

## Program of events for National Carers Week 2020

	Sunday 11 October	Monday 12 October	Tuesday 13 October	Wednesday 14 October	Thursday 15 October	Friday 16 October
10.30 – 11.30 am	Carer Survey results and welcome to Carers Week (release on Facebook)		Sector Panel discussion: <i>What is the Aged Care Royal Commission doing for carers?</i>	Strength and Balance with Stephen Gammack from Soulfit	Carer Panel: <i>Caring in 2020</i> with Georgie Gardner	Art workshop: Nourish and Flourish with Sally Swain
12 – 1pm					<i>wecare</i> : Caring for the carers	
12.30 – 1.30 pm				Carers + Employers webinar: Developing a carer friendly workplace		
2 – 3pm		Tai- Chi with Stephen Procter	Webinar: Recognising and Supporting Young Carers	Mindfulness Meditation with Stephen Procter	Gentle breath meditation with Stephen Gammack	Music by Miriam Lieberman and her trio - thank you to carers

Carers across NSW are invited to join us for any sessions they may be interested in.

You will require access to a computer with speakers (a microphone and video camera are a bonus). Sessions are delivered using Zoom conferencing.

Please [click here](#) for more information and to register your attendance to attend online.

Carers NSW will send you instructions about how you can join the session on confirmation of your registration.

Sessions will be recorded so they can be viewed from our website after the event.