

MEDIA RELEASE

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Young carers turn to music to communicate their message

An inspiring group of South Australia's young carers took some well-earned time out to gather their thoughts, experiences and feelings to record a compelling CD *24/7*.

With the help of singer/songwriter Dani Vadoulis and musician Rob Pippan, a group of eleven carers, ranging in ages from twelve to nineteen, produced three powerful songs that explore the frustration, anger, loneliness and achievements associated with being a young carer.

The end result is a professionally recorded CD with tracks *Tell Someone We Care*, *Why* and *Genevieve Believe*, which is about a fictional character called Genevieve, based on a composite of all the female young carers' lives, dreams and beliefs.

The dynamic group of young people were involved in every step of the project from the initial concepts stage to development of songs, naming and design of the CD cover.

The project not only provided some respite for the hard working South Australian carers, but also gave them a great opportunity to use their creativity to express frustrations and dreams.

The project involved collaboration between UnitingCare Wesley Bowden, Northern Carers Network and Carers SA, lead capably by Mark Kulinski and Shana Gosling. The program provided these young people with much needed respite from their very regimented regime of caring for loved ones and gave them a unique opportunity to off-load frustration and to use their creativity to express themselves.

"With an estimated 181,100 young carers aged under 18 across Australia it is important to provide opportunities for young carers to spend valuable time away from the pressures of their daily lives," Carers SA CEO Rosemary Warmington said.

"Caring for a loved one is hard enough at the best of times, but for young carers it's even harder as they struggle to juggle school with their caring responsibilities at home."

"We've been so amazed at how well the project has been received and how it has helped this special group of young carers to open up and voice their emotions to encourage a better understanding from friends and teachers."

The songwriting workshop was an initiative of UnitingCare Wesley Bowden, Northern Carers Network and Carers SA and funded by the Department of Family & Community Services.

National Carers Awareness Week commences 15 October 2006 is designed to provide recognition of carers of all ages.

For media enquiries please contact Bec Tape on 8331 1444 or 0438 806 983