Media Release

Health
South Western Sydney
Local Health District

7 October 2015

Show you care for our carers

SWSLHD is encouraging people to *show they care* by recognising the important work carers do in our community during National Carers Week (11 – 17 October).

Ms Emma Dart, Acting Carer Program Coordinator SWSLHD said National Carers Week is a time to celebrate the remarkable efforts of thousands, and often unrecognised, carers across the country.

“There are about 2.7 million Australian carers providing unpaid care and support to family members or friends who have a disability, mental illness, chronic condition, terminal illness or who are frail aged,” said Ms Dart.

“Anyone at any time can become a carer and most people are likely to care for a friend or family member at some point in their lives.

“Carers make an enormous contribution to our communities, often at the expense of their own health and wellbeing and we want to focus on the valuable contribution, time and energy carers put into supporting others.

“Caring can often become more demanding as time progresses and carers may feel isolated and overwhelmed. It is very important that carers look after their own needs in order to help in their role as a carer.

“Carers Week is an ideal time to find out how we can support carers in this important role and ensure we continue to build a strong and cohesive community,” she said.

A range of activities have been organised across the District during National Carers Week including information seminars and resources for the public about the support and education carers need.

Information and support for carers is available on the SWSLHD Carers Program website at www.swslhd.nsw.gov.au/carers or 02 4654 6265.

Carers Week is an initiative of Carers Australia, for more information on the Week’s events, visit www.carersnsw.org.au. A Carer Line is also available from 9am to 5pm, Monday to Friday on 1800 242 636.

FREE CARERS WEEK EVENTS IN SWSLHD

Liverpool
Date: Wednesday 14th October, 2015
Time: 10.00am- 2.00pm
Topic: “Picnic & Fun on the Terrace”.

Event: Carer’s event will include relaxation, lucky door prize, cooking, art and free pot plant plus more!
Location: Liverpool Wellness Centre, Lvl1, Liverpool Cancer Therapy Centre
Contact: Melissa on 8738 9816 or Jan on 0476 821 659

Date: Wednesday 14th October, 2015
Time: 10.00am- 2.00pm

Event: Information stalls
Location: Main concourse, Liverpool Hospital
Contact: Janet Harrison 0434 366 424

Fairfield
Date: Monday 12th October, 2015
Time: 8.00am- 1.00pm
Topic: Australia values and supports the contribution that carers make both to the people they care for and the community as a whole and SO DO WE!

Event: Light refreshment and guest presenters
Location: Fairfield Hospital
Contact: Karen Steel on 9616 8735 or Myra Drummond 9616 8383

Campbelltown

Date: Monday 12th October, 2015
Time: 10.00am- 1.00pm
Event: Information stall
Location: Campbelltown Hospital
Contact: Emma Dart 0476 801 022

Bankstown

Date: Thursday 15th October, 2015
Time: 10.00am – 11.30am
Topic: Information session
Event: Morning tea for staff and carers aimed to build their capacity to promote carers in the future.
Location: Bankstown-Lidcombe Hospital
Contact: Emma Dart 0476 801 022