

A Walk to help Care for carers

MACKAY
REGIONAL COUNCIL

COUNCIL and Wellways Carer Gateway are teaming up to help those who care for residents in need.

Today, Thursday, October 14, 2021 during National Carers Week, the two organisations are partnering to launch the Caring for Carers Walks.

These walks will give carers the chance to get out, network and socialise, while also hopefully providing a support network for those in our community who go above and beyond to care for others.

The first walk will kick off at 8am from the Botanic Gardens Café and then meet back at the café at 9am for a morning tea launch event. Morning tea will be free for carers.

The Caring for Carers Walk will then become a regular event on the second Thursday of each month.

For more information, call Cherie from Wellways on 0435 704 900. RSVPs are not required.

Running from October 10 to 16, 2021, National Carers Week is a time to recognise and celebrate the 2.65 million Australians who provide care and support to a family member or friend.

Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged.

Anyone at any time can become a carer.



Thursday, October 14, during National Carers Week, the two organisations, Mackay Regional Council and Wellways Carer Gateway are partnering to launch the Caring for Carers Walks. (PHOTO: Supplied)



KARLEE BOX

We have several activities and events planned over the next month! We look forward to seeing you there.

FUNDRAISER – BUNNINGS SAUSAGE SIZZLE

Event Details
Date: Saturday, 16 October
Time: From 9am
Location: Bunnings Warehouse, Paget

All money raised will go towards the projects of the Zonta Club of Mackay – empowering and supporting women through service and advocacy.

ZONTA MONTHLY DINNER MEETING

Event Details
Date: Tuesday, 19 October
(Third Tuesday of each month)
Time: From 6:30pm
Location: Ocean International, Mackay

We welcome guests at our meetings – if you are interested in attending, please contact us as soon as possible for catering purposes.

RECLAIM THE NIGHT MARCH

Each year, the Mackay Reclaim the Night March takes place on the last Friday in October. This is Sexual Violence Awareness Month, which poses a reminder to every Queensland that we all have a role to play in ending sexual violence.

Reclaim the Night marches began in the 1970s, focusing on a woman's right to walk at night, without fear of violence or harm. Today, we march as a show of resistance, strength and unity, because we believe everyone has the right to feel safe and to BE safe.

Event Details
Date: Friday, 29 October
Time: 5:30pm start
Location: Blewater Quay, Mackay

Feel Good Facts
FLU PREVENTION

Annual vaccination
is the best way to
protect yourself
from the flu.



See more facts at
qld.gov.au/feelgoodfacts



Queensland
Government