

# CARERS NEWS

The newsletter of Carers NSW December 09/January 10



## Season's Greetings



On behalf of Carers NSW, we would like to take the opportunity to wish all our members a very Merry Christmas and a Happy New Year.

2009 has been an exceptionally busy year for the association, with the Carers NSW Conference, the Better Support for Carers Inquiry, the release of the Ethics of Caring narrative and much much more – all on top of delivering our regular services to carers. Carer issues continue to make their way onto the political and public radar and we're sure this will continue in 2010.

As the end of the year draws near, it is useful for all of us to reflect on our achievements and challenges, acknowledge and learn from what has been so we can look forward with a fresh outlook, ready for the year ahead.

As well as being a time of reflection, the holiday season can be a very hard time for families, particularly for carers. One of Carers NSW' counsellors reminds us all of strategies that can assist us cope in this particularly busy (and often stressful) time of year for many (see page 5).

We hope the Christmas / New Year period is a happy, healthy one for you and your family and friends.

Until next year,



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Laraine Toms,  
President, Carers NSW



A handwritten signature in black ink.

Elena Katrakis,  
CEO, Carers NSW

## Carers Week 2009



Carers celebrate in Lismore



Carers cruise into Carers Week on the South Coast

More Carers Week on page 2...

## Contents

Editorial	page 1
Carers NSW update	pages 2-3
News	page 4
Look after yourself	page 5
Guest editorial	pages 6-7
Carer's story	page 8
Guest editorial	page 9
Inform yourself	page 10
Multicultural carers	page 11
ATSI carers	pages 12-13
Reading corner	page 13
Talk to others	page 14
Noticeboard	page 15
Help support us	page 16