

Media Release



Carers ACT aims to enable and empower Carers in all their diversity to fulfil their role through provision of information, support, community education and advocacy and to lead change and be the 'voice' of Carers in the ACT.

**For Immediate Release
Thursday 8 March 2007**

CARERS COME TO SUPPORT EACH OTHER AND HAVE A BREAK AT THE 5TH CARERS GATHERING

More than 100 of Canberra's Carers will be enjoying the festivities of the 2007 bi-annual Carers Gathering to be held at the Rydges Eagle Hawk Resort over the 9th and 10th March.

The Carers Gathering is a bi-annual event held over two-days, which provides unpaid family Carers with an opportunity to take a break from their caring role. The Gathering will enable Carers to meet other Carers, attend educational sessions, enjoy much needed "time out" from their caring role and try something new.

Carers ACT CEO Dee McGrath said that "the Carers Gathering will enable Carers to reconnect with old friends, make new ones and leave feeling revitalised and re-committed to caring for themselves as well as their cared for person."

The theme of the 2007 Carers Gathering is a "Tropical Getaway." This will be a wonderful opportunity for Canberra's Carers to take time out from their caring role, and to explore new ways of looking after themselves. Carers attending the Gathering will be able to participate in a number of events, workshops and activities including Balancing work, family and care; Aromatherapy for self care; Introduction to stress management; Functional Fitness, Scrap booking; Mosaics, Bushwalking, Relaxation and Massages.

The 2007 Carers Gathering is proudly sponsored by local construction company G.E. Shaw & Associates Pty Ltd whose fundraising efforts continue to support the Carers Gathering initiative and many others for Canberra's Carers.

Carers ACT provide information, counselling, respite, education and support for people who have taken on caring responsibilities. The role of Carers ACT is to participate in a partnership with Government and the non-Government sector for the provision of better services, to improve the conditions under which Carers live and to increase recognition of Carers' contribution to the ACT community.

Photo and interview opportunities:

Opening Ceremony – 9:30am Friday 9 March 2007 at Rydges Eagle Hawk Resort
Closing Ceremony – 4:30pm Saturday 10 March at Rydges Eagle Hawk Resort

Interviews with Carers and Carers ACT staff can be arranged

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