### Suggested newsletter copy

**National Carers Week is just around the corner! In the week 12-18 October 2025 Carers Victoria is asking everyone in our community — from individuals to organisations and government — to make time to Care for a Carer through sometimes small, but always powerful, actions.**

**Over three quarters of a million Victorians provide unpaid care and support to a family member or friend with disability, mental illness, chronic or terminal illness or an older person with care needs. Which means there is a 1 in 10 chance that you are, know, or will be one!**

**Let’s all celebrate and recognise Victoria’ unpaid carers. Reach out to a carer you know and show them you care. There are so many little things you can do to today to make their life a little easier.**

* **Show your support by checking-in on them regularly.**
* **Offer to provide carers with a break and take time for themselves to recharge.**
* **Use your words to recognise and acknowledge the exceptional work of a carer you know.**
* **Initiate support – carers often prioritise the wellbeing of the person they care for, remind them to care for themselves.**

**For more tips and resources visit carersvictoria.org.au/carersweek**