



For Immediate Release  
Thursday, 11th October 2007

## KICKING OFF CARERS WEEK WITH A FOCUS ON HEALTH & WELLBEING

At 11am on Sunday, 14<sup>th</sup> October 2007, Senator Kate Lundy and champion marathon runner Rob de Castella MBE will launch the second annual Wellbeing Fiesta at CIT Reid Campus. The Wellbeing Fiesta is a free family entertainment event which aims to promote a healthy mind, body and soul.

The Wellbeing Fiesta marks the end of Mental Health Week and the beginning of Carers Week 2007. This event is the result of a collaboration between Carers ACT, the Mental Health Foundation and the Mental Illness Fellowship.

Carers ACT Chief Executive Officer, Dee McGrath, said "what better way to start Carers Week than with a fun day out jam packed with workshops, entertainment and activities designed to enhance mental and physical health and wellbeing, which is important for everyone – especially Carers."

"It is common for family Carers to forget about their own health and wellbeing and focus solely on their cared-for person. This can lead to stress, fatigue and burnout. Our part in the Wellbeing Fiesta is about reminding Carers of the importance of their own wellbeing and giving them practical tips on looking after themselves.

Carers Week is an awareness week which is held nationally during October each year. This year, Carers Week will be held from Sunday 14th to Saturday 20th October. Carers Week is about raising awareness of the valuable role that Carers play in our community and to generate discussion about Carer issues. It also provides an opportunity for Carers to come together, support one another and share ideas and information.

Carers are people who provide support to a family member or friend who has a disability, mental illness, chronic condition or who is frail aged. There are 43,000 family Carers living in the ACT.

Carers ACT is the only association solely responsible for Carers in the Territory, with a growing membership base of almost 2,000 family Carers. Carers ACT can provide quality information, resources, referrals, respite solutions, support groups, counselling, advocacy, and workshops to family Carers requesting support.

The Wellbeing Fiesta is sponsored by the Om Shanti College of Tactile Therapies, Belconnen Fresh Food Markets, Primal Balance Clinic and Fuse Recumbents. All families are welcome at the Wellbeing Fiesta.

**Photo and interview opportunities:**

Sunday 14 October 2007

10am – 3pm CIT Reid Campus, Constitution Avenue, Reid

*Interviews with Carers and Carers ACT staff can be arranged.*

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