



Social Futures
Northern Rivers Social Development Council

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For Immediate Release

Wednesday 19th October 2016

MEDIA RELEASE: Clarence Counts on Carers: Carers Week Celebration, Grafton

Venue: The Hub Baptist Grafton, Cnr Queen & Oliver Streets, Grafton

When: 10.00am – 2.00pm, Thursday 20th October 2016

Grafton carers will be honoured today as Australia celebrates National Carers Week. CV Forward Steps, Carers NSW (Coffs Harbour Branch), The Hub, and Social Futures have joined forces this year to celebrate National Carers Week in Grafton with a special event to be held at The Hub Baptist Church, Grafton from 10am – 2pm.

“Days like these which celebrate and recognise the efforts of carers, are so important, particularly in terms of awareness-raising among the community about the role and reality of life as a carer.

“Events such as this are critically important for carers to come together, to support each other, to be acknowledged for the work they do and to know they are not alone,” says Belonging Project Officer for Social Futures, Heather Tannock.

Carers from across the Clarence Valley are invited to join in the celebrations and to meet new people in similar caring roles. With a focus on self-care for carers, participants will create a range of craft and gifts for each carer.

Bookings are essential as spaces are limited. RSVP on Facebook CV Forward Steps and click on events or phone Heather at Social Futures on 0427 889 829.

There are over 2.8 million family and friend carers in Australia providing 36 million hours of care and support every week to a family member or friend who has a disability, mental illness, drug and/or alcohol dependency, chronic condition, terminal illness or who is frail.

The value of that unpaid care is \$1.1 billion per week.

Australia counts on carers and National Carers Week, which runs from 16 – 22 October 2016, is a time to recognise and celebrate the outstanding contribution carers make to our nation. Anyone at any time can become a carer and National Carers Week is an opportunity to raise awareness among all Australians about the diversity of carers and their caring roles.

Interviews: Heather Tannock along with the carers themselves, are happy to be interviewed. Please contact Heather to organise on 0427 889 829.

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