



Carers News September 2022

Hi Everyone,

And just like that, Spring is here. This month we look at some ways to enjoy the warmer weather, as well as updates on upcoming support groups, webinars, and workshops. Next month will be Carers Week which runs from **Sunday 16th to Saturday 22nd of October**. MND NSW will be organising something special for our carers during that time, we will let you all know soon the details of these events.

EVENTS

Kitchen Table Conversations

The next online carers group, Kitchen Table Conversations, **Thursday September 15th at 10.30am** and **Thursday September 29th 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 4th October 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

For all upcoming events and webinars, please see our website: [All Events - mndnsw.org.au](https://mndnsw.org.au)

- Western Sydney Support Group – 15th September 10.00am – The Ponds Community Group
- North Sydney Support Group – 29th September, 10am – Hornsby RSL Club
- Illawarra Support Group – 21st September, 10am – Port Kembla Hospital
- Chat and Connect - 28th September, 10am - Online

Walk to d'Feet MND

The next MND NSW Walk to d'Feet MND will be held in Port Macquarie on the 11th of September at 10am at Westport Park, Port Macquarie. For more information on how to register click here [Walk to d'Feet MND - Port Macquarie](#)

INFORMATION

Carer Workshops

- Carers NSW are running workshops focusing on your wellbeing and mindfulness. Workshops this month include:
- Carer Meetup – 26 September
- Visual Experience – International Space Station – 16 September
- Health and Wellbeing – 23 August
- Read-aloud Book Club – 23 September
- Understanding and Supporting Carers – 23 September
- Future Matters: the importance of carers planning ahead – 27 September
- Caring Through Crisis: Disaster Planning – 28 September

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

Carer Day Out

After a challenging few years impacted by COVID-19 restrictions, carers, their families and the people they care for are once again invited to attend Carers Day Out 2022. The event is proudly supported by City of Sydney, so entry is free.

Carers Day Out is an opportunity for carers to connect with one another and enjoy a range of entertainment, wellbeing, and relaxation activities. There will be live entertainment on the day from folk rock, Australian singer songwriter Matt Boylan-Smith. A host of activities will also be available, including workshops for carers to take part in relating to arts, crafts, health, and wellbeing. Lunch, tea, and coffee will also be provided for those in attendance. A broad range of information stalls will also be there on the day, connecting carers with relevant service providers and supports.

To register click on the link: [Carers Day Out | Carers NSW](#)

Date: 18th October

Time: 10am- 2pm

Location: Redfern Community Centre, 29-53 Hugo Street, Redfern

Companion Card

The NSW Companion Card program is for people with significant and permanent disability who need a high level of care in the community. The Companion Card allows a cardholder's support person free entry into participating venues and events. For more information read our blog here: [Companion Cards \(mndnsw.org.au\)](#)

Beach Trips

With the warmer weather approaching it is a great time to explore our amazing beaches. Many beaches have made adaptations and provide equipment to provide access to those with mobility issues. Below is a link to some of those beaches. If you have come across any alternative examples, let us know and we can share in upcoming newsletters.

[The best wheelchair accessible beaches NSW has to offer | ConnectAbility Australia](#)

Just a little reading

The fall of Freddie the Leaf: A Story of Life for All Ages – By Leo Buscaglia

Appropriate for all ages—from toddlers to adults—and featuring beautiful nature photographs throughout, this poignant, thought-provoking story follows Freddie and his companions as their leaves change with the passing seasons and the coming of winter, finally falling to the ground with winter's snow.

The Memory Box – By Joanna Rowlands

From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one, to help in the grieving process. Heartfelt and comforting, *The Memory Box* will help children and adults talk about this very difficult topic together. The unique point of view allows the reader to imagine the loss of any they have loved - a friend, family member, or even a pet. A parent guide in the back includes information on helping children manage the complex and difficult emotions they feel when they lose someone they love, as well as suggestions on how to create their own memory box.

A final note: **“learn from yesterday, live for today, hope for tomorrow”** – Albert Einstein

Education and Carer Coordinator

Motor Neurone Disease New South Wales Ltd.

Locked Bag 5005, Gladesville NSW 1675

Ph. 02 8877 0999 (reception)

Fax. 02 9816 2077

MND NSW Info Line 1800 777 175 (Freecall NSW, ACT and NT)

www.mndnsw.org.au