



Media Release

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Sydney celebrates carers

As part of National Carers Week (18-24 October), Sydney will celebrate and acknowledge the role of carers with a free event in the heart of Sydney on Carers Day Out – Tuesday 20 October.

The general public and especially carers are invited to join a range of government and non-government service providers as well as performers for a day of information and entertainment at Sydney Square, next to Town Hall on George Street, Sydney.

Thanks to a collaboration between Babana Aboriginal Men's Group, Carers NSW, City of Sydney, Centrelink and the Eastern Sydney & City of Sydney Dementia Advisory Service, guests will have access to a range of information and resource stalls, free goodies and performances. The event will take place from 10am-2pm.

Highlights will include a performance from the award winning band the Donovans, a guest appearance by renowned former Rugby League player Arthur Beetson OAM and music from the St Andrews Cathedral School Choir and Jazz band.

There are approximately 2.6 million carers in Australia, with around 750,000 carers in New South Wales.

“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,” said Elena Katrakis, CEO of Carers NSW.

“We hope many carers will have the chance to get along to what will be a fun, free day out.”

Over 200 support groups and community organisations around the state have also received grants provided through Carers NSW and funded by Ageing, Disability and Home Care, NSW Department of Human Services, to hold events for carers from a wide variety of caring circumstances and cultural backgrounds.

This year's theme is 'Anyone, Anytime' acknowledging that anyone, anytime across Australia can become a carer.

For more information about Carers Week, including these events, go to www.carersweek.com.au.

Media contact: Nina Olle, Carers NSW, 02 9280 4744 / 0400 061 100

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.