



MEDIA RELEASE

Wednesday 18th October 2023

Loddon Mallee Mental Health and Wellbeing Connect Celebrates National Carer's Week 2023

National Carer's Week is run from 15th – 21st of October 2023 and it's a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member, friend, or community member.

To mark the occasion, the Loddon Mallee Mental Health and Wellbeing Connect, represented by lead organisation Mind Australia and Mallee Family Care, would like to invite community to come together in their brand-new centre to acknowledge and support the wonderful caregivers among us.

The Loddon Mallee Mental Health and Wellbeing Connect is a new service that supports family members, carers, kin and supporters of people with mental ill-health and/or alcohol and other substance use challenges.

The service provides a warm and welcoming space for family, carers, kin and supporters of all ages and backgrounds. It provides opportunities to connect with peers along with tailored information, resources, advocacy, support (individual and group-based), and access to brokerage fund through Tandem's Carer Support Fund.

Mallee Family Care CEO, Teresa Jayet said, 'the Loddon Mallee Mental Health and Wellbeing Connect Service program is driven by a team who understand firsthand the challenges faced by carers. Their lived experiences help connect, understand and provide the relevant supports to those seeking assistance.'

The Loddon Mallee Mental Health and Wellbeing Connect open day will include mindfulness activities such as Canvas painting, planting flowers for the centre, a guided meditation session and plenty of kid friendly activities.

Doors will be open at 122 Ninth Street, Mildura VIC 3500 on Thursday 19th of October.

For more information please contact Mallee Family Care on 1300 417 618.

ENDS



For all media enquiries:

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