

Media Release



5 November 2014

Join the self-care challenge in the New England

As part of the Federal Government's Drought Assistance Package funding, Carers NSW along with Back Track, Black Dog Institute and Rural Fit will be delivering a series of free 'Be self-care aware' workshops across the New England region throughout November and December 2014.

The 'Be self-care aware' workshops will provide information on available services, resources and tips on maintaining your own physical and mental health and wellbeing. Community members are encouraged to attend these free events which will include a Paws Up dog show, free food, kids' activities and free raffle draw.

First prize of the raffle will be the opportunity to take some time out and receive a full day assistance with animal handling and general farm work on your property from a skilled Back Track team. Second prize is professional assistance and support in enhancing your health and wellbeing for you and a friend with a membership to *Farm Fit Wellness Program* run by Rural Fit.

Take some time out and join the self-care challenge at any of the following workshops.

Date	Time	Venue
Sat 15th November 2014	10am to 2pm	Memorial Hall Tenterfield Molesworth Street, Tenterfield NSW
Mon 17th November 2014	3.30pm to 6.30pm	Pallamallawa Hall Corner of Generoi and Gwydir Street Pallamallawa NSW
Tues 18th November 2014	3.30pm to 6.30pm	Community Technology Centre (CTC) 60 Dangar street, Pilliga NSW
Wed 19th November 2014	3.30pm to 6.30pm	Somerton Public School Milkmaid St, Somerton NSW
Thurs 20th November 2014	3.30pm to 6.30pm	Walcha Showground Derby Street, Walcha NSW
Friday 21st November 2014	3.30pm to 6.30pm	Armidale Showground Kirkwood Street, Armidale NSW
Mon 24 November 2014	3.30pm to 6.30pm	Wee Waa showground Maitland St, Wee Waa NSW
Tue 25 November 2014	3.30pm to 6.30pm	Mungindi Central School 59 - 67 Wirrah Street, Mungindi NSW
Thurs 27 November 2014	3.30pm to 6.30pm	Currabubula Public School Bolton St, Currabubula NSW

Date	Time	Venue
Mon 1 December 2014	3.30pm to 6.30pm	Uralla Community Centre 9 Hill St, Uralla NSW
Tue 2 December 2014	3.30pm to 6.30pm	Louis Johnson House 110 Court Street, Manilla NSW
Wed 3 December 2014	3.30pm to 6.30pm	Glen Innes Showground, Bourke Street, Glen Innes NSW
Thurs 4 December 2014	3.30pm to 6.30pm	Ron Harborne Oval, Boundary Street, Moree, NSW

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