



Alfred Health Carer Services presents the

February - April 2024

Events Program



Welcome to the Alfred Health Carer Services Program of Events!

We are excited to offer a program of events designed to give you a break from your day to day role as a carer.

Remember all our events are **FREE!**

This program covers events scheduled for **February to April 2024.**

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

Many of our events have limited places. We cannot guarantee you a place.

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

Make sure you keep an eye on the **What's On** section of our website for any updates to the calendar (changes to the program or added events)

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



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

- You must be registered with Alfred Health Carer Services/Carer Gateway to attend our events.

How will I know if I can attend?

- We will send you an email to confirm you can attend the event.
- We will also send an email to let you know if you missed out.
- **Please Note:** *emails will be sent out after the Expression of Interest date for each event*

Can anyone else attend with me?

- Some events are listed for "Carers only", this means only you can attend the event.
- Some of our events are listed for "Carers and care recipients". This means 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 to attend an online event?

- You will need a smart phone, tablet or computer with internet to be able to join in.
- We will send you the 'link' you need to join in.

How do I register to attend the events?

- Click on the button below to fill out the Expression of Interest Form.

REGISTRATION



Have you already registered for any of our regular events?

If you have previously registered and are attending any of the following events you **do not** need to register for them again:

Carers Crew - Men's Group
Let's Talk Dementia
Meditation Soundbath
Online BINGO
Online Movie Club
Online Book Club
Rainbow Crew
Take A Breath
Wellbeing & Self-Care

If you have previously registered for these events and you *no longer* want to attend please let us know by sending an email to carerevents@alfred.org.au



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- We will send you the 'link' you need to join in.

How do I register to attend the events?

- Follow the link on the next page, or scan the QR Code, to fill out the Expression of Interest Form.

REGISTRATION

Follow the link below:

<https://forms.office.com/r/BT2ajZVRZZ>



or, scan the QR Code

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Social Connection Events





Carers Crew - Men's Group

A safe and open space for male carers to:

- Talk to other male carers.
- Share your experiences.
- Learn from the experiences of other male carers.
- Make new friends.

Carers Crew is a small group designed to help you connect with male carers in the southern region.

The group meets online so that you can join in without having to take time out of your busy schedule for travel.

The group meets on the 1st and 3rd Friday of each month.

Date of the Event

Dates: Fri, 2nd & 16th of February
Fri, 1st & 15th of March
Fri, 5th & 19th of April

Time: 11.00am - 12:00pm

Where: Online (Zoom)

Who: Male carers ONLY

Apply at any time



Bingo!

BINGO! Need we say more?

There will be BINGO.

There will be PRIZES.

There will be CONVERSATION.

There will be CONNECTING WITH OTHER CARERS.

There will be FUN!

Bingo cards will be posted to you.

All you need to bring is a marker, a keen eye and a good set of lungs to laugh and yell **BINGO!**

BINGO sessions run on the 2nd Thursday of each month.

Date of the Event:

Dates: Thu, 8th of February
Thu, 14th of March
Thu, 11th of April

Expression of interest cut-off dates:

Thu, 25th of January
Thu, 29th of February
Thu 28th of March

Time: 10:30am - 11:30am

Where: Online (Zoom)

Who: Carers ONLY



Let's Talk Dementia

Let's talk about:

- why symptoms of dementia can be confusing and isolating for the carer *and* the person with dementia.
- the changes and the progression of the disease.
- how we can approach the condition, the symptoms and some strategies.

Let's swap stories and support each other in a group.

Let's get together every second Wednesday.

Let's talk Dementia.

This group will be led by a worker who understands why things seems to constantly be changing.

Date of the Event:

Dates: Wed, 14th & 28th of February
Wed, 13th & 27th of March
Wed, 10th & 24th of April

Time:

Where: 11:00am - 12:00pm

Who: Online (Zoom)
Carers ONLY

Apply at any time



Online Movie Club

Have you ever wanted to join a book club but just don't have the time, or the desire, to read the books?

Then this is the club for you!

In our Movie Club you watch a selected movie each month, at home, in your own time, from a free to air platform. Later you meet with a group of carers, online, to chat about the movie, life and everything in between.

Movies will be selected from different styles and genres.

It will be a great way to connect with other carers, to discuss movies, build friendships and step away from your caring role.

The group meets on the third Wednesday of each month.

Date of the Event:

Dates: Wed, 21st of February
Wed, 20th of March
Wed, 17th of April

Expression of interest cut-off dates:

Wed, 7th of February
Wed, 6th of March
Wed, 3rd of April

Time: 1:00pm - 2:00pm

Where: Online (Zoom)

Who: Carers ONLY



Rainbow Crew

Carers in the rainbow community have unique challenges and can benefit from connections with other rainbow carers.

The Rainbow Crew is a safe space for adult carers who identify as LGBTQIA+.

- Connect with other LGBTQIA+ carers across Melbourne and the surrounds
- Attend events with other LGBTQIA+ carers
- Talk, learn, share and collaborate
- Make new friends

The group, normally, meets online for a chat on the last Friday of each month.

Date of the Event:

Dates: Fri, 23rd of February
Fri, 22nd of March (Due to Easter)
Fri, 19th of April (Due to ANZAC Day)

Time: 10:30am - 12:00pm

Where: Online (Zoom)

Who: Carers ONLY

Apply at any time



Online Book Club

Join our avid book clubbers for fun, the exchange of ideas and general chat.

Book club meetings are held online each month, hosted by an experienced Librarian. They allow you to share your thoughts and discuss opinions about the book with other carers.

As with any good book club, conversation will not always be focused on the book. Often it is just about connecting with each other and having some time away from your caring role.

We will be reading books specially selected to be great reads, and with high availability at your local library.

Meetings are held online on the last Thursday of each month.

Date of the Event:
Dates: Thu, 29th of February
Thu, 28th of March
Thu, 2nd of May
(Due to ANZAC Day)

Expression of interest cut-off dates:
Thu, 8th of February
Thu, 1st of March
Thu, 11th of April

Time: 11:00am - 12:00pm

Where: Online (Zoom)

Who: Carers ONLY

Art & Craft Events





Bunnings Workshops

Bunnings provide a wide range of craft and D.I.Y. workshops at their in store workshops.

These sessions will be surprise crafting sessions:

- They will be fun!
- You will go home with an inspired creation
- Bunnings will provide all of the materials that you will need
- Staff at Bunnings will share all of the know how that you will need
- You will have a chance to get creative and chat to other carers

Sessions are for Carers ONLY

Date of the Event
Date: Thurs, 22nd of February
Time: 11:00am - 12:00pm
Where: Bunnings **Moorabbin**

Expression of interest cut-off dates:
Thurs, 8th of February

Date of the Event
Date: Wed, 13th of March
Time: 10:00am - 11:30pm
Where: Bunnings **Keysborough**

Expression of interest cut-off dates:
Thurs, 28th of February



Crafternoons

If you are looking for a space to get artsy and crafty then Crafternoons is the place for you!

No experience is necessary. All activities are beginner-friendly.

The project for the February session is:

Dazzling Diamond Paintings

An Alfred Health Carer Services staple; diamond paintings are a fun, easy, and mindful process of creating mosaics with tiny rhinestones on a pre-printed design.

In this session, we will be using pre-made kits to complete our sparkling paintings.

For the session, you will need:

- A clean workspace.
- Your Diamond Painting kit (includes all materials) that we will send to you.

Date of the Event:
Dates: Tue, 20th of February

Expression of interest cut-off dates:
Tue, 30th of January

Time: 1:30pm - 3:00pm

Where: Online (Zoom)

Who: Carers ONLY



Crafternoons

The project for the March and April sessions is:

DIY Miniature Rooms

Traditional doll house meets DIY!

In this session, we will cut, paint, and glue pieces in our pre-made kit to build and bring to life a miniature room.

These sessions will be led by fellow carer and creative Steve Reymond.

For the workshops, you will need:

- A clean and bright working space.
- Stanley knife (the finer better).
- Craft PVA glue (the finer the nozzle, the better).
- Toothpick or very fine paint brush.
- Ruler and tweezers.

Only **limited spaces available** for these sessions.

Please ensure you can attend both sessions if expressing interest.

Date of the Event:

Dates: Tue, 26th of March
Tue, 9th of April

Expression of interest cut-off dates:

Tue, 27th of February

Time: 1:30pm - 3:00pm

Where: Online (Zoom)

Who: Carers ONLY



Soy Candle Making

Join other carers for an interactive workshop perfect for beginners.

Never made candles before- the in-house expert will be there to guide you every step of the way!

Here's what we'll explore:

- Why soy wax is the superstar of waxes.
- The ins and outs of wicks and perfecting your container candles.
- The secrets of fragrance loads and scenting your candles and more...

On the day, pick your glass colour, dye colour, and your favourite scents from the phthalate-free fragrance collection!

At the end of this class, you'll take home two eco-friendly candles made by you!

You will need to make your own way to the workshop.

Date of the Event:

Dates: Fri, 23rd of February

Expression of interest cut-off dates:

Thu, 1st of February

Time: 11:00am - 12:30pm

Where: Mornington

Who: Carers ONLY



Kokedama Workshop for Beginners

In this class, you will learn the step by step process of kokedama making from experts Cara and Danielle.

You will learn how to compile your moss ball around the plant roots and then get hands-on learning the basic rope wrapping techniques to be able to finish off your kokedama!

Get in touch with your creative side and learn how to make hanging kokedamas using basic weaving techniques. You'll be able to connect with nature in this class and meet like-minded people in a fun and relaxing environment.

You'll leave this class feeling more calm and grounded, and maybe even inspired to try out your new skills at home too.

This is a beginner-friendly class, no prior experience required.

You will need to make your own way to the workshop.

Date of the Event:
Dates: Tue, 12th of March

Expression of interest cut-off dates:
Tue, 20th of February

Time: 1:00pm - 2:30pm

Where: Cranbourne

Who: Carers ONLY



Indian Cooking Class

Learn how to cook spectacular family recipes from the various regions of India in a beautiful kitchen in **Bentleigh East**.

Explore the best, authentic dishes of regional India at Heavenly Morsel's ultimate culinary experience.

With tender meats and spice laced gravies made using your teacher's special blend of roasted and ground spices, you're in for a hearty authentic Indian feast. These are recipes and expertise from many generations you cannot find on the internet or any cookbook.

Watch, touch, taste, smell and take notes as we progress through the afternoon. All classes are hands on with plenty of opportunities to take notes, ask questions and relax.

Did we mention you get to take the food home after you've made it?

You will need to make your own way to the class.

Date of the Event:

Dates: Wed, 17th of April

Expression of interest cut-off dates:

Wed, 27th of March

Time: 11:00am - 2:30pm

Where: Bentleigh East

Who: Carers ONLY

Wellness Events





Wellbeing & Self-Care

Want to learn more about what you can do to support yourself?

Join members of our Carer Services team to learn and practice skills in relaxation, mindfulness, self compassion and wellbeing.

Continuing on from our successful sessions last year, we will be running sessions that will focus on different aspects of self-care specifically for carers.

The series will include:

- self compassion meditations
- mindfulness meditations
- self care tips and conversations

Sessions are held weekly, every Tuesday.

Date of the Event:

Dates: Tue, 6th, 13th, 20th & 27th of February
Tue, 5th, 12th, 19th & 26th of March
Tue, 2nd, 9th, 16th, 23rd & 30th of April

Time: 11:00am - 12:00pm

Where: Online (Zoom)

Who: Carers ONLY

Apply at any time



Take A Breath

We have all heard about the benefits of yoga, mindfulness and meditation but it can be challenging to practice regularly.

This session is designed to be a simple 30 minute session to start, or continue, a regular wellbeing practice.

We will start with some gentle, easy stretching and finish with a guided meditation or yoga 'nidra'.

You will need:

- a quiet spot with enough space for you to move and then either sit or lie down for a guided meditation.
- a blanket or enough warm clothing to keep you warm when you lie down.

Sessions are held weekly, each Wednesday.

Date of the Event:

Dates: Wed, 7th, 14th, 21st & 28th of February
Wed, 6th, 13th, 20th & 27th of March
Wed, 3rd, 10th, 17th & 24th of April

Time: 9:30am - 10:00am

Where: Online (Zoom)

Who: Carers ONLY

Apply at any time



Meditation Soundbath

Did you know that singing bowls have been used to help calm the mind, reduce stress and anxiety, and promote better sleep?

Join us for 30 minutes at our online Meditation Soundbath sessions.

Let the sounds of singing bowls wash over you, release stress and tension, and focus on your breathing.

All you need is a quiet, comfortable spot where you can either sit or lie down and let the sound wash over you.

You can also enhance your experience with:

- a pillow
- an eye mask
- aromatherapy candles or incense

Sessions are generally held on Thursdays.

Date of the Event:	Expression of interest cut-off dates:
Dates: Thu, 29th of February	Thu, 22nd of February
Thu, 21st of March	Thu, 14th of March
No session in April (Due to Anzac Day)	

Time: 1:00pm - 1:45pm

Where: Online (Zoom)

Who: Carers ONLY

Out & About Events





Moviehouse Club

Calling all Movie Loving Carers!

We are starting a monthly, face to face, movie club.

Join us at Kingston Arts Centre once a month to watch a classic movie from their Moviehouse program. After each screening, we will get together at a local cafe to chat about the movie and anything else that comes to mind.

It will be a great way to connect with other carers, to discuss movies, build friendships and step away from your caring role.

The group will meet on the fourth Monday of each month.

We will shout you the Moviehouse membership and a coffee after the movie. You just need to make your own way to the group each month.

The movies we will be watching for the first three months are listed below.

Date of the Event:	Movie:
Dates: Mon, 26th of February	Blue Hawaii
Mon, 25th of March	To Sir with Love
Mon, 22nd of April	12 Angry Men
Time: 10:30am - 12:00pm	Expression of interest cut-off date:
Where: Kingston City Hall, Moorabbin	Tues, 12th of February
Who: Carers ONLY	



DRUM Theatre Presents The Songs of Countdown

The Songs of Countdown is a celebration and satire of the songs and acts Australia grew up with every Sunday night watching Molly Meldrum and Countdown. It was a rush to get home, park the Malvern Star and see some of the best and not the best songs from 1974 to 1987. We also enjoyed some of the most colourful and somewhat ridiculous fashion Australia has ever seen. Not to mention the nonsensical but much loved music report presented by our own Molly Meldrum.

Comedy legend George Kapiniaris (Wogs out of Work, Acropolis Now) and music/TV superstar Tottie Goldsmith (The Chantoozies) takes the audience on a hilarious trip back in time to those unforgettable days of Skyhooks, Sherbert, JPY, The Knack, Suzie Quatro, Elton John and many more.

You will need to make your own way to the theatre.

Afternoon tea will be provided before the show, with some time to chat to fellow carers.

Date of the Event:
Dates: Thu, 15th of February

Expression of interest cut-off dates:
Thu, 1st of February

Time: 9:30am - 12:00pm

Where: DRUM Theatre, Dandenong

Who: Carers ONLY



DRUM Theatre Presents Spirit of the ANZAC

Reminisce the music of Dame Vera Lynn, The Andrew Sisters, Bob Dylan, Normie Rowe and many more in the lead up to ANZAC Day 2024. Enjoy a stunning cast led by narrator Chris McKenna, tenor Roy Best, and international soprano Alison Jones backed by William Schmidt piano.

Featuring the hit songs, stories, and indeed laughter that came from World War 2 and the Vietnam War and presented in front of a backdrop of incredible images on the big screen.

There are many great singers who performed during the wars that are highlighted in this wonderful production, including Dame Vera Lynn, The Andrew Sisters, Bob Dylan, Normie Rowe, and many more.

You will need to make your own way to the theatre.

Afternoon tea will be provided before the show, with some time to chat to fellow carers.

Date of the Event:
Dates: Thu, 18th of April

Expression of interest cut-off dates:
Thu, 28th of March

Time: 9:30am - 12:00pm

Where: DRUM Theatre, Dandenong

Who: Carers ONLY



Out Doors Inc. Balcombe Estuary Day Trip

Enjoy a day getting out and about around Balcome Estuary, in the Mornington Peninsula.

The day will include:

- A guided, accessible walk along the Balcombe Estuary Boardwalk.
- Wildlife and bird spotting.
- The option to participate in an outdoor watercolour painting activity.
- A chance to connect with other carers over a picnic lunch.

On the day, please:

- Dress for the weather, and wear active wear.
- Bring a bottle of water, and sunscreen if you have a preference.

Transport:

- Buses to and from Balcombe Estuary will depart from Caulfield Hospital and Frankston Library.
- You may also make your own way to Balcombe Estuary.

Date of the Event:
Dates: Thu, 14th of March

Expression of interest cut-off dates:
Thu, 15th of February

Time: 10:00am - 3:00pm

Where: Balcombe Estuary,
Mount Martha

Who: Carers ONLY



OUT DOORS INC.®

FEBRUARY 2024

MON	TUE	WED	THU	FRI	SAT/SUN
			1	2 <u>Carers Crew</u> 11:00am - 12:00pm	3/4
5	6 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	7 <u>Take-A-Breath</u> 9:30am - 10:00am	8 <u>BINGO</u> 10:30am - 11:30am	9	10/11
12	13 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	14 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	15 <u>Songs of Countdown</u> 9:30am - 12:00pm	16 <u>Carers Crew</u> 11:00am - 12:00pm	17/18
19	20 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm <u>Crafternoons</u> 2:00pm - 3:00pm	21 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Online Movie Club</u> 1:00pm - 2:00pm	22 <u>Bunnings Moorabbin</u> 10:00am - 12:00pm <u>Meditation Soundbath</u> 1:00pm - 1:30pm	23 <u>Rainbow Crew</u> 10:30am - 12:00pm <u>Candle Making Class</u> 11:00am - 12:30pm	24/25
26 <u>Moviehouse Club</u> 10:30am - 1:30pm	27 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	28 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	29 <u>Book Club</u> 11:00am - 12:00pm		

MARCH 2024



MON	TUE	WED	THU	FRI	SAT/SUN
				1 Carers Crew 11:00am - 12:00pm	2/3
4	5 Wellbeing & Self-Care 11:00am - 12:00pm	6 Take-A-Breath 9:30am - 10:00am	7	8	9/10
11 Labour Day Public Holiday	12 Wellbeing & Self-Care 11:00am - 12:00pm Kokedama Workshop 1:00pm - 2:30pm	13 Take-A-Breath 9:30am - 10:00am Bunnings Keysborough 10:00am - 11:30am Let's Talk Dementia 11:00am - 12:00pm	14 BINGO 10:30am - 11:30am Balcombe Estuary Day Trip 10:00am - 3:00pm	15 Carers Crew 11:00am - 12:00pm	16/17
18	19 Wellbeing & Self-Care 11:00am - 12:00pm	20 Take-A-Breath 9:30am - 10:00am Online Movie Club 1:00pm - 2:00pm	21	22 Rainbow Crew 10:30am - 12:00pm	23/24
25 Moviehouse Club 10:30am - 1:30pm	26 Wellbeing & Self-Care 11:00am - 12:00pm Crafternoons 1:30pm - 3:00pm	27 Take-A-Breath 9:30am - 10:00am Let's Talk Dementia 11:00am - 12:00pm	28 Book Club 11:00am - 12:00pm Meditation Soundbath 1:00pm - 1:45pm	29	30/31

School Holidays

APRIL 2024

MON	TUE	WED	THU	FRI	SAT/SUN
1	2 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	3 <u>Take-A-Breath</u> 9:30am - 10:00am	4	5 <u>Carers Crew</u> 11:00am - 12:00pm	6/7
8	9 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm <u>Crafternoons</u> 2:00pm - 3:00pm	10 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	11 <u>BINGO</u> 10:30am - 11:30am	12	13/14
15	16 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	17 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Online Movie Club</u> 1:00pm - 2:00pm	18 <u>Spirit of the ANZAC</u> 9:30am - 12:00pm <u>Meditation Soundbath</u> 1:00pm - 1:30pm	19 <u>Rainbow Crew</u> 10:30am - 12:00pm <u>Carers Crew</u> 11:00am - 12:00pm	20/21
22	23 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm	24 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	25 <u>ANZAC Day</u> <u>Public Holiday</u>	26	27/28
29	30 <u>Wellbeing & Self-Care</u> 11:00am - 12:00pm		2/4/2024 <u>Book Club</u> 11:00am - 12:00pm		

Thank you for caring!



AlfredHealth



Visit our website: www.alfredhealthcarers.org.au