Organisation	Project Title	Project Description	Location
Tamworth Aboriginal Medical Services	TAMS Carers Wellness Day	During National carers week, TAMS will host a wellness day in Quirindi featuring discounted hair services, massage therapy for approximately 35 carers. Staff will support, guidance and referrals, promoting social connections, community engagement, wellbeing, self-care access and recognition of carers' valuable contributions to the community.	Quirindi
South Eastern Sydney Local Health District	Caring for Carers	This initiative will recognise and celebrate the invaluable contribution of mental health carers through self-care and wellbeing activities, luncheons, and self-care packs. The events will benefit unpaid carers who provide ongoing care to individuals experiencing mental health challenges. Expected outcomes include increased feelings of appreciation, connection, and wellbeing among carers.	Kogarah
The Northcott Society	Carers Week 2026 – Customer led Career & Skills showcase Day for Carers	A customer-led Careers Day where people with disability showcase skills and present pathways. Carers connect, learn, and celebrate achievements, building networks and recognising their vital role. Held during Carers Week in Ballina, the event includes morning tea, lunch and a yoga class, supporting wellbeing, learning, community connection and local recognition.	Ballina
Tomaree Neighbourhood Centre	Cupcakes and Connections for Carers	Cupcakes for Carers is a welcoming wellbeing workshop that brings carers together through cupcake decorating, conversation, and a shared morning tea. Facilitated by Alice's Kitchen, the project provides carers with time-out, social connection, and a creative experience that supports wellbeing, reduces isolation, and helps carers feel valued, supported, and connected.	Salamander Bay
Bellingen Shire Council	Celebrating Carers Community Spring Lunch	Bellingen Council and Dorrigo Neighbourhood Centre will deliver a free community Lunch supporting carers and community members through connection, storytelling, and access to information and services. Activities include a lived-experience guest speaker and National Carers Week storytelling campaign, increasing awareness, social connection, recognition of carers, and access to support networks.	Dorrigo
Uralla Shire Council	Carers Connect	A relaxed lunch connecting rural and remote carers with local service providers, enjoying group activities and a meal together, attended by representatives from community support, transport, legal and health service organisations. Everyone receives a gift bag and an information video will be created for those unable to attend.	Uralla
Muslim Community Radio	2MFM Caring for Our Carers: Appreciation Luncheon	2MFM will host a multicultural carers appreciation luncheon for carers from multicultural communities, recognising their contributions. The event will include storytelling, discussions on challenges, advice on balancing caring responsibilities, interviews and appreciation gifts to honour their contributions and strengthen community support and connection.	Chester Hill
SESLHD/St. George Hospital	Strong Care starts with Self-Care	Designed to acknowledge carers, promote practical wellbeing strategies, and create space for rest, reflection, and connection. The initiative empowers carers to recognise their limits, seek support early, and embed self-care into everyday life. 1. Permission to Pause activities 2. What helps me cope wall 3. Carer support groups	Kogarah
Waratah Respite Service	Supporting Those Who Support Others: Carer Recognition Event	"Supporting Those Who Support Others: Carer Recognition Event" will host a welcoming afternoon tea featuring live entertainment, finger food and wellness goody bags. The event recognises carers' vital contributions, reduces social isolation, promotes wellbeing, and provides an opportunity to connect, relax and feel valued within the community.	Coffs Harbour
Singleton Council	Caring for Carers	This initiative celebrates carers in our community, showing appreciation through engaging wellness workshops and a special celebration lunch. It offers carers a chance to relax, have fun, and connect with others, fostering wellbeing, friendship, and support while recognising the vital role they play in caring for others every day.	Singleton
One Door Mental Health	Carer's Week Luncheon	Light Lunch with a Guest Speaker from our Community, Mindfulness activity and small gift as we are thinking to have mindfulness bingo & self care small gifts	Griffith
Cumberland City Council	Together We Care - Cumberland Carers Luncheon	A vibrant and uplifting luncheon celebrating carers, offering a refreshing opportunity to unwind, feel appreciated, and connect. Guests will enjoy a delicious meal in a warm, inclusive setting, receive a self-care gift bag, spark meaningful conversations, and honour the invaluable contribution carers make to the community.	Merrylands
NBMLHD Carer Program	2026 NBMLHD National Carers Week Expo	2026 Carers week Expo at Nepean H, will be a community-focused event celebrating and supporting carers, featuring a range of information stalls from local carer support groups, activity table, wellbeing packs, and light refreshments. It's an opportunity for carers to connect, discover helpful resources, and engage with the community.	Kingswood
Tottenham Community Health Centre	Tottenham Champion Carers	10.00am Nature connection activities 11.30am "Healthy Cooking for one" demonstration 12.30pm Carer's luncheon for all Carers in the community. 1.30pm Self care and motivational Guest speaker 2.30pm Resources and evaluation activity	Tottenham
SDN Child and Family Services	Carer Connect Morning Tea: Community Resources for Preschool Families	Morning tea for carers of preschool children with autism. Connect with others, enjoy refreshments, and hear from Carer Gateway speakers about community supports. Carers will gain information, reduce isolation, and build connections, improving confidence in accessing services and supporting their child's development and wellbeing.	Rooty Hill
Gungyah Ngallingnee Aboriginal Corporation	Carers Day of Care – Rest, Connection & Recognition"	A relaxed, culturally safe half-day gathering at the Stadium that gives our local Aboriginal carers: - A chance to stop and be cared for - Time to connect with others who understand - Recognition for the work they do every day	Tabulam

Organisation	Project Title	Project Description	Location
Allied Health Reablement Team	Wellness AHRT Packages	Wellness packages from Kmart: eg Aroma diffuser, coffee cups, Mindfulness-anti-stress colouring book; Markers; Photo Frame; chocolates. Our expenses per bag$35 Benefit clients that are unable to attend in person to activities due to (fragility, age or health problems). Outcomes as last year survey indicated an incredible support and appreciation.	Carramar
Ryde Hospital, NSLHD	Ryde Hospital Carers Week: Pop-Up Support, Creative Connection and Wellbeing Activities	Carers will engage in a Pop-up Carer Support Hub (two days), two creative workshops, Award and webinar. These opportunities for connection, recognition and wellbeing link Carers with ongoing supports. The project is delivered by the Carer Support Service at Ryde Hospital (NSLHD), with funds administered by The North Foundation.	Denistone
One Door Mental Health	CALD Mental Health Carer Luncheon	Carers will meet each others for a nice lunch. Luncheon provides an opportunity for carers to be connected with similar experiences, it creates a space for carers to celebrate their achievements through the caring journey. Greek and Mandarin carers will feel empowered by meeting and connecting with other carers.	Burwood
Southern NSW Local Health District	Care, Cuppas and Conversations - strengthening our caring communities of the South East Tablelands	Morning tea sessions for carers supporting people with mental health concerns in Goulburn and Queanbeyan areas. Co-designed with carers, sessions will bring together carers, health staff and community organisations for discussion and creative activities, exploring carer experiences. A collaborative artwork will capture insights, promoting carer voices and strengthening community supports.	Queanbeyan
Stride Mental Health	Carers High Tea at the Yallah Woolshed	High Tea for the carers in the Illawarra region. A coming together of carers, to connect and enjoy being spoilt for National Carers Week.	Yallah
Myrtle Cottage Group	Restore & Connect	The event will give carers time to pause, feel valued, build peer connections and access practical wellbeing strategies in a safe and supportive environment.	Ingleburn
Mission Australia	Carers bus tour including cheesemaking workshop and delicious lunch	Unpaid carers will benefit from a dedicated outing and shared lunch. The activity provides respite, encourages social connection and peer support (from across 2 regional areas), and recognises carers' contributions. Expected outcomes include reduced isolation, improved wellbeing, stronger networks, and increased community awareness during National Carers Week.	Emerald Beach
Hornsby Ku-ring-gai Hospital, NSLHD	Hornsby Ku-ring-gai Hospital Carers Week: Pop-Up Engagement and Creative Wellbeing Activities for Carers	Carers will engage in a Pop-up Carer Support Hub (two days), creative workshop, Award and webinar. These opportunities for connection, recognition and wellbeing will link Carers with ongoing supports. The project is delivered by the Carer Support Service at Hornsby Ku-ring-gai Hospital (NSLHD), with funds administered by The North Foundation.	Hornsby
Stride Mental Health	Carers Wellness/self-care workshop	The Workshop will create a supportive space for carers to relax, connect with others while participating in activities designed to nurture emotional and physical wellbeing. We will be doing - Sound Therapy, Art Therapy and light Body Movement . Morning Tea & Lunch Included	Berry
Belongside Families	Connect and Create: Carers Week Mosaic Workshops (Central Coast)	An in-person creative mosaic workshop for Central Coast carers during National Carers Week. Carers will enjoy lunch, take part in a relaxed shared activity, connect with other local carers and feel recognised and valued for the important unpaid caring role they perform.	Gosford
City of Canada Bay Libraries	Carers Week at the City of Canada Bay Libraries	The City of Canada Bay Libraries will be hosting a drop in session for carers, as well as a separate film screening event from Bus stop films.	Concord
South Western Sydney Local Health District - Carers Program	Navigating Care: A Series for Carers	A series of short, practical sessions designed to support carers with skills in navigating the health system, discharge planning and self-care. The program aims to recognise and empower carers, with targeted promotion to Nepalese and Pasifika communities and young carers to ensure inclusive access and participation.	Campbelltown
Manning Support Services	Caring for the Carers: Self-Care Workshop & Luncheon	The event supports carers providing care to family members, friends, or loved ones. It includes a self-care and wellness workshop focusing on stress management, mental wellbeing, and practical coping strategies, followed by a luncheon encouraging social connection and relationship building with other carers facing similar challenges within the community.	Taree
Special Children Services Centre	Carers' Yum Cha & Rejuvenation Connect – Cabramatta	Vietnamese carers will attend Yum Cha & Facial events in Cabramatta. Activities include shared dim sum, tea, cultural entertainment, gifts, appreciation speeches and Facial. Outcomes include reduced isolation, improved wellbeing, stronger peer support networks, and enhanced recognition of carers' contributions within their communities during National Carers Week.	Bonnyrigg
Caring Kids Inc.	Young Carers Joy Makers Workshop	CaringKids will host a hands-on Joy Box Workshop, allowing young carers to create Joy Boxes filled with toys, games and thoughtful items to support other carers in need. The event will provide lunch, fun and social games, and foster recognition for the valuable role these children play in their families.	Banksmeadow
Carers NSW	Port for Carers - Port Macquarie adventure cruise for Carers	A 3-hour celebration cruise recognising carers from the Port Macquarie Hastings region and the important role they play in the community. The event will provide carers with an opportunity to relax, connect and feel valued through entertainment, inclusive catering, social activities, scenic views and dolphin spotting in an accessible environment.	Port Macquarie
Illawarra Shoalhaven Local Health District	Learning and Creativity - Celebrating all Illawarra Carers	This initiative will benefit Illawarra carers, including Aboriginal carers, through development of a culturally safe event for Aboriginal Carers, general Carer events, and training for people working with carers. This project will enable carer recognition, support, and celebration, as well as strengthening partnerships with Aboriginal services, community and carers.	Bellambi

Organisation	Project Title	Project Description	Location
Port Macquarie-Hastings Council	Connected Voices: Inclusive Carers Week at Port Macquarie Library and Glasshouse	Carers Week events by Port Macquarie Library and Glasshouse promote inclusion and connection for carers and people with disability. Activities include accessible short film screenings with discussions and a social event showcasing venue accessibility, support services, and community engagement opportunities.	Port Macquarie
South Western Sydney Local Health District Liverpool Hospital	Renal Memorial for Families and Carers-SWSLHD	Memorial to support grieving carers and family members of deceased renal patients, acknowledging the vital role of carers. Reflections from health clinicians and families sharing reflections and of their loved ones. Letter writing activity and afternoon tea to encourage connection and support .	Liverpool
Latin American Multicultural and Community Centre of Australia	Apapacho - Community Care for Latin Carers	"Apapacho" is a culturally support program for Spanish- Speaking carers, offering community connection through relaxation, music, laugher and activities designed to reduce isolation and emotional burnout. It also responds to cultural pressures many Latin carers experience around ageing, family responsibility and caring for parents and grandparents within the family home.	Marrickville
Aspire Support Services Limited	Celebrating Carers in Carers Week with a Weekend away for Fathers; Pampering for Mothers and Grandparents and a Group Dinner	A Weekend Away for Dads to connect, a Pampering Day with a range of therapies for Mothers and Grandmothers; a dinner for Carers who have family members with Down Syndrome will also be provided. The outcomes will be Carer acknowledgement and affirmation; enjoyment; connection and reduction in isolation	Albury
Illawarra Shoalhaven Local Health District	Carers Luncheon for carers of patients in the Kidney Supportive Care Service in the Illawarra and Shoalhaven area	This appreciative luncheon for carers aims to recognise and appreciate the invaluable support provided by carers to their loved ones who have end stage kidney disease and have multiple symptom burden. As a service, we would like to let them know that their care and support is noticed and appreciated.	Dapto
Passfield Park Kids	Daytime Inclusive Movie Screening for Parent Carers	This movie event during National Carers Week is a thoughtful way offering respite, recognition, community engagement for parent carers, helping to enhance their well-being and strengthen their support networks. Aims to increase community awareness of carers, highlight their contribution, support more carers to feel valued and connected within their communities.	Campbelltown
Dementia Inclusive Ballina Alliance	Northern Rivers Younger Onset Dementia Carer Support Group Luncheon and Awareness Raising	Our rural carers, who are often under-recognised and experience many barriers, have chosen to have lunch at a local restaurant. This will be promoted through health services, NDIS-providers, local businesses and media. The event will support social connection, peer support, wellbeing, carer recognition, and reduced isolation through shared lived experiences, and community awareness raising.	Lynwood
Coonamble Shire Council	National Carers Week Community Luncheon Guest Speaker	A guest speaker to attend the National Carers Week community luncheon. The speaker will have lived caring experience and will recognise and celebrate unpaid carers in the Coonamble Shire while encouraging connection, wellbeing and community awareness of carers' contributions.	Coonamble
Schizophrenia Fellowship of New South Wales	Caring for the Carers: A Self Care and Creative Wellbeing Day	Funding to deliver a wellbeing event for carers, providing them with practical self-care strategies, social connection, and engaging arts activities designed to reduce stress and improve emotional wellbeing. This event creates a rare opportunity for them to pause, recharge, and reconnect with their own sense of joy and creativity.	New South Wales
Families Supporting Families Inc.	Watercolour Mindfulness Workshop	Art therapy workshop combining the gentle art of watercolour with techniques to calm the mind and be present in the moment. Refreshments included. Carers will learn practical tools to help in daily life and connect with peers who are on a similar journey, increasing their resilience and their social network.	Carrington
Hunter River Community School Parents and Citizens Association	Heroes of Care Celebration Day	We will bring together carers in a relaxed, inclusive environment where they can enjoy a free morning tea, bbq lunch & afternoon tea over the day allowing for maximum attendance. They will be able to meet other carers and access information about local support services.	Metford
Australian Nursing Home Foundation Limited	'Enjoy a Day Out' with art therapy session conducted at Sublime Point Lookout, and visit Camellia Gardens.	Members of ANHF Dementia Carers Support Group will have the opportunity to take a break from their caring roles, connect with other carers and enjoy a day out. An art therapy session will be conducted at Sublime Point Lookout while enjoying the beautiful scenic view.	Maddens Plains
Gospel Fellowship of Families - People with a Disability of Australia	2026 National Carers Week - Carers Fun Weekend	The 'Carers Celebration Fun Weekend' is organised to recognise Carers and to support their wellbeing. To support positive physical and mental health, various activities are organised in a relaxed, social setting: badminton/pickleball and a social outing to Burwood Eat Street, with a special focus on young/sibling carers.	Rhodes
CanRevive Inc. Sydney City Centre	Wellness Day – Carers Day Out	This annual Carers Day Out supports carers from the Central & Inner West, Northern Sydney, and Western Sydney regions through exercise, learning, social interaction, and shared meals. The program aims to reduce stress, strengthen peer support, enhance coping skills, and promote carers' emotional wellbeing and self-care awareness.	Sydney
Special Children Services Centre	Carers' Yum Cha & Rejuvenation Connect – Burwood	Chinese carers will attend Yum Cha & Facial events in Burwood. Activities include shared dim sum, tea, cultural entertainment, gifts, appreciation speeches and Facial. Outcomes include reduced isolation, improved wellbeing, stronger peer support networks, and enhanced recognition of carers' contributions within their communities during National Carers Week.	Burwood
Blacktown & District T.P.I. Social & Welfare Club	Day Trip to Lithgow Zig-Zag Railway with Morning Tea & Lithgow Club Lunch.	To continue to support & assist the carers of Totally & Permanently Incapacitated Veterans with a social outing to connect & network with other carers. The trip to Lithgow will give a welcome break to carers to relax & socialise, & the lunch will provide an opportunity for networking connections.	Clarence

Organisation	Project Title	Project Description	Location
Gospel Fellowship of Families - People with a Disability of Australia	2026 National Carers Week Celebration Luncheon	A relaxed buffet luncheon to gather and celebrate carers, especially parents from the Parents Support Group who are caregivers of child(ren) with autism/special needs. This is a time to put the spotlight on our caregivers to recognise their wonderful contributions, support and build social connection and provide carers services/support information.	Ashfield
Mission Australia	Carers Week Wellbeing Experiences: Connection, Recognition and Respite through Inspirational Lunch and Cultural Engagement Activities	Unpaid carers will benefit from a dedicated outing and shared lunch. The activity provides respite, encourages social connection and peer support, and recognises carers' contributions. Expected outcomes include reduced isolation, improved wellbeing, stronger networks, and increased community awareness during National Carers Week.	Lismore
South Western Sydney Local Health District	Gardening and High Tea: "Tea in the Garden"	Carers of palliative patients will benefit from a wellness gathering featuring guided meditation, gardening activities, and peer support. The initiative aims to improve wellbeing, reduce stress and isolation, and strengthen connections across hospital and community settings.	Camden
Southern NSW Local Health District	Care, Cuppas and Conversation - strengthening our caring communities in the Bega Valley and Eurobodalla	Morning tea sessions for carers supporting people with mental health concerns in Bega and Eurobodalla. Co-designed with carers, the sessions will bring together carers, health staff and community organisations for discussion and creative activities, exploring carer experiences. A collaborative artwork will capture insights, promoting carer voices and strengthening community supports.	Bega
Intereach Limited	Regional Carers Group Lunch	A wellbeing and social connection event for unpaid carers in Albury, Griffith and Deniliquin. Participants will attend a catered lunch providing respite, peer connection and recognition of their caring role. The event will reduce isolation, strengthen support networks and improve wellbeing through shared experience and meaningful social interaction.	Albury
Rural Care Link Inc.	You Matter Too — A Carers Week Celebration	Unpaid carers in rural Jindera and Greater Hume Shire will benefit from two free community events during National Carers Week — a Sip, Paint & Lunch and a Wellbeing and Self-Care Workshop. Expected outcomes include reduced isolation, improved self-care skills, and greater community recognition of carers' invaluable contribution.	Jindera
Families Supporting Families	Families Supporting Families Carers Dinner 2026	A celebratory sit-down dinner for 50 carers in a relaxed, informal environment. Carers will enjoy a much-needed night off with good company, delicious food and entertainment. Carers will connect with their peers increasing their social network and feel recognised and appreciated for the valuable role that they play.	Newcastle
Coonamble Shire Council	National Carers Week Community Luncheon	A free community luncheon during National Carers Week recognising and celebrating a broad range of unpaid carers across the Coonamble Shire. The event will provide opportunities for connection, peer support and wellbeing while increasing recognition and visibility of carers within the local community.	Coonamble
Carers NSW	Manning Matters - Connection & Celebrating Carers Week	Carers from the Taree region will participate in wellbeing activities including chair and laughter yoga, origami, painting and creative drawing, alongside nourishing food and opportunities for connection. The event will promote wellbeing, respite, social connection and recognition of carers during National Carers Week.	Taree
South Western Sydney Local Health District	Carers Wellness Gathering	Carers of palliative patients will benefit from a wellness gathering featuring guided meditation, creative activities, and peer support. The initiative aims to improve mental wellbeing, reduce stress and isolation, and strengthen connections among carers in hospital and community settings.	Liverpool
Woodville Alliance	Movie Magic for Real-Life Heroes	Woodville Alliance will host a movie night primarily for unpaid carers, families and support networks across Western Sydney. The event will include a wellbeing speaker, light refreshments and an uplifting family-friendly film celebrating resilience, inclusion and achieving goals while living with disability, creating opportunities for connection, recognition support.	St Johns Park
Send Us A Miracle Global Ministries	Send Us A Miracle Ministries	Culturally and linguistically divers Carers of Autistic Individuals Wellness walk and Brunch Carers to feel loved and seen and to be informed of help available for them	Jamisontown
Central Coast Local Health District - Mental Health Service	Central Coast Mental Health Carers Celebration	Grant funding will provide the breakout wellbeing sessions for 80 mental health carers at the Central Coast Mental Health Carers Celebration on Thursday 15th October 2026. Wellbeing sessions will include breathwork session, a creative activity and if funding allows cover the cost of live music entertainment for dancing and connection.	Tumbi Umbi
Regional Enterprise Development Institute	Yadama Yoorayga – Caring Strong Together	Aboriginal carers, kinship carers and families across Western NSW will benefit from culturally safe workshops, wellbeing activities, yarning circles and community celebrations during National Carers Week. The initiative will strengthen carer wellbeing, increase community connection, celebrate carers' contributions, and build stronger support networks for Aboriginal families and children.	Dubbo
Muswellbrook Shire Council	Pause, Reflect, Create – featuring gentle yoga, sound meditation, watercolour art and afternoon tea for local carers.	Local carers will benefit from a relaxing well-being event featuring gentle yoga and sound meditation, a watercolour art workshop and afternoon tea. The initiative aims to support self-care, social connection and creative expression, with the opportunity for artwork produced to be displayed at the library during the month of October.	Muswellbrook
Western NSW Local Health District	Caring for carers	This initiative will target carers of people with disabilities. However it will be open to all carers. A morning tea with guest speakers is planned focused on carer wellbeing. There will be a range of resources available for carers to collect.	West Bathurst
Temple Society Australia	Carers: Relax, Refresh & Connect.	Aimed at carers who provide constant unpaid care for frail and aged community & family members. It includes a relaxing massage, brunch, craft activity and a bag with leaflets and self care products to take home. They should feel recognised, relaxed and better equipped through shared experiences with other carers.	Meadowbank

Organisation	Project Title	Project Description	Location
Illawarra Shoalhaven Local Health District	Hearts Beyond Hospital Walls: Carer Centred Community Ecosystem (Honeycomb Model)	Hearts Beyond Hospital Walls: Carer Centred Community Ecosystem (Honeycomb Model), engages staff, volunteers, and carers to co-create hearts and cards in community/outpatient settings. Workshops foster appreciation, hidden carer awareness, and psychoeducation. Eight-week lead-up activities build connection, recognition, and belonging, with interconnected Honeycomb "cells" strengthening visibility, partnership, and person-centred, compassionate care.	Coniston
Macedonian Welfare Association of NSW	Carer Wellness Hampers Initiative	This initiative will support carers of clients we serve by providing wellness hampers as a gesture of appreciation and care. The hampers will include small relaxation and self-care items. The project aims to recognise carers, promote wellbeing, reduce stress, and indirectly benefit the people they support	Port Kembla
Murrumbidgee Local Health District	Carer Identification Events	Evaluation from 2025 carer week events & success illustrated people still aren't identifying as carers so focus will be on priority 2 of carer identification & resource provision to capture community carers & staff carers. - 2 x information Kiosks - 1 x male carer identification event	Wagga Wagga
One Door Mental Health	Southern Highlands & Wollondilly Community Carers Celebration	The proposed Event will be a large-scale, family-friendly community celebration designed to recognise, support and celebrate carers across the region, with a particular focus on mental health carers. The event will bring together carers, local services, community organisations, health providers, and families in a welcoming and inclusive regional community setting.	Bargo
WestWords	Poised: Stories of Caring, Illness and Connection	A free National Carers Week panel in Parramatta which will benefit carers, families and community members affected by illness, disability and chronic pain. Contributors to Poised will share readings and reflections, creating space for recognition, connection and conversation, with attendees feeling seen, valued and less alone.	Parramatta
CanRevive Inc. Northern Sydney Centre	Wellness Day – Carers Day Out	This annual Carers Day Out supports carers from the Central & Inner West, Northern Sydney, and Western Sydney regions through exercise, learning, social interaction, and shared meals. The program aims to reduce stress, strengthen peer support, enhance coping skills, and promote carers' emotional wellbeing and self-care awareness.	Sydney
Macarthur transitional aged care program - NSW Health	Waves of Wellness	Our event will build on the resilience of our carers. We will invite 15-20 carers. Activities will target themes/issues highlighted in the Carer Gateway Survey. Event will include practical and evidence-based mindfulness and relaxation activities including Tai Chi, guided imagery, massage, pampering, gardening, and moments of connection.	Camden
Carers NSW	Young Carer Kitchen Takeover – Online Cooking Demo	This Carers Week initiative will deliver an interactive online cooking session for young carers, building confidence in cooking, nutrition and budgeting while recognising their caring role. Participants will receive ingredient packs to prepare a nutritious family meal alongside a live facilitator in a fun, supportive and accessible environment.	Hamilton
NSW Health - Mental Health Carers	Mental Health Carers & Community Connect Fair	Celebration to recognise, support and celebrate carers across the region, with a focus on mental health carers. activities, entertainment, wellbeing and information stalls, will promote connection, awareness and recognition of carers while increasing community understanding of available supports and services. Promoting inclusiveness for carers from CALD, ATSI and LGBTQIA+ communities.	Bargo
NSW Health - Illawarra Shoalhaven Local Health District	Celebrating IBIS Carers	Carers of IBS clients will be offered a day to celebrate their role in caring for their loved one living with brain injury. Illawarra carers will be invited to a wellness activity and morning tea held in Warrawong or Nowra	Warrawong
My Selfcare Community Inc.	Self-Care & Connection Workshops for Carers	A small-group workshop for carers focused on beauty, hair, and self-care routines, creating a welcoming space to slow down, connect with others, and take time for themselves. Participants will learn practical, accessible, everyday self-care skills that can be used even on busy days when time for themselves is often overlooked.	Taree
CanRevive Inc. Western Sydney Centre	Wellness Day – Carers Day Out	This annual Carers Day Out supports carers from the Central & Inner West, Northern Sydney, and Western Sydney regions through exercise, learning, social interaction, and shared meals. The program aims to reduce stress, strengthen peer support, enhance coping skills, and promote carers' emotional wellbeing and self-care awareness.	Sydney
Western NSW Local Health District	Supporting rural carers	An accessible event for carers in remote and rural areas. A combination of face to face and virtual carer events across Western NSW will be hosted.	Nyngan
Belongside Families	Connect and Create: Carers Week Mosaic Workshops	An in-person creative mosaic workshop for Western Sydney carers during National Carers Week. Carers will enjoy lunch, take part in a relaxed shared activity, connect with other local carers and feel recognised and valued for the important unpaid caring role they perform.	Parramatta
My Selfcare Community Inc.	Self-Care & Connection Workshops for Carers	A small-group workshop for carers focused on beauty, hair, and self-care routines, creating a welcoming space to slow down, connect with others, and take time for themselves. Participants will learn practical, accessible, everyday self-care skills that can be used even on busy days when time for themselves is often overlooked.	Kempsey
Rainbow Roos AU Inc.	Created With Love: Carers Day	Rainbow Roos will deliver a special National Carers Week "Carers Day" during the Lismore Show, combining inclusive soccer activities with creative keepsake workshops delivered alongside The Artisans Table. Carers and families will connect, participate, create lasting memories and feel recognised, valued and celebrated within fun, welcoming and inclusive community environment.	North Lismore
Maitland Family Support Inc.	"Spicy Brains Kids Party" – Celebrating Neurodiverse Parent Carers	Maitland Family Support will deliver "Spicy Brains Kids Party", an inclusive celebration for neurodivergent children and their parent carers. The event combines a fully supervised sensory-friendly children's party with a dedicated Carer Connection Space where carers can relax, build peer connections, access local supports and feel recognised, valued and celebrated.	Woodberry

Organisation	Project Title	Project Description	Location
Wollondilly Shire Council	Connecting Carers	Wollondilly Shire Council will hold a series of workshops across Carers week to promote social connection and focus on personal wellness for 100 carers across the LGA. Carers will be encouraged to network and engage in activities that promote self care.	Picton
MyFundAction Australia	Hands of Care: Celebrating NSW Carers	A community appreciation and wellbeing initiative celebrating carers in NSW through wellness activities, entertainment, networking opportunities and multicultural community engagement. The events aims to reduce social isolation, recognise carers' contributions, promote mental wellbeing and strengthen inclusive community support through youth-led volunteer participation and local partnerships.	Auburn
Special Children Services Centre	Honouring Wisdom: A Senior Carers' Celebration of Rest, Music & Joy	A celebratory retreat for senior carers, offering BBQ, live music, karaoke, yoga class / nutrition workshop and social connection in a relaxing setting. This initiative benefits senior carers by providing respite, appreciation, and peer connection. Expected outcomes include improved wellbeing, reduced stress, and strengthened community support networks among carers.	Burwood
Life Choices - Support Services	LC-SS - Carers Morning Tea	Life Choices Support Services, operated by Glen Innes Severn Council Life Choices Support Services, will host a National Carers Week Morning Tea for rural carers in Glen Innes. The event will provide connection, recognition and wellbeing activities, reducing social isolation and increasing carers' sense of value, appreciation and community support.	Glen Innes
Studio ARTES	Creative Carers Day	Creative Carers Day fosters an awareness, recognition and celebrates the vital contributions of those who provide unpaid care and support to Studio ARTES members. Through offering creative workshops and a shared afternoon tea we acknowledge their dedication and offer our gratitude.	Hornsby
The Northcott Society	Carers Connect	Northcott Parramatta will host a National Carers Week luncheon to recognise and celebrate our daily carers and heroes who support those in need in our community. The event will provide a welcoming opportunity for carers to connect, share a meal, take part in light activities and receive messages of appreciation.	Parramatta
Volunteers for Palliative Care Inc. (Maitland)	Carers day out	Host a half day event for Palliative Care providers in our community. We will provide a lovely morning tea with an invited speaker sharing insights on self care for carers. This will be followed by optional sessions of guided reflection and sound therapy and supervised creative activities.	East Maitland
The Northcott Society	Creative Calm: A Pamper & Wellness Workshop for Carers	The project will deliver a small, community-based wellbeing event for carers across Albury during Carers Week. It will include creative activities, social connection, and self-care experiences in a welcoming environment, recognising carers' contributions while supporting stress reduction, connection, and personal wellbeing.	Albury
Kalinda School Parents and Citizens Association	Carers meet at the cinema.	A morning get together to celebrate and acknowledge the parent/carers of students at Kalinda School. Parent/carers may gather and enjoy a coffee, movie or ten pin bowling and the support of other parent/carers. The school caters for students from kindergarten to year 12.	Griffith
Blue Sky Community Services	Caring For Our Carers	A one-day wellbeing initiative for grandparent carers in the Ballina/Lismore region, offering social connection, self-care strategies, animal-assisted therapy, and psychologist-led support. Attendees will learn practical tools to reduce burnout, manage trauma, and strengthen wellbeing, helping them sustain their caring roles while building supportive community connections and sharing resources.	Ballina
The Northcott Society	Carers Week 2026: Celebrating Care, Connection & Compassion	Northcott will host a carers luncheon offering a welcome break from caring responsibilities. Carers can connect with others in a safe, supportive environment and build relationships. This time away supports rest and helps reduce the risk of physical and emotional burnout, promoting improved mental and physical wellbeing.	South Tamworth
Western NSW Local Health District	Dubbo, Bathurst, Parkes Carers Week Events	Carers across Dubbo, Parkes and Bathurst will benefit from these events to celebrate and recognise the importance of carers. These events will include mental health teams and their carers as well as our Safe Havens in Dubbo and Parkes. Events will consist of a lunch and three morning teas.	Dubbo
Dundaloo Support Services	Supporting our local carers	Our initiative is a 2-3 hour event for carer's with activities including a speaker on self-care and wellness, networking opportunities, provision of resources for carers, and a light lunch. The event will be open to carers from a variety of backgrounds.	Taree
Bathurst Early Childhood Intervention Service	MyTime Carers Luncheon	We hope to provide a fully catered luncheon, flowers and lucky door prizes to the carers of disabled children who attend our parent support group, "MyTime". Providing connection and recognition of not only their caring roles but also as individuals within their community and everything they contribute.	Mitchell
Stroke Recovery Association NSW	Carers Luncheon Series	Carers from various regions will have organised paid lunches with other carers of Stroke Survivors in their local areas. This will be an opportunity for them to connect with other carers in a relaxed environment so they can discuss their caring roles and have a nice time with each other.	Casula
Royal Rehab	Carers Wellness Week	Daily events for carers during Carers Week facilitated by qualified Social Workers at Royal Rehab, Ryde to recognise the exceptional and demanding work that carers do. This event is targeted for both local and rural carers across NSW. This has been well attended and appreciated over the past few years.	Ryde
Tamworth Local Aboriginal Land Council	Tamworth Elders Olympics	National Carers Week is scheduled for October 11-17th this year. The Tamworth Elders Working Group plans to host Tamworth's annual mini carers Olympics to invite Elders and Carers from around our local areas including Liverpool Plains to celebrate national carers week.	Hillvue

Organisation	Project Title	Project Description	Location
Sydney Children's Hospital Network	Carers Celebration Day	Family, informal, and staff carers will benefit from a celebration that acknowledges their valued contributions. The Carers Celebration Day event offers opportunities to connect with others, enjoy refreshments, access support services, receive free massages, and take a small gift as a token of appreciation.	Westmead
Hunter New England Local Health District	Celebrating, Connecting and Supporting Carers Across Our Hunter New England Mental Health Service Communities	This application will fund a series of locally designed carer connection events across Hunter New England Mental Health Service during National Carers Week. Activities across metropolitan and regional sites will provide opportunities for connection, shared learning and engagement with services, enhancing the recognition of carers across diverse communities.	New South Wales
CASS Care	Honouring Our Unsung Heroes: CALD Wellness Picnic	Honouring Our Unsung Heroes: CALD Wellness Picnic is an outdoor wellness picnic for CALD carers during National Carers Week. It features Korean Traditional Dance and Aromatherapy workshops for stress relief, alongside an 'Appreciation Ceremony' with community leaders to officially recognize carers' vital contributions and build lasting peer-support networks.	Rhodes
Springwood Neighbourhood Centre	Cook, Dine and Play	Cook, Dine and Play will bring intergenerational carers together to cook and share a meal engage in conversation and share collaborative entertainment. Participants will have the option of joining or listening to an African drumming activity following their shared meal.	Springwood
Orange and District Early Education Program	Creative Connections Crochet Workshop	Regional carers of children with additional needs will participate in beginner crochet workshops during National Carers Week. Participants will receive crochet starter kits and gift bags while connecting in a supportive environment designed to reduce isolation, promote wellbeing and encourage creativity, relaxation and social connection.	Orange
Greater Port Macquarie Dementia Friendly Community Alliance	Carer Wellness Day	Carers of loved ones living with a dementia diagnosis will gather at a venue and be invited to undertake wellness activities in a safe and supportive environment. The activities may include games, tai chi, art therapy and or hand massage. These activities will be followed by lunch.	Port Macquarie
The Sutherland Hospital	Carers Week 2026 at Sutherland Hospital	Delivery of morning tea packs with encouragement to access Carer Gateway supports. For people who are carers and the person they care for is a patient at Sutherland Hospital. Staff members who are carers. Outcomes: Carers feel recognised, valued and have increased awareness of available supports and uptake of services.	Caringbah
Older Women's Network NSW (OWN NSW)	Your OWN Caring Day: Care for Carers	Older women carry an invisible load as carers of children, family, friends, and clients. We wish to return this level of care through activities centred around mindfulness, entertainment, nutritious food, and physical wellbeing to the women who sacrifice so much for the care of others.	Newtown
Belong Blue Mountains Inc.	Connecting and Recognising our Blue Mountains Carers	We will provide opportunity for carers to connect during National Carers Week by hosting a community morning tea in our Neighbourhood centre courtyard, accompanied by a self -care gift. Outcomes focus on: building new connections especially for carers feelings isolated, acknowledging the importance of carers in our community and self-care	Katoomba
Bathurst Local Aboriginal Land Council	Elders Community Wellbeing and Appreciation Day	The Elders Community Wellbeing and Appreciation Day will support 15 Aboriginal Elders and carers in Bathurst through a creative Garden of Wire workshop, shared meals, yarning and self-care packs. The project promotes wellbeing, social connection, cultural engagement and recognition of carers during National Carers Week.	Bathurst
CanCare Centre	Step Together, Love & Care Together – CanCare Sydney South Carers Week Celebration	Two Sydney South community events will recognise carers of Chinese cancer patients. Activities include an indoor home care support services talk and an outdoor walk in a safe setting. Afternoon tea/lunch encourages peer connection. A recognition ceremony and small gifts promote carers' wellbeing, inclusion, appreciation, and social connection.	Hurstville
Bankstown-Lidcombe Hospital	Carer Outreach	Carer Outreach is a culturally responsive bedside support initiative designed to identify and support unpaid carers attending patients at Bankstown Hospital. Through proactive bedside outreach, the program will connect carers with emotional support, practical wellbeing assistance, information and wellbeing packs including a packed lunch, coffee vouchers and other support tools	Bankstown
CanCare Centre	Step In, Sit Down: Outdoor walking and indoor support group – carers connect, recharge, and thrive together	Two community events for carers of cancer patients across Northern Sydney and Inner West. Activities include outdoor walking with exercise, and a facilitated indoor support group with guest speakers providing practical advice and emotional support. A holistic approach fostering physical and emotional nourishment, where carers feel valued, connected, and empowered.	Epping
CanCare Centre	Compassion & Gratitude: Greater Western Sydney Afternoon Teas – Two support groups honouring carers of cancer patients to foster connection and recognition.	Carers of Chinese cancer patients in Greater Western Sydney will benefit. Activities include a wellness/selfcare presentation by professional healthcare person with Q&A, healthy and nutritious afternoon tea, small group discussions, a recognition ceremony with photos and small gifts. Expected outcomes: reduced isolation, peer connection, and meaningful recognition of carers' contributions.	Lidcombe
United Hospital Auxiliaries of NSW - John Hunter Site Carers Branch	Caring Hearts Morning Tea – Celebrating Carers in Our Hospital Community	The JHSC will host a mid-week morning tea at our new hospital op shop to celebrate and recognise unpaid carers. Held shortly after the opening of the new seven-storey hospital wing, the event will provide connection, respite, comfort packs, and information about support services for carers.	New Lambton Heights
Autism Advisory and Support Service	Carers Group Morning Tea	Carers in our community, including Arabic-speaking carers, will benefit from a supportive English and Arabic support group morning tea and lunch focused on connection. Activities include group discussions, networking and small gifts for carers attending. The initiative aims to reduce isolation, strengthen community connection and support carers' mental wellbeing.	Mount Pritchard

Organisation	Project Title	Project Description	Location
Dementia Inclusive Ballina Alliance Inc.	Dementia Inclusive Luncheon in Appreciation of Carers providing support to people living with Dementia	During National Carers Week, carers and people living with dementia will enjoy a luncheon in a welcoming environment. The event will acknowledge and thank carers for their important role, while promoting wellbeing and inclusion. Connections made during the day will strengthening their ongoing engagement with the DIBA team.	Ballina
NSW Health MNCLHD	Sharing is Caring: Working together to improve carers' wellbeing	A three-day Carers Week program will be delivered across MNCLHD sites, supporting working and onsite carers through networking sessions, information resources, and professional development. Topics include self-care, falls prevention, manual handling, and carer rights, helping build awareness of carer roles, cultural sensitivity, and strategies to respond to carer stress.	Coffs Harbour
Carer Support Unit, Central Coast Local Health District	NSW Carers Week Morning Tea and Mini Expo - Recognising, Celebrating and Connecting carers across the Central Coast Local Health District	The Carer Support Unit, Central Coast Local Health District, will host events celebrating diverse caring experiences, connecting staff, patients, and carers with support services, resources, and information. The events also build staff capacity to support carers, while promoting wellbeing through engagement activities, including morning tea and pet therapy.	Gosford
Mental Health Drug and Alcohol, Northern Sydney Local Health District	Caring together: a mental health connection event	Raising awareness and recognising people who are experiencing mental health challenges in our community, and those who support them. Attendees will have opportunities for connection and networking with others, via a Forum, celebrations and wellbeing activities. Along with invited speakers, local Mental Health Service Providers will be invited.	Frenchs Forest
Gunnedah Meals on Wheels Association	Caring for Our Carers: Gunnedah Meals on Wheels Appreciation Project	Local carers will be celebrated at a Gunnedah Meals on Wheels Appreciation Morning Tea, giving them connection, recognition and a supportive break. The event will include shared morning tea, social activities and small appreciation gifts, helping reduce isolation, strengthen wellbeing and acknowledge their vital role in our community.	Gunnedah
Hunter New England Local Health District	HNELHD Caring for the Carers- Providing identity, recognition and support for our HNE Carers	Carers, patients, staff and communities across HNE will benefit. Activities include hospital carers room opening, volunteer-hosted refreshments, community BBQs and coffee initiatives. Outcomes include increased carer recognition, improved awareness of their role, and stronger engagement with support services through the HNE Carer Support Programme Coordinator.	Wallsend
NSW Central West Muslims Association	Multicultural Carers Appreciation and Wellness Day – Dubbo	This one-day event supports multicultural carers in Dubbo through a wellness workshop, guest speaker session, and social connection activities. Carers will benefit from improved wellbeing, reduced isolation, increased awareness of local support services, and opportunities to connect with others, while being recognised and celebrated for their vital community role.	Dubbo
South Coast Arts (NSW) Inc.	Songs of Strength: Creative Connection and Songwriting for Carers (Huskisson)	Group trauma-informed songwriting workshops supporting 12–15 carers, where participants connect through guided storytelling, music and shared experiences in a safe, welcoming environment. No musical experience is required. Through collaborative lyric writing, live music and real-time production, carers create professionally produced original songs that strengthen connection, recognition, wellbeing and community participation.	Huskisson
Carer Support Service, Northern Sydney Local Health District	Royal North Shore Hospital Carers Week: Connection, Wellbeing and Recognition Activities for Carers	Multi-day events include a Pop-up Carer Support Hub, mindful meditation, music morning tea, an Award and a webinar. Activities support connection, recognition and wellbeing while linking Carers with ongoing support. The project will be delivered by Royal North Shore Hospital (NSLHD), with funds administered by The North Foundation.	St Leonards