



# RESOURCE BOOKLETS for Kinship Carers

**Carers' wellbeing**



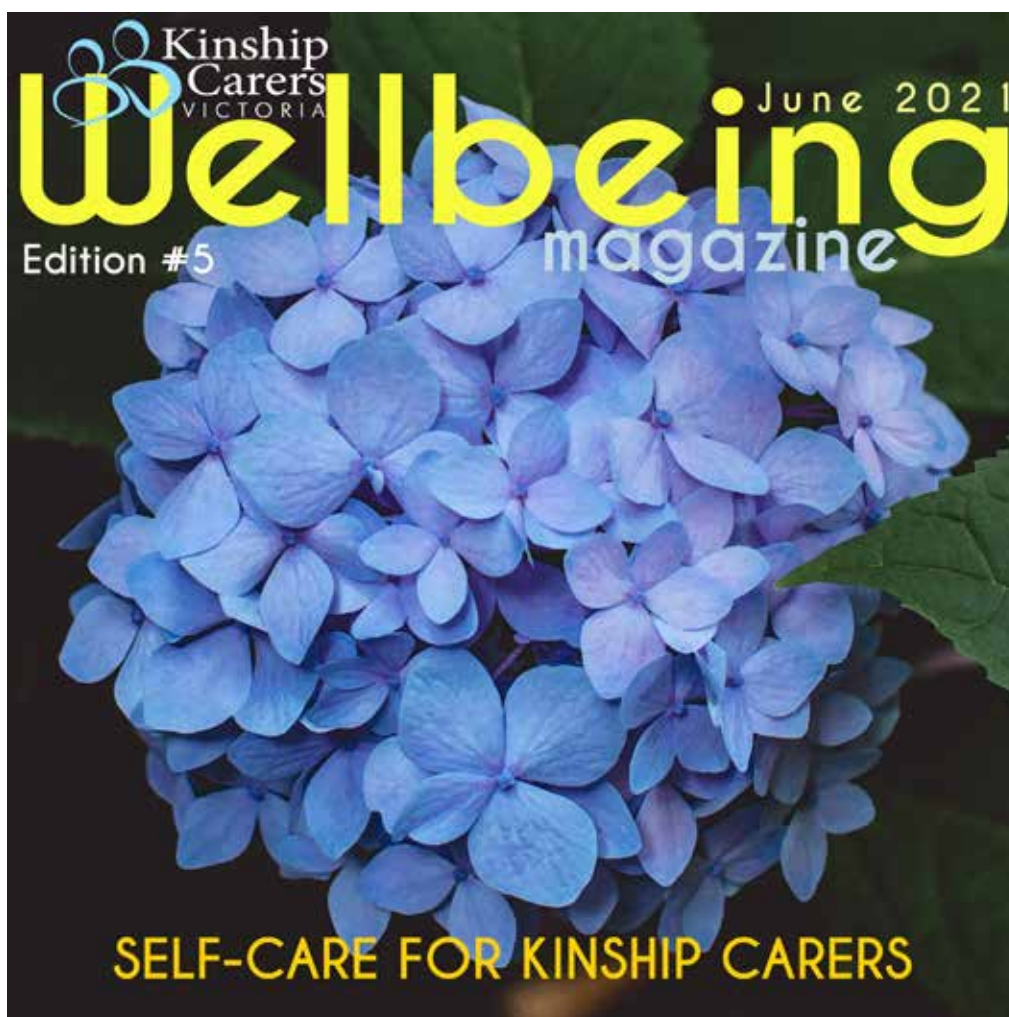
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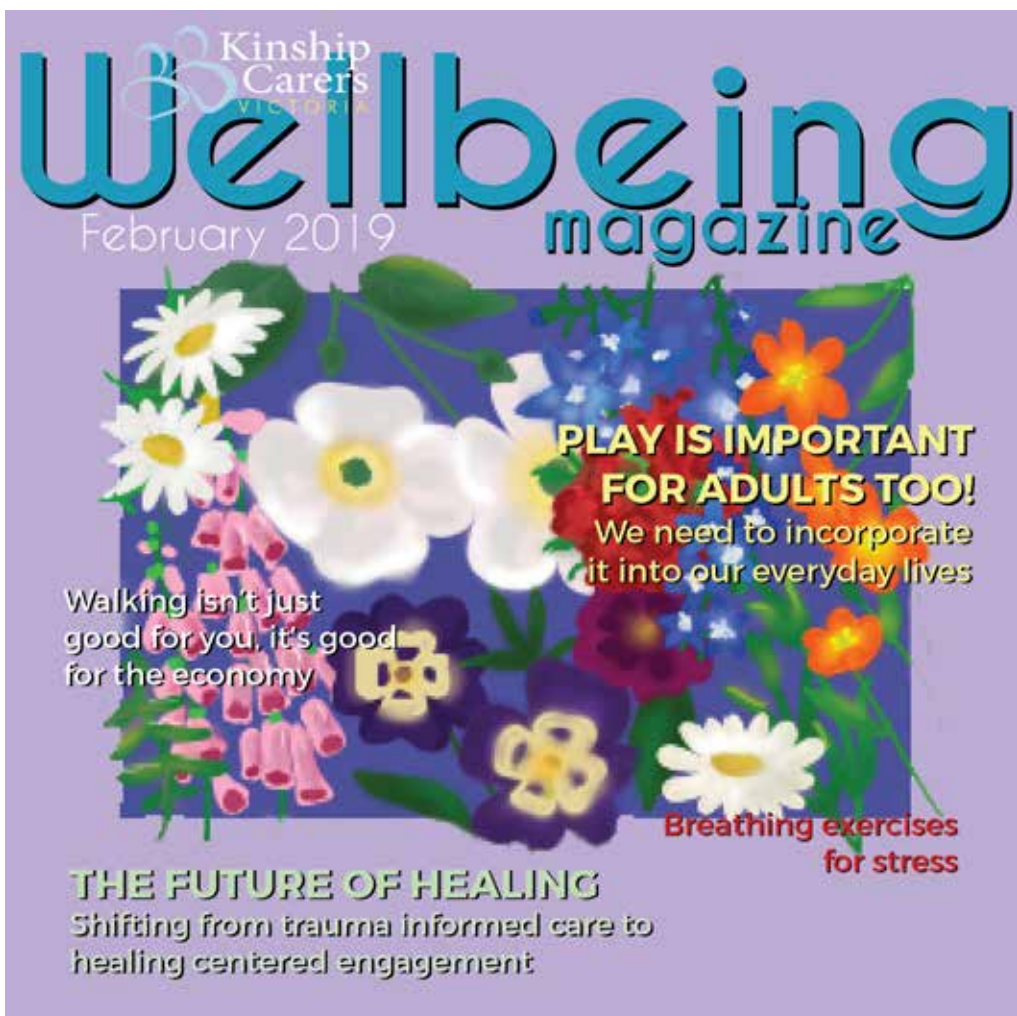
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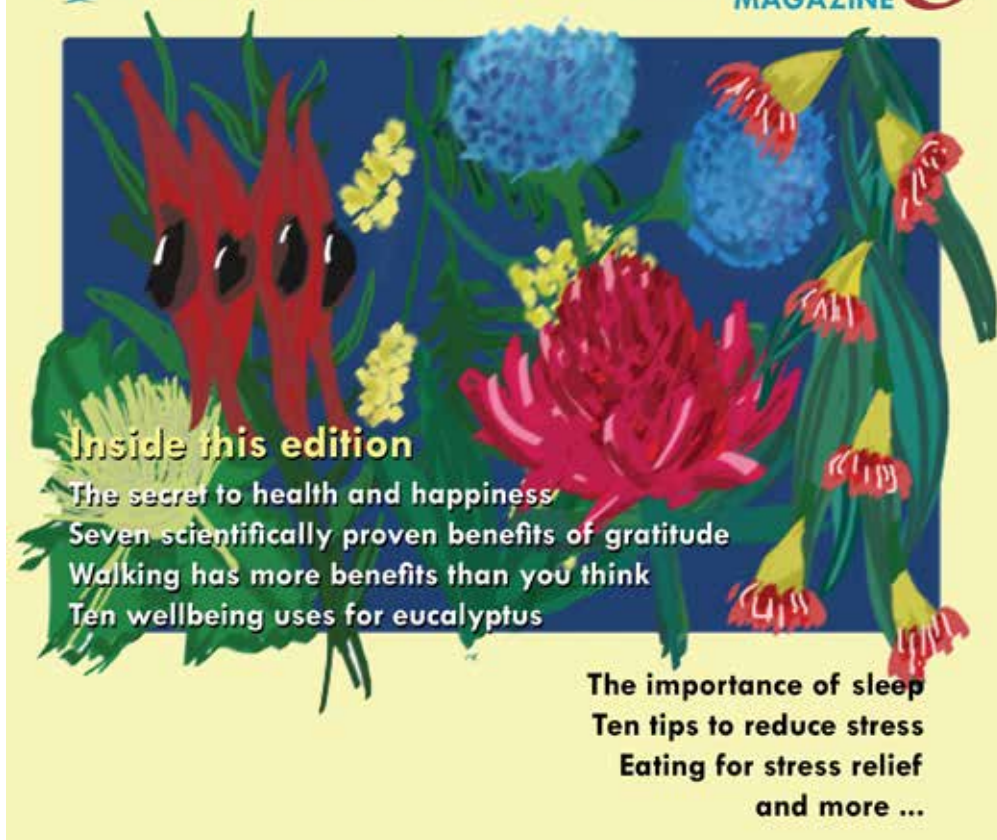
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# Benefits of walking: is walking every day really enough exercise?

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/PubSingCastlemaine/>

**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.



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

### PODCAST #27 – PREPARING FOR ACCESS VISITS (2 NOV 2023)

Access or contact visits with biological family can be challenging and may produce a range of emotions in children in kinship care families.

The visits can be formal or informal, and sometimes they are supervised by a professional, such as a child protection worker or agency worker, or even by the kinship carer themselves.

In this podcast, we speak with Adam Lyons, Managing Director of Lancaster Consulting, who addresses some of the more common issues carers face in preparing the children in their care for access visits and outlines strategies for debriefing children afterwards.

A resource booklet on this issue is available online via the KCV website or by calling the office.



## PODCAST #26 – THE BENEFITS OF PLAY (6 OCT 2023)

**Relaxing**  
for self-care



What does the latest research tell us about the benefits of play for the wellbeing of children and young people? The February 2023 edition of the Royal Children's Hospital

National Child Health Poll – Australian Families: How we play has some findings of great interest to kinship carers.

In this podcast we speak with paediatrician, researcher and child health advocate Dr Anthea Rhodes, the founding director of the poll. Anthea has clinical interests in the health needs of the vulnerable child, with expertise in child behaviour and development.



## PODCAST #25 – NUTRITION (30 AUG 2023)

**Eating**  
for self-care



What are the latest trends in nutrition? What does recent research say about what and how we should eat? And what the children in our care, in particular those children with neurodevelopmental disorders, should eat?

In this podcast we speak again with Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition on a broad range of current topics regarding nutrition. Nikki answers some of the more common questions from carers and others regarding this topic.

## PODCAST #24 – CARER LEARNING AND DEVELOPMENT (20 JUL 2023)

**Self-care for Thriving**



The role of kinship carer is complex, varied and challenging. Gaining the skillset and knowledge needed to fulfil the role can seem daunting, especially when the young people in a person's care have learning issues and have suffered trauma.

However, DFFH has set aside considerable funding to support learning and development for carers via Carer KaFE.

In this podcast we speak with Director of Kinship Carers Victoria, Anne McLeish, who explains the importance of learning and development for kinship carers. We also interview one Victorian carer, who tells us about the types of things she realised she needed to learn and the support she sought out once she became a kinship carer.

And we hear from Adam Lyons, Managing Director of Lancaster Consulting, who have been providing specialised support services and training for kinship and foster carers for well over a decade. Adam describes the program they run through Carer KaFE and the workshops and training they provide for carers.

## PODCAST #23 – THE IMPORTANCE OF QUALITY SLEEP (28 APR 2023)

### Sleeping for self-care



Sleep plays a vital part in our wellbeing – so how do we get the right amount of it?

Clinical psychologist Dr Damon Ashworth, author of *Deliberately Better Sleep*, talks with KCV about the

three major factors affecting our sleep and issues such as waking up at night, napping, the right amount of sleep and the long-term effects of not getting enough sleep.

This podcast also includes interviews with two carers, who share their personal stories around their sleeping patterns and how they manage this whilst dealing with their kinship carer responsibilities.



## PODCAST #22 – BENEFITS OF HOBBIES & OTHER PURSUITS (4 APR 2023)

### Hobbies for self-care



In a recent survey on stress and wellbeing conducted by the Australian Psychological Society, four in five participants found activities like listening to music and spending time on a hobby were effective ways of managing stress.

Finding an enjoyable pastime can also enhance wellbeing, improve social connections, and even stave off depression or anxiety.

In this latest podcast, KCV spoke with two carers on their carer circumstances and about what part hobbies and other meaningful pursuits played in their lives.

## PODCAST #21 – THE BENEFITS OF EXERCISE (14 FEB 2023)

### Exercising for self-care



This podcast outlines the benefits of exercise, with suggestions for carers on different types of moderate exercise and how they can incorporate them into their

lives.

Includes advice from fitness expert Nic Dorian of Castlemaine Women's Health & Fitness.

The podcast also features interviews with two carers who share details of their own carer experiences and what sorts of exercise they practise.



## PODCAST #20 – RELAXATION TECHNIQUES FOR CARERS (30 NOV 2022)

### Relaxing for self-care



Deep breathing and meditation can provide you with a sense of calm, peace and balance that can benefit your emotional wellbeing and overall health through reducing stress.

The podcast features an interview with Eliza Terry, from YogaLiving. Eliza has been teaching Iyengar Yoga since 1998, and teaches mindfulness meditation, with a strong focus on breath work for relaxation.

The podcast also includes interviews with two carers who share details of their own experiences with trying relaxation and breathing techniques.

## PODCAST #19 – DIET AND STRESS (20 OCT 2022)

### Eating for self-care



There's a lot of information currently available about how, what and when to eat, and some of it can be quite overwhelming and confusing.

In this podcast Kinship Carers Victoria speaks with clinical nutritionist and functional medicine practitioner Nikki Valentini, director of SuperNature Nutrition at [supernature.com.au](http://supernature.com.au).

Nikki explains how certain foods and nutrients have been shown to help us deal better with stress and anxiety while other types of foods and eating patterns have been linked to increases in these feelings – and even to other psychological issues and illness.

The podcast also includes interviews with carers who share their relationship to food and some of their dietary patterns.

## PODCAST #15 – SELF-CARE & HOW TO PREVENT BURNOUT (17 SEP 2021)

### Self-care for Thriving



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.

## PODCAST #13 – SLEEP AND WELLBEING (9 JUN 2020)

### Sleeping for self-care



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.

## PODCAST #12 – CREATING HAPPINESS (29 APR 2020)

### Self-care for Thriving



Dr Sanjiv Chopra is a professor of medicine at the Harvard Medical School, a best-selling author and sought-after motivational speaker, who is often referred to as a 'happiness guru'.

In an episode of The Bucket Podcast (at thebucket.com) broadcast on 10 October 2019, Dr Chopra spoke about his book, *The Two Most Important Days: How to Find Your Purpose and Live a Happy and Healthy Life*.

This KCV podcast draws both on the contents of his book and that Bucket Podcast to present evidence on how happiness can be a choice in our lives.

## PODCAST #4 – KINSHIP CARER WELLBEING (27 JUL 2018)

### Hobbies for self-care



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.

## PODCAST #2 – IMPORTANCE OF KINSHIP CARER WELLBEING (24 MAY 2018)

### Connecting for self-care



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.

To listen to or download any of KCV's podcast series, click here:

<http://kinshipcarersvictoria.org/listen-download-podcasts/>



**Kinship Carers Victoria**  
**0499 969 234**  
**[admin@kinshipcarersvictoria.org](mailto:admin@kinshipcarersvictoria.org)**



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