

Ideas for activities during Carers Week

Celebration ideas

- Host a party, picnic, dinner, lunch or barbecue for carers
- Treat carers to a "pampering day". This may include a program of aromatherapy, stress management, relaxation techniques, hair care and massage
- Organise an outing or a day trip for carers such as a trip to the zoo, beach, country, National Trust site, theatre or cinema, a walk with lunch included or a boat trip
- Organise volunteers to provide respite for carers so they can attend the outing/trip
- Organise a music event or a sing-a-long
- Host a morning tea in a local park or botanical gardens
- Organise an art therapy session

Awareness raising/publicity ideas

- Set up an information stall at a local shopping centre or public area to raise awareness of carers. Ask other caring organisations and service providers to join in
- Hold a launch at a local shopping centre or public area to celebrate Carers Week, inviting high profile speakers such as the mayor, members of parliament, local identities or prominent business people, to talk about what it is like to be a carer
- Make a banner for Carers Week and check with your local council whether you can erect it over the main street of your town or city
- Organise a peaceful march or rally within your community to mark Carers Week
- Hold a sausage sizzle at your local shopping centre, market, or sporting event, and display a banner and other carer awareness information
- Distribute Carers Week posters (available from Carers NSW) to local businesses, police stations, libraries, councils, sporting clubs, hospitals or GP surgeries for display during Carers Week
- Host a seminar or forum about carers' issues
- Organise for your local radio station to focus on carers' issues. Talk back radio is an effective way to raise community awareness and debate

- If you have one, produce a special edition of your regular newsletter about Carers Week
- Organise education and training sessions on carers' issues at your local hospital, community centre or schools
- Erect a Carers Week display in the foyer of your organisation and highlight what you are doing for the carers
- Host an information awareness session/day for carers and invite local service providers, health professionals and other caring organisations to talk about services for carers and/or display their information

Planning a successful Carers Week event

Here are a few tips to help you plan a successful event or activity:

- Make sure the proposed venue is accessible and easy to find. Being close to public transport or near parking area means more people are likely to attend
- Can people who work attend the event
- Make sure the date does not clash with any other high profile local events
- Book the venue and invite special guests early
- Confirm arrangements in writing and seek confirmation
- Confirm all details with entertainers, venues, caterers at least 24 hours prior to the event
- Contact guest speakers well in advance to ensure their availability
- Make sure details for the guest speaker and officials, such as name and title are correct
- Provide speakers with background information on carers, your group and the event
- Do you need any equipment? e.g. electricity outlets, a lectern, display boards, seating, pens and paper
- Promote your event through the media and local organisations (see enclosed media kit)
- Have promotional literature on local carer support organisations and services available
- Should your official guests be unable to attend, ask them to send a letter of support which can be read out during your event or displayed somewhere prominent
- Send everyone involved with the event a thank-you letter afterwards. This helps establish a good rapport and encourage support for future events
- Take pictures of your event and send them to the local paper/special guests