HEALTH AND WELLBEING

Carers NSW Australia

CARER SELF-CARE & WELLBEING EVENTS

Join us for a range of free online events focusing on carer health and wellbeing.

Following the success of the health and wellbeing workshops held during Carers Week 2020, Carers NSW is inviting carers to join a range of self-care and wellbeing events.

These events include strength and balance, meditation and art workshops. Classes are free and will be delivered online through ZOOM by qualified instructors.

For more information and to register click on the links provided.

ENQUIRES:
P: 02 9280 4744
E: education@carersnsw.org.au

ART FOR WELLBEING
Art is a gentle, powerful resource to cultivate wellbeing.
Thursday 10am to 11.30am
April 22, May 6, May 20, June 3, June 17, July 1
To register click here.

STRENGTH & BALANCE
Gently build strength and bring awareness to how the body moves.
Friday 10am to 10.45am
April 30, May 7, May 14, May 21, May 28, June 4, June 11, June 18
To register click here.

MEDITATION & BODY AWARENESS
Learn simple techniques to relax and let go of tension in the body.
Friday 2pm to 2.30pm
April 30, May 7, May 14, May 21, May 28, June 4
To register click here.

Carers NSW Australia

Strength & Balance

Every Friday 10.00-10.45am from 30th April for 8 weeks

The Strength & Balance series will take you through a range of and improve your balance and leg strength. Exercise can be easy and enjoyable, and during this class we will work from head to toe with a range of simple moves. All exercises are either in standing or with a chair so it will be suitable for those who are not confident to go to the mat.

For this class you will need the following:

* a dining chair (no arms if possible)
* a set of dumbbells (you can use two water bottles or cans of food)
* a drink to stay hydrated

Meditation and Body Awareness

Every Friday 2.00-2.30pm from 30th April for 6 weeks.

We can all benefit from taking a moment to relax and unwind and in these sessions you will learn some simple techniques you can use to really allow your body to relax and let go of any tension we hold.

This meditation series will incorporate a range of seated and lying techniques to develop your awareness of your body and release tension and stress. There are 30 minutes of time to give to yourself to reconnect and rejuvenate through simple guided breathing techniques and gentle body movements.

Meet the instructor

Strength & Balance and Meditation and Body Awareness are led by Stephen Gammack from Soulfit (www.soul.it). Stephen has been involved in fitness and wellbeing for over 20 years and has a philosophy of a relaxed and calm approach to physical fitness. In the classes he teaches the focus on gently building strength and bringing greater awareness to how the body moves, using exercises that make a difference to health. Originally from Scotland, Stephen trained in Sports Therapy and Exercise Science. He has been living and teaching in Sydney since 2016, where he lives with his wife and young son.

www.carersnsw.org.au contact@carersnsw.org.au 02 9280 4744 PO Box 785 North Sydney NSW 2059

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Art for Wellbeing

Every 2nd Thursday 10.00-11.30am from April 22 for 6 sessions.

Calm and revitalise your carer's heart and mind. Art is a gentle, powerful resource to cultivate wellbeing. It is literally at your fingertips. Even if you don't feel artistic, you can expect to find joy and respite from playing with collage, pastels and paints in a supportive environment. With Sally's expert guidance, connect with creativity in community. Soothe jagged nerves, shift your mood, bring fresh perspectives and re-boot your day.

Workshop Themes

Each workshop will focus on a different theme.

Week 1. Sanctuary
play with basic art materials to create your place of safety, peace and groundedness
Week 2. Art Balm
use art as meditation to calm your whole being
Week 3. Collage of Small Joys
envision moments of self-care and nourishment
Week 4. Be as a tree
connect with strength and interconnectedness in the ecosystem of you
Week 5. Picture-Story
allow shapes to wend their way across the page, telling a tale as they go
Week 6. Circle of Sustenance
draw forth the colours of support in your life

Places for these classes are strictly limited.

Meet the facilitator

Sally Swain (www.artandsoul.cc), artist, author, art therapist and creativity coach, has been running her Art and Soul practice since 1993, supporting individuals, groups and communities to blossom.
Sally has a passion for working with carers and has been a carer herself. She pioneered an art therapy program for relatives of aged care residents, as well as offering creative wellbeing sessions at carers' retreats and forums.

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