

Carers can get help, hear latest, win prize



□ *Julie McCrossin is the facilitator of the 'Your Side' online support sessions for carers.*

ONE in 10 of us is a carer, and most of us need support in navigating the role as well as needing care too at some point in our lives.

As part of National Carers Week, 'Your Side' - a leading provider of support services for older people - invites carers to join them for an online chat this month about important issues in the role.

Facilitated by Julie McCrossin, the sessions are on offer on Thursday, October 15, 10-11.30am (register at <https://bit.ly/3hP44yZ>), and Sunday, October 18, 2-3.30pm (register at <https://bit.ly/2ZZV8ka>).

With prizes on offer for participation, topics to be discussed include: Juggling the stress of Covid-19 and your caring role; What to do when the person you are caring for is struggling with their mental health or you are struggling yourself; What financial help is out there; How to find time to look after yourself; and What it's like to be a young carer.

Your Side Australia CEO Danielle Ballantine says there are 2.8 million carers in Australia, who juggle caring for a loved one with school, sport, work and other parts of life.

"Some carers can't access the normal community activities that might give them a break - like a local community group or library," she said.

"We want to share some of the supports and services available to carers through the Carer Gateway. We also know carers really value the chance to hear from others in the same situation - just knowing others are facing some of the same ups and downs as them can help reduce stress."

For more info email, abbye@yourside.org.au or call Abby on 1300 134 332.