

NATIONAL CARERS WEEK

CARERS NSW EVENTS 2023



ONLINE

MONDAY
16 OCTOBER

Chair Yoga

10.00am – 10.45am

Lunchtime learnings

Full report launch:

2022 National

Carer Survey

12.00pm – 1.00pm

Trivia

7.00pm – 8.00pm

JOIN US
IN
PERSON!

TUESDAY
17 OCTOBER

Carers Day Out

10.00am – 2.00pm

Redfern Community
Centre

Proudly supported by
City of Sydney

MORE
EVENTS

To find an event
near you, visit our
[Upcoming Events Page](#)

ONLINE

WEDNESDAY
18 OCTOBER

Strength and Balance

10.00am – 10.45am

Dance Moves

2.00pm – 3.00pm

Online Games -

Scavenger Hunt

7.00pm – 8.00pm

ONLINE

THURSDAY
19 OCTOBER

Lunchtime learnings

How and why to
participate in research:

For family and friend
carers

12.00pm – 1.00pm

Meditation

2.00pm – 2.45pm

ONLINE

FRIDAY
20 OCTOBER

Art for Wellbeing

10.00am – 11.30am

Lunchtime learnings

Discussion panel:

Reflecting on the
Federal inquiry into

carer recognition

12.00pm – 1.00pm

Find out more:
www.carersnsw.org.au/training-events/upcoming-events
commsteam@carersnsw.org.au / 02 9280 4744



NATIONAL

**CARERS
WEEK**



**MILLIONS
OF REASONS
TO CARE**