



Canberra Institute
of Technology

FIT & WELL

CARERS SKILLS

NEWSLETTER AUGUST 2021

Welcome to the Semester 2 (Term 3) 2021 Newsletter

CRICOS No. 00001K – RTO Code 0101

Skills for Carers

CIT Health, Community and Science

Canberra Institute
of Technology

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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 2021 and welcome back to another semester of CIT Skills for Carers

Join our Skills for Carers program this semester, supporting you to become a healthier and happier carer.

This semester Hatha Yoga and Healthier Carers are continuing every week at CIT Bruce. Dru Yoga is continuing every Wednesday at Weston Creek Community Centre. We are bringing back the Restorative Yoga Retreat and the Nutrition for Health session, as they both received excellent feedback last semester. We are adding a Creative with Clay workshop with attendance one day per week booking, over a two week period.

Our collaboration with St. John Ambulance ACT is continuing this year. We are offering a First Aid Workshop and a Mental Health First Aid session. It is recommended that you attend the First Aid workshop to refresh your memory and to keep up with updates once every year.

This term, CIT Skills for Carers continue 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 unforeseen circumstances.

As always, we welcome your thoughts, ideas, and suggestions to better our programs, we 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 beneficial. 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



Check In for
contact tracing



Monitor travel
advice

CIT Skills for Carers Planner

Semester 2 dates: 12 July 2021 – 17 December 2021

Term break: 18 September 2021 – 4 October 2021

Courses starting in the month of:

July

Healthier Carers – commencing 12 July for the semester

Hatha Yoga – commencing 12 July for the semester

Dru Yoga – commencing 14 July for the semester

September

Mental Health First Aid – 9 September

First Aid Workshop – 16 September

October

Creative with Clay 2 Day course – 8 and 15 October

Dru Yoga Retreat – 22 October

Mindfulness – 25 October

November

Nutrition for Health – 2 November

Manage Your Mindset and Relaxation – 26 November

Restorative Yoga Retreat – 29 November

Courses end – Friday 17 December 2021

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 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 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 honour, nurture and revitalise participants.

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

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.

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.

Sara Chica Latorre is a student dietitian with a science background, and a qualified nutritionist and personal trainer with three years of experience in the fitness industry. Sara is originally from Colombia and has a strong passion for research, health, and education.

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.

Facilitator:	Indya Quinton Schroer
Date:	Every Monday and Friday for the semester (excluding the semester break)
Time:	12 – 12:45pm
Venue:	CIT Bruce — Sports 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 participants feeling calmer and able to think with greater clarity.

Facilitator:	Suzannah Salojarvi
Date:	Every Monday for the semester (excluding the semester breaks)
Time:	1 – 2pm
Venue:	CIT Bruce — Sports Hall
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.

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.

Facilitator:	St. John Ambulance ACT
Date:	Thursday 9 September 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 2
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

First Aid Workshop – St. John Ambulance ACT



The First Aid Workshop with St. John Ambulance ACT will teach/refresh your knowledge on basic first aid skills to compliment your carer role. This session will cover the topics of CPR, heart attack, stroke, defibrillation, choking, burns, bleeding etc.

Facilitator:	St. John Ambulance ACT
Date:	Thursday 16 September 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 1
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Creative with Clay Session

Come along and meet other carers who like to be creative. We will be making artwork out of clay and learning new techniques. These sessions will run across 2 days, one week apart to give the clay time to dry. In the first session we will be using epoxy clay and decorating a jar and/or container using moulds and sculpting tools. In the second session when the clay is dry, carers will rub a gilding paste on the clay to give a contrasting effect which can look like metal if a silver paste is used. The jar can be used as a succulent jar or make a lovely gift. In the second session participants will be able to make cards or decorate gift bags using decorations made from air dry clay. This is a fun class with no experience needed and carers will have plenty to go home with.

Facilitator:	Carol Guy
Date:	Friday 8 October and Friday 15 October 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 1
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Dru Yoga Retreat

Take some time out for your mind, body, and spirit to reconnect in this wonderful session of true self-care on all levels! Includes lots of time to laugh, chat, be still, feel calm, and re-centre. We will take time to release tension, frustration, and other emotions.

Time to relax, stretch and open our bodies and minds to more freedom, to really feel and explore what makes us feel good. Time to share some nurturing body therapies with each other in a very gentle and supportive way. Time to share some nutritious food and refreshment with other lovely carers and make new friends or reconnect with old ones. By taking time out for you, you will leave feeling refreshed, relaxed, uplifted, and inspired to take more care of yourself, and make your health and happiness more of a priority in some small way each day.

Facilitator:	Suzie Williams
Date:	Friday 22 October 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 1
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Mindfulness - How to find your Peace in everyday life

A totally new session with new ideas, practices, and information and of course some simple mindfulness meditations that will help you have an uplifting day with other lovely carers. Learn new ways of thinking and understanding so you can live your life with awareness of both your shadow side (the bit we don't always like to look at or think about) and the lighter side (the part we love to share and shine out to everyone we meet!). We all need to be aware of both aspects of ourselves and understand they are normal parts of being a human and that we can still be a 'good person', "warts and all!". Self-awareness, self-compassion, and self-acceptance can be easier than you think.

Important note - No need to have attended any prior Mindfulness courses. This course suits everyone!

Facilitator:	Suzie Williams
Date:	Monday 25 October 2021
Time:	10am- 2pm
Venue:	Weston Creek Community Centre — Room 2
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

Nutrition for Health

When it comes to nutrition, we can all be experts in the subject, after all, we all eat every day. However, when it comes to maintaining good nutrition most individuals seem hesitant or simply are not successful at making significant changes to improve their health and lifestyle, and prevent illness and chronic diseases. This could be largely due to the amount of confusion surrounding healthy eating. In this course, we will focus on exploring the bases of healthy eating, key nutrients to support health, evidence-based guidelines for managing high cholesterol and reduce the risk of heart diseases, and wrapping everything up into practical advice to start a healthier journey. The benefits of the Mediterranean and plant-based diets will also be explored and discussed.

Facilitator:	Sara Chica Latorre
Date:	Tuesday 2 November 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 1
To Register:	(02) 6207 3628 or carerskills@cit.edu.au



Manage Your Mindset and Relaxation

A new session that includes some information about managing your mindset that we have touched on before, with some new techniques and information to build on so you can understand how we think, and why we do what we do, and how to improve things in your world. Important note - no need to have attended any prior Mindset sessions.

Facilitator:	Suzie Williams
Date:	Friday 26 November 2021
Time:	10am – 2pm
Venue:	Weston Creek Community Centre — Room 1
To Register:	(02) 6207 3628 or carerskills@cit.edu.au

A Restorative Yoga Retreat

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 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 must be experienced to fully appreciate how relaxing it can be!

If you have your own bolster, please bring it. As well as your yoga mat, a blanket, and 2 cushions/pillow.

Facilitator:	Suzie Williams
Date:	Monday 29 November 2021
Time:	10am – 2pm
Venue:	Weston Neighbourhood Hall
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.

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

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

CIT Skills for Carers

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Canberra Institute of Technology
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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

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

Send an email to carerskills@cit.edu.au to receive the CIT Skills for Carers Newsletter by email.

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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