

Media Release



7 March 2014

Join Carers NSW for the Carer Cook Off

Carers NSW is inviting carers to join them for an exciting 'Carer Cook Off' workshop being held at Tuscany Estate in the Hunter Valley this month.

Carers who are supporting someone with a mental illness are invited to one of two upcoming interactive cooking workshops. The first event, to be held at Tuscany Estate, Pokolbin and is open to carers who reside in the Cessnock, Maitland, Newcastle and Port Stephens local government areas.

This free workshop will provide carers with an opportunity to gain practical knowledge and skills of how to prepare simple, tasty and healthy meals. This interactive cooking experience is led by Executive Chef Rebecca Kaye, of Tuscany Estate. Rebecca, an award winning international chef, has a wealth of culinary experience and will be sharing her 'tips of the trade' to empower carers with the confidence to implement these skills at home.

Carers NSW CEO Elena Katrakis said, "The dedication of carers to caring for their family member or friend often means that they put their own needs last."

"At our recent carer forums, carers identified that they were often too tired or lacked the skills to prepare healthy meals for themselves, often having tea and toast for dinner. These workshops will provide carers with an opportunity to focus on the importance of healthy eating, an essential element for sustaining carer well-being," Ms Katrakis.

Carers will enjoy a three course menu of scrumptious food prepared during the workshop. The luncheon, in the estate's private dining room, offers carers an opportunity to dine with other carers in a relaxed environment in the scenic Hunter Valley.

The cooking workshop is a free event funded by Carers NSW.

When: Wednesday 26 March, 11.00am - 2.00pm

Where: Tuscany Estate, Cnr Hermitage Road and Mistletoe Lane, Pokolbin

RSVP: Registration is essential, and places are limited. To register, or for further information, please contact Janelle Tolley at Carers NSW on 02 9289 4280 or janellet@carersnsw.org.au