

11 March – 15 April

09.00 am – 10.30 am

Elizabeth Way

### **Mindfulness and Mental Health**

In this course, Exploration of the AWAKE program, written by Kate Seselja (ACT) and the first mental health program to receive UN endorsement for meeting the Sustainable Development Goals on Mental Health. Experiential Mindfulness sessions from "Mindful Insights: Radical Practice for Self-Realisation" by John Shearer, Mindfulness Master (NSW) Reflection on "Sitting Still Like a Frog" Mindfulness Exercises for Kids (and their parents) by Eline Snel Each session will also include a Creativity exercise that helps to focus and express yourself, no skills or prerequisites required.

*Elizabeth has worked in the community services sector for over 40 years, providing resources and support for improved wellbeing to a wide range of individuals, across different services.*

*Her lived experience of mental health include family experiences, as well as studies in Disability Services, Theology, and Expressive Art Therapy.*

*'Mindfulness' has been a part of her daily life for over fifty years and she followed Jon Kabat Zinn long before he became widely recognized.*

*Mindfulness has become a catch-all for mental health practice, however, it is not often taught in depth. The radical self-acceptance aspect of mindfulness is even less often discussed and promoted.*

*She is delighted to be able to assist in presenting this workshop which combines my passions for building people up and creativity.*

11 March – 15 April

11.00 am - 12.30 pm

Daniel Midgeley

### **Current Issues in Language 2024**

Join Daniel once again for a hugely entertaining look at the language changes that threaten, frustrate, and bewilder us. Large Language models, including Chat GPT, are the biggest things to hit language tech in years. But there are traps that you can learn to recognise. He ponders what happened to the teaching of Grammar in Schools and where students might end up without it. He delves into ancient history and the origins of writing, decipherment of ancient texts and how AI may be helping. He examines how children, within a few short years, accomplish one of the most amazing cognitive feats in the animal kingdom: the acquisition of language. Finally, if you dare, he looks at the linguistics of swearing, with a frank and fun look at the words we use and how they change over time.

*Daniel Midgeley is a linguist and host of the Because Language podcast. He can also be heard on Thursday mornings on the Speakeasy on ABC Radio Perth 720.*

11 March – 15 April

1.30 pm - 03.00 pm

Glenn Cook

### **Climate and Weather in WA**

People have been observing the weather of WA for 200 years but what is the point? Join Glenn to look at our weather patterns and the main drivers that influence and impact our weather. How is it possible to forecast the weather in such a large state? We'll look at the changes to forecasting techniques and how they are currently prepared. Learn about the current climate of WA, the trends observed so far and, finally, Climate Change and its future impact on Australia over the next 100 years.

*Glenn Cook is a retired Meteorologist and Climatologist who spent almost 30 years analysing, forecasting, and communicating the weather and climate of Western Australia.*

29 April – 27 May

09.00 am – 10.30 am

Prof Natalie Warburton

## **Marvellous Marsupials**

Most of us can typically recognise marsupials such as the “flying” fox or koala “bear”. Few, however, appreciate just how biodiverse these species are and the extensive range of their reproductive adaptations. In this course, their diversity and distribution, their place in the ecosystems of Australia and New Guinea and what happens when our native marsupials clash with other successful predators including foxes, cats and dingos will be explored. Particular attention will be paid to possibly our most iconic marsupial, the kangaroo and what its different species through time and space tell us about the Australian continent and its changing climate and vegetation. Natalie will finish with a history of marsupial evolution, and the exciting ongoing research into Australia’s now extinct fossil megafauna.

*Natalie is a zoologist from Murdoch University, with a keen interest in the intersection of morphology, ecology and evolution. She has published work on a range of threatened and endangered species of wildlife. She will be assisted by two of her post-graduate students, Tom Mansfield and Natasha Tay. Natalie’s research helps to understand how animals live within their environment and provides avenues for the management and conservation of species.*

29 April – 27 May

11.00 am - 12.30 pm

Ed Love

## **Taking Care of Your Health**

Join Ed in his talks about the following:

ageing with grace: enjoying a healthy and robust life well into old age  
overcoming stress: lasting peace of mind, in spite of life's ups and downs  
happier than ever: simple ideas and tools to relax into ease and wellbeing  
long term weight loss: a vibrant healthy body, without feeling deprived  
immune upgrade: how to get and stay healthy without pills and potions

*Ed has studied Fitness, Nutrition Certificate III Fitness Happiness, Stress, Personal Growth, Ed is a member of Toastmasters and a Life Trained Coach*

29 April – 27 May

1.30 pm - 3.00 pm

Donna Turner

## **Homelessness in WA**

Rates of homelessness are rising in Western Australia, impacting young people, older people, people with chronic health conditions and disability, people from diverse backgrounds, and particularly First Nations people. This series of lectures will build an understanding of who is experiencing homelessness, the contributing factors, the proposed solutions and the services available to assist. The lectures will include personal and sector insights from people who have their own experience of homelessness and housing insecurity. We will share the latest knowledge on Housing First and the HOME Project.

*The lectures will be delivered by staff from Shelter WA, the peak body advocating for the community housing and homelessness sectors; the WA Alliance to End Homelessness (WAAEH), and people with a personal experience of homelessness and housing insecurity who now work with the WAAEH and with Shelter WA in the Home Project as Lived Experience Consultants advocating to end homelessness. The Home Project is managed by Shelter WA and funded by the Sisters of St John of God.*