

JOIN US FOR OUR



MND recognises the huge role played by family and friends in caring for people who have been diagnosed with MND. We believe you need a bit of care yourselves from time to time

CARERS DINNER

MAKING DIFFICULT CONVERSATIONS EASIER

WHEN: TUESDAY 8TH NOVEMBER 2022

5.30PM PRE DINNER DRINK, 6.30PM DINNER

WHERE: EDEN OAK, 20 ADAMS COURT, EAST GEE LONG, VIC ,3219

In the 13th century the Persian poet and mystic Rumi wrote:

I said: What about my heart?

He said: Tell me what you hold inside it?

I said: Pain and sorrow.

He said: Stay with it. The wound is the place where the Light enters you.

Caring for a loved one with MND often brings pain and sorrow to the heart, with potentially dark and difficult thoughts and questions taking up unwelcome residence there. But can openly, honestly and sensitively naming and airing the pain and sorrow paradoxically allow light to enter, as Rumi suggests?

Russell Armstrong will help facilitate a gentle conversation over dinner about not shying away from difficult conversations about the future with our loved ones that can be triggered by their MND diagnosis. As one powerful expression of that, Russell will share how Barwon Health's Dignity Therapy has brought lasting light amidst the suffering for some of their MND patients and their families.

Russell joined Barwon Health's palliative care program as Supportive Care Worker (Spiritual) in 2012, and in the same year introduced Dignity Therapy to their service. Their team of staff and volunteers have since provided Dignity Therapy to over 260 of their patients, and have observed that it has sometimes been MND patients and families who have most deeply engaged with it and reported the greatest benefit from it.

REGISTER NOW AT

<https://www.mnd.org.au/events/83/carerprogramgeelong>

or contact info@mnd.org.au or 03 9830 2122 for more information

We are grateful to have received short term funding from the Victorian Government's Support for Carers Program which has made this event possible.