

# Media Release



10 October 2017

## Carers Day Out

Tuesday 17 October 2017, 10.00am – 2.00pm

Redfern Community Centre, 29-53 Hugo Street, Redfern NSW

There are over 2.7 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail. The value of that unpaid care is \$1.1 billion per week.

Australia counts on carers and National Carers Week, which runs from 15 – 21 October 2017, is a time to recognise and celebrate the contribution carers make to our communities.

To celebrate National Carers Week, anyone caring for a family member or friend is invited to join us at Carers Day Out on Tuesday 17 October for a free day of wellness and relaxation.

**Pampering and relaxation:** Complimentary massages (TAFE NSW), mini manicures and express hair styling

**Health and wellbeing:** Free *Know Your Bones* assessments (Osteoporosis Australia) and *Check-up from the neck up* assessments (Mental Health Commission NSW)

**Crafts and hobbies:** Gardening workshops (City of Sydney and Sydney Sustainability Centre), art workshops (Museum of Contemporary Art Australia), creative writing workshops and essential oil making workshops

**Mindfulness and wellness:** Silent meditation and mindful colouring

**Delicious food and coffee:** Free BBQ lunch by Rapid Relief Team and coffee by icare

**RSVP:** By email to [commsteam@carersnsw.org.au](mailto:commsteam@carersnsw.org.au) or via the Carers NSW website [www.carersnsw.org.au/national-carers-week](http://www.carersnsw.org.au/national-carers-week)

**Transport:** A free accessible shuttlebus will run between Broadway Shopping Centre, Central Station and Redfern Community Centre during the day. To find out more, contact the Communications team on [commsteam@carersnsw.org.au](mailto:commsteam@carersnsw.org.au)

This event is brought to you by Carers NSW in partnership with City of Sydney, icare, Museum of Contemporary Art Australia, Rapid Relief Team, Sydney Sustainability Centre and TAFE NSW.

*For further information or enquiries, or to arrange an interview please contact: Carers NSW Media and Communications team on [commsteam@carersnsw.org.au](mailto:commsteam@carersnsw.org.au) or 02 9280 4744.*