



**Press release:** 28 September 2016

## **Mindfulness for Carers at *Spark NeuroCare***

As part of Carer's Week, 16 to 22 October, the team at *Spark NeuroCare* in partnership with The MND and Me Foundation, will host a series of Mindfulness Workshops for Carers of people living with a Progressive Neurological Disease (PND).

The workshops will be held from 10am to 12pm every Wednesday for five weeks commencing 19 October. The discounted price will be \$10 per session.

Michael Schauer, a Townsville registered Clinical Psychologist, who is experienced in mindfulness training will facilitate the program.

"Learning how to stay in the moment and accept situations as they unfold is a key mindfulness learning that we know benefits carers. It helps them to better deal with stress, life adjustments and emotions," said Mrs Emily Mussap, Team Leader, *Spark NeuroCare*.

"We wanted to offer this program to people who are looking after a friend or family member with Epilepsy, Parkinson's Disease, Huntington's, MS or Motor Neuron Disease as this can be a challenging and stressful situation. Mindfulness skills can increase carers' quality of life and reduce depression, fatigue, stress and anxiety giving much needed support to the carer," she added.

The Mindfulness Workshops for Carers will be held at 16 Ryan Street, Belgian Gardens. To book please phone Emma Hodge on 4412 7700.

*Spark NeuroCare* is a Queensland first involving seven not for profits who have joined together to provide free service coordinators for hundreds of local customers with progressive neurological diseases (PND).

"People with MND, Huntington's Disease, Parkinson's Disease, MS and Epilepsy are welcome to contact *Spark NeuroCare* for support. We are offering a free drop-in centre from 10:00am to 11:30am on 11/10, 8/11 and 13/12. People and their family and carers can stop by for

complimentary morning tea and a chat with the service coordinators for assistance with their personal situation,” said Mrs Mussap.

*Spark NeuroCare* is located in the Clinical Services Building at James Cook University.

*Spark NeuroCare* is a free service for eligible customers. For more information please phone 07 4412 7700 or visit [www.sparkneurocare.org.au](http://www.sparkneurocare.org.au).

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### **About *Spark NeuroCare*:**

The members of the *Spark NeuroCare* collaboration include Epilepsy Queensland Inc, Huntingtons Queensland, Motor Neurone Disease Association of Queensland Inc, MND and Me Foundation Ltd, MS Queensland, Parkinson’s Queensland and Youngcare.

The proof of concept project is funded by *Spark NeuroCare*, the Queensland Government and from philanthropy. If successful, the current proof of concept project may pave the way to expand the service across the state in line with the NDIS implementation rollout.

### **Media contacts**

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