

03 April 2014

Young carers soar high at Tree Tops

Children and young people who support someone with a mental illness sometimes need time out.

Carers NSW is inviting young carers aged 10-16 who support someone with a mental illness, and who live in Newcastle, Port Stephens, Cessnock or Maitland, to have fun and 'soar high' in the upcoming school holidays. These young carers might be supporting someone who is living with a mental illness, perhaps a parent, sibling, other relative or friend, who has an illness such as depression, anxiety, bipolar or schizophrenia.

This free event is set to challenge both mind and body. Young carers will have the opportunity to meet and have fun with other young carers whilst mastering the flying foxes and suspension bridges at Tree Top Adventure Park (Blue Gum Hills Regional Park).

Carers NSW CEO Elena Katrakis said, "Young carers become skilful at juggling day to day responsibilities and are proud of being able to support and make a difference to the lives of their loved ones. Often this comes at a cost with the young person often missing out on opportunities like socialising with friends, doing their school work or enjoying a hobby or sport."

This activity will be led by a trained instructor and supported by Carers NSW staff. Parental / guardian consent is essential. Lunch is provided.

This is a free event funded by Carers NSW.

When: Wednesday 16 April 2014

Where: Tree Top Adventure Park, Minmi Road, Minmi.

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

Media Contact: Rosa Hearnshaw, Communications Officer, Carers NSW
02 9280 4744 or 0400 061 100