

28 & 29 March 2012

9am – 4pm each day

Hornsby RSL

4 High Street Hornsby

NSW, 2077

Redleaf Training and Consultancy
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Parking: Parking for seminar delegates is available free of charge in the multilevel car park on levels 5, 6 & 7 only. A ticket must be collected and validated at the Club.

Transport: Hornsby Rail and Bus links are a 2-3 minute walk from the venue. Further information is available at www.131500.com.au or ring the transport info line on 131500

Cost: \$360.00 (includes GST) for both days
Or \$190.00 (includes GST) per day
Includes morning tea, lunch and afternoon tea, comprehensive handout and certificate of attendance.

Cancellation and transfer policy

- Should you be unable to attend, a substitute participant is welcome at no extra charge.
- If you cancel more than 14 days prior to the seminar, you will receive a refund of less \$50.00 to cover administrative costs. If you cancel 7 days prior to the workshop you will receive a 50% refund. Regrettably, no refunds can be made for cancellation received less than 7 days prior to the event.
- All cancellation or transfer notification must be received in writing (email is acceptable).
- Once a registration has been received and either an invoice issued or a letter of acceptance sent to the person registered or their organisation the seminar position is deemed accepted and the full fee for the seminar is payable.
- Redleaf reserves the right to amend the seminar program without notice. Workshops may be cancelled or re-scheduled if minimum numbers are not reached.

Events for 2012

Leisure & Lifestyle Seminar

7 & 8 March
Melbourne, VIC

Leisure & Lifestyle Seminar

28 & 29 March
Sydney, NSW

Leisure & Lifestyle Seminar

9 & 10 May
Adelaide, SA

National Redleaf Symposium

17 & 18 July 2011
Brisbane, QLD

Leisure & Health Seminar

24 & 25 October
Sydney, NSW

For further information visit

www.redleaf.com.au

Leisure
& Lifestyle

TWO DAY SEMINAR

28 & 29 March 2012

Hornsby RSL

Sydney NSW



SEMINAR PROGRAM

Day 1: Wednesday 28 March 2012

Understanding Daisy

When working within the age care industry, we approach the things that we do with the goal of "person centred care". How important is it then to simply "Know Your Client". Understanding Daisy is an expressive presentation, based around the importance of knowing your client. An interactive presentation that is thought provoking and challenging.

Speaker: Robyn Roberts, Owner/Making Melodies

A back to basics approach to successful programming

Let's not get complicated but keep programming simple and straightforward as the results will always be better. Gabrielle will explore the fundamental principles of creating and running a successful leisure program.

Speaker: Dr Gabrielle Koop, Co-owner / B&S Books

My Story Matters

My story matters at IRT Dalmeny, New South Wales is an innovative approach to 'life review' and reminiscence using digital storytelling and a volunteer program. Leanne will provide participants with an insight into the My Story Matters program and its implementation.

Speaker: Leanne O'Neill, Lifestyle Services Manager/IRT Dalmeny

Discovering art and making masterpieces

The residents at Sugarloaf are discovering their inner artists through the medium of Aboriginal dot painting. Since classes began, residents have been experimenting with different materials and mediums to pursue their painting. From paper to canvas to stones and other artefacts residents are pursuing personal and group art projects with vigour. Stephanie, Michelle and Christine will present on their highly successful art program and exhibition.

Speaker: Stephanie Elliott, Operations Manager, **Michelle Hardy**, Leisure and Lifestyle Manager and **Christine Feros**, Leisure and Lifestyle Officer / Sugarloaf Gardens

** A variety of trade exhibitors will be displaying and selling resources across the two days of the seminar.

SEMINAR PROGRAM

Day 2: Thursday 29 March 2012

Assessing the Standards

This session is designed to outline the approach used to assess performance against the Accreditation Standards. Topics covered include assessment, the principles of auditing, the Accreditation Standards, the meaning and focus of the expected outcomes, evidence and the collection of information and rating the expected outcomes. Leah will focus on areas applicable to leisure and lifestyle service provision.

Speaker: Leah Asensio, State Education Coordinator NSW and ACT/ Aged Care Standards and Accreditation Agency Ltd

Promoting mental health in the elderly through leisure

Depression is not a normal part of ageing, yet, 35-45% of people in residential aged care are believed to have depression. This session will explore what mental illness is, with particular focus on depression and anxiety, treatments available, as well as discussing a framework for diversional therapy practice in order to assist treatment and help to reduce the impact of mental illness in aged care settings. This session will aim to demystify mental illness and build skills in addressing the impact of mental illness using diversional therapy practice.

Speaker: Emma Dart, (BHlthSc(L& H), DipDT, DipMang, Cert IV TAE, Cert IVHlth and Rec, Cert IV Mental Hlth)

Laughter the Best Exercise

Katja will start the session by providing a history of laughter yoga and then explain why she started laughter yoga at her workplace and what her observations were. Included with her discussion will be video footage of clients participating in a laughter yoga class. Katja will also run a short laughter yoga class so participants can experience laughter yoga for themselves. A fun and highly practical session.

Speaker: Katja Jefferys, Recreation Activity Officer/Abel Tasman Village, Chester Hill

Recipes from the Heart

This session will look at the process of bringing Living Legacies to life through the cookbook Recipes from the Heart. Recipes from the Heart was a cookbook inspired by the stories and friendship shared around the dinner table in a palliative day centre. This session looks at the idea, the process and finally the finished product of producing a book.

Speaker: Kate Rogers, Diversional Therapist (BAppSc DT, GradCertGertont)

REGISTER

by emailing, mailing or faxing this form or ring to register via phone.



- Attending:** Both days: \$360.00 (includes GST)
 Day 1 only: \$190.00 (includes GST)
 Day 2 only: \$190.00 (includes GST)

Participants' Details

Name:

Name:

Correspondence/receipt details

Organisation Name:

Address:

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Suburb: Postcode:

T: () F: ()

Email:

Payment Details:

- I enclose a cheque/money order payable to **Redleaf Training & Consultancy**

- Please charge my credit card to the amount of \$

Card #: _ _ _ _ _

Expiry : _ _ / _ _

Card Holders Signature:

- Please invoice the organisation listed below

.....

- I wish to pay via direct deposit to:

Commonwealth Bank: BSB 062-181 Account number: 10-533-125

Please include your FAMILY NAME or INVOICE # as the reference