

Combating loneliness – Podcast #34 (July 2024)

The effects of loneliness have been studied extensively worldwide, with research showing that being socially isolated or lonely is as bad for your health as smoking, obesity, substance abuse and other mental health issues.

In previous studies by Kinship Carers Victoria, some carers have described feeling almost complete isolation from their former social circles once they became carers.

In this podcast, clinical psychologist Dr Michelle Lim, considered the leading Australian scientific expert on loneliness, discusses the physical and psychological effects of loneliness, the stigma around speaking about it and what carers can do to deal with their own social isolation.

<https://commsid.podbean.com/e/kcv-podcast-34-combating-loneliness/>



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Government schools need our support – Podcast #33 (June 2024)



In this podcast, director of Grandparents Victoria and Kinship Carers Victoria Ann McLeish speaks with Trevor Cobbold, national convener of Save our Schools. Before retiring, Trevor was an economist with the Australian Government's Productivity Commission and its predecessors for over 30 years. Trevor talks us through the economic and structural inequality in our education system, in particular the under-funding of public schools in Victoria.

<https://commsid.podbean.com/e/kcv-podcast-33-government-schools-need-our-support/>

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Cyber safety for children and young people – Podcast #31 (Apr 2024)

Children and young people spend significant amounts of their lives online in the cyber world, but how do we ensure that their online experiences are safe?

In this podcast we speak with Susan McLean of cyber safety education organisation Cybersafety Solutions. Susan is acknowledged as Australia's foremost expert in the area of cyber safety and young people, and answers many of the questions carers have to help them help children and young people navigate their digital world safely.

<https://commsid.podbean.com/e/kcv-podcast-31-cyber-safety-for-children-and-young-people/>



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Physical punishment in Australia PAFRA video



The evidence is clear: smacking children doesn't prevent behaviour problems. In fact, it's bad for kids and can make their behaviour worse.

This video was developed and is owned by End Physical Punishment of Australian Children working group (EPPAC) & Parenting and Families Research Alliance (PAFRA).

The video is part of the national campaign to abolish physical punishment of children in Australia.

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Diet and nutrition for neurodiverse children and young people Podcast #30 (Mar 2024)

What is neurodiversity? This is a term describing the idea that people experience and interact with the world in many varied ways, but there is no one 'right' way of thinking, learning or behaving, with these differences not viewed as deficits.

Nikki Valentini, Clinical Nutritionist, functional medicine practitioner and director of SuperNature Nutrition, joined Kinship Carers Victoria to speak in depth about the effect of diet/nutrition on children with autism, ADHD, OCD and other types of neurodiversity.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-diet-and-nutrition-for-neurodiverse-children-and-young-people/>



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Grief and loss – Podcast #28 (Dec 2023)

Throughout our lives, grief is an unavoidable and essential part of what it is to be human. When individuals and families experience a loss, every member of the family can feel and process their grief in different ways. Grandparents, parents or carers face the difficulty of managing their caring role while knowing how to help children understand their grief – all whilst also trying to accept and deal with their own feelings.

In this podcast we speak with Janice Butera, specialist grief practitioner with Grief Australia, who shares with us her knowledge about grief and loss and the challenges that can occur for families when faced with loss. Janice also offers some strategies for families to use in navigating their way through these difficult periods.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-11-grief-and-loss/>

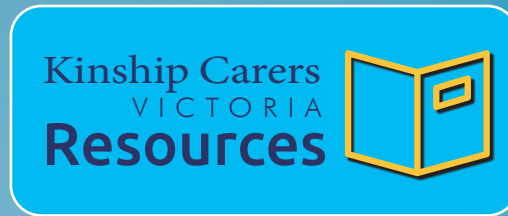


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The benefits of play – Podcast #26 (Oct 2023)

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.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-9-the-benefits-of-play/>



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Nutrition – Podcast #25 (Aug 2023)

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

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-8-nutrition/>



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The importance of quality sleep Podcast #23 – (Apr 2023)

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.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-6-the-importance-of-quality-sleep/>



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Benefits of hobbies & other pursuits Podcast #22 (Apr 2023)

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 podcast, KCV speaks with two carers on their carer circumstances and about what part hobbies and other meaningful pursuits play in their lives.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-5-the-benefits-of-hobbies/>

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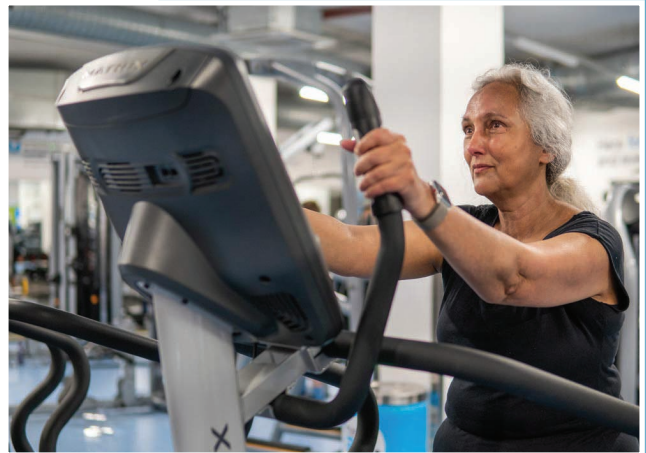
The benefits of exercise – Podcast #21 (Feb 2023)

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.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-4-the-benefits-of-exercise/>



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Relaxation techniques for carers Podcast #20 (Nov 2022)

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.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-3-relaxation-techniques-for-carers/>

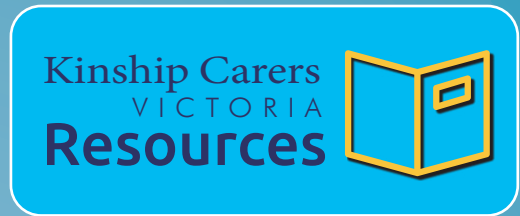


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Diet and stress – Podcast #19 (Oct 2022)

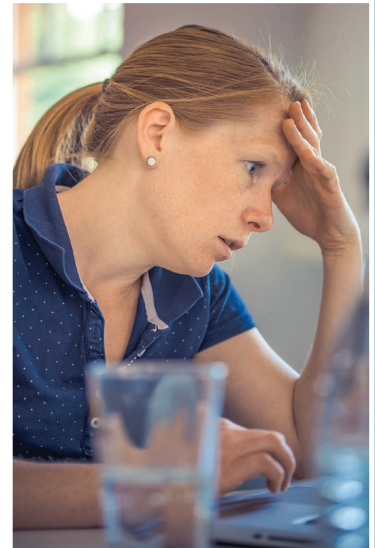
There's a lot of information currently available about how, what and when to eat, and some of it can be quite overwhelming and confusing.

In this podcast Kinship Carers Victoria speaks with clinical nutritionist and functional medicine practitioner Nikki Valentini, director of SuperNature Nutrition at supernature.com.au.

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.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-2-diet-and-stress/>



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Connecting with others – Podcast #18 (Sep 2022)



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Carers often mention their isolation yet many of them have not developed strategies or networks to assist them in overcoming these feelings.

This podcast provides suggestions for kinship carers on how they can form meaningful connections with friends, family, neighbours and the community to help them support their own physical and psychological wellbeing. The podcast also includes interviews with several carers who share their experiences of challenges the carer role has brought up and how they have managed social isolation before, during and after

the pandemic.

<https://commsid.podbean.com/e/kcv-wellbeing-podcast-1-connecting-with-others/>

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Sleep and wellbeing – Podcast #13 (Jun 2020)

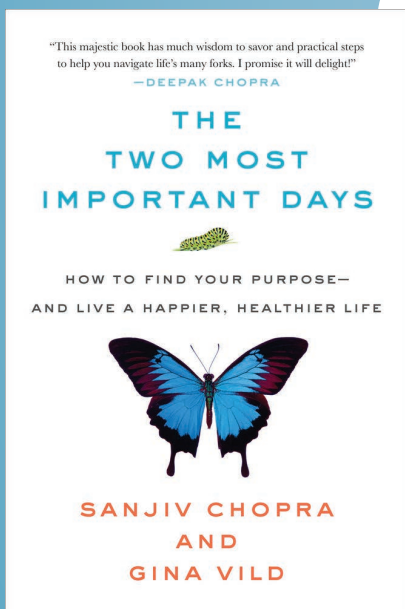
In this podcast on sleep and wellbeing, KCV spoke to psychologist Dr Melissa Weinberg, Honorary Fellow from the Dept of Psychology at Deakin University.

Dr Weinberg discusses the effects sleeping poorly or well can have on a person's physical and psychological health and suggests a series of valuable tips on how carers can improve their own patterns of sleep as well as those of the children or young people in their care.

<https://commsid.podbean.com/e/sleep-and-wellbeing/>



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Creating happiness – Podcast #12 (Apr 2020)

Dr Sanjiv Chopra is a professor of medicine at the Harvard Medical School, a best-selling author and sought-after motivational speaker, 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 on the book's contents and that podcast to present evidence on how happiness can be a choice in our lives.

Dr Chopra contends that there are four things that have been scientifically shown to be associated with happiness: friends, forgiveness, giving and gratitude.

<https://commsid.podbean.com/e/creating-happiness-1688959218/>

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