

MILLIONS OF REASONS TO CARE

10–16 OCTOBER 2021

This National Carers Week we celebrate the more than 2.65 million unpaid carers in our community.



CARERSWEEK.COM.AU

#Carers2021 #MillionsOfReasonsToCare

National Carers Week 2021 is a
initiative of Carers Australia and funded
by the Australian Government

National Carers Week is dedicated to the recognition and celebration of Australia's 2.65 million family and friend carers. The theme for National Carers Week 2021 is *Millions of Reasons to Care!*

To celebrate carers and recognise the significant contribution carers make each and every day, Carers NSW is hosting a range of online events during National Carers Week, 10 October – 16 October 2021.

Carers from across NSW are invited to join a range of free online webinars, as well as self-care and wellbeing workshops for carers during National Carers Week 2021. These include:

MONDAY 11 OCTOBER

Health and Wellbeing - Stretch Therapy
10:30 – 11:00am
Register [here](#)

Launch Webinar - From Caring to Employment: A toolkit for carers
2:00 – 2:30pm
Register [here](#)

Health and Wellbeing – New moves dance class
2:30 – 3:15pm
Register [here](#)

Family Fun Event
5:30 – 6:30pm
Register [here](#)

TUESDAY 12 OCTOBER

Young Carer Hangout (16-25 years)

12:30 – 1:30pm

Register [here](#)

Health and Wellbeing – Qigong gentle exercise

2:30 – 3:10pm

Register [here](#)

WEDNESDAY 13 OCTOBER

Launch webinar – Introducing the Carer Knowledge Exchange

1:00 – 2:00pm

Register [here](#)

Webinar – Carers: Planning for your financial future

2:30 – 3:15pm

Register [here](#)

THURSDAY 14 OCTOBER

Webinar – Introduction to Carer Skills

10:30 – 11:00am

Register [here](#)

Health and Wellbeing – Laughter Yoga

2:30 – 3:15pm

Register [here](#)

Young Carer Hangout (Under 16 years)

3:30 – 4:30pm

Register [here](#)

Webinar – Starting the future planning proves with the person you care for

6:00 – 7:00pm

Register [here](#)

FRIDAY 15 OCTOBER

Health and Wellbeing – Creative Wellbeing Art and Writing

10:00 – 11:30am

Register [here](#)

Stakeholder workshop – Carer rights and complaints

12:30 – 1:30pm

Register [here](#)

Launch – Building Resilient Brains resource

2:30 -3:00pm

Register [here](#)

Music Performance with Matt Boylan-Smith

5:00 – 6:00pm

Register [here](#)



For more information on these events and National Carers Week, click [here](#).

Workshops will be delivered online using the Zoom videoconferencing platform. You will need access to a computer with speakers (a microphone and video camera are a bonus). Carers NSW will send you instructions about how you can join the session on confirmation of your registration.

For enquiries please email education@carersnsw.org.au or contact the education team on 02 9280 4744.