

An invitation to

a FREE one day workshop on

Aboriginal Health & Wellbeing: Looking After Ourselves

The workshop aims to enhance the capacity of service providers and Aboriginal carers in promoting carer health and wellbeing within the Aboriginal community.

Based on a train the trainer model the workshop will provide participants with the opportunity to:

- Identify how the caring role impacts on carers health and wellbeing
- Explore the importance for carers in looking after themselves and to teach relevant strategies to help them in their caring role
- Become familiar with the new Carers NSW resource for Aboriginal Health and Wellbeing, including the *Looking after Ourselves DVD* and the Aboriginal Carers Relaxation CD
- Gain an introductory understanding into group facilitation

The workshop is open to:

- Service providers and Aboriginal carers who work with or want to work with carers within the Aboriginal community

Locations and Dates for workshops in 2012

**Tamworth
Wagga Wagga
Central Coast
Newcastle**

**Thursday 23 February
Thursday 15 March
Thursday 22 March
Tuesday 3 April**

Workshop times: 9.30am to 3.00pm. Venue details to be advised.

Morning tea and lunch provided. Program materials provided.

For further information please contact the Education and Training team on **(02) 9280 4744** or email education@carersnsw.asn.au.

Registration available on line via www.carersnsw.asn.au under Training and Events

Kevin Duncan 09

About the resource

Looking After Ourselves is a training resource that aims to increase the capacity of Aboriginal and non-Aboriginal service providers and Aboriginal carers who work with, or want to work with Aboriginal carers to maintain their own health and wellbeing.

Originally developed by Carers NT, Carers NSW have tailored the package to suit the needs of Aboriginal carers in NSW, with input from consultations with Aboriginal communities and the oversight of an Aboriginal Advisory Committee.

The *Looking After Ourselves* resource has five components:

- Carers and caring
- Exercise for health and 'Looking After Me' action plan
- Healthy eating and good rest
- Better breathing and learn to relax
- Talking and listening, health checks and problem solving

Participants attending the train the trainer workshop will have the opportunity to explore each of these components including the *Looking After Ourselves DVD*, and the Aboriginal Carers Relaxation CD.

Participants attending the train the trainer workshops will receive the *Looking After Ourselves Facilitators Training Resource*, a *Looking After Ourselves Carer Support Resource* and a *Koori Carer Yarning Resource Manual*.

Looking After Ourselves received the "Indigenous Social and Emotional Wellbeing" award at the Mental Health Matters Awards 2011, and was also presented at the Festival of International Conferences on Caregiving, Disability, Ageing and Technology (FICCDAT) in Toronto, Canada.

Kevin Duncan 09



AWARDS

Recipient of the Indigenous Social and Emotional Wellbeing award 2011