

Media Release



4 October 2018

Carers invited to a day of pampering

Carers of all ages will be treated to some free pampering, exercise and practical workshops during National Carers Week (14-20 October).

The week of activities will celebrate the outstanding contribution unpaid carers make to their families and the community.

“We want to recognise the efforts of the thousands of carers in our community who care for a family member or friend who needs assistance in their daily lives,” said Mayor Peter Sidgreaves.

“While many people consider carers to typically be older, it is interesting to note that on average, two to three high school students in every class are carers of a family member,” Cr Sidgreaves said.

“Many people may not even consider themselves as a carer, but the work that they do to support a friend or family member with a disability, mental illness, drug dependency or who is frail is invaluable,” he said.

Across the state, carers contribute an estimated \$19 billion a year in unpaid labour and have the lowest level of wellbeing of any demographic in Australia (NSW Government).

“This event is to show our appreciation of local carers and remind them to make their health and wellbeing a priority,” he said.

Carers Pamper Day will offer a free day of massage, relaxation and giveaways to carers to enjoy and unwind. Hand massages using essential oils will be offered as well as massages for people while they sit and relax in a chair.

There will also be pamper workshops run continuously during the day making scrubs, bath milks and moisturising creams.

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Breathing techniques designed to help you focus and relax will be taught in 10-15 minute intervals throughout the event.

Carers are welcome to bring along a friend or family member to the event at **11am-2pm, Tuesday 16 October at Camden Civic Centre**. Entry is free.

Ability Links and Camden Council are offering free wellbeing workshops that provide practical knowledge and resources to support carers.

The free **Carers Wellbeing Workshops** will focus on four specialised areas individually on **Friday 19 October at Narellan Library**: -

- Essential Oils – 10.30am-11.15am
- Stress Management and Anxiety – 11.30am-12.15pm
- Meditation and Self Talk – 12.30pm-1.15pm
- Grief and Loss - 1.30pm-2.15pm

Bookings can be made by contacting Ability Links on 8622 0425.

Free entry to the Camden War Memorial Pool and the Mount Annan Leisure Centre pool is available to carers living in the Camden Local Government Area for all of Carers Week (Sunday 14 October – Saturday 20 October).

For more information about Council's Carers Week activities, go to Council's website: www.camden.nsw.gov.au.

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