

13 October 2011

**Celebrating carers* in Carers Week
2011 National Carers Week – 16 to 22 October 2011**

**A carer is any individual who provides unpaid care and support to a family member or friend who has a disability, mental illness, drug and alcohol dependencies, chronic condition, terminal illness or who is frail.*

This Sunday marks the start of National Carers Week – a celebration of carers and their contribution to the lives of the people they care for and to the wider community.

This year over 340 carer support groups and organisations are holding events across NSW to give carers a break and a chance to socialise with other carers. These events assist in recognising carers and raising awareness about their role.

“We know many carers have little or no social contact due to their caring role, so with funding from the NSW Government’s Ageing, Disability and Home Care, Family and Community Services, we have enabled carer support groups and organisations to arrange events for carers across the state including picnics, morning teas, lunches and day trips,” Elena Katrakis CEO Carers NSW said.

“Carers Week is a great time for the general public to acknowledge the work and value of carers, while carers themselves are encouraged to take some time out for themselves,” she said.

A key focus of events happening during Carers Week will be the National Carers Day Out activities on **Tuesday 18 October 2011**, with a free event at Martin Place, Sydney from 8am-2pm.

Thanks to a collaboration between Babana Aboriginal Men’s Group, Carers NSW, City of Sydney, Department of Human Services – Centrelink, MTC Work Solutions, and Ageing, Disability and Home Care (ADHC) guests will have access to a range of information and resource stalls, free goodies and special appearances and performances.

Carers Day Out is an opportunity for the community to come together to celebrate those that give their time, energy and love – unpaid – to care for a friend, partner or family member. Everyone – including carers, their families and friends, and the general public – is invited to join together with a range of government and non-government service providers for this day of recognition, information and entertainment.

There will also be other events across the state in rural and regional NSW.

“We hope carers will be able to take part in this event, or one of the many other events being held across the state during Carers Week,” said Ms Katrakis.

Useful resources:

For a full calendar of events happening across the state for Carers Week go to the Carers NSW website – www.carersnsw.asn.au

For the national site dedicated to Carers Week - <http://carersaustralia.com.au/carersweek/>

Carers Week Fact Sheet attached.

For further information or enquiries, or to arrange an interview:

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OR

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