



Canberra Institute
of Technology

FIT & WELL

CARERS SKILLS

NEWSLETTER AUGUST 2022

CRICOS No. 00001K – RTO Code 0101

Welcome to the Semester 2 2022 Newsletter!

Skills for Carers

CIT Health, Community and Science

Canberra Institute
of Technology

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Canberra ACT 2601

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E carerskills@cit.edu.au

W cit.edu.au

All our courses are for family or unpaid carers, not for staff, and there are no course fees.

Provided with assistance from the ACT Government, Community Assistance Support Program (CASP).

This is non-accredited training.

Welcome to Semester 2 2022 for CIT Skills for Carers!

Let's welcome Semester 2, 2022 with happiness, joy, and aspiration. CIT Skills for Carers will give you loads of reasons to come along and join us. We hope that your days are filled with joy and packed with laughter and bliss.

This semester, Hatha Yoga and Healthier Carers are continuing every week at Kaleen Community Hall, Kaleen. Dru Yoga is continuing every Wednesday at Weston Creek Community Centre. We are scheduling First Aid and Mental Health First Aid Workshops for this semester, Mindfulness and Meditation together with Creative Sessions including Mixed Media and Gifts for Christmas.

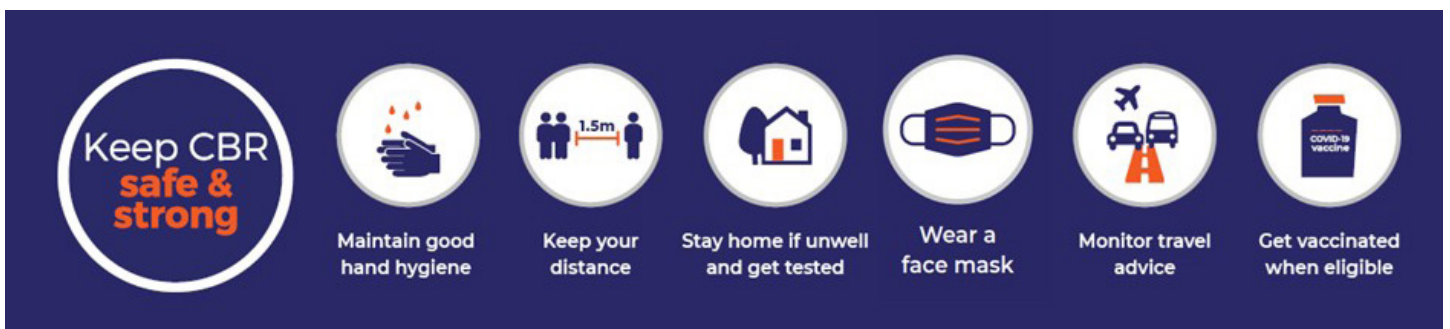
This semester, CIT Skills for Carers continues to encourage carers to take time out to care for themselves. We encourage carers to take advantage of our courses. All courses are delivered by facilitators with years of experience which may assist you in your carer role.

Please note that all courses require booking. CIT Skills for Carers reserve the right to cancel courses due to insufficient numbers or should unforeseen circumstances occur.

As always, we welcome your thoughts, ideas, and suggestions to better our programs and ask you to contact us directly on (02) 6207 3628 or via CarerSkills@cit.edu.au

We hope that you will find the courses we offered this semester of interest. Wishing you all the best for the rest of the year and look forward to seeing you at one of our sessions.

The CIT Skills for Carers Team



Keep CBR
safe &
strong

Maintain good
hand hygiene

Keep your
distance

Stay home if unwell
and get tested

Wear a
face mask

Monitor travel
advice

Get vaccinated
when eligible

CIT Skills for Carers Planner

Semester 2 dates:

Courses that have commenced for the semester:

Dru Yoga

Healthier Carers

Hatha Yoga – Kaleen Community Hall,
28 Georgina Crescent, Kaleen

Courses starting in the month of:

August

Mental Health First Aid Workshop – Tuesday
23 August, Weston Creek Community Centre,
Meeting room 2, 10am – 2pm by St John First
Aid Officers

September

Mixed Media Creative Session with Carol Guy
– Thursday 8 and 15 September, Weston Creek
Community Centre, Meeting rooms 1 and 2,
10am – 2pm

Mindfulness and Meditation with Sarah Nuttridge –
Thursday 22 September, Weston Creek Community
Centre, Meeting room 2, 10am – 2pm

October

**Gifts for Christmas Creative Session with
Carol Guy** – Thursday 27 October and Thursday
3 November, Weston Creek Community Centre,
Meeting room 1 and 2, 10am – 2pm

November

Mini Yoga Retreat for Carers with Sarah Nuttridge
– Thursday 17 November Weston Creek Community
Centre, Meeting room 2, 10am – 2pm

First Aid Basics Workshop – Tuesday 29 November,
Weston Creek Community Centre, Meeting room 1,
10am – 2pm

December

**Nutrition for Health and Wellbeing with Claire
Buechel** – Friday 9 December, Weston Creek
Community Centre, Meeting room 2, 10am – 2pm

Courses end – Friday 9 December 2022

Please note: all courses exclude public holidays and semester break.

CIT Skills for Carers: What it's all about?

CIT Skills for Carers has been successfully providing flexible training for family carers in the ACT since 1995. By carers, we mean family and friends of a frail older person or a person living with a disability, chronic illness, or mental health issues. These are people involved in an unpaid capacity in the many aspects of supporting someone to live as independently as possible. Training is available through short courses, workshops or on an individual basis. There are no fees for this training.

CIT Skills for Carers is managed by the CIT Fit & Well Team, within the CIT Health, Community and Science College. Funds for this training come from ACT Health Directorate. All trainers with CIT Skills for Carers have professional qualifications in a health-related field, experience in working with families and empathy, if not personal experience, with family carers. Through annual planning, review, and networking with community services, carer training is planned. Feedback and input from carers and community services are always welcomed.

CIT Skills for Carers Trainers

Carol Guy is a registered nurse with qualifications in Mental Health and group leadership. Carol has participated in the delivery of various Skills for Carers courses over the years and sustained a wealth of knowledge in her field.

Indya Quinton-Schroer is a qualified gym instructor and personal trainer at the CIT Fit & Well Gym. Indya is familiar with leading group classes and training clients one-on-one. Indya has delivered the Healthier Carers program for over two years.

Robyn Harris discovered Dru Yoga over 20 years ago and immediately loved its flow and joyfulness, and its ability to accommodate my health challenges. Robyn has been teaching yoga since 2001 and enjoys adapting classes to support whoever is attending. Parenting a child with special needs herself, she is in awe of the courage and resilience of the many amazing carers she has met through the Skills for Carers programs and tries to provide yoga classes that will honour, nurture, and revitalise participants.

Suzannah Salojarvi is a mother, former schoolteacher, and a strong believer in the healing benefits of yoga for mind, body, and spirit. She is trained in a range of yoga styles from vinyasa flow, gentle Hatha, yin, pre-natal

and meditation. As a former carer of 20 years, she is especially passionate about making yoga inclusive and accessible to all, especially to other carers.

Sarah Nuttridge is a Registered Yoga Teacher, Yoga Therapist, Accessible Yoga Ambassador and Thai Yoga Massage Practitioner based in Canberra, in the Australian Capital Territory. To learn about why Sarah started practising yoga and eventually became a teacher, read My Story on her website.

Claire Buechel is a brilliant, bubbly, and friendly educator with great knowledge and expertise in the areas of Dietetics, Sports Dietetics, and even personal training. She will cover practical nutrition tips and present easy cooking ideas.

St. John Ambulance has worked with the Skills for Carers program for over several years, delivering quality First Aid short courses and information sessions for Carer's with various approaches each time. Their experience is well-received in the wider community and particularly in our program.

Healthier Carers – Physical Activity program

CIT Fit & Well is pleased to offer a program that is designed to improve the health and wellness of carers through physical activity sessions. Classes run twice weekly, starting slowly and building up to the level you are comfortable with. Classes are conducted in a safe and supportive environment and include aerobic and resistance-style training. Age is no barrier to participating in the program which is designed to meet your personal needs and can be modified according to your level of fitness and capabilities. To ensure safety and ongoing good health during the program, participants will require medical clearance from the General Practitioner to participate.

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| Facilitator: | Indya Quinton-Schroer |
| Date: | Every Monday and Friday for the semester (excluding the semester breaks) |
| Time: | Mondays at 9:30–10:30am and Fridays at 12–1pm |
| Venue: | Kaleen Community Hall, 28 Georgina Crescent, Kaleen |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Gentle Hatha Yoga

This class takes a gentle, progressive approach to Hatha Yoga so that participants may modify the postures to suit them and their abilities. The class begins slowly with an emphasis on posture and breathing, and then moves on to a series of classical yoga poses and sequences. The last 10 minutes of class is dedicated to relaxation and meditation, leaving participants feeling calmer and able to think with greater clarity.

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| Facilitator: | Suzannah Salojarvi |
| Date: | Every Monday for the semester (excluding the semester breaks) |
| Time: | 10:30–11:30am |
| Venue: | Kaleen Community Hall, 28 Georgina Crescent, Kaleen |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Dru Yoga

Dru Yoga is designed to be practised by people of all abilities, all fitness levels, and all age groups. It improves strength and flexibility, increases core stability, builds mindfulness, self-compassion and a heightened feeling of positivity. The last 30 minutes of class includes deep relaxation and mindfulness meditation.

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| Facilitator: | Robyn Harris |
| Date: | Every Wednesday for the semester (excluding the semester breaks) |
| Time: | 12–1:30pm |
| Venue: | Weston Creek Community Centre — Hall |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Mental Health First Aid: Understanding Mental Illness – St. John Ambulance ACT



You are invited to attend an information session, facilitated by an experienced accredited Mental Health First Aid trainer. In this session, you will be introduced to Mental Health First Aid. Mental Health issues can be difficult to recognise and frightening to deal with.

Early recognition and intervention are key to effectively assisting in mental health emergencies.

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| Facilitator: | St. John Ambulance ACT |
| Date: | Tuesday 23 August 2022 |
| Time: | 10am–2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 2 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Mixed Media Creative Sessions

In these mixed media sessions held over two weeks, we will be using a variety of materials, including rice paper, metallic flakes, and antiquing paste to create a picture, special greeting cards or journal pages. All materials will be provided as well as morning tea and lunch. Please bring an apron, if you have one and don't forget your journal if you would like to do some journal pages.

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| Facilitator: | Carol Guy |
| Date: | Thursday 8 and 15 September 2022 |
| Time: | 10am–2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 2 & 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Mindfulness and Meditation

In this Skills for Carers event, we will explore Mindfulness and Meditation. It will include the importance of mindfulness and meditation if you are new to the practices, an introduction to a selection of mindfulness and meditation practices and discover which practice may personally feel the best fit for you. This workshop is a mixture of seated learning and physical practice. A handout will be provided on the day. Please bring with you a yoga mat, pillow, bath-sized towel and any yoga props you may have.

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| Facilitator: | Sarah Nuttridge |
| Date: | Thursday 22 September 2022 |
| Time: | 10am–2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 2 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Gifts for Christmas Creative Sessions

The Christmas decorations we will be making in the first session will be using pinecones with a clay base which make ideal Christmas presents. Beautiful Christmas birds to go on the top will be provided as well as all other materials.

In the second session, Carers will be given a plant pot or bowl which we will paint and use a metallic wax for a special effect. These make a lovely gift or participants may decide to keep it for themselves! These can be filled with chocolates, succulents as well as Christmas decorations and some will be provided. If you have an apron, please bring it along.

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| Facilitator: | Carol Guy |
| Date: | Thursday 27 October and 3 November 2022 |
| Time: | 10am–2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 2 & 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |



Mini Yoga Retreat for Carers

Join us for 90 minutes of Restorative Yoga, followed by a guided relaxation and singing bowls to close the practice. We will also enjoy some lunch and collaborate together as we discuss how you can support yourself through small rituals of self-care, creating a mini-retreat at home. Please bring with you a yoga mat, pillow, bath-sized towel and any yoga props you may have. Some props will be supplied on the day.

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| Facilitator: | Sarah Nuttridge |
| Date: | Thursday 17 November 2022 |
| Time: | 10am – 2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

First Aid Basics Workshop



This First Aid Basics workshop is the guide to giving someone basic first aid with information that will help you cope with emergencies.

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| Facilitator: | St. John Ambulance ACT |
| Date: | Tuesday 29 November 2022 |
| Time: | 10am – 2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Nutrition for Health and Wellbeing

In this course, you will focus on exploring the basics of healthy eating, key nutrients to support good health, evidence-based guidelines for managing high cholesterol and how to reduce the risk of heart disease and wrap up the session with practical advice for health and wellbeing.

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| Facilitator: | Claire Buechel |
| Date: | Monday 5 December 2022 |
| Time: | 10am – 2pm |
| Venue: | Weston Creek Community Centre — Meeting Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Feedback and Complaints ACT Human Rights Commission



If you are not happy with the service you have received here, we encourage you to, in the first instance, talk directly with the staff or management or contact the ACT Health Services Commissioner. The ACT Health Services Commissioner provides a free, independent, fair, and impartial process for resolving complaints about services for older people or people with disabilities.

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| Phone: | (02) 6205 2222 |
| TTY: | (02) 6205 1666 |
| SMS: | 0466 169 997 |
| Post: | GPO Box 158 Canberra ACT 2601 |
| Office: | Level 4, 12 Moore Street Canberra City |
| Web: | hrc.act.gov.au |
| Email: | human.rights@act.gov.au |

For Carers aged 65 years and over any concerns or complaints about CIT Skills for Carers may be directed to the Aged Care Complaints Scheme.
Phone 1800 550 552 or
visit.agedcarecomplaints.govspace.gov.au

CIT Skills for Carers

CIT Health, Community and Science
Canberra Institute of Technology
GPO Box 826
CANBERRA ACT 2601

Useful Contacts

Access Canberra

Phone 13 22 81 or visit accesscanberra.act.gov.au

Advocacy for Inclusion

Phone (02) 6257 4005 or email
info@advocacyforinclusion.org

Aged, Disability and Carer Advocacy Services

(ADACAS) Phone (02) 6242 5060 or email adacas@adacas.org.au

Carer Advisory and Counselling Service

Phone 1800 242 636 or visit carersaustralia.com.au

Carer Gateway

Phone 1800 422 737 or visit carergateway.gov.au

Carers ACT

Phone (02) 6296 9900 or visit carersact.org.au

Citizens Advice Bureau ACT

Phone (02) 6248 7988 or visit contactcanberra.org.au

Disability ACT Information Service

Phone (02) 6207 1086, TTY (02) 6205 0888 or visit
communityservices.act.gov.au/disability_act

Mental Health Foundation

Phone (02) 6282 6658 or visit mhf.org.au/contact-us

My Aged Care

Phone 1800 200 422 or visit myagedcare.gov.au

Public Advocate of the ACT

Phone (02) 6207 0707 or visit publicadvocate.act.gov.au

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