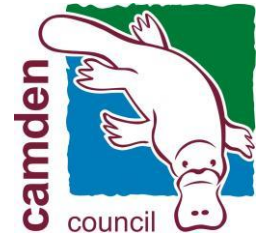


# Media Release

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Wednesday 9 October 2019

## Carers invited to a day of pampering

Camden Council is treating carers throughout the Camden area to a day of pampering, in celebration of National Carers Week.

Carers Pamper Day will be held on Tuesday 15 October, 11am-2pm, at Camden Civic Centre. The FREE event will offer carers of all ages a day of activities promoting relaxation, including:

- Seated massages;
- Massages by hand, using essential oils and henna body art;
- Workshops focused on pampering, covering topics like making scrubs, bath milks and moisturising creams;
- Workshops teaching breathing techniques, designed to help focus and relaxation; and
- Prizes and giveaways.

Attendees are encouraged to visit Café Connect Camden at the event, who will provide information about health, services and social connections, as well as indulge in barista coffee, tea, healthy food and refreshments.

Mayor of Camden, Cr Theresa Fedeli, said National Carers Week runs from Sunday 13 to Saturday 19 October.

“There are more than 6,000 residents in the Camden area who provide unpaid assistance to a person with disability, long term illness or those who are of older age,” Cr Fedeli said.

“These carers really are the unsung heroes of our community, working tirelessly for the people they love. Their care and responsibility really are extraordinary and so invaluable.

“This week is all about celebrating the outstanding contribution these unpaid carers make to their families and the community. It’s also an important reminder to make their own health and wellbeing a priority.”

Council is also offering carers from the Camden area free pool entry to Mount Annan Leisure Centre and Camden War Memorial Pool, from Sunday 13 to Saturday 19 October.

For more information on National Carers Week, and Council’s scheduled activities, visit [camden.nsw.gov.au](http://camden.nsw.gov.au) and search ‘National Carers Week’.

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**Media Contact:**

Christina Fracassi

Media Advisor

Camden Council

PO Box 183, CAMDEN NSW 2570

Phone: 4645 7823 Mobile: 0438 062 628

Email: [Christina.Fracassi@camden.nsw.gov.au](mailto:Christina.Fracassi@camden.nsw.gov.au)