

OCTOBER 2020

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Happy Wednesday!

Have you sent in your delicious recipes for the '**culinary companion**'? [Download and complete the recipe template](#) and submit your recipes to hr@federation.edu.au by this Friday, 16 October!

In today's newsletter you can check out these great articles:

- celebrating those who care for others - the 2.65 million Australian carers!
- getting back into exercise
- the Aussie backyard bird count
- LinkedIn Learning - is your account activated?
- upcoming 'lunch and learn' sessions
- the daily exercise and meditation schedule.

Stay well and have a great Wednesday.

Celebrating those who care for others

National Carers Week is held from 11–17 October 2020 and is a time to recognise and celebrate the 2.65 million Australians (1 in 10) who provide unpaid care and support to family members and friends with a disability, mental illness, chronic health issue or age-related condition.

Carers come from all walks of life, cultures and religions. Some are only 10 years old while others are nearing 90. They may be spouses, parents, sons, daughters, siblings, friends, nieces, nephews or neighbours.

In Australia, the statistics highlight that:

- 11% of the workforce are carers
- 1 in 10 carers are under 25, with 235,300 young carers Australia-wide
- 647,000 Australian carers are aged over 65

million nurses' annual salaries

- over 700,000 Victorians are carers – that is 11% of the state
- 70% of Victorian primary carers are female with 400,500 women and girls having caring responsibilities
- 221,300 Victorian primary carers provide the most assistance to another person.

This National Carers Week provides the opportunity to shine a light on what carers do, and to celebrate the impact they have on the lives of so many.

Learn more about the importance of carers and how you can support National Carers week at the [Carers Victoria](#) and [National Carers Week](#) websites.

You can also listen to incredible stories from carers at the '[truly incredible care](#)' website and consider pledging your support for the amazing work carers do for our community.

They care for others. Let's care about them.



Getting back into exercise

Getting back into exercise after you haven't done it for a while can be challenging! After a long break, the less you move, the less you want to move.

When returning to more intense activity it is important to get moving in a motivating and healthy way. Sometimes it is not an easy thing to do, but getting started can be the hardest step.

Use these simple tips to get going without hurting yourself.

- **Start slow and gentle, build up gradually.** Don't risk an injury or getting disheartened by overdoing it too early.
- **Put a 'commute' back into your day.** Add some incidental exercise by simulating the walking you would normally do when working on campus.
- **Do exercises you enjoy and set realistic goals.** Set yourself up for success by doing something you enjoy, is achievable, with an element of challenge!
- **Warm up to feel how your body is going.** Listen to your body and adjust your activity. Build up slowly to prevent injury.

- **Feeling overwhelmed? You can get help at home.** If you need help working out what is best for you and your circumstances, physiotherapists and exercise physiologists are available in all states for in-person or telehealth consultations.
- **A simple walk has its benefits.** Daily walks with a pet or a friend can be beneficial for your physical and mental health – or simply connect with someone via a phone call while walking!

You can get more tips and information by reading the article ABC Life article '[Getting back into exercise without hurting yourself](#)'.



The Aussie Backyard Bird Count

Spending time outdoors and in nature is great for our mental health and wellbeing. **National Bird Week** runs from 19–25 October and provides a great opportunity for you to get outside and join thousands of others in one of Australia's biggest citizen science events!

The **Aussie Backyard Bird Count** is an activity for all-ages that involves observing and counting the birds that live near you – whether that's in your backyard, the local park, or your favourite outdoor space.

You simply spend 20 minutes standing or sitting in one spot and noting down the birds that you see. You will count the number of each species you spot within the 20-minute period and then enter your results into the '[Aussie Bird Count](#)' website or via the [app](#). For example, you might see four Australian Magpies, two Rainbow Lorikeets and a Sulphur-Crested Cockatoo.

It doesn't matter if you're a novice or an expert as the Aussie Bird Count app has a handy field-guide to help you identify birds. You will also have instant access to live statistics and information on how many people are taking part near you and the number of birds and

By participating in the **Aussie Backyard Bird Count** you will not only get to know your feathered neighbours, but you will be contributing to a vital pool of information from across the nation that will help us see how Australian birds are faring.

Last year, Australians counted nearly 3.4 million birds in 7 days! Can you guess which bird took top spot? Check out the results from the [2019 Aussie Backyard Bird Count](#) to find out.

Get involved with your friends and family for National Bird Week and check out the [Aussie Backyard Bird Count](#) by heading into the great outdoors and start counting!



LinkedIn Learning – is your account activated?

Did you know you now have access to LinkedIn Learning?

Information Technology Services, in partnership with Human Resources, have launched a pilot program with LinkedIn Learning over the next six months. This will enable you to access customised, on-demand learning to enhance our current professional development calendar and increase capabilities with a focus on digital literacy and contemporary skills development.

personalised recommendations and diverse content. The courses are delivered via:

- learning pathways – a curated list of related video courses on a specific topic or career trajectory
- bite-sized courses – single courses delivered via short videos
- accessible via desktop, tablet and mobile devices, LinkedIn Learning provides convenient learning with diverse content that is delivered by industry experts

Curated content will be developed progressively to provide you with every opportunity to enhance your skills. Keep an eye on your emails over the coming weeks for more information!

[Activate your LinkedIn Learning account now](#) to commence your learning and development journey.



Lunch and learn sessions

We have great 'lunch and learn' sessions in the upcoming month! Check them out and register below.

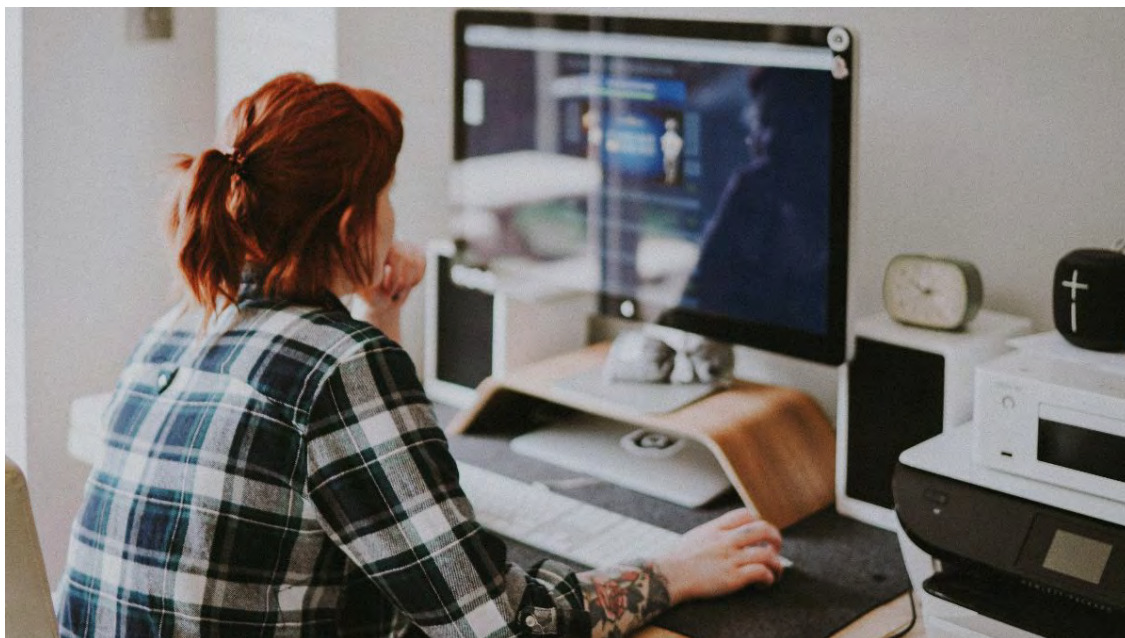
The 'lunch and learn' sessions are designed to provide you with information and assistance in a range of areas that support your personal and professional needs and interests.

[You can register here for any 'lunch and learn' session.](#) A Microsoft Teams link will be sent following registration.

Upcoming sessions include:

15 October	Gorgeous guts – exploring the link between diet and gut health
12:30pm - 1:15pm	<i>Kelsey Weight, Dietician and Course Coordinator,</i>

21 October 12:30pm - 1:15pm	Supporting mental health through connection in the community and at work <i>Superintendent Jenny Wilson, Victoria Police</i>
22 October 12:00pm - 1:00pm	The good loaf – your guide to sourdough bread making <i>Brendan Carter, TAFE Teacher, Baking</i>
12 November 12:30pm - 1:15pm	Building your LGBTIQA+ capacity and confidence <i>Andrew Georgiou, Senior Relationship Manager, Pride in Diversity</i>
2 December 12:30pm - 1:15pm	Disability Awareness and the Disability and Learning Access Unit (DLAU) <i>Drew Burns, Coordinator, Disability Services, Student Experience and Baden Cutts, Disability Liaison Officer, Student Experience</i>



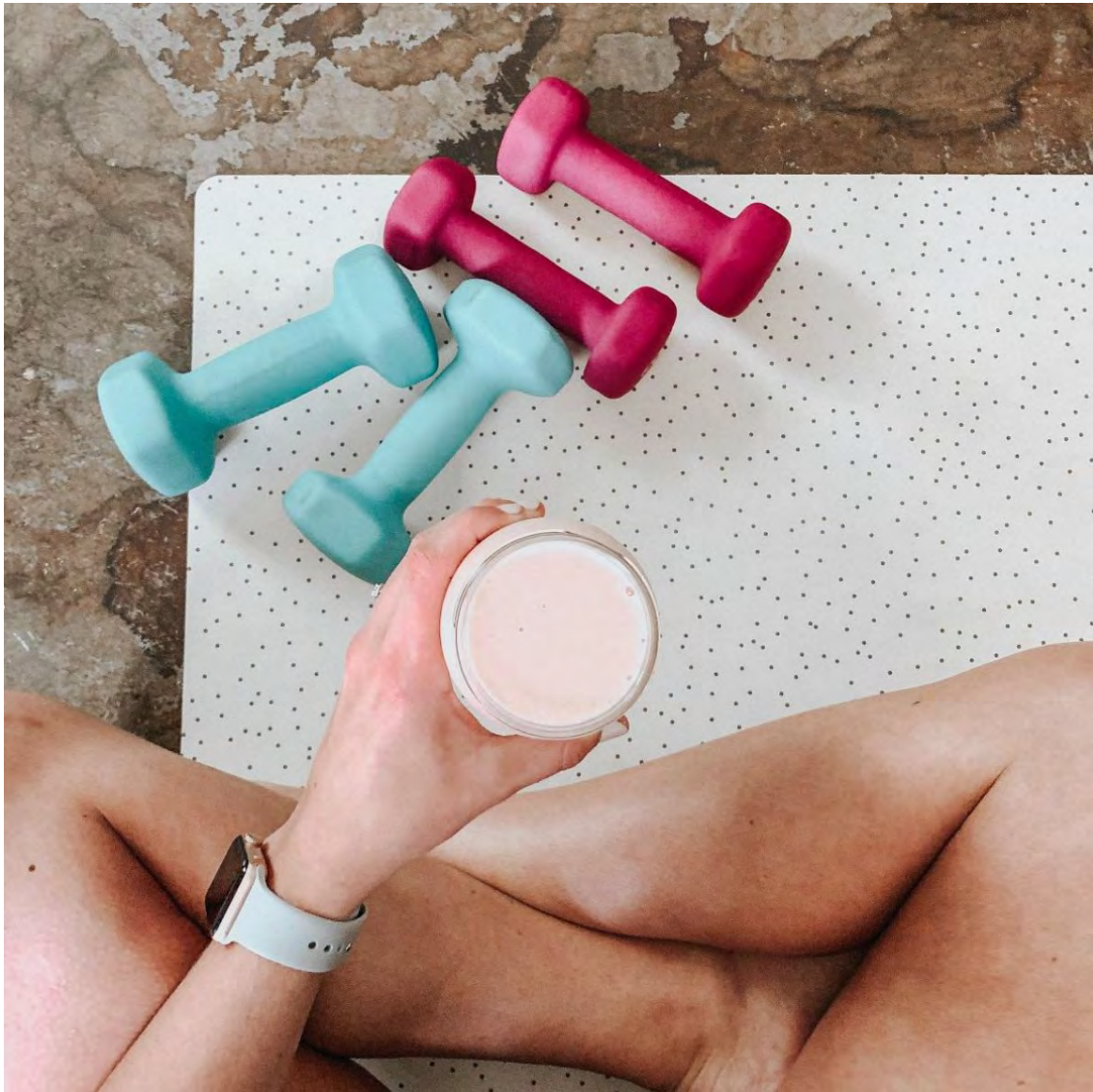
Get active, stay healthy

With daily sessions including ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, we have a great choice of activities to complement your daily routine!

Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will forward you the relevant Zoom link(s).

- Mondays - 12:00pm - **Body Stretch** | 4:45pm - **Meditation**
- Tuesdays - 9:30am - **Meditation** | 12:00pm - **ZUMBA**
- Wednesdays - 9:15am - **Meditation** | 12:00pm - **HIIT** | 12:30pm - **Yoga**
- Thursdays - 9:15am - **Meditation** | 12:00pm - **ZUMBA** | 4:45pm - **Meditation**
- Fridays - 9:15am - **Yoga** | 12:00pm - **Pilates** | 12:30pm - **Meditation**

family, friends and the community.



Health and wellbeing recordings now available

Have you missed one of our 'lunch and learn' or exercise sessions? The following sessions are available now on the Human Resources '[Health and wellbeing](#)' webpage. You will find the recordings under the following headings:

Lunch and learn sessions

- [Family violence - building awareness of controlling behaviour \(53 minute video, 425MB\)](#)
- [Finance: what choices can we make to best manage our money \(42 minute video, 73MB\)](#)
- [Having connected conversations – there's more to say after R U OK \(45 minute video, 96MB\)](#)
- [Improving mental health through diet and nutrition \(44 minute video, 83MB\)](#)
- [Keeping fit in isolation \(34 minute video, 215MB\)](#)
- [Mindfulness, movement and energy enhancing tips to support wellness during isolation \(47 minute video, 341MB\)](#)

- [Sleep - How it supports our health and strategies for sleeping well \(50 minute video, 92MB\)](#)
- [The shaka project - Uniting men to start conversations about mental wellbeing, encouraging connection, mateship and brotherhood \(45 minute video, 252MB\)](#)

Exercise and movement

- [Stream and enjoy a **Meditation** session \(18 minute video, 46MB\)](#)
- [Stream and enjoy a UniSports' **Body Stretch** session \(30 minute video, 90MB\)](#)
- [Stream and enjoy a UniSports' **HIIT** session \(30 minute video, 120MB\)](#)
- [Stream and enjoy a **Yoga** session \(34 minute video, 83MB\)](#)
- [Stream and enjoy a **Yo-lates** session \(30 minute video, 75MB\)](#)
- [Stream and enjoy a UniSports' **Pilates** session \(33 minute video, 132MB\)](#)

Future session recordings will continue to be added and made available on the Human Resources website for you to access.



Quick Links

[COVID-19 support for staff](#)

[Mental health and wellbeing - information guide](#)

[Health and wellbeing resources](#)