

MEDIA RELEASE

4 September 2017

Young carer awareness comes to Bathurst

On Wednesday 13 September at 4.30pm, Carers NSW is bringing *Watch This Space*, a young carer awareness raising workshop, to the Bathurst RSL. The evening workshop aims to educate teachers, counsellors and health professionals about young carers from the Bathurst community, and provides information on how to identify carers in a classroom setting in order to provide a higher level of tailored support.

In NSW alone there are over 96,500 young carers, aged 25 or under, who help to support a family member or friend with disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail.

Knowing how to support young carers in an appropriate and sensitive way could make a big difference to them and their family. To assist with this, Carers NSW has developed Young Carer Awareness Training, based on Australian and international research, as well as, the extensive experience of Carers NSW.

This program, funded by the Family and Community Services (FACS) Youth Opportunities grant, will be co-facilitated by a young carer from the local community and has already received overwhelmingly positive feedback from those who have attended:

"One of the best presentations from a government service or NGO I have ever seen/experienced"

"It was an outstanding presentation that should be done in all schools!"

"A humbling experience, it has opened my eyes to a hidden world"

"Very eye-opening to hear a first-hand story from a YC at school. Definitely raised my awareness, thank you!"

The interactive *Watch This Space* workshop highlights the prevalence of young carers, the impacts of being a young carer and discusses supports that can be implemented on a local level. The workshop is supported by likeminded organisations such as Relationships Australia and includes a panel Q&A discussion and a light supper. RSVPs are essential by calling Carers NSW on 02 9280 4744 or emailing yc@carersnsw.org.au

More details on the *Watch This Space* project are available to view on the Young Carers website www.youngcarersnsw.org.au or by contacting the Young Carer team

For further information or enquiries, or to arrange an interview please contact: Carers NSW Media and Communications team on commsteam@carersnsw.org.au or 02 9280 4744 or 0421 057 305 (after hours).