

Media Release



15 January 2014

Join Carers NSW for the Queanbeyan Carers Masterclass

Carers NSW is putting the spotlight on Queanbeyan's unpaid family carers, with a day of healthy eating, living and self-care at the Queanbeyan Carers Masterclass on Friday 17 January 2014.

The Carers Masterclass will feature Australian native cuisine master chefs, Bandu Catering, cooking up a storm and sharing ideas for mixing native and contemporary Australian cuisine and creating some quick, healthy and delicious meals using traditional Australian bush foods.

Georgia Gleeson, local Personal Trainer, selected by Rob de Castella as part of the Indigenous Marathon Project to run in the 2013 New York Marathon will share her thoughts on the benefits of fitness and conduct a workshop. Other activities include a yoga workshop, free health and hearing checks and a whole lot of fun!

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 Queanbeyan Carers Masterclass is a chance for Queanbeyan'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: Friday 17 January 2014, 10am-2pm

Where: RB Smith Community Centre, 262 Crawford Street, Queanbeyan, NSW 2620

RSVP: Registration is essential, and places are limited. To register call (02) 9280 4744.

For any media enquiries or for more information contact:

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