

10 January 2014

## Join Carers NSW for the Coffs Harbour Carers Masterclass

Carers NSW is putting the spotlight on Coffs Harbour's unpaid family carers, with a day of healthy eating, living and self-care at the Coffs Harbour Carers Masterclass on Tuesday 14 January 2014.

The Carers Masterclass will feature highly acclaimed local chef and presenter of a new show on ABC TV in 2014, **Clayton Donovan of the Jaaning Tree**, cooking up a storm and sharing tips for nutritious, tasty and easy meals. Participants will also be able to take part in a range of healthy living workshops including a yoga demonstration, and healthy movement and exercise tips, along with free health and hearing checks.

Carers NSW CEO Elena Katrakis said, "We're thrilled to be putting on this event, and providing carers with a day to focus on looking after themselves and self-care."

Research has found that carers have significantly lower health and wellbeing than people who are not carers, and they can also experience higher levels of depression. Caring can impact on carers physically and emotionally and many carers put their own needs last. It is important for carers to keep healthy and make their own wellbeing a priority.

"Many carers' dedication to the care of their friend or family member is combined with limited time and, or resources to care for themselves. Carers often focus on the person being cared for and overlook the importance of self-care, frequently putting their own needs last."

"Caring can be both rewarding and demanding, taking time out to take care of yourself is one of the most important things you can do. The Coffs Harbour Carers Masterclass is a chance for Coffs Harbour's carers to take a break, socialise, and experience some healthy living activities," Ms Katrakis said.

Carers NSW is working with other local service providers for the event, so people can learn about the services available for carers in the region, as well as enjoying a fun-filled day of self-care activities.

The Carers Masterclass is a free event hosted by Carers NSW and funded with 'Pollie Pedal' proceeds.

**When:** Tuesday 14 January, 10am-2pm

**Where:** Norm Jordan Pavillion, Coffs Harbour Showground, Pacific Highway, Coffs Harbour

**RSVP:** Registration is essential, and places are limited. To register call 1800 242 636.

**For any media enquiries or for more information contact:**

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