



Alfred Health Carer Services presents the

# May - July 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 **May to July 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](http://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?**

- All events in this program are for Carers only, this means only you can attend the event.
- 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 page below to fill out the Expression of Interest Form.

# TO REGISTER



[Click Here](#)





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- 33-35 Calendar of Events

# 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, 3rd & 17th of May  
Fri, 7th & 21st of June  
Fri, 5th & 19th of July

**Time:** 11.00am - 12:00pm

**Where:** Online (Zoom)

**Who:** Male carers ONLY

*Apply at any time*



# 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, 8th & 22nd of May  
Wed, 5th & 19th of June  
Wed, 3rd, 17th & 31st of July

**Time:** 11:00am - 12:00pm

**Where:** Online (Zoom)

**Who:** 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, 9th of May  
Thu, 13th of June  
Thu, 11th of July

**Time:** 10:30am - 11:30am

**Where:** Online (Zoom)

**Who:** Carers ONLY

**Expression of interest cut-off dates:**  
Thu, 18th of April  
Thu, 23rd of May  
Thu, 20th of June



# 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, 15th of May  
Wed, 19th of June  
Wed, 17th of July

## **Expression of interest cut-off dates:**

Wed, 1st of May  
Wed, 5th of June  
Wed, 3rd of July

**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, 24th of May (the 2nd last Friday of May)  
Fri, 28th of June  
Fri, 26th of July

**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, 30th of May  
Thu, 27th of June  
Thu, 25th of July

**Expression of interest cut-off dates:**  
Thu, 2nd of May  
Thu, 30th of May  
Thu, 27th of June

**Time:** 11:00am - 12:00pm

**Where:** Online (Zoom)

**Who:** Carers ONLY



# Art & Craft Events





# Turkish Mosaic Lamp Workshop

Discover how to make a traditional Turkish mosaic lamp with Art Masterclass in **Dandenong**.

In this class, you will learn the techniques of this 500-year ancient craft. You will learn and practice assembling geometric patterning as well as techniques for laying the tiles (tesserae). Using your selected geometric template you will be guided to create your own traditional Turkish mosaic lamp!

Over two and a half hours, you will craft your mosaic design using 500-year-old techniques using your favourite coloured tiles and beads.

The workshop will be complemented by a sumptuous Turkish tea service and Turkish Delight that you can devour as you create!

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:** Fri, 10th of May

**Expression of interest cut-off dates:**  
Fri, 19th of April

**Time:** 1:00pm - 3:30pm

**Where:** Dandenong

**Who:** Carers ONLY



# 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, 23rd of May  
**Time:** 11:00am - 12:00pm  
**Where:** Bunnings **Moorabbin**

**Expression of interest cut-off dates:**  
Thurs, 25th of April

**Date of the Event**  
**Date:** Wed, 12th of June  
**Time:** 10:00am - 11:30pm  
**Where:** Bunnings **Keysborough**

**Expression of interest cut-off dates:**  
Wed, 15th of May



# 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 **May** session is: **Embroidery**

A mindful moment with a sense of adventure!

In this session, we will be using a DIY kit to embroider the iconic Tokyo skyline in spring.

On the day, you will need:

- Your Tokyo Dreaming Embroidery Kit (includes all materials and instructions) that we will send to you.
- A clean, bright work space.
- Scissors.

**Date of the Event:**  
**Dates:** Tue, 21st of May

**Expression of interest cut-off dates:**  
Tue, 23rd of April

**Time:** 1:30pm - 3:00pm

**Where:** Online (Zoom)

**Who:** Carers ONLY



# 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 **June** session is: **Radial Paper Relief Sculptures**

Origami meets mandala art.

In this session, we will be creating unique, colourful designs of radial symmetry using folded origami paper.

On the day, you will need:

- Your crafternoon kit that we will send to you.
- A clean, bright work space.
- Scissors / stanley knife, and glue.
- Optional: your own origami or scrap pieces of paper.

**Date of the Event:**  
**Dates:** Tue, 18th of June

**Expression of interest cut-off dates:**  
Tue, 21st of May

**Time:** 1:30pm - 3:00pm

**Where:** Online (Zoom)

**Who:** Carers ONLY



# 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 **July** session is: **UFOs** (Un-Finished Objects)!

Do you have an unfinished crafternoon kit?

A piece you have been working on? Or an idea you have been waiting to start?

This session is an open space for everyone to gather, work on, and share their project of choice.

On the day, you will need:

- The materials for your own project.
- A clean, bright work space.
- A cup of tea :)

**Date of the Event:**  
**Dates:** Tue, 16th of July

**Expression of interest cut-off dates:**  
Tue, 18th of June

**Time:** 1:30pm - 3:00pm

**Where:** Online (Zoom)

**Who:** Carers ONLY



# Beautiful Drippy Blossom Painting

In this workshop, in **Mornington**, you'll learn how to paint beautiful drippy blossoms.

Whether you're a beginner or have some experience, there's no need to worry. The class is all about having fun with paint, and we believe there are no mistakes - you'll keep at it until you love your creation. The friendly teacher will guide you in a relaxed, nurturing, and non-judgmental way, ensuring you feel comfortable throughout the class.

All painting materials are provided, so all you need to bring is yourself and a positive attitude. Get ready to learn some wonderful painting techniques in a short amount of time.

The best part is, you'll be able to take home your very own beautiful drippy blossoms creation to hang on your wall. It's a great way to add a personal touch to your home decor.

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

**Date of the Event:**  
**Dates:** Wed, 24th of July

**Expression of interest cut-off dates:**  
Wed, 26th of June

**Time:** 11:00am - 1:00pm

**Where:** Mornington

**Who:** Carers ONLY







# Pasta Cooking Masterclass

Learn how to make egg pasta followed by an authentic Italian lunch in **Elsternwick**.

In this hands-on interactive class, you will learn how to make classic authentic Italian pasta by hand.

Enjoy a coffee upon arrival and then get stuck into the pasta making.

After making your pasta, sit back, relax and enjoy a pasta lunch.

You will get to take home your handmade pasta made during the class along with a goodie bag to help you practice your new pasta making skills at home.

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

Please Note: The menu is Vegetarian but **CANNOT** be Vegan or Gluten Free.

## **Date of the Event:**

**Dates:** Thurs, 20th of June

**Time:** 11:00am - 1:00pm

**Where:** Elsternwick

**Who:** Carers ONLY

## **Expression of interest cut-off dates:**

Thurs, 23rd of May

# Wellness Events





# 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, 1st, 8th, 15th, 22nd & 29th of May  
Wed, 5th, 12th, 19th & 26th of June  
Wed, 3rd, 10th, 17th, 24th & 31st of July

**Time:** 9:30am - 10:00am

**Where:** Online (Zoom)

**Who:** Carers ONLY

*Apply at any time*



## 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, 7th, 14th, 21st & 28th of May  
Tue, 4th, 11th, 18th & 25th of June  
Tue, 2nd, 9th, 16th, 23rd & 30th of July

**Time:** 11:00am - 12:00pm

**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:**

**Dates:** Thu, 30th of May  
Thu, 27th of June  
Thu, 25th of July

**Time:** 1:00pm - 1:45pm

**Where:** Online (Zoom)

**Who:** Carers ONLY

*Apply at any time*

# Information Sessions





# Financial Resilience for Carers

With the rising cost of living, every bit of information and support can make a difference.

Alfred Health Carer Services is offering an information session with guest speakers from the following organisations/programs:

- Services Australia (ie Centerlink, Medicare and Child Support)
- Uniting Vic Tas - Energy Support Program

This face to face event will provide carers an opportunity to:

- Be informed about financial services available to carers
- Learn about supports to help build financial capability and resilience
- Ask questions in person

Morning tea and lunch will be provided.

You will need to make your own way to the venue on the day.

**Date of the Event:**

**Dates:** Thurs, 18th of July

**Expression of interest cut-off dates:**

Thurs, 20th of June

**Time:** 9:30am - 1:00pm

**Where:** City of Greater Dandenong

**Who:** Carers ONLY

**Pease Note** - the exact date, time and location of the event are to be confirmed.  
Please express your interest to ensure you are informed of any updates.

# Out & About Events







## Out Doors Inc.

# Dandenong Ranges Day Trip

Enjoy a day getting out and about in the Dandenong Ranges!

The day will involve:

- A saunter through Alfred Nichols Memorial Garden in Sherbrooke.
- A short drive to a nearby picnic area, for a barbeque lunch.
- Plenty of time to gather and connect with fellow carers amidst the Dandenong Ranges.

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 the Dandenong Ranges will depart from Caulfield Hospital and Frankston.
- You may also make your own way to the Dandenong Ranges.

**Date of the Event:**  
**Dates:** Wed, 15th of May

**Time:** 10:00am - 3:00pm  
**Where:** Dandenong Ranges  
**Who:** Carers ONLY

**Expression of interest cut-off dates:**  
Wed, 17th of April



OUT DOORS INC.®



# FRANKSTON Arts Centre Presents Practically Perfect: The Music of Julie Andrews

Don't miss this glorious stage production celebrating the life and music of the legendary Dame Julie Andrews, starring Rosa McCarty and Jonathan Guthrie-Jones. An all-singing, all-dancing journey from the West End to Broadway and onto Hollywood.

Featuring some of her best known songs from shows such as Mary Poppins, My Fair Lady, The Sound of Music, Victor Victoria and more, interwoven with stories of her life both on and off the stage, be taken on an all singing, all dancing journey from the West End to Broadway and onto Hollywood.

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

Complimentary refreshments will be provided before the show, with some time to chat to fellow carers.

**Date of the Event:**  
**Dates:** Fri, 17th of May

**Expression of interest cut-off dates:**  
Fri, 26th of April

**Time:** 1:30pm - 3:00pm

**Where:** Frankston Arts Centre

**Who:** Carers ONLY



## Sandybeach Presents Music Alive

Join us for a lively and popular music program that will get your toes tapping!

We have reserved a table at the Sandybeach Centre so you can join other carers at a session of the very popular Music Alive program.

Go on a musical journey with popular melodies and lively sing-along fun.

Join some other carers at Sandybeach Centre and experience the joy of music!

Afternoon Tea will be provided.

Please select the session/s you would like to attend on the Expression of Interest form.

You will need to make your own way to Sandybeach Centre.

**Date of the Event:**

**Dates:** Tues, 28th of May  
Tues, 25th of June

**Expression of interest cut-off dates:**

Tues, 7th of May  
Tues, 4th of June

**Time:** 12:30pm - 3:00pm

**Where:** Sandringham

**Who:** Carers ONLY



## KINGSTON Arts Centre Presents It's De-Lovely

It's De-Lovely – A Celebration of Cole Porter. International cabaret performer and jazz singer Belinda Hanne-Reid, pianist Mark Bradley, and a special guest perform music by one of the greatest songwriters of all time.

Cole Porter was an American composer and songwriter. Many of his songs became standards noted for their witty, urbane lyrics, and many of his scores found success on Broadway and in Hollywood films. Join us to hear Belinda Hanne-Reid sing many of Cole Porter's famous tunes, including it's DeLovely.

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:** Tues, 18th of June

**Expression of interest cut-off dates:**  
Tues, 21st of May

**Time:** 10:00am - 12:00pm

**Where:** Kingston Arts Centre, Moorabbin

**Who:** Carers ONLY

# MAY 2024



MON	TUE	WED	THU	FRI	SAT/SUN
		1 <u>Take-A-Breath</u> 9:30am - 10:00am	2 <u>Book Club</u> (April Session) 11:00am - 12:00pm	3 <u>Carers Crew</u> 11:00am - 12:00pm	4/5
6	7 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	8 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	9 <u>BINGO</u> 10:30am - 11:30am	10 <u>Turkish Mosaic Lamp</u> 11:00am - 1:00pm	11/12
13	14 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	15 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Online Movie Club</u> 1:00pm - 2:00pm <u>Dandenong Day Trip</u> 10:00am - 3:00pm	16	17 <u>Carers Crew</u> 11:00am - 12:00pm <u>Practically Perfect</u> 1:30pm - 3:00pm	18/19
20	21 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm <u>Craftmoons</u> 1:30pm - 3:00pm	22 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	23 <u>Bunnings Moorabbin</u> 10:00am - 11:30am	24 <u>Rainbow Crew</u> 10:30am - 12:00pm	25/26
27	28 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm <u>Music Alive</u> 2:00pm - 4:00pm	29 <u>Take-A-Breath</u> 9:30am - 10:00am	30 <u>Book Club</u> 11:00am - 12:00pm <u>Meditation Soundbath</u> 1:00pm - 1:30pm	31	

# JUNE 2024



MON	TUE	WED	THU	FRI	SAT/SUN
					1/2
3	4 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	5 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	6	7 <u>Carers Crew</u> 11:00am - 12:00pm	8/9
10	11 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	12 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Bunnings - Keysborough</u> 10:00am - 11:30am	13 <u>BINGO</u> 10:30am - 11:30am	14	15/16
17	18 <u>It's De-Lovely</u> 10:00am - 12:00pm <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm <u>Crafternoons</u> 1:30pm - 3:00pm	19 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm <u>Online Movie Club</u> 1:00pm - 2:00pm	20 <u>Pasta Masterclass</u> 11:00am - 1:00pm	21 <u>Carers Crew</u> 11:00am - 12:00pm	22/23
24	25 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm <u>Music Alive</u> 2:00pm - 4:00pm	26 <u>Take-A-Breath</u> 9:30am - 10:00am	27 <u>Book Club</u> 11:00am - 12:00pm <u>Meditation Soundbath</u> 1:00pm - 1:30pm	28 <u>Rainbow Crew</u> 10:30am - 12:00pm	29/30

# JULY 2024



MON	TUE	WED	THU	FRI	SAT/SUN
1	2 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	3 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm	4	5 <u>Carers Crew</u> 11:00am - 12:00pm	6/7
8	9 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	10 <u>Take-A-Breath</u> 9:30am - 10:00am	11 <u>BINGO</u> 10:30am - 11:30am	12	13/14
15	16 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm <u>Crafternoons</u> 1:30pm - 3:00pm	17 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm <u>Online Movie Club</u> 1:00pm - 2:00pm	18 <u>Financial Resilience</u> 9:30am - 1:00pm	19 <u>Carers Crew</u> 11:00am - 12:00pm	20/21
22	23 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	24 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Drippy Blossom Paint</u> 11:00am - 1:00pm	25 <u>Book Club</u> 11:00am - 12:00pm <u>Meditation Soundbath</u> 1:00pm - 1:30pm	26 <u>Rainbow Crew</u> 10:30am - 12:00pm	27/28
29	30 <u>Wellbeing &amp; Self-Care</u> 11:00am - 12:00pm	31 <u>Take-A-Breath</u> 9:30am - 10:00am <u>Let's Talk Dementia</u> 11:00am - 12:00pm			

# Thank you for caring!



AlfredHealth



Alfred Health Carer Services acknowledges the support of the Victorian Government

Visit our website: [www.alfredhealthcarers.org.au](http://www.alfredhealthcarers.org.au)