



Canberra Institute
of Technology

FIT & WELL

SKILLS FOR CARERS

CIT Health, Community
and Science

Canberra Institute of Technology

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(CHSP).

This is non-accredited training.



CARERSKILLS

NEWSLETTER FEBRUARY 2019

WELCOME TO THE SEMESTER 1 2019 NEWSLETTER!

Hello and welcome back to another semester for the CIT Skills for Carers program in 2019! Our delivery in 2019 will commence later than in previous years however the delivery schedule will be lengthened, with 14 weeks this semester and a break of two weeks total. Based on the feedback recently received, we have proposed this new mode of delivery as a trial in Semester 1 2019. Please see the planner for the proposed dates, including mid-term breaks.

At CIT Fit & Well we are passionate about health and well-being which is the nature of the Skills for Carers program. Together with our CIT Fit & Well dedicated gym staff, creating programs each week to assist in the journey of good health and wellbeing. Once again we will continue with two sessions of Healthier Carers per week to ensure you are getting the best out of your sessions, aiding in your health and well-being throughout your caring role. This program may include the use of our CIT Fit & Well gym where applicable. We encourage all carers to take advantage of the courses provided with our remarkable trainers who have years of experience with our programs as well as their own personal experience which may assist you and your situation.

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 there is a program(s) offered in the Semester 1 Skills for Carers program that supports you in your carer role.

Wishing you all the best for the rest of the year, and look forward to seeing you at one of our sessions.

*Simona and Simon
The CIT Fit & Well 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.

CIT SKILLS FOR CARERS PLANNER

Courses starting in the month of...

February	
25	Healthier Carers commences for the semester Gentle Hatha Yoga commences for the semester
27	Dru Yoga commences for the semester

March	
5	Creativity course
21	Basic First Aid
22	Vision Board Workshop

April	
11	Medical Emergency's First Aid

Mid-semester break Week 1 (19 April – 28 April)	
Mid-semester break Week 2 (20 May – 26 May)	

May	
2	Journal Course
3	Pamper Day for Carers
30	Mental Health First Aid

June	
7	Yoga and Self Care

Please note: All courses **exclude** public holidays.

CIT SKILLS FOR CARERS: WHAT'S IT 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 and the Australian Government Department of Social Services. 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 is 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.

Scott Gore-Johnson from the St John Ambulance has recently joined the Skills for Carers program delivering First Aid short courses and information sessions for carers with various approaches each time. His experience is well-received in the wider community and in particular to our program even with her short-time with the Skills for Carers program.

Indya Quinton Schroer is a qualified gym instructor and PT working as a GSO 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 a couple years.

Suzie Williams is a stress management and pain relief specialist, mindset and life coach and registered nurse. She teaches yoga, mindfulness, aromatherapy, massage and is a consultant within the aged care and disability sectors.

Karen Ivkovic has a PhD in science, is a master Bowen Therapist at Canberra Equipoise, and is a passionate yoga and meditation teacher with a 25 year practice who enjoys sharing her love of yoga and making yoga accessible to people of all ages and abilities. She will be our new Dru Yoga teacher while Lynette takes some personal time off.

Annika Dash has a health and fitness background with various qualifications also working as a GSO at the CIT Fit & Well Gym. Annika has practiced and taught yoga of various styles and is adaptable in her technique.

This is non-accredited training.

HEALTHIER CARERS – PHYSICAL ACTIVITY AND LIFESTYLE PROGRAM

CIT Fit & Well is pleased to offer a program that is designed to improve the health and wellness of carers through physical activity and lifestyle modification sessions. Classes run twice weekly, starting slowly and building up to the level you are comfortable with. All 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 a medical clearance from their general practitioner to participate.

FACILITATORS:	Indya Quinton Schroer
DATE:	Every Monday and Friday for the semester (as per the dates, excluding the mid-term breaks)
TIME:	1:30pm – 2:30pm
VENUE:	CIT Bruce – Sports Hall (H Block)
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

DRU YOGA

Dru Yoga is a very gentle and easy form of yoga designed so that anyone can participate, regardless of your shape, flexibility, mobility or pain. Through easy to learn movements, breathing, relaxation, gentle stretches and postures you can improve your circulation and muscle movement as well as experience a sense of calm and wellbeing. Bring a towel or yoga mat, a bottle of water, a blanket and a small pillow to ensure your comfort.

FACILITATOR:	Karen Ivkovic
DATE:	Each Wednesday commencing 25 February – 16 April, recommencing 29 April – 19 June (excluding the mid-term breaks)
TIME:	12:00pm – 1:30pm
VENUE:	Weston Creek Community Centre – Hall
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 students feeling calmer and able to think with greater clarity.

FACILITATORS:	Annika Dash
DATE:	Every Monday for the semester (as per the dates, excluding the mid-term breaks)
TIME:	12:00pm – 1:15pm
VENUE:	CIT Bruce – Room B003b
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

VISION BOARD WORKSHOP

This workshop is an opportunity to come together in a small group to make time for ourselves for fun and creativity. Often our caring responsibilities can become all-consuming so having time to relax is essential for self-care. Creating a vision board is a great way to visualise goals and inspire us to keep focused. Each person will have a vision board to take home at the end of the session. Lunch will be provided.

FACILITATORS:	Carol Guy
DATE:	Friday 22 March
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

CREATIVITY COURSE

This course is to help support carers to take time out for themselves and leave behind their caring role and meet other carers who are interested in sharing their creative ideas. In the first week we will discuss new ideas for this course. Carers who want to come along and bring their own knitting or craft project are very welcome and it is a good opportunity to meet other carers and be able to relax and have time for ourselves. Carol has new materials including clay, paints and inks to experiment with.

FACILITATOR:	Carol Guy
DATE:	Tuesday's March 5, 12, 19, 26 and April 2
TIME:	10:00am – 1:00pm
VENUE:	Weston Creek Community Centre – Room 2
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

CREATING A JOURNAL COURSE

Writing a journal is an excellent way to identify our feelings and helps to release emotions which no longer serve us. In the first week we will decorate the journal using a range of art materials or create a collage. Some Carers may prefer to come along and have 'time away' from their caring responsibilities and relax by having a cuppa with the group. Colouring is a great way to practise mindfulness and this will be available as an alternative. Also creating a book of inspirational quotes and sayings instead of journaling is another option.

FACILITATOR:	Carol Guy
DATE:	Thursday's commencing May 2, 9 and 16
TIME:	10:00am – 1:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

PAMPER DAY FOR CARERS

A great day of learning about the simple joy of giving and receiving a massage. Includes sharing massages techniques with others in the group, a relaxation and some basic aromatherapy. Special gift for each participant to take home.

FACILITATOR:	Suzie Williams
DATE:	Friday 3 May
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre - Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

RESTORATIVE YOGA AND SELF-CARE

A beautiful session of restorative yoga and guided relaxations. Restorative Yoga is very special and very healing as it allows your nervous system time to unwind the long-held tension in muscles, joints and organs. You are fully supported by bolsters, cushions and blankets in deeply relaxing positions that allow your body to fully release tension and go into a lovely healing space where you can just blissfully relax and "just be". It has to be experienced to fully appreciate how relaxing it can be! :-)

You will each receive a practical (surprise) gift to take home to continue your new self-care!

If you have your own bolster please bring it, as well as your yoga mat, a blanket and 2 cushions/pillows. Class size limited to 10.

FACILITATOR:	Suzie Williams
DATE:	Friday 7 June
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre - Room 1
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au

FIRST AID – ST JOHNS AMBULANCE

Would you like to know what to do if your partner collapsed in front of you? Would you know what to do if your parent had chest pain? Would you know what to do if your child stops breathing? Over the three St John Ambulance sessions, we will give you basic skills and more confidence to act in these situations for various types of Basic First Aid. Please note you are not required to attend all three sessions, you may choose which session you wish to attend when you register.



Session 1: Basic First Aid

- DRSABCD
- Defibs
- Bleeds

Session 2: Medical Emergencies First Aid

- Recognising and managing heart attack
- Recognising and managing stroke
- Managing seizures
- Recognising and treating allergy and anaphylaxis
- Recognising and treating asthma

Session 3: Mental Health First Aid

You are invited to attend an information session, facilitated by an experienced accredited Mental Health First Aid trainer, who will provide an introduction to Mental Health First Aid. With mental health issues becoming more and more common, first aiders at work and at home are now being called to help with conditions related to the mind. 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.

FACILITATOR:	Scott Gore-Johnson from St John Ambulance ACT
DATE:	Session 1: 21 March Session 2: 11 April Session 3: 30 May
TIME:	Session 1: 10:00am – 1:00pm Session 2: 10:00am – 1:00pm Session 3: 10:00am – 2:00pm
VENUE:	Weston Creek Community Centre - Room 1 (all three sessions)
TO REGISTER:	(02) 6207 3628 or CarerSkills@cit.edu.au



FIT & WELL

Opening Hours

Monday – Friday:
6am-8pm

Saturday – Sunday:
8am-5pm

A Block, Haydon Drive,
CIT Bruce
(02) 6207 4309

cit.edu.au/fitandwell

Fitness Class Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am	Osteocise Level 2-3 Cardio/Level 3 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength			Osteocise Level 2-3 Cardio/Level 3 Strength
9:15-10:00am	Heart Health Level 2-3 Cardio/Level 2 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength	Functional Fitness Level 4-5 Cardio/Level 4 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength
10:00-10:45am	Lungs in Action Level 1 Cardio/Level 1 Strength				
10:15-11:00am	Heart Health Level 2-3 Cardio/Level 2 Strength	Osteocise Level 2-3 Cardio/Level 3 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength	Heart Health Level 2-3 Cardio/Level 2 Strength
11:00-11:45am	Lungs in Action Level 1 Cardio/Level 1 Strength				Lungs in Action Level 1 Cardio/Level 1 Strength
11:15am-12pm	Functional Mobility Level 1 Strength/Level 1-2 Flexibility	Functional Mobility Level 1 Strength/Level 1-2 Flexibility	Heart Health Level 2-3 Cardio/Level 2 Strength	Osteocise Level 2-3 Cardio/Level 3 Strength	Functional Fitness Level 4-5 Cardio/Level 4 Strength
12:30-1:15pm	Functional Fitness Level 4-5 Cardio/Level 4 Strength				
12:45-1:30pm		Yoga Level 1 Cardio/Level 3-4 Strength		Yoga Level 1 Cardio/Level 3-4 Strength	
5:30-6:15pm			Osteocise Level 2-3 Cardio/Level 3 Strength		
Exercise training guide: 1 = Least Demanding – 5 = Most Demanding					

Heart Health

Heart Health is a gentle physical activity class suitable for anyone who hasn't exercised in a while. Exercise at your own pace in a friendly and safe environment.

Osteocise

Osteocise is a safe, effective exercise program designed for people in need of increasing the strength of their bones and muscles. The program is a scientifically proven exercise program for building strong bones and muscles in people over 50.

Functional Fitness

Functional Fitness is a fast, challenging high-intensity interval class designed to improve your strength and fitness and make you feel energised. Benefits include weight loss and improved flexibility, mobility, core stability, balance and strength. Not recommended for participants with medical conditions or injuries.

Student Personal Training

Get in shape and improve your fitness under the guidance of CIT Fit & Well personal trainers. CIT Fit & Well offers student personal training packages for anyone who wants to get in shape and improve their health, whatever your goals or fitness levels. Each term you get 12 sessions of personal training which includes fitness assessments, programming and at least two personal training sessions a week.

Yoga

CIT Fit & Well Yoga is a challenging dynamic, flowing class that combines strong poses with breath work and meditation. The class will improve your strength, mobility, balance, posture, endurance, reduce the risk of injury and leave you feeling relaxed.

Lungs in Action

Lungs in Action is Australia's community based maintenance exercise program for people with stable chronic lung conditions who have completed a pulmonary rehabilitation. Lungs in Action classes are suitable for people using supplemental oxygen and/or walking frames. And there are seated options for all exercises if required.

Student Massage Clinic

Take advantage of CIT's Massage Clinic to provide relief from muscular tension, pain, postural problems, or for relaxation. One hour assessment and massage treatments are available – personally tailored to your needs, by one of our supervised massage students.

Functional Mobility

Functional Mobility is a safe suitable class for anyone to attend, which focuses on flexibility and joint mobility. Aimed to help improve flexibility through a combination of dynamic movement, static stretching and other mobility devices.



This is non-accredited training.

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.

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: www.hrc.act.gov.au
Email: human.rights@act.gov.au

USEFUL CONTACTS

Aged, Disability and Carer Advocacy Services (ADACAS)
ph (02) 6242 5060 email: adacas@adacas.org.au

Advocacy for Inclusion ph (02) 6257 4005,
email: info@advocacyforinclusion.org

Canberra Connect ph 13 22 81,
www.canberraconnect.act.gov.au

Carer Advisory and Counselling Service ph 1800 242 636
www.carersaustralia.com.au/

Carers ACT ph (02) 6296 9900 www.carersact.org.au/

Citizens Advice Bureau ACT ph (02) 6248 7988
www.contactcanberra.org.au/

Disability ACT Information Service ph (02) 6207 1086
TTY (02) 6205 0888
www.communityservices.act.gov.au/disability_act

Mental Health Foundation, Information ph (02) 6282 6658
www.mhf.org.au/contact-us

MyAgedCare ph 1800 200 422 www.myagedcare.gov.au

Public Advocate of the ACT ph (02) 6207 0707
www.publicadvocate.act.gov.au/

Would you like to receive the CIT Skills for Carers Newsletter by email? Send an email to CarerSkills@cit.edu.au.

If you no longer wish to receive this newsletter please let us know, by phone or email, and we will remove you from the mailing list.

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