

### OCTOBER 2016

Please RSVP to ALL October support groups by Monday 26<sup>th</sup> September via the IOE website. If you are unable to access our website, please phone IOE reception on (03) 9758 5522 or email [ioe@ioe.org.au](mailto:ioe@ioe.org.au).

#### **WHITEHORSE SUPPORT GROUP > Tuesday 4<sup>th</sup> October 10am – 12pm**

**Guest speaker: EACH – Christene Wilson**

Come and here Christene speak about EACH and their Family Relationship Support for Carers Service, which can arrange a number of counselling sessions to assist individuals, couples and families to work through issues connected to their caring role, and make decisions for the future of the person with the disability in their family.

Venue: Clota Cottage Neighbourhood House, Box Hill

Morning tea provided

#### **MAROONDAH SUPPORT GROUP > Wednesday 5<sup>th</sup> October 10am – 12pm**

**Guest speaker: lifeAssist – Felicity Preston**

Whether you are a carer of an older person, a person with a disability or a person living with a mental illness, lifeAssist support you and help you maintain your own health and wellbeing. Come along and here Felicity talk about lifeAssist's 'Carer Support Program', and their 'Pathways for Carers' Maroondah, Yarra Ranges and Manningham Walks Program.

Venue: Yarrunga Community Centre, 74-86 Croydon Hills Drive, Croydon Hills.

Morning tea provided.

#### **KNOX SUPPORT GROUP > Tuesday 11<sup>th</sup> October 10am – 1pm**

**Movie luncheon @ Cameo Cinemas in Belgrave – BRIDGET JONES' BABY**

*The continuing adventures of British publishing executive Bridget Jones as she enters her 40's. With two men in her life, a pregnant Bridget Jones must figure out who's the father of her baby. Starring Renee Zellweger, Colin Firth, Patrick Dempsey, Jim Broadbent.*

The movie luncheon includes a lunch pack - sandwich, biscuits and cheese, a muffin, and tea or coffee (please advise of any dietary requirements when you RSVP). These packs will be brought into us after the film has finished and we will enjoy them in the cinema.

Venue: Cameo Cinemas, 1628 Burwood Hwy, Belgrave. Please meet around 10am, for a 10.30 screening of the film.

Co-contribution: \$10 per person.

Maximum places: 15 people – So book your place ASAP!

***YARRA RANGES SUPPORT GROUP > Wednesday 12<sup>th</sup> October 10am – 12pm***

**Coffee and op shopping down Croydon Main Street!**

Meet at George's Gourmet Food Store at 10am to enjoy a coffee, and then stroll down Main Street to browse through the local op shops, including Monkami, Red Parasol, Red Cross, and Vinnies and find a few bargains!

Venue: Meet at George's Gourmet Food Store, 22 - 24B Hewish Rd Croydon at 10am.

Cost: Carers are required to pay for their drink and/or food of choice.

***BOROONDARA SUPPORT GROUP > Monday 17<sup>th</sup> October 10am – 12pm***

**Guest speakers: Disability Services Commissioner – Claire Walker (Senior Capacity Development Worker) and Metro Access Worker from City of Boroondara – David Williams**

**Claire:** The Disability Services Commissioner (DSC) was established on 1 July 2007 under the Disability Act 2006 to improve services for people with a disability in Victoria, through assisting in the resolution of complaints raised by or on behalf of people who receive services. DSC works with people with a disability and disability services to resolve complaints. Come along and hear Claire speak about this program and their complaints resolution process and she will share other information relevant to carers.

**David:** Want to know about what your local government is planning for activities and services within your area to help assist carers and people living with a disability? Come along and listen to David talk about exciting plans for the Boroondara area.

Venue: Bowen Street Community Centre, 102 Bowen St, Camberwell.

Morning tea provided.

***EVENING SUPPORT GROUP > Wednesday 26<sup>th</sup> October 6.30 – 9.00pm***

**Guest speaker from the Chrisalis Foundation – Caterina Kasiaras**

Caterina will share with us her personal journey of caring for her son Christopher - from his medical accident until he passed away. Caterina will be open to questions, such as how did she know when she had the right support worker for Christopher and how to build trust and friendship with a support worker who is caring for your child? She is hoping her journey and experiences can help others. Caterina will then speak about The Chrisalis Foundation Inc. – a not for profit foundation that raises funds to provide resources, support and education to young people living with disabilities in Victoria, to enable them to live a fulfilling life.

Venue: Interchange Outer East's training room, 5 – 7 Yose St, Ferntree Gully, 3156.

Pizzas and drinks provided prior to Caterina's presentation.

Co-contribution: \$5 per person.

***MONASH SUPPORT GROUP > Thursday 27<sup>th</sup> October 10am – 12pm***

**Guest speaker: Association of Children with a Disability – Jenny Salgo**

Come and hear Jenny speak about the Association of Children with a Disability (ACD). Jenny will give an overview of the organisation, explaining the many ways ACD support parents of children with a disability. Jenny will also speak in general about the NDIS, which will be rolling out in the eastern region in November 2017.

Venue: Mount Street Neighbourhood House, 6 Mount St, Glen Waverley.

Morning tea provided.

## NOVEMBER 2016

Please RSVP to ALL November support groups by Monday 24<sup>th</sup> October via the IOE website. If you are unable to access our website, please phone IOE reception on (03) 9758 5522 or email [ioe@ioe.org.au](mailto:ioe@ioe.org.au).

**WHITEHORSE SUPPORT GROUP > Tuesday 1<sup>st</sup> November (Melbourne Cup Day) GROUP CANCELLED**

**MAROONDAH SUPPORT GROUP > Wednesday 2<sup>nd</sup> November 10am – 12pm**

**Scones and tea at Wyreena Conservatory Café, Croydon**

Come and enjoy a relaxing social catch up at The Conservatory Café, situated at the picturesque Wyreena Community Arts Centre on 4 acres of beautiful established gardens. Come and meet, eat and talk in beautiful surrounds while enjoying a freshly baked scone (GF option available) and hot cuppa!

Venue: 13-23 Hull Road, Croydon, Victoria 3136.

Cost: Carers are required to pay for their drink of choice and we will shout you a scone!

**KNOX SUPPORT GROUP > Tuesday 8<sup>th</sup> November 10am – 12pm**

**Guest speakers: Interchange Outer East – Fred Brumhead (CEO) and Marcelo Calderon (volunteer recruitment and development coordinator)**

Fred will be discussing the NDIS – a fantastic opportunity to gain an understanding of the NDIS and how this will impact IOE and our families.

Marcelo will also join us to speak about the wonderful programs and services IOE offers to families.

Venue: Coonara House, 22 Willow Road, Upper Ferntree Gully.

Morning tea provided.

**YARRA RANGES SUPORT GROUP > Wednesday 9<sup>th</sup> November 10am – 12pm**

**Carers Victoria Workshop – ‘CARING FOR YOURSELF’**

*(Please note this is the same workshop we ran for our August evening group)*

Do you take better care of the person you are caring for than yourself? If the answer is yes, you will benefit from this workshop where we will explore why your health and wellbeing are important. We will discuss and share strategies to help you care for yourself.

Key messages: Why caring for ourselves is so important. What stops us caring for ourselves? Some strategies to help us care for ourselves.

Venue: Red Earth Room, Mooroolbark Community Centre, 10-12 Brice Ave, Mooroolbark.

Co-contribution: \$5 per person

Maximum places: 15 places available – Book you place quickly, so don't miss out on this fantastic opportunity!

Morning tea provided.

***BOROONDARA SUPPORT GROUP > Monday 21<sup>st</sup> November 10am – 12pm***

**Movie luncheon at Palace Cinemas, Balwyn**

***Movie TBA closer to the date***

Come and relax and enjoy a movie, followed by a delicious luncheon at the lovely Palace Cinemas. The luncheon includes a delicious gourmet sandwich, a Lavazza Filtered coffee or tea, and cake.

Venue: Palace Cinemas – 231 Whitehorse Road, Balwyn.

Co-contribution: \$10 per person.

Maximum places: 15 people – So book your place ASAP!

***EVENING SUPPORT GROUP > Wednesday 23<sup>rd</sup> November 6.00 – 8.30pm***

**Final Evening Support Group for 2016 – Dinner at The Acorn Pub, The Basin**

Come and join us for a delicious dinner at The Acorn, a beautiful and cosy English restaurant and pub set at the foot of the Dandenong Ranges, in The Basin. A friendly venue with a cottage feel, The Acorn is perfect for getting together with friends. Come and enjoy a parma, hearty pie or fish and chips, with a complimentary beer or wine!

Venue: 375 Forest Road, The Basin, 3154.

Co-contribution: \$10 per person.

Maximum places: 15 people – So book your place ASAP!

***MONASH SUPPORT GROUP > Thursday 24<sup>th</sup> November 10.30am – 12.30pm***  
*(Please take note of later session, as Tai Chi will run from 11.30am-12.30pm).*

**Beginners Tai Chi with Angelina**

Tai Chi is one of China's eternal martial arts with a history that dates back centuries. The external form is known as Wushu or more commonly in the Western World as Kung Fu. Tai Chi is also an ancient health art with a holistic approach to health and well-being. Most people practice Tai Chi for its many health benefits: mental relaxation, physical fitness and breathing, promoting harmony of body, mind and breathe. Those who have seen Tai Chi would have noticed that movements are fluid, graceful and well balanced. It is often known as poetry in motion because of the gentle, slow, dream-like movements. Angelina will run a Sun Style Tai Chi session from 11.30am-12.30pm, which is very beneficial for general health and well-being, improving breathing, co-ordination, balance, strength and flexibility. Suitable for all ages.

Venue: Mount Street Neighbourhood House, 6 Mount St, Glen Waverley.

Co-contribution: \$5 per person.

Morning tea provided.

***SAVE THE DATE > Sunday 27<sup>th</sup> November 11am – 4pm***

**Family Support Services FREE FAMILY FUN DAY at Box Hill Miniature Steam Railway**

Come along with your family and enjoy a fun filled day at the Box Hill Miniature Steam Railway organised by IOE's Family Support Network and Balwyn Rotary Club. Activities include unlimited rides on the miniature train, BBQ, drinks and icy poles, jumping castle, animal farm, face painting, raffle with fabulous prizes, a visit from Santa and much more!

Venue: Box Hill Miniature Steam Railway Society – Corner of Belmore and Elgar Roads, Box Hill. Melways reference Map 47, Grid B4.

Please stay tuned for more details regarding this event!

## DECEMBER 2016

Please RSVP by Monday 28<sup>th</sup> November via the IOE website. If you are unable to access our website, please phone IOE reception on (03) 9758 5522 or email [ioe@ioe.org.au](mailto:ioe@ioe.org.au).

*FINAL SUPPORT GROUP FOR 2016 > Tuesday 13<sup>th</sup> December 9.45am – 12.00pm*

### **Karralyka Music Morning – ‘THE JOY OF CHRISTMAS!’**

Let's celebrate our final gathering for 2016 in festive style, and get into the Christmas spirit!

Karralyka is thrilled to welcome back the Gaslight Company for their wonderful Christmas production, which will get you in the festive mood. Enjoy a mix of traditional Christmas carols blended with some contemporary Christmas songs, and loads of laughs along the way.

At 9.45am, prior to commencement of the show, a delicious morning tea will be served. The production will commence at 10.30am and finish around 11.45am/12pm.

Venue: Mines Rd, Ringwood East.

Co-contribution: \$10 per person.

Maximum places: 30 places – so book your place quickly! We may increase numbers depending on interest in this event.