



**CARERS VICTORIA**

**MEDIA RELEASE**

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FOR IMMEDIATE RELEASE

## **LOCAL SINGER LENDS HER VOICE TO HELP CARERS**

Caroline Springs resident, Cherine Peck has been involved in the entertainment industry for 15 years, with roles in Miss Saigon and The Lion King. But her recent contribution to a CD for carers of people with dementia was a unique experience for her.

*Catching Dust in Mid Air* is a CD of 11 songs that directly deal with the issues and experiences of being a carer of someone with symptoms of various types of dementia. These songs were co-written by 59 carers of people with dementia, during group music therapy workshops held by Carers Victoria.

On the CD, Cherine sings the song "Walk the Walk" which encourages carers to look after their own health and wellbeing. "It is important for carers to know that it is ok to also think of themselves, and to ask for help when they need to," says Maria Bohan, CEO of Carers Victoria. "The songs on the CD can help to prevent burnout for carers, by helping to normalise and validate their experiences. Carers Victoria acknowledges and appreciates the support that the singers have provided to help create this powerful musical experience."

"It has been a terrific experience being involved in the production of the CD," said Cherine. "The opportunity to perform at the launch in front of the carers who actually helped to write the songs was just magical."

After a break from performing while enjoying parenthood for a second time, Cherine is ready to revisit her passion for the arts and what better way to do that by supporting a cause that needs great attention and appreciation?

### **For further information:**

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***Carers Victoria is the statewide voice for family carers,  
representing and providing support to carers in the community.***