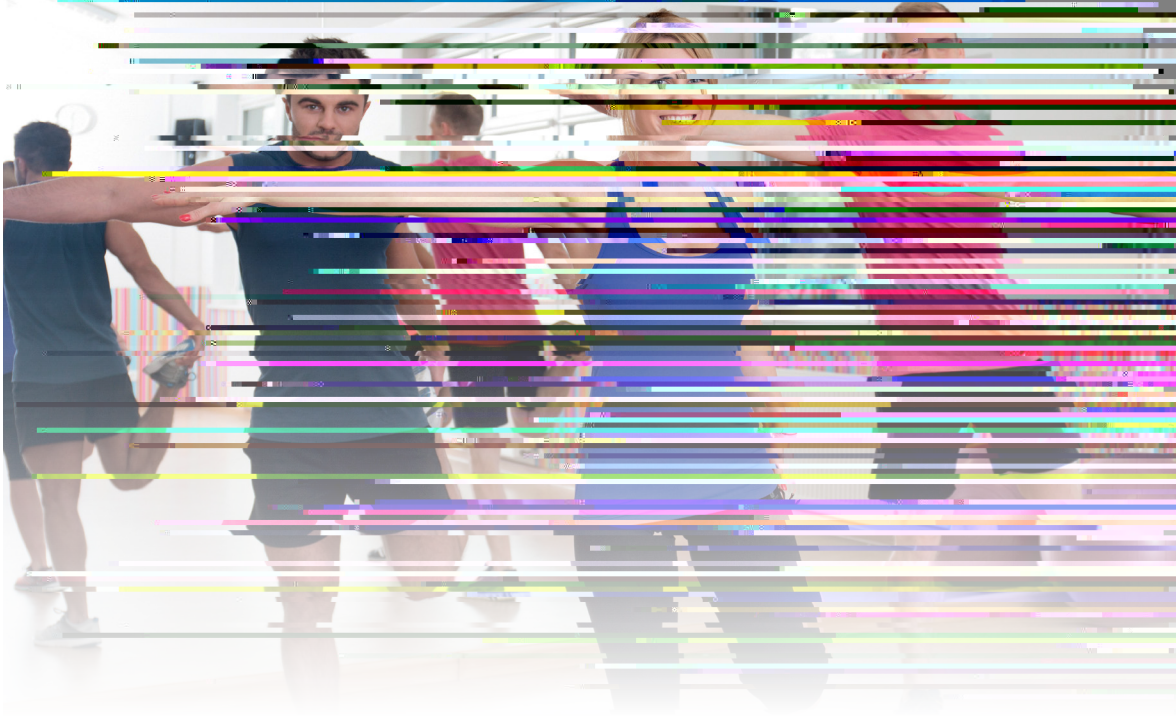

Welcome back to another semester of CIT Skills for Carers!

We have started this decade with record-breaking temperatures and a continuation of huge bush res across Australia. Our thoughts go out to those who have been a ected by these circumstances and have experienced any kind of loss.

This year, in collaboration with CIT Fit & Well, CIT Skills for Carers celebrates the opening of the CIT Fit & Well Allied Health Clinic at CIT Bruce by moving the Healthier Carers classes from CIT Sports Hall to the new clinic. This change allows us to move the Healthier Carers class to the morning and will allow carers more exibility to join Hatha Yoga if they wish. Healthier Carers will continue with two sessions per week to ensure you are getting the best out of your sessions. This program may include the use of CIT Fit & Well gym where applicable.

This semester, CIT Skills for Carers will move back to a semester-based delivery. Carers will continue to get the bene ts of 18 weeks delivery total in a semester, with a 2 week break in between. We are continuing to deliver First Aid courses in collaboration with St. John Ambulance. It is recommended that you attend the workshop to refresh your memory and to keep up with updates. We are o ering one session in the morning and one in the afternoon to accommodate your availability. We will also be exploring courses on a new topic, following carers' suggestions, such as Preparing for Death. 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 insu cient numbers or should unforeseen circumstances occur.

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 viaCarerSkills@cit.edu.au

We hope that you will nd the courses we o ered this semester of interest. Wishing you all the best for the rest of the year, and look forward to seeing you at one of our sessions.

Mai, Tahrima, and Simon
The CIT Fit & Well Skills for Carers Team

Please note that all our courses are for family or unpaid carers, not for sta , and there are no course fees.

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PREPARING FOR DEATH

This course is suitable for anyone who is in a caring role.

Suzie will help you to explore, consider and discuss the many aspects of an often uncomfortable and yet inevitable subject we will all face ourselves one day. Many of us will also be involved in helping family and friends who are ill or ageing, prepare for their death in a respectful and transparent way. There is so much fear and uncertainty often associated with the many angles of preparing for death. Whether it be your own or someone else's, it is best to discuss and prepare yourself and others well ahead, so it doesn't become a time that is fraught with unexpected and di cult decisions.

We will cover the practical, as well as physical, mental, emotional and spiritual aspects that need to be addressed. By doing this you can have a plan and be aware of issues as they arise so that potential problems can be avoided. It is often a very di cult time for everyone and emotions can run high and create problems, so being prepared is the best way to cope with whatever comes up.

We will include some time at the end to go through some calming breathing, movement and relaxation techniques, which will be helpful in any stressful situations that may lie ahead.

FACILITATOR	Suzie Williams
DATE:	Monday 11 May 2020
TIME:	10:00am – 2:00pm
VENUE:	Weston Creek Community Centre – Room 1
TO REGISTE	(02) 6207 3628 CarerSkills@cit.edu.au

MEMORY BOX

This session is for carers who would like the opportunity to decorate a box for special memories of a loved one. This may be particularly appropriate for those carers who have loved ones who are now in a nursing home, live in supported accommodation, for those who look after a person with dementia or who looked after a loved one and that person is no longer with us. Please bring along special photos if you would like to use some to decorate the box. A carer may also like to make their own box. A range of boxes will be available but also carers are welcome to bring their own with them if a certain size is required.

FACILITATOR	Carol Guy