

COMMUNITY CONNECTIONS PROGRAM



Improving Wellness in Launceston's ageing Bhutanese Community

Community Connections Weekly Session 21 September 2016



The idea for a massage therapist to visit the Community Connections program grew from a query from one of the group's participants. In August Nir Mala Kuikel said she was suffering from back ache and asked how it would be possible to get a massage.

On discovering that only a couple of the group had ever experienced a massage before, the group agreed it would be a great idea for a massage therapist to come to the program to show them what was involved.

Following this discussion, local massage therapist Ayla Vaughn was invited to the Community Connection program to meet the group and explain what she does while giving 5 minute neck and shoulder massages to interested group members.

With 35+ people attending the weekly program, a list of ten participants willing to have a brief massage was compiled the week before the massage session.



Participants

Ganga Ram Acharya
Uma Devi Acharya
Pashupati Acharya
Lok Nath Subedi
Tek Maya Subedi
Pokchi Maya Chhetri
Krishna Prashad Chhetri
Lachhi Maya Rai
Sha Bahadur Rai
Karna Bdr Rai
Gopal Rai
Mon Rupa Rai
Purna Rai
Mangali Rai
Nir Mala Kuikel

Bal Bir Bishwa
Harka Bishwa
Sancha Man Rai
Ravi Maya Rai
Nir Maya Chuwan
Amber Singh Kalikotey
Goma Devi Kalikotey
Nar Gurung
Suk Maya Gurung
Lila Ram Basnet
Ganga Subba
Bir Maya Subba
Rup Koirala (Program Leader)
Bikash Acharya (Staff)
Khina Acharya (Staff)
Susan Aykut (CC Coordinator)

A COMMUNITY CARE TASMANIA INITIATIVE

Supported by Tasmania Community Fund &
Dept of Health and Human Services Gambling Support Program

Massages @ MRC Hall, Haig St, Mowbray



Ayla & Pashupati Acharya



Ayla &



Ayla &



Ayla &



Ayla & Damanta Phu Yel



Ayla & Nir Mala Kuikel



Ayla & Ganga Acharya



Ayla & Lachhi Maya Rai



Ayla & Pokchi Maya Chettri

Massages @ MRC Hall, Haig St, Mowbray

The original plan was for Ayla to spend an hour with the group and give massages to 10 people. The actual exercise turned into Ayla staying for an hour and a half and giving massages to 15 people.

Although Ayla's time with each person was short, Ayla managed to knead and manipulate people's muscles into place, offer helpful advice on how to improve posture, and make suggestions on exercises some people could do at home to alleviate aches and pains. These included stretching against door jambs (see picture to the left) to loosen back tension, or stretching hip muscles by lying on your back on the floor and rolling from side to side.

Some participants found the experience wonderful, others were unsure whether they enjoyed it or not. But all agreed that they felt good afterwards.

During the massages Ayla was happy to tell the group that she had become a massage therapist after discovering she wanted to help heal her friends and family. She undertook her training at the Australian College of Massage in late 2012 and found she loved it. She set up her business after graduating in 2014. While she grows her business, Ayla continues to supplement her income by working in the retail sector. Ayla has a particular passion and expertise in providing seated massage, as she so ably demonstrated to the Community Connections group, but she also offers Remedial Massage Relaxation Massage and Pregnancy Massage.



Ayla & Niri Chuwan



Ayla &



Ayla & Uma Devi Acharya



Ayla & Malati Chhetri



Ayla & Hasta Saki

Ayla & Lok Nath Subedi

Games @ MRC Hall, Haig St, Mowbray

Next to catching up and chatting with each other, group members love playing games together. Chinese Checkers is a favourite with many of the ladies, and many of the men love to play cards.

Fortunately the space in the Migrant Resource Centre is sufficiently large enough to accommodate many activities taking place simultaneously. Card games and Chinese Checkers, therefore, continued to be played around either observing and/or participating in a massage with Ayla.



Pokchi Maya Chettri



Uma Devi Acharya & Tek Maya Subedi