



Speech By
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MEMBER FOR REDCLIFFE

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ADJOURNMENT

National Carers Week

 **Ms DOOLEY** (Redcliffe—LNP) (9.16 pm): I rise to acknowledge National Carers Week and some of the local and statewide organisations doing incredible work to support our Redcliffe and Queensland carers. This week we celebrate their wonderful contribution as unpaid carers. The theme is: 'You are one, know one or will be one'. Carers Week follows Mental Health Awareness Week and they are closely connected.

Last week I joined Scarborough Trade College for one of their fun activities to celebrate Mental Health Week—hotdogs with headspace. Thank you to Redcliffe headspace who were onsite to glitter us up and promote healthy mental wellbeing. Thanks to Leah Pollock-Grant, the guidance officer, for her creativity and enthusiasm to host this event annually.

I was also very excited to attend the official opening of the new co-funded Medicare Mental Health Centre in Kippa-Ring yesterday which is a welcome and much needed service to provide free, walk-in mental health support for those in my community. As a mum and a carer of a son living with bipolar and a long-time advocate for more mental health services locally, this will ensure those who need it can get access closer to home. Thank you to Brisbane North PHN, Communify and other partners who will deliver this service.

Today, as co-chair of the Parliamentary Friends of Mental Health Carers, I was privileged to welcome Arafmi to Parliament House for their inaugural launch event. Arafmi has provided free support for mental health carers in Queensland for over 45 years. Arafmi provides 24/7 telephone support, respite accommodation, and one-on-one and group coaching and advocacy. Recently, I joined staff, patients and carers from the Redcliffe ICU for their first ever Australian Walk for PICS—post intensive care syndrome. Thanks to Laura Smith CNC of the Metro North ICU Follow-Up Clinic for organising.

I also want to acknowledge Carers Queensland, Carers Foundation Australia founder, Ronnie Benbow OAM, who offer wellbeing programs and retreats to ensure carers have someone to look after them, too. In Redcliffe, I want to thank Elaine Dare, one of the Redcliffe Dementia Alliance OGs who runs a monthly dementia support group, helping carers feel supported and not alone. I give a shout-out to Redcliffe Golf Club Ladies Committee, which hosted a fundraiser for Be Uplifted North Brisbane Breast Cancer Charity. To those right now in my electorate of Redcliffe who care for loved ones, like my stepdad, Keith, who is caring full-time for my mum: thank you for all you do. I see you, I value you, I celebrate, I salute and I honour you.