



Carer News August 2022

Hi Everyone,

Spring is quickly approaching, providing more opportunities to step outside. Taking those moments in your day, just to take a breath and allow your mind to stop and recharge can be an important tool to assist you in your role as a carer.

The words of Thich Nhat Hanh, a Vietnamese Thiền Buddhist monk, sometimes referred to as the "father of mindfulness" expresses the significance of taking a breath, "Breath is the bridge which connects life to consciousness, which unites your body to your thoughts. Whenever your mind becomes scattered, use your breath as the means to take hold of your mind again."

This month's newsletter offers opportunities for self-care, support and education.

EVENTS

Kitchen Table Conversations

The next online carers group, Kitchen Table Conversations, Thursday **August 11th at 10.30am** and **Thursday August 25th at 7pm**. If you would like to attend the group, please RSVP so I can send you the joining information.

Youth Hub

The Hub has been created for younger people (aged 13 – 21 years) who are connected to and caring for someone with MND. It is a space to chill and connect with others from all over Australia with similar experiences. MND NSW Youth Hub will be run online every second month.

The next MND NSW Youth Hub will be on **Wednesday 3rd August at 7pm**. Please note all MND NSW team members supporting MND NSW Youth Hub are required to hold a Working with Children's check.

Upcoming Support Groups

- Newcastle & Hunter Support Group – 10th August, 10.45am – Merewether Bowling Club
- Campbelltown Support Group – 11th August, 10am – Campbelltown Arts Centre
- North West Support Group – 15th August, 10am – Online
- Illawarra Support Group – 17th August, 10am – Port Kembla Hospital

INFORMATION

MND Hub

The MND Hub contains information modules for people with MND, their family and friends, as well as modules for allied health and medical professionals. The courses have been colour coded for ease of choice:

- **Green Modules:** are for Carers, people with MND and anyone providing psychosocial support for a person with MND.
- **Orange Modules:** are a series of modules being created to investigate NDIS and My Aged Care.
- **Blue Modules:** have been designed with allied health in mind, however, can be accessed by carers and people with MND also.

To view the modules, please click here: www.mndhub.org.au. If you would like to access a module, please email reg@mndnsw.org.au to request your free access code.

Young Carer Bursary Program

The Young Carer Bursary Program supports young carers to continue with their education. The program offers bursaries of \$3000 each year. Applications for the Young Carers Bursary Program 2022 are open from now through to 30 September.

You can find out how to apply here: [Young Carer Bursary | Young Carers Network](#) If you need any help in applying please do not hesitate contact us.

Carer Workshops

Carers NSW are running workshops focussing on your wellbeing and mindfulness. Workshops this month include:

- Carers Gateway services and supports – 2nd August
- Carer Skills: a 30-minute overview – 4th August
- Immersive Meditation – 5th August
- Navigating My Aged Care – 9th August
- Online games – letters and numbers – 12th August
- 5 Ways to Wellbeing: Introduction – 18th August
- Visual Experience – Amazon Rainforest – 19th August
- Health and Wellbeing – 23rd August
- Read Aloud Book Club – 26th August
- Future Matters: the importance of carers planning ahead – 31st August

More information can be found on the Carers NSW website [Upcoming events | Carers NSW](#)

Art Gallery Experience for Carers

Palliative Care NSW, in conjunction with the Art Gallery of NSW are offering an opportunity for a mindful journey through to engage in a guided experience of art and conversation using slow-looking techniques to observe, explore, and discuss your insights on art and life.

The experience is facilitated by artist and researcher Dr Gail Kenning and Danielle Gullotta, senior access programs producer at the Art Gallery of New South Wales. This program has been developed specifically for those who are supporting a person receiving palliative care. You will be asked how you identify in your caring role, you do not have to answer, but it will help them to best facilitate a shared empathic experience.

Registering details and dates below:

- August 13th **Pause: Making connections**
<https://tickets.artgallery.nsw.gov.au/events/01819433-cfb5-28c0-3a3f-b24ade497665>
- August 20th **Pause: What matters most**
<https://tickets.artgallery.nsw.gov.au/events/01819438-2848-43f6-bce0-3269d8986805>
- August 27th **Pause: Compassionate care**
<https://tickets.artgallery.nsw.gov.au/events/0181943a-a791-fb22-f7d4-397e47cf3762>

Or for more information:

[Pause: A program for carers delivered by the Art Gallery of New South Wales](#)

Just a little reading

The Invisible String by Patrice Karst

This heart-warming picture book is a resource recommended by the Children's Hospital Westmead. It explores questions about the intangible yet unbreakable connections between us and opens up deeper conversations about love.

The story offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace and delivers a particularly compelling message in today's uncertain times. This book can be used as a tool to assist in difficult conversations.

A final note: **"Self – care is how you take your power back"** – Lalah Delia.

Warm wishes,
Natalie

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