



Canberra Institute
of Technology

FIT & WELL

CARERS SKILLS

CRICOS No. 00001K – RTO Code 0101

Welcome to the Semester 1 2023 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 2023 and welcome back to another year of CIT Skills for Carers!

Let's welcome 2023 with happiness, joy, and aspiration. CIT Skills for Carers extends wishes that the New Year will give you plenty of reasons to find a little happiness every day. We hope that your year is filled with wonderful days that are 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 introducing Mini Yoga Retreats specific for Carers, Nutrition and Health and Creative Sessions.

This semester, CIT Skills for Carers continues to encourage carers to take time 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

Please note that all our courses are for family or unpaid carers, not for staff, and there are no course fees.



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 1 dates: 6 February 2023 – 23 June 2023

Term Break: 7 April 2023 - 25 April 2023

Courses starting in the month of:

March

Dru Yoga – commencing 10 February for the semester on Wednesday at 12-1:30pm – Weston Creek Community Centre - Hall

Healthier Carers – commencing 30 January for the semester on Mondays at 9:30-10:30am and Fridays at 12-1pm – Kaleen Community Hall, 28 Georgina Crescent, Kaleen

Hatha Yoga – commencing 30 January for the semester – 10:30 – 11:30am - Kaleen Community Hall, 28 Georgina Crescent, Kaleen

Aromatherapy Wellness session – Friday 10 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

Mini Yoga Retreat for Carers – Monday 20 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

Mindfulness – Friday 24 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

First Aid Basics Workshop – Thursday 30 March, 10am-2pm – Weston Creek Community Centre, Meeting room 1

April

Creative Paint session – Monday 3 April, 10am-2pm – Weston Creek Community Centre, Meeting room 2

May

Strength and Conditioning Training – Thursday 4 May, 11:30am-2pm – Weston Creek Community Centre, Meeting room 1

Meditation – Friday 12 May, Weston Creek Community Centre, Meeting room 1

Herbal tea workshop – Thursday 18 May, Weston Creek Community Centre, Meeting room 2

June

Sleep Hygiene Workshop – Thursday 1 June, 10am-2pm – Weston Creek Community Centre, Meeting room 1

Strength and Conditioning Training – Friday 9 June, 11:30am-2pm – Weston Creek Community Centre, Meeting room 1

Restorative Yoga – Friday 16 June, 10am-2pm – Weston Creek Community Centre, Meeting room 1

Mental Health First Aid – Monday 19 June, 10am-2pm – Weston Creek Community Centre, Room 1

Courses end – Friday 23 June 2023

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

Claire Connelly is the founder and sole entrepreneur of Yoga and Wellness Canberra. She is a certified Yoga Instructor and Holistic Wellness Coach. For over 6 years Claire has been coaching her students to explore what being well feels like in their bodies. Claire's passion is to create deeply nourishing events where participants can relax, learn, and take time out for themselves.

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 enjoy 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 practicing yoga and eventually became a teacher, read her story on her website.

Romano Gaspardis a retired engineer and 64 years young. He holds a completed Certificate III in Fitness and is currently studying for his Certificate IV. Having always been active, following ankle reconstruction he discovered strength and conditioning training. It was like discovering a magic pill for improving his quality of life and is ready to bring these tools to share with you all and impart the knowledge to improve your health while caring. I hope my sessions will give you the tools you need to minimise the chance of injury and improve your quality of life.

Annika Dash is trained in various yoga styles including vinyasa flow, core, restorative and meditation and mindfulness. Annika believes in the healing power of yoga and feels very fortunate to be able to share the joy and many benefits of yoga with her students. She aims for her classes to be inclusive, welcoming, and calming.

SHORT COURSES IN SEMESTER 1, 2023

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 their 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, 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 a 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 | |

Mindfulness

In this workshop we will discuss what mindfulness is, the benefits and how to incorporate it into your daily life. We will explore different mindfulness techniques to find a practice that works 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, blanket, and any yoga props you may have.

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| Facilitator: | Annika Dash |
| Date: | Friday 24 March 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, 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. Presented by trained St John Officers.

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| Facilitator: | St John Officers |
| Date: | Thursday 30 March 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 1 |
| To Register: (02) 6207 3628 or carerskills@cit.edu.au | |

Painting with plastic bags and collaged cards

Join us for this creative session paint stamping with a plastic bag. You'll explore mixing colours to create a vibrant image worthy of a frame. Explore the art of collage using various prints to create beautiful gift cards. This session will be fun and relaxing. Bring an apron to cover your clothes.

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| Facilitator: | Claire Connelly |
| Date: | Monday 3 April 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 2 |
| To Register: (02) 6207 3628 or carerskills@cit.edu.au | |

Strength and Conditioning training

This session will open the door to new training methods in strength and conditioning using your own body weight and inexpensive and around the home items. To increase your muscle strength to carry out your daily caring activities. Please bring with you a yoga mat, pillow, bath-sized towel, blanket, and a drink bottle.

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| Facilitator: | Romano Gaspardis |
| Date: | Friday 4 May 2023 and Friday 9 June 2023 |
| Time: | 11:30am-2pm |
| Venue: | Weston Creek Community Centre, Room 1 |
| To Register: (02) 6207 3628 or carerskills@cit.edu.au | |

Meditation

In this Skills for Carers event, we will talk about the benefits and myths of meditation and how to establish your own practice at home. We will explore various styles of mediation to help you to discover which type best suits you. A handout will be provided on the day. Please bring with you a yoga mat, pillow, bath-sized towel, blanket, and any yoga props you may have.

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| Facilitator: | Annika Dash |
| Date: | Friday 12 May 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Herbal Tea Workshop

Herbal tea for well-being. We have the most amazing herbs at our disposal, and you will discover the many benefits of herbal tea in this lovely workshop. Engaging all the senses we will explore various herbal teas and discuss their benefits. Taste, touch and smell loose leaf tea and learn to make a tea bag, plus create your own tea blend to take home.

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| Facilitator: | Claire Connelly |
| Date: | Thursday 18 May 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 2 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Sleep Hygiene Workshop

In this workshop, we explore the science of sleep, how it affects memory retention, and how to get our sleep back on track. Sleep is so important for our health – so we will look at changing bedtime habits to create a calm sleep and more energy for the waking hours. A friendly and relaxed workshop, including a light meditation session to aid deep sleep and the use of essential oils for relaxation and sleep.

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| Facilitator: | Claire Connelly |
| Date: | Thursday 1 June 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Restorative Yoga

Join us for this relaxing and rejuvenating session. We will explore the benefits of restorative yoga and how you might add this style of practice into your life. We will then experience 90 minutes of restorative yoga followed by a guided relaxation, leaving you in a deeply relaxed state. Please bring with you a yoga mat, pillow, bath-sized towel, blanket, and any yoga props you may have. Some props will also be supplied on the day.

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| Facilitator: | Annika Dash |
| Date: | Friday 16 June 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, Room 1 |
| To Register: | (02) 6207 3628 or carerskills@cit.edu.au |

Mental Health First Aid Workshop

Mental health first aid is the help you give to someone developing a mental health problem, experiencing a worsening state of a mental health problem or in a mental health crisis. This first aid can be given until the person has received appropriate professional treatment, or the crisis is resolved. Presented by trained St John First Aid Officers.



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| Facilitator: | St John Officers |
| Date: | Monday 19 June 2023 |
| Time: | 10am-2pm |
| Venue: | Weston Creek Community Centre, 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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