

Carers Week 2021

Celebrating our carers

October 11 - 15






Carers Week 2021

Join us for a week of activities celebrating Carers Week. Family members and carers provide ongoing support, at times with no financial aid and with little reprieve. This year AMAH is celebrating Carers Week with yoga, storytime, trivia night and lots more. Spread the word, it's time to celebrate.....

CARERS WEEK 2021!

For further information email: m.tsiros@alfred.org.au or j.legge@alfred.org.au or reach out to a Family/Carer Peer Worker.



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 11 | 12 | 13 | 14 | 15 |
|  <p>9am The FaPMI team present STORYTIME with AMAH <i>Staff share their favorite stories for the kids.</i> A FREE Event https://www.youtube.com/playlist?list=PLRXgQDGmecyESG1O-guWtOmXyWqVon3F1</p> |  <p>9am The FaPMI team present STORYTIME with AMAH <i>A new range of stories released at 9am.</i> A FREE Event https://www.youtube.com/playlist?list=PLRXgQDGmecyHF0oYr5MKLMIJwIXB6PJmG</p> |  <p>9am The FaPMI team present STORYTIME with AMAH <i>A new range of stories released at 9am.</i> A FREE Event https://www.youtube.com/playlist?list=PLRXgQDGmecyGXPKfrpqKxU5W_8anRo84Y</p> |  <p>9am The FaPMI team present STORYTIME with AMAH <i>A new range of stories released at 9am.</i> A FREE Event https://www.youtube.com/playlist?list=PLRXgQDGmecyFiMdokP80JLIA03c8QCgn-</p> |  <p>9am The FaPMI team present STORYTIME with AMAH <i>A new range of stories released at 9am.</i> A FREE Event https://www.youtube.com/playlist?list=PLRXgQDGmecyGxoAlpL_xECoe-hf1H85v9</p> |

**5pm
Australia Theatre Live
Presents
David Williamson's
'EMERALD
CITY'**



*Fading screenwriter
Colin is not long in
Sydney before
he's seduced by its
obsession with
success.
Recorded in front of
a live studio
audience*

Launched at 5pm
Monday, access to
this performance will
be available all week
A FREE Event

<https://www.eventbrite.com.au/e/david-williamsons-emerald-city-tickets-180674120157>

Password - carers



**9am - 5pm
TheMHS Conference
Carers Forum**

The Carer Forum, aims to be a safe and welcoming space for not only mental health carers and consumers but anyone who wishes to attend. Irrespective of your background, work or qualifications we ask you to bring a receptive and sharing perspective to the day.

Registration \$30 for Carers Day via

<https://www.themhs.org/melbourne-conference-registration-2021/>



**10am - 12pm
Mental Health Carers
Information Session**

Four speakers from mental health support groups presenting strategies and information for families. Presenters include: Alfred Carers, Voices Vic, Satellite Foundation & BPD Community
A FREE Event

Register through:
www.eventbrite.com.au/e/mental-health-carers-information-session-tickets-180643267877



**11am - 1.30pm
The Art of Creative
Thinking**

Presented by Alfred Carers this workshop aims to nurture your creative spirit, challenge the way you think and encourage your self-expression.*

A FREE Event
Express your interest via:

<https://www.carersouth.org.au/events>

*Must be registered with Carer Gateways to attend event



**10.30am
Yoga 4 Adults**

Kirsty Greene provides a relaxing yoga session and meditation. Food for the soul!

A FREE Event

Register through:
www.eventbrite.com.au/e/yoga-4-adults-tickets-180647079277

4pm

**YOGA 4 Kids by Viva
Physiotherapy**



*Certified
Pilates
Instructor and
Yoga
teacher,
Kathryn*

Anderson has 20 years of working clinically as a physiotherapist. Seeing a need for creating a space where bodies were treated holistically, Kathryn created, Viva Physiotherapy.

You can find Viva at Level 9, 289 Flinders Lane, Melbourne VIC 3000.

vivaphysiotherapy.com

A FREE Event

<https://us02web.zoom.us/j/82054011589?pwd=c0NnR3NlMUm4zN0J2bEJwc2hNR1k2UT09>

Meeting ID: 820 5401 1589
Passcode: 708379

1pm – 2pm

Di talks Dementia



Join Older Adult Psychiatric Nurse, Di Alphonso speak about

the behavioral challenges of caring for someone with Dementia. Di has decades of experience in caring for and training others in how to adapt to the person in need while continuing self-care.

A FREE Event

Register through:

<https://www.eventbrite.com.au/e/di-talks-dementia-tickets-183049053647>



**7pm
Trivia with Jan**

Join AMAH's very own Jan Holt for a night of laughs and show off your trivia knowledge!

A FREE Event

<https://www.eventbrite.com.au/e/trivia-with-jan-tickets-181441314857>