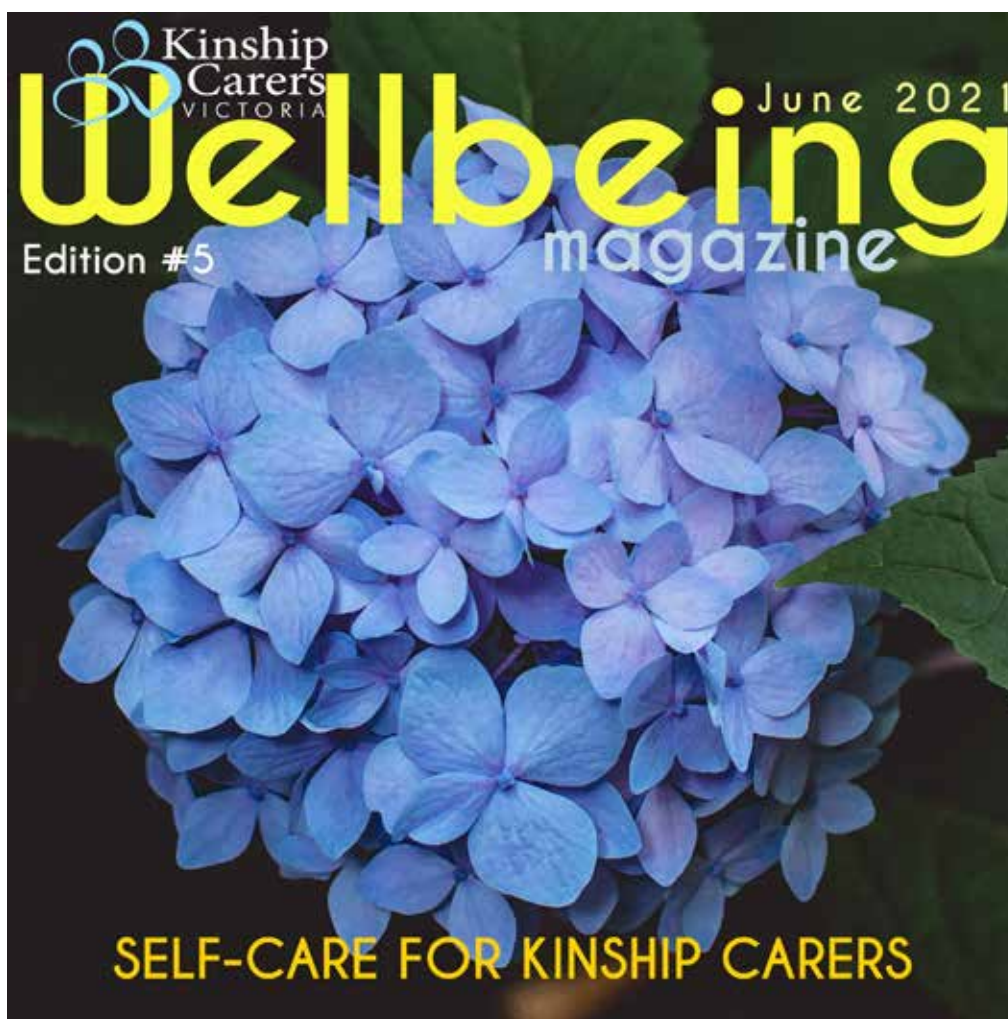




# COMMUNITY RESOURCES for Kinship Carers

**Carers' Wellbeing**



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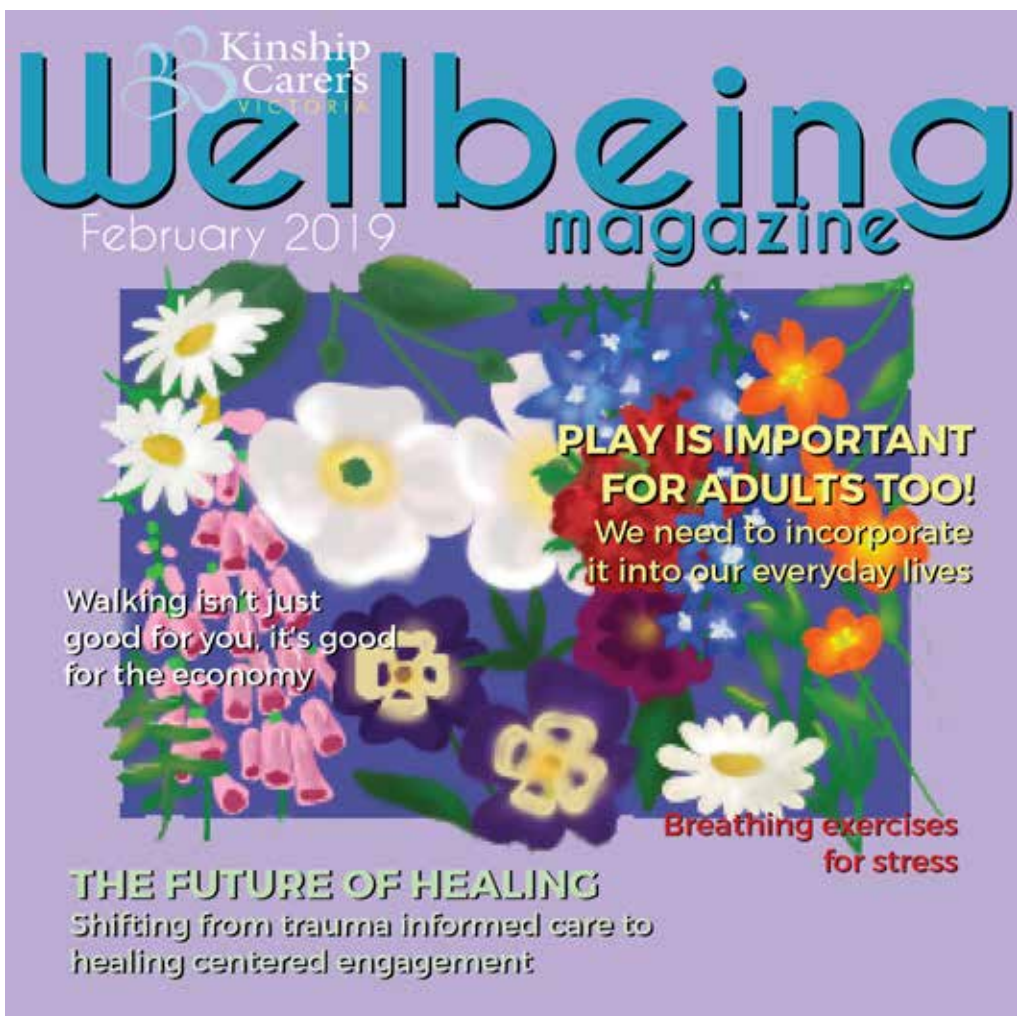
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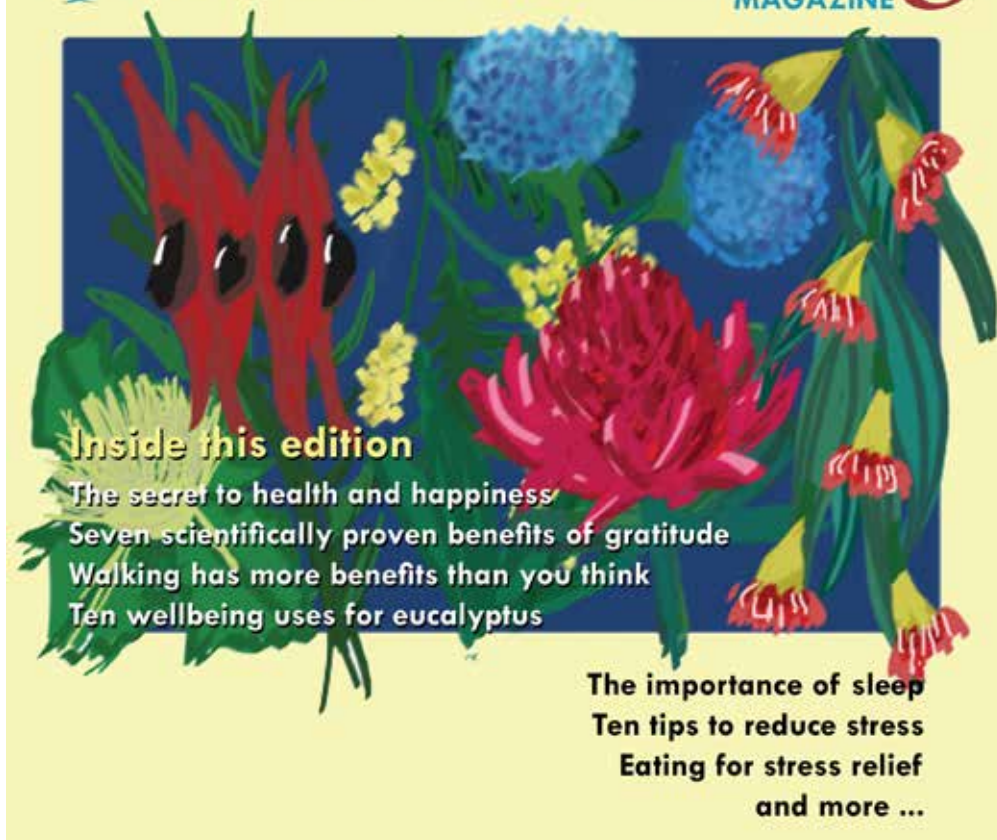
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# Benefits of walking: is walking every day really enough exercise?

New research published in the *Journal of Alzheimer's Disease* found that brisk walking five times a week helps combat brain aging and memory loss.

### HOW OFTEN DO YOU NEED TO WALK TO GET ENOUGH EXERCISE?

According to the latest research, adults should be doing "at least 150 minutes of moderate intensity activity a week". Walking counts towards this weekly exercise goal, with the recommended amount "a daily walk of at least 30 minutes". This is the best way to "increase cardiovascular fitness, help to strengthen your bones, and boost muscle endurance and power".

### FURTHER READING

<https://walking.heartfoundation.org.au/>

<https://www.betterhealth.vic.gov.au/health/healthyliving/walking-for-good-health>

<https://www.chiro.org.au/patients/resources/health-initiatives/just-start-walking/>

### FIND A WALKING GROUP

<https://www.victoriawalks.org.au/WomenWalkingGroups/>

<https://keepactive.com.au/groups?sport=walking&state=VIC>

# Group singing helps to get your health in harmony



*Castlemaine Pubsing members belting out David Bowie's Space Oddity - photo courtesy of Dave Arnold Photography*

Singing in groups has become the number one community arts activity in Victoria and is a popular community arts activity across Australia and other parts of the world. There is now growing evidence to suggest that singing in groups is not only an enjoyable special interest activity but can also be beneficial for the health and wellbeing of individuals and communities.

## Singing groups/organisations

### Sing Australia

<https://www.singaustralia.com.au/>

When you join a Sing Australia group, you are welcomed with open arms and ears to sing in any way you are able. Your Sing Australia group connects you to others in your community, giving you the opportunity to build new friendships and support networks. Sing Australia has groups Australia wide with over 20 based in Victoria.

### MaCapella Singers

<https://www.macapella.com/>

MaCapella Singers is an a cappella singing group for women.. but it is so much more! It is also a meeting place where great friendships are forged. It is welcoming, supportive, encouraging and fun. For women of all ages and backgrounds. With sessions in Bendigo Castlemaine and Kyneton.

**If there's no singing group in your area - why not get a couple of friends together and start one up!**

### Sweet Adelines

<https://www.sweetadelines.org.au/>

Sweet Adelines International is an independent, non-profit music education association that teaches people to sing in choruses and quartets. Sweet Adelines Australia is the Australian region of Sweet Adelines International. With more than 1200 singers, 33 choruses and more than 30 registered quartets in Australia, there's bound to be a Sweet Adelines group near you.

### PubSing

[https://www.facebook.com/](https://www.facebook.com/PubSingCastlemaine/)

[PubSingCastlemaine/](https://www.facebook.com/PubSingCastlemaine/)

PubSing Castlemaine is a local community music project.

Running regular stand alone events. Learn a well known song in three parts, then belt it out in a big friendly group over a beer and a laugh. No experience necessary. Everyone welcome.



## Victorian kinship carers podcast series

The series is directed at the rapidly increasing number of kinship carers across Victoria and brings broadcast news relevant to all kinship carers, be they formal or informal carers, and be they grandparents, aunts, uncles, cousins, siblings or close family friends.

Topical issues confronting kinship care are discussed by a range of expert speakers from across a number of sectors, including the community, government, not-for-profit and legal sectors.

The podcast series has placed a special focus on carer wellbeing, as being a crucial element of placement stability.

### Self-care for Thriving



#### Podcast #15 – Self-care for kinship carers and how to prevent burnout (17 Sept 2021)

In this podcast, KCV spoke to psychologist, lecturer and researcher Dr Melissa Weinberg, an Honorary Fellow from the Dept of Psychology at Deakin University with expertise in the science of wellbeing and resilience. Melissa speaks about the need for carers to monitor their own physical and emotional state and needs.

### Sleeping for self-care



#### Podcast #13 – Sleep and wellbeing (9 June 2020)

In this podcast on sleep and wellbeing, KCV spoke to psychologist Dr Melissa Weinberg, Honorary Fellow from the Dept of Psychology at Deakin University. Dr Weinberg discusses the effects sleeping poorly or well can have on a person's physical and psychological health and suggests tips on how carers can improve their patterns of sleep and those of the children or young people in their care.

### Hobbies for self-care



#### Podcast #4 – Kinship carer wellbeing (27 July 2018)

This podcast again addresses the issue of carer wellbeing. Director of Kinship Carers Victoria (KCV) Anne McLeish talks about how KCV works to better protect and promote carer wellbeing and about the various projects KCV employs to do so. We visit one of KCV's artist-in-residence sessions and talk to participants and coordinators about the value of the experience.

### Connecting for self-care



#### Podcast #2 – The importance of kinship carer wellbeing (24 May 2018)

This podcast, the second in a series of 12, addresses the issue of carer wellbeing. Director of Kinship Carers Victoria (KCV) Anne McLeish talks about why the physical and emotional health of kinship carers and their access to support services is so important and how KCV works to better protect and promote carer wellbeing. Two kinship carers also speak about their personal and professional perspectives on this key element of kinship care.



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**Kinship Carers Victoria**  
**is supported by the Victorian Government.**