



## Canberra carers to enjoy Christmas in July

Carers ACT together with the Mental Health Foundation and the Mental Illness Fellowship will hold a mid-winter Christmas celebration on Friday, 27 July 2007 at the Harmonie German Club.

The theme of *Christmas in July* is mental health and well being.

One in five Australians will experience mental illness at some stage in their lives. The demands that this can place on families and carers can be considerable.

Christmas in December can be a particularly difficult time for families living with mental illness. *Christmas in July* will provide them with the opportunity to celebrate Christmas at a better time of the year.

The *Christmas in July* event will enable people who live with a mental illness, their families, carers and clinicians to enjoy a relaxed and fun environment where they are able to enter into the spirit of Christmas.

“Our three community organizations combine resources every year to ensure those attending enjoy a memorable evening,” says Dee McGrath, CEO, Carers ACT.

Entertainment for *Christmas in July* will be provided by the Kalybu Latin Band. A traditional Christmas dinner, dancing, singing and an appearance by Santa are also included.

Canberrans who wish to support this worthwhile cause can either attend or make a donation through buying a ticket which will then be given to a carer or person with a mental illness to enable them to attend *Christmas in July*.

To purchase a ticket or provide a donation contact the Mental Health Foundation on 6230 7629 or email [mary.gays@mhf.org.au](mailto:mary.gays@mhf.org.au).

-ends-

For more information please contact Colleen Donohoe on 6296 9923 / 0417 318 584 or [colleend@carersact.asn.au](mailto:colleend@carersact.asn.au).

Details

***Christmas in July*, 6 p.m. Friday, 27 July, Harmonie German Club, 49 Jerrabomberra Avenue, Narrabundah – tickets \$30 when making a donation otherwise \$40**