

Carers News October



Hi Everyone,

It is that time of year when our daylight hours are extended with the arrival of daylight saving and spectacular sunsets. Last month was our first Link and Learn weekend for carers in Port Macquarie, it was a wonderful time to connect and share. There is a lot happening this month:

- **National Carers Week** runs from **Sunday 16th to Saturday 22nd of October**. With funding from Carers NSW, MND NSW is organising something special for our carers: if you are a young carer (under 25) and would like free tickets to take a friend to the cinema during that week, click here:

If you are a carer and would like to join us for **Lunch at the MCA Café** and a free tour of *Perspectives on Place* at the MCA (Museum of Contemporary Art, 140 George Street, The Rocks, please let Sabine know: Sabinek@mndnsw.org.au. MCA Lunch will be on Fri the 21st of October.

- **Day of Hope and Remembrance** – This is a day where as a community, we remember those MND has taken from us, show gratitude for those who work each day to support our community and we offer encouragement to those in research in their quests for a better future.

Date: Saturday 15th October 2022 at 1pm

Venue: Soka Gakkai International Australia: 3 Parkview Drive, Sydney Olympic Park

This year we will also be creating a Field of Hope and Remembrance. Cornflower images will be placed on the lawn on the day to represent those living with MND and those we have lost to MND.

Parking is available onsite, there is no charge to attend, and refreshments will be available after the event.

We look forward to you joining us on this special day.

You can still register: Please [Click Here](#)

- **Link and Learn – Canberra** – our second Link and Learn weekend for carers will be held this month in Canberra. This is an opportunity to relax, connect and revive for carers of all ages. The event will be held on Saturday 29th October to Sunday 30th October. There is still time if you are interested in attending the weekend or maybe attend to participate in the event on either day. For further queries please contact carers@mndnsw.org.au or Kath Teesson katht@mndnsw.org.au

EVENTS

Kitchen Table Conversations

This month we are trialling two evening groups. You are welcome to attend both. The next online carers group, Kitchen Table Conversations, **Thursday October 13th at 10.30am** and **Thursday October 20th 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 5th 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)

- Central and Eastern Sydney Support Group – 6th October 10.00am – online
- Newcastle and Hunter Support Group – 12th October, 10.45 am – Merewether Bowling Club
- Campbelltown Support Group – 13th October, 10am – Campbelltown Arts Centre
- North West Support Group – 17th October, 10am - online
- Illawarra Support Group – 19th October, 10am – Port Kembla Hospital
- ACT Support Group - 19th October 10.30am – MS ACT

Walk to d'Feet MND

The next MND NSW Walk to d'Feet MND will be held in Northern Rivers on the 9th of October at 10am at Meldrum Park, Ballina. For more information on how to register click here [Walk to d'Feet MND - Northern Rivers-Walk to d'Feet MND \(mndnsw.org.au\)](https://mndnsw.org.au)

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.

Date: 18th October

Time: 10am- 2pm

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

To register click on the link: [Carers Day Out | Carers NSW](https://www.carersnsw.org.au)

INFORMATION

Carer Workshops

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

- Art Space(Evening) – 5th October
- Immersive Meditation – 7th October
- Evening Games – Scavenger Hunt – 19th October
- Visual Experience – Sahara Desert – 21st October

Special movie days and morning tea with Carers Gateway around the state - Click here for further details [Upcoming events | Carers NSW](#)

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

Supporting Children Through Bereavement

This webinar being conducted by the Australian Centre for Grief and Bereavement and MND Victoria will provide information to caregivers and families about grief and bereavement, to help equip them with the knowledge and resources to better support their grieving children as well as themselves.

Friday 21 October

10:00am - 11:00am

Register here: [Meeting Registration - Zoom](#)

A confirmation email will be sent to you containing a personal link to the discussion together with some information about joining online.

Planning an Accessible Travel Adventure

An online event with a panel of experienced people within the field of accessible travel will be held Thursday 13th October at 12pm. This session will help you discover how to:

- overcome common travel worries
- plan for travel
- manage your supports

To book please click here [Planning your next accessible travel adventure Tickets, Thu 13/10/2022 at 12:00 pm | Eventbrite](#)

Just a little reading

The Reluctant Carer – By the Reluctant Carer

"Irresistibly funny, unflinching and deeply moving, this is a love letter to family and friends, to carers and to anyone who has ever packed a small bag intent on staying for just a few days. This is a true story of what it really means to be a carer, and of the ties that bind even tighter when you least expect it"

A final note: “Having courage does not mean that we are unafraid. Having courage and showing courage mean we face our fears. We are able to say, ‘I have fallen, but I will get up’” – Maya Angelou

Warm wishes,
Natalie and Kath