham, West Wimmera and Yarriambiack Shires, in addition to Ballarat.

The basic outline of the programs, which will be offered online, are as follows:

Difficult Decisions – A free interactive workshop facilitated by counsellor Mary O'Mara for Carers who are looking at permanent care for the person they care for.

This workshop will aim to:

- Reframe your thoughts around this decision and will address feelings of guilt, grief & loss
- Explore how we make difficult decisions and manage unwanted change, loss and guilt
- Facing the future, planning for the future and knowing when the time is right

Caring together - A free interactive workshop facilitated by counsellor Mary O'Mara for Carers who have recently moved the person they care for into residential care.

This workshop will aim to:

- Acknowledge the changes to the caring role
- Foster sharing of experiences and emotional support in a safe environment
- Explore the carers new role in supporting the person they care for in a residential setting
- Facilitate consideration of new possibilities for the carer – where to now?

Life after Caring – A free interactive workshop facilitated by Mary O'Mara for Carers who have recently lost the person they care for.

This workshop will aim to:

- Provide support regarding managing grief and loss
- Discuss adjusting to changed circumstances
- Explore opportunities for the future.