

Health centre invites carers to take respite

SUNBURY Community Health Centre is inviting all carers of frail, elderly and disabled adults to a Carers Expo next Wednesday.

The free event, featuring a range of agencies, is being held as part of Carers' Week.

Occupational therapist at the health centre's Carer Support Group, Catherine Flynn, said the expo was a way to reach more carers and determine their needs.

Although 161 carers are registered with the group,

it's suspected many more are living in Sunbury without support.

"We know a common effect of full-time caring is isolation and psychological and physical issues that come with carer's stress," she said.

"There are all sorts of dynamics that can arise such as a carer in their 50s having to give up full-time work and go on a carer's pension."

The Sunbury Community Health Centre has weekly support groups, respite sessions and planned activity

groups for both carers and the cared.

The free forum is on October 16 at Sunbury Community Health Centre's Lotherington Room from 1-3pm.

For more information phone 9744 9514.
