



For immediate release

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Ladies lunch to Launch the Gidget Foundation

In June last year Louise Blacker took her own life as a result of Post Natal Depression at the age of 33.

The Gidget Foundation has been set up by her sisters and friends many of who are young mothers, to raise funds to help those suffering from this dreadful illness.

The Gidget Foundation will launch itself at a fundraising lunch for 240 women during Post Natal Depression Awareness Week, on **Friday 22nd November** at The Royal Motor Yacht Club, Point Piper.

Guest speaker at the lunch will be **Deborah Thomas**, editor of *The Australian Women's Weekly* and Glen-Marie Frost as Master of Ceremonies.

The Gidget Foundation was formed in August 2001 when Louise's death highlighted to this group the serious lack of support facilities for women in Sydney suffering from Post Natal Depression.

"In the days and weeks before her death, Lou tried a number of avenues to seek help, but none was forthcoming. It is our wish to help change this situation for women in the future", said her sister Simone Short.

"We realise that there is a serious lack of funds for and awareness of Post Natal Depression and as such it is our wish to direct monies raised into worthy projects aimed at helping support these women when they so desperately need it" added school friend Kim Mouret.

Statistically 10-15 percent of mothers will be or have been affected by the mood disorder Post Natal Depression, with many experiencing severe depression. Roughly speaking that equals one in eight.

For further information contact,
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gidget foundation

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