

## Keeping in touch

7 October 2021

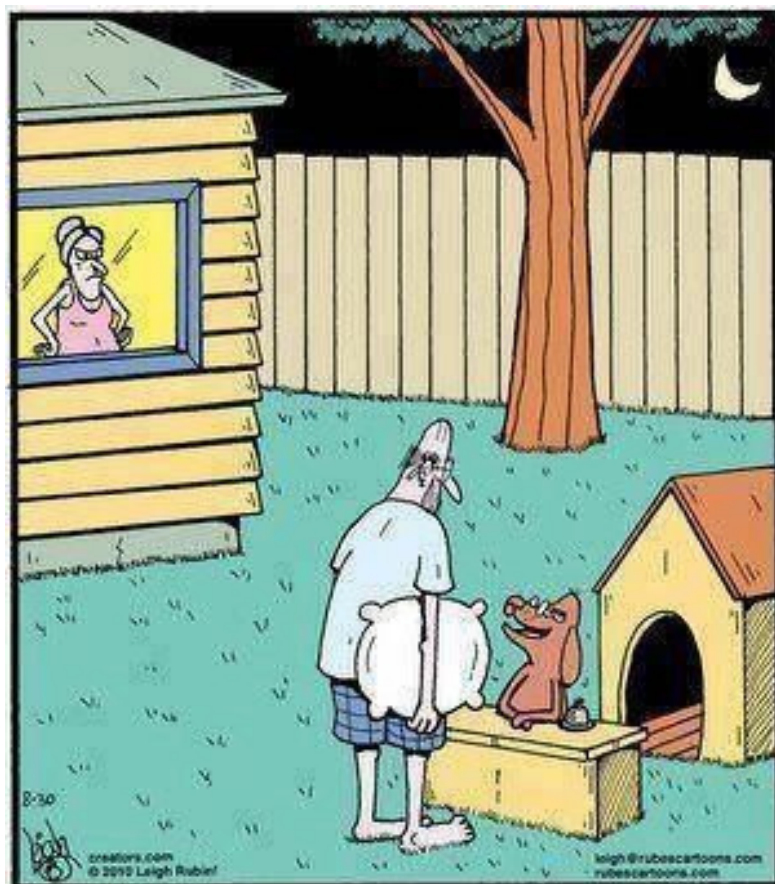
# NEWSLETTER



### Hello all!

- It's exciting to hear that many restrictions are soon lifting so that we can venture out a little further in the community and meet with others in a Covid safe way.
- **GET BACK INVOLVED!** You may have read in last week's email that some outdoor face to face workshops start next week (second week in October) for those who are double vaccinated and we'd love you to consider booking the series of **Tai Chi in the Park, Meditation in Motion in the Park and Walking in the Park** sessions. If you're not up to meeting face to face, we still have some great online workshops too including Yoga, Zumba, Self-Care Journaling, Researching and Presenting your Family History and Life Stories. Bookings for all workshop series are via our website:  
[www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old)
- **Get Online Week Technology Support** - Finding it hard to work out technical things? We are running two face to face Workshops on Thursday 21 October outside Learning in the Hills. Workshops are listed on page 2. We are requesting bookings online via [www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old) but please call the office on 96397918 to ask them to help you register.
- Throughout mental health month it's important for us to keep focused on nurturing our self care needs. Page 3 has some great tips.

Stay healthy, From Anita and Louise



"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"



## WORKSHOPS & TECHNOLOGY SUPPORT



### Introduction to using myGov online and accessing your vaccination records - Free Workshop

Thursday 21 October 10am-11.00am

Learning in the Hills Face to Face Outside Workshop

### Introduction to using Zoom - Free Workshop

Thursday 21 October 11.30am-12.30pm

Learning in the Hills Face to Face Outside Workshop

Numbers strictly limited so registrations are essential.



More information and registrations via our website: [www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old) or call 96397918 to book if you are not able to register online. Tech support bookings available too.



## WELLNESS ACTIVITIES & WORKSHOPS

Learning in the Hills is celebrating Mental Health Month with a series of face to face and online activities and workshops including:

- Walking Group - Tai Chi in the Park - Meditation in the Park - Yoga Online - Zumba Online - Self Care Journaling Online - Researching and Presenting Your Family History - Life Stories







**MENTAL HEALTH MONTH**  
**OCTOBER**



Registrations are for a series of workshops. More information and registrations via our website: [www.hca.org.au/whatson-old](http://www.hca.org.au/whatson-old) or call 9639 7918 with enquiries.





## Self-Care for Mental Health

### Compassion

Be kind to yourself. Stop judging yourself. Practice positive self-talk.

### Self-Care

Rest. Pay attention to your self-care battery. Give yourself what you need. Make time for yourself. Set hard boundaries.

### Action

Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself.

### Accountability

Notice how your choices (conscious or unconscious) contribute in a negative way. Look at what isn't working in your life.

### Support

Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need. Create a strong support system. Break the stigma.

Read More on Blessing Manifesting

## Mental health support is available

- Covid Mental Wellbeing Support Service - 1800 512 348
- Older Persons Covid-19 Support Line - 1800171866
- Domestic Violence Support Line - 1800 737 732
- MensLine Australia - 1300 789 978
- Lifeline 13 11 14
- Hills Community Aid - 9639 8620





# What have you been up to?

Some more beautiful creative handiwork by painting student Sandra Sloan who has clearly been busy during lockdown! Don't forget to send us your photo submissions!



Here are some of the wonderful creations kids did when they attended **Let's Draw with Crystal** online school holiday workshops recently. Great work!