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CARERS Week was celebrated last month, and Canterbury Hospital hosted a morning tea to honour the valuable contribution of carers with craft activities and massages on offer. (Above) Volunteer Caroline McAllister and carer Margaret Rowland enjoying the morning tea while (left) volunteer Tafline Giannoulis was giving Marcia Tydeman a relaxing hand massage during the event, with this year's theme being Anyone Anytime. (Bottom) Carer Assist in Belmore hosted a luncheon and information session for Persian carers. Talks were given on how to reduce stress and overcome depression. Mansoure Esfahani gave a talk on the services Carer Assist provides, and was well received by those who attended. The event was followed by a light luncheon.



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CANTERBURY Councillor Bill Kritharas joined in the 80th birthday celebrations at Canterbury Hospital and presented the director of nursing with a \$5,000 cheque. Cr Kritharas said he and his two friends Leon Bombotas and Jenny Manetas (pictured) raise funds for worthwhile causes every year during new year's eve and in 2008/09 they chose to donate the funds to Canterbury Hospital, where Leon was born. It's a small donation but the three of us hope we can make a small difference and we're delighted to be able to support the hospital and hand it over on the 80th birthday and we congratulate and hope the hospital continues all their great work", Cr Kritharas said. Leon Bombotas, Jenny Manetas and Bill Kritharas (far right) present Claire Harris, director of nursing and Graeme Angus general manager at Canterbury Hospital with a \$5,000 cheque.



Teacher Kimberley Pericles uses web tools in her classes.
Picture: Nick Bloukos. Article from the Express

Veteran teacher nets top award

BELMORE South Public School teacher Kimberley Pericles can't be accused of being a textbook teacher. Teaching her charges to use the internet has earned the veteran staffer a highly commended nod in the Australian awards for Teaching Excellence. Mrs Pericles who teaches years 5 and 6 composite class encourages students to use website tools such as blogs during their tech-savvy lessons.

"Because they come from such different backgrounds, using technology has made it really easy for the kids to talk about what they're learning", she said. "They can make animated videos... and that way their families at home and overseas can see what they're doing".

Mrs Pericles' career at Belmore South has spanned more than 20 years. "I love the families and having been here so long I know them well", she said.

"One of the kindy kids, I've taught her mother here. I like the mix of the different nationalities because each group and each kid and each family has so much to offer".

Principal Gail Dyer nominated Mrs Pericles for the Federal Government sponsored teaching award.

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