Activities to recognise & celebrate carers throughout the UK

Your guide to getting involved
Thanks for taking part!

This Getting Involved guide is full of ideas and inspiration for how you can help to make the most of Carers Week - in your local community, in your workplace, or wherever you are.

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About Carers Week

Carers Week is an annual awareness campaign to bring caring right out into the open – recognising and celebrating the contribution carers make to families and communities throughout the UK.

Right now there are around 6.5 million carers in the UK, looking after older, seriously ill or disabled family and friends.

Caring is part of being human and at the heart of family life. As our population ages and people live longer, often with complex health conditions, more and more of us will find ourselves caring. Yet many still see caring as a private matter.

Many people don’t identify themselves as carers, they feel they are just doing what anyone else would so they don’t always know what support is available to them.

The focus for Carers Week is on Building Carer Friendly Communities - places where local people and services support carers to look after their loved ones, while recognising that carers are individuals with needs of their own.

All of us, wherever we live, whatever we do, have a part to play.

This guide contains everything you need to make the most of Carers Week and help us build Carer Friendly Communities.
Getting involved

Carers Week is brought to life by the individuals, groups and organisations holding events and taking action throughout the UK.

These activities reach carers who don’t know that help is available. They celebrate carers who need a boost to keep going. They enable carers to come together to socialise, relax and find support and understanding.

Whether you’re thinking big or looking for a simple action to make a difference, we’ve got ideas, inspiration and resources to help you.

Raise awareness >>

Send a tweet, run an event, contact your local media – there are all kinds of ways you can help to raise the profile of caring in the media and in communities throughout the UK.

Recognise, celebrate >>

Carers Week is the ideal time to focus on the contribution made by carers. Celebrate this contribution by giving carers the opportunity to take a break or get together. Recognise this contribution by focusing on caring in school assemblies, religious services, community exhibitions… The opportunities are endless.

Do something for carers >>

Caring can be a constant juggling and balancing act, sometimes without a moment’s proper rest. Why not use Carers Week to give carers a relaxation treatment or a fun day out?

Help us build Carer Friendly Communities >>

Use our Carer Friendly Checklist as a guide to effect change in all corners of our communities, enabling carers to look after loved ones and be recognised as individuals with needs of their own.
Raise awareness >>

During Carers Week we’re looking to raise the profile of caring in communities, places of work and in the media throughout the UK.

Together we can help people to identify themselves as carers and get the information and support they need. We can highlight the contribution carers make and the challenges carers face. And we can show the world how important caring is.

Here are some ideas for how you can raise awareness:

» Spread the word about Carers Week on social media and get your friends and family involved. Start by adding your brick to help build Carer Friendly Communities.

» Order Carers Week leaflets and flyers to distribute in your local community or workplace

» Send our guide to local politicians and ask them to support Carers Week.

» If you provide services for carers, use Carers Week to promote them, using our template news release to help you. Perhaps team up with other organisations to really make some noise and spread the message.

» Run an event in your local community to draw attention to caring and help connect carers with information and support. Think big and ask your local councillors how they’re going to make the most of Carers Week.

» Run an event in your workplace. Ask your HR department how they’re going to make the most of Carers Week to let staff know about support available for carers.

Make sure you add your events and activities to the Carers Week website!

carersweek.org/events

Photo: Islington Carers Hub
Recognise, celebrate >>

Carers Week is the ideal time to focus on the contribution made by carers.

Celebrate this contribution by giving carers the opportunity to take a break or get together. Recognise this contribution by focusing on caring in school assemblies, religious services, community exhibitions...

Here are some ideas for how you can recognise and celebrate carers:

» Carers need information and anyone can help to do this through health services, care providers, schools, employers.

» Hold a free coffee morning or an afternoon tea. Make it special by asking a local café to donate the cakes, or inviting your MP or mayor to attend.

» Or you could hold a simple award ceremony, where you recognise and say thank you to local services that support professionals and volunteers who support carers.

» Hold a religious service to recognise the contribution carers make to family life and to strong local communities.

» Invite carers to tell their stories – through creative writing, photography, presentations – and invite key people from the community to come along to find out more about what caring is like.

» If you want to go one step further, develop a policy or charter for carers in your workplace or in the service that you run.
Do something for carers >>

For many carers, their life is a constant juggling and balancing act and their role can lead to stress and anxiety. Carers Week can provide the ideal time for some pampering.

Here are some ideas for how you can do something to give carers a boost.

» Arrange a massage, share some relaxation techniques, or offer tai chi lessons.

» Get experts in to share knowledge and techniques to help carers manage practical issues such as diet, nutrition and wellbeing.

» Organise a day trip for carers or provide a free entertainment event.

» Many groups plan a coffee morning or an afternoon tea. It’s a great way for carers to meet each other.

» Organise a quiz night or a barbecue to give carers an opportunity to socialise and take a break from caring.

Make sure you add your events and activities to the Carers Week website.

carersweek.org/events
10 ideas to get you started, based on just a few of the hundreds of events registered last year...

**CREATIVE**

Stitch, make and glitter with a carers’ crafternoon.

“We had foodie treats, nail art and crafty creative fun.”

**ADVERTISE**

Spread the word about your carer friendly policies.

“We launched a bespoke carers’ charter with useful information about visiting the hospital.”

**RELAX**

Help carers RELAX with massages, yoga or pamper session.

“There were a range of treatments available from manicures to tai chi in the garden.”

**EAT**

Get carers together with a BBQ or an afternoon tea.

“Our Fun Day included a BBQ and bouncy castle.”

**ROADTRIP**

Get out and about, by organising a day out for carers, taking your support work out into the local community or doing a bike ride.

“We cycled 100 miles with banners and t-shirts to raise awareness of carers.”

**STALL**

Give out information to reach carers in your community.

“We encouraged people to recognise themselves as carers by holding an information event at our GP surgery.”
**WORKSHOP**
Get active with a dance, drumming or sports workshop.

“We organised an exciting dance and drumming workshop for carers of all ages.”

**EMPLOYMENT**
Let your employees know about your workplace carer policies or hold a carers’ network meeting.

“We developed our Employee Support Network during Carers Week.”

**ENJOYMENT**
Organise a Fun Day or film screening to give carers and their families a break.

“We held a Teddy Bear’s picnic for young carers.”

**KARAOKE**
Organise a musical event for carers, such as a karaoke evening.

“We hosted a magical evening of music, seafaring tales and images of times gone by.”
WHY should health services be carer friendly?

The NHS, and the many companies, businesses and charities who work in the area of improving health and well-being, have the potential to improve the lives of carers.

This means not only recognising that carers are key partners in managing the care needs of the people they look after, but also that carers form a significant group of patients who need particular support to look after their own health.

The strain, stress and responsibility of providing round-the-clock care can have a huge impact on carers’ physical and mental health.

Caring can make it difficult to get enough sleep or to find the time to prepare healthy food or exercise regularly. It can also lead to injuries from lifting and moving the person with care needs, as well as increased levels of stress, anxiety and depression.

Carers often struggle to attend medical appointments and worry about who will step in to provide care if the carer needs medical treatment.

Key facts:

Caring has a significant impact on health:

- According to the 2013 GP Patient Survey, whilst 51% of non-carers had a long-standing health condition, this rose to 60% of all carers and 70% of carers caring for 50 or more hours a week.
- Full-time carers are more than twice as likely to be in bad health as non-carers.
- 83% of carers providing full time care said it had negatively affected their physical health and 87% said it had affected their mental health
- 39% of full-time carers have put off medical treatment because of caring

A proactive GP practice should support a carer to consider all aspects of their health and wellbeing, like regular exercise and stress management.
The Scottish NHS has been amazing – constant availability of highly qualified nurses, doctors and other healthcare.

**HOW can health services be carer friendly?**

From simple one-off actions to ongoing commitments, there are all kinds of ways for health services to recognise carers’ role, involve and consult them about the treatment of the person they care for, and help them look after their own health at the same time.

Use Carers Week as the opportunity to celebrate the carer friendly practice that’s already taking place, and kick-start new measures.

**Get involved by:**

- Holding events & activities and listing them online >>
- Ordering materials and resources to reach out to carers >>
- Committing to take action using our Carer Friendly Checklist >>

**GP practices**

GPs come into contact with carers every day either as patients or on behalf of those they care for. They are often the first professional that a carer comes into contact with and have a vital role in recognising where people have taken on a caring role and ensuring that carers have access to information and support in the community.

There are lots of things that can be done to make GP surgeries and their staff more carer friendly and create an environment where carers are identified and supported to look after their own health and care for their loved one.

» **Offer flexible appointment times, priority time slots for carers or home visits for carers as routine.**

» **Encourage carers to identify themselves by having posters in the surgery, a carer noticeboard in the waiting room, and by including information about carers on the practice website, in the practice leaflets and in practice newsletters.**

» **Many carers don’t identify with the term “carer” so use phrases like ‘looking after someone’**

» **Note on patient records whether someone has a carer and who that is and secondly if they are carer. Ask them how they are managing their caring and whether they need support with it.**
» Set up an information stand where carers can find out what kinds of support the surgery and the community offers to carers.

» You could send a letter to any patients with a condition which suggests they may have a family member or close friend caring for them. The letter could include information explaining what’s available for them, as carers, and could encourage their carers to identify themselves to the practice.

» Develop a practice policy for carers informed by carers and the patient participation group. Appoint a carer lead(s) to champion it.

Hospitals

Many of the patients who come into hospital will be cared for by a relative or they will have caring responsibilities themselves. Some hospitals are recognising that supporting families means that the patient is better supported too. Carers can be of any age, from a young carer to a centenarian.

There are many simple actions that hospitals can take to become more carer friendly:

» Introduce Carer Passports for carers of patients

» Introduce carer friendly policies, such as allowing some carers to spend time with their family member or friend outside of visiting hours, or giving them free car parking.

» Offer flexible appointments for tests to those people with caring responsibilities

» Set up information stands during Carers Week, helping to connect families with available support services.

» Ensure that family members are given the right information and advice on how to care safely and well and understand the implications by ensuring staff are aware of families’ needs.

» Involve carers in decisions about their loved ones care, including discharge planning if the patient agrees. Carers have expertise and should be respected and listened to.

» Link with key local organisations to help signpost families to support.

Pharmacies and community health services

Pharmacies and community health services often have more direct contact with carers than most other services. Services can:

» Help anyone who might be caring to identify themselves as a carer.

» Signpost carers to local support services such as a local carers centre.

» Offer home deliveries.

» Offer a medication review, with permission from the patient.
» Help carers with advice on medication (for example about side effects or administering medication) or health and wellbeing.
» Display Carers Week posters to encourage people to recognise themselves as carers.
» Ensure that the right support and training is available to help carers to care well.
WHY should care services be carer friendly?

Without reliable and high quality care and support services, carers are often not able to have a life of their own outside caring.

Where carers are not able to find or afford enough care for the person they care for, or feel that they are not able to rely on those services, they can find themselves without the time to look after their own health, maintain relationships or stay in work alongside caring.

Good social care must be at the heart of Carer Friendly Communities. Effective local planning should ensure that services are available, professional social workers understand and co-design plans to meet families’ needs, and quality services are delivered by caring and well trained care workers.

The new Care Act and Children and Families Act in England, the Social Services and Well-being (Wales) Act, and the forthcoming Carers (Scotland) Act, represent an opportunity for improvement in the way care and support is arranged and provided to families.

Key facts:

- Almost half (46%) of carers that responded to a Carers Week survey had been offered a Carer’s Assessment.
- 64% of carers said a lack of practical support had impacted on their physical and mental health.
- 61% of carers thought their health would be improved by more regular breaks from caring.

We have an amazing network of healthcare professionals who visit, so we do feel well supported and cared for.
Taking my husband to a Day Care Centre for two days a week provides me with a window to be ‘me’ and to meet friends, etc.

**HOW can care services be carer friendly?**

From holding a special event aimed at families to launching a new policy, there are all kinds of ways for care services to involve and consult carers about the care of the person they look after and recognise that carers might need support too.

Use Carers Week to recognise and celebrate the vital role that carers play in looking after loved ones. It’s a perfect opportunity to talk to carers directly about what would make a difference to them.

**Get involved by:**

- Holding events & activities and listing them online
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**Care and support providers**

Most of the people supported by care service providers have a carer somewhere in the background, although not everyone does. Families want great quality care services which support the carer as well as the patient, making them feel part of the care.

Care and support services must help to foster family relationships by ensuring carers have time to spend with their partners, or with friends and relatives. These services should also ensure that carers and those being cared for are supported to have breaks together or separately depending on their wishes.

How could you make a difference to carers’ lives by becoming carer friendly?

» Actively welcome feedback and input from family members, involve them in decisions about the care package and support provided to the person needing care.

» Promote a carer’s assessment to anyone caring unpaid for the person you support

» Signpost advice, information and support services to carers

» Recognise that some of your staff will have unpaid caring responsibilities of their own. As an employer, there are many simple things you can do that will improve the health and wellbeing of colleagues, as well as improving retention of staff. Just talking about caring makes a difference, as does promoting flexible working
Commissioners / local authorities

Commissioners have new duties to support carers under the Care Act 2014 and Children and Families Act 2014 in England, the Social Services and Well-being (Wales) Act due for implementation in April 2016 and the forthcoming Carers (Scotland) Act due for implementation next year in 2017.

Here are some simple things you can do:

» Develop or launch a new strategy to help carers or use Carers Week as a way of consulting carers.

» Use Carers Week to connect with many community organisations in order to reach out and help carers access different preventative services.

» Look after people in your workforce who are carers as well as employees.

» Join Employers for Carers business forum and raise awareness of caring throughout your organisation.
WHY should employers be carer friendly?

Nearly half of carers also work, alongside caring. To combine the two, carers need to be able to rely on good quality, flexible health and care services. They also need to have an understanding employer and flexible working arrangements.

Many carers worry about how their caring responsibilities will be viewed by their employers and colleagues. One in ten carers does not inform their employer of their situation.

Yet leaving carers unsupported in the workplace means they are more likely to leave their job, which can lead to long term financial hardship for carers and their family. It also has a financial impact on employers and the wider economy.

The peak age for carers is 45-64, a point where carers are often at the peak of their careers with valuable skills and experience. Their exit from the labour market leaves businesses with substantial productivity loss and recruitment costs.

Key facts:

- Nearly half of all carers (3 million) are juggling work with caring.
- Over 2 million carers have given up work to care.
- Around one in three carers (34%) stated that they had missed out on the opportunity for promotion because of their caring role.
- Half of those who juggle work and care report being stressed at work because of their caring role.
- One in ten carers choose not to tell their employer they are a carer.
- 7 in 10 working carers (71%) have felt lonely and isolated in the workplace because of their caring responsibilities.

My colleagues know I sometimes need to sort out care first thing in the morning to make sure my wife with MS is okay.
**HOW can care services be carer friendly?**

Carers should be able to work in an environment that supports them. This can be achieved through formal policies and procedures, or informal arrangements with the support and understanding of colleagues and managers.

Use Carers Week to let your employees know what you’re already doing to help them manage the strain of caring alongside work. It’s also the perfect opportunity to launch something new.

**Get involved by:**

- Holding events & activities and listing them online
- Ordering materials and resources to reach out to carers
- Committing to take action using our Carer Friendly Checklist

**Employers**

Polling has shown that middle-aged people with caring responsibilities were more likely than carers of other ages to have given up work, reduced working hours or experienced issues such as stress and tiredness at work.

71% of working carers have felt lonely or isolated in the workplace as results of their caring responsibilities. And 70% of carers were over £10,000 worse off as a result of reduced earnings.

There are some simple steps that employers can take to reduce feelings of isolation and ensure that carers are able to balance work with their caring responsibilities.

» **Introduce and promote flexible working policies**

» **Introduce paid care leave so that carers are not forced to take annual leave for caring emergencies**

» **Set up or encourage staff to set up a carers’ staff network**

» **Invest in an employee assistance programme**

» **Ensure that there is regular communication to employees informing them of their rights, including their right to request flexible working and take emergency time off to care for dependents when they need it**
» Around 1 in 9 of your employees will also be carers. Use Carers Week to make sure they are aware of the support available in the workplace and externally. Use a Carers Week email template or hold an exhibition or other event to help people to know what’s available.

» Ask your Human Resources department to highlight the kind of support people can get through flexible working.

» When you are recruiting, be aware that candidates may have gained valuable skills as carers such as managing direct payments, and complex scheduling multiple tasks such as co-ordinating a range of professionals.

Managers

You have an important and key role in helping your staff juggle work alongside their caring responsibilities and help promote a carer friendly workplace.

» Ensure that all your staff are aware of the relevant HR policies that your organisation has in place to support staff with caring responsibilities

» Make it easy for your employees to talk to you about their caring responsibilities at work and offer whatever support you can offer within your company’s policies. Whether you can provide specific support or not, it is better for you and your staff if they are able to talk to you about their caring role, rather than overstretch themselves.

» Signpost colleagues to support they can get outside the workplace, such as advice and information services and peer support groups.

Colleagues

If you think your organisation could help to get some caring conversations going during Carers Week for your colleagues, then you could do this by.

» Including an item about caring in your newsletter to all staff.

» Having a small display in communal areas – sign up for materials here.

» Use your staff noticeboard to have simple information about Carers Week that you can download here.

» Put helpful information on your intranet.
WHY should education providers be carer friendly?

Caring is a part of life. We need to start conversations about caring and disability earlier, to break down stigma about current or future caring, raise awareness of the role of carers and create an environment where carers can access help and support.

Being a young carer can disrupt a pupil’s attendance, achievement and attainment at school. Often schools are unaware that caring responsibilities are the root cause.

A supportive school environment where children with caring responsibilities can be identified by teachers is vital. The right support package can then be put in place for the whole family, which ensures that the child or young person is not carrying out inappropriate levels of care, and steps taken to ensure that any impact on them is addressed.

Young adults who are caring alongside pursuing important education and training qualifications need their college or university to identify and support them, otherwise their attainment and employment prospects can be badly damaged.

Key facts:

- The number of 5-7 year olds providing care increased by 83% between 2001 and 2011.
- 39% of young carers have said that nobody in their school was aware of their caring role.
- Over half of student carers (56%) were experiencing difficulties because of their caring role and 16% were concerned that they might have to drop out of college or university.
- Only 36% of student carers felt able to balance commitments such as work, study, and family/relationships, compared to 53% of students without caring responsibilities.

My daughter’s school recently sent out a carers’ questionnaire and wanted ideas about how they could better support carers.
**HOW can education services be carer friendly?**

Schools, colleges and universities can identify children, young people and adults with caring responsibilities. They can recognise the impact caring can have on their studies as well as their personal lives. They can take action to ensure carers get the help they need to cope with what can be an intense additional pressure.

Use Carers Week to raise awareness through assemblies, fairs, tutor groups and other activities. Train key figures such as school nurses and welfare reps to support and referring young carers. There are all kinds of practical actions you can take.

**Get involved by:**

- Holding events & activities and listing them online >>
- Ordering materials and resources to reach out to carers >>
- Committing to take action using our Carer Friendly Checklist >>

**Schools, colleges and universities**

Carers can be of any age, and most families include someone who is caring. Education organisations have a really important role to play, from primary school to secondary and tertiary education.

» **Offer flexibility with timetabling or internal deadlines**

» **Offer remote access (such as Skyping into a class) or distance learning where possible**

» **Introduce caring as a subject within the school curriculum. Talk about caring as a normal part of life, whether it is having grandparents who support each other, a brother or sister with a disability who needs care, or being a carer yourself.**

» **Take steps to find out what you can do to identify any pupils or students who have caring responsibilities and support them to make sure they get help and their learning and studies are not affected.**

» **Look after your own staff who have caring responsibilities.**

» **Make sure your pupil and student welfare officers are aware of age-appropriate support for any pupils or students who have caring responsibilities.**
Community

WHY should every corner of the community be carer friendly?

There are 6.5 million carers in the UK… and counting. Every day 6,000 people become carers.

Every high street, every community service, every leisure facility has a role to play in making sure they are accessible to carers. Many are in a perfect position to make a difference by recognising carers and connecting them to the help and support available.

The most important step any organisation or individual can take towards being carer friendly is to adopt a carer friendly attitude.

Such an attitude recognises the contribution carers make to their families and communities and seeks to remove the barriers which can leave carers feeling excluded, whoever and wherever they are.

This attitude must be adopted within families themselves. It’s so easy for carers to become isolated, unable to attend family events, or to feel that other members of the family are simply not recognising the importance and the impact of their caring role.

It must also be adopted in every corner of the community. For example, the number of carers over the age of 65 is growing more rapidly than the general carer population. Increasingly we’ll see carers over 65 supporting not only their children and partners, but their older parents. For communities to become carer friendly, our health and care systems, local services and communities will need to adapt to meet the needs of older carers.

Key facts:

- Almost 1.3 million people aged 65 or older are carers.
- Independent Age’s research suggests at least 380,000 older carers in England provide 50+ hours of care per week without receiving any local authority services.

The local carers group has helped me with information and the chance to meet others in the same situation. We meet once monthly.
**HOW can every corner of the community be carer friendly?**

Whoever you are and whatever do, start by adopting a carer friendly attitude. Think about the ways carers might currently interact with your shop, service, or group. Think about the barriers which might to prevent those interactions.

Carers Week is a great opportunity for you to understand these interactions more – whether by doing a survey, holding focus groups or displaying information to connect carers with local support and services.

By raising awareness of caring, we can remove some of the barriers within society at large. Carers can experience direct discrimination as a result of the condition of the person needing care. Carers can also face indirect discrimination as a result of their association with someone who has a disability. These are major issues which every corner of the community has a role in addressing.

**Get involved by:**

- **Holding events & activities and listing them online >>**
- **Ordering materials and resources to reach out to carers >>**
- **Committing to take action using our Carer Friendly Checklist >>**

**Community groups**

Around one in eight members of your community group could be caring at any given time. These numbers will be higher if you have older people or women in your group, for example (though 4 out of 10 carers are men).

Many people with caring responsibilities don’t think of themselves as carers, and they can often miss out on advice and information.

- **Talk about caring for relatives and close friends at one of your meetings.**
- **Provide leaflets at your next group meeting.**
- **Send around email links to support and information.**
- **Invite someone along to talk to the group about caring.**
- **Recognise that some of your group members might have difficulty attending meetings or taking part in activities. Are there ways that you could help make it possible? Could you offer lifts to and from meetings? Could they happen at different times to make it possible for them to attend?**
Local businesses

Whether you run a local café or work in the high street bank, there’s lots you can do to help carers. At least one in eight of your customers will be a carer.

» Ensure your business is disability and dementia friendly. This really helps to improve carers’ lives.

» Advertise the things you do have, such as flexible home delivery, free entry for carers if they are with a disabled person, or different or flexible appointment times.

» Put up posters for Carers Week, if you can, and have a few leaflets around.

Carers’ families

Families and friends are an essential source of support for carers, providing emotional and practical help with their caring role.

Not all carers find it easy to talk to relatives and friends about the care they are providing, and the strain it places on them. The stresses and pressures of caring can make it difficult to maintain relationships with friends and relatives.

If a family member has taken on a caring role, you may feel a mixture of guilt and relief that they are doing that role rather than you. These feelings and relationships are complicated and can be awkward. But if you avoid them by withdrawing from the relationship or pretending that caring has no impact on your family member, then it’s time to get things out in the open.

As carers’ friends and family members, Carers Week gives you a great opportunity to talk to them about their caring role, understand what they do and its impact on them, practically and emotionally. Find out about simple things you can do to help.
Getting involved online

You can start by downloading our Carer Friendly Checklist which will give you some guidelines and standards against which you can assess your local organisations or groups. You can use your own judgement and criteria too!

Then we’re building a wall together on the Carers Week website. The wall is made up of bricks representing organisations who are RECOMMENDED as carer friendly, organisations who have been INVITED to become more carer friendly, and organisations who have COMMITTED to take carer friendly action.

To celebrate the local organisations, employers, services, local authorities and employers who are already carer friendly, please go to our website and fill in a simple form to RECOMMEND them.

After filling in the form, please let them know that they are now on our website, ask them if they want to take part in Carers Week 2016 and make sure you share on Facebook and Tweet about recommending them. This will help us get more organisations involved.

We also want to encourage other organisations, employers, services, local Councils and employers in your area to become more carer friendly. Please help by filling in our INVITE form and ask them to use our checklist and take action.

Once you’ve filled in the form to add your brick, you’ll still have to contact the organisation to complete the invitation. You can do this on social media, by email, or you could take the Carers Checklist to them in person.

After you invite or recommend, a brick will be added to our wall (once the team have approved it!) and the name of the organisation you invited/recommended will appear on our website.

We hope many organisations will then COMMIT to taking action to become more carer friendly and join Carers Week 2016 by organising an event (a coffee morning, a walk, an afternoon tea, a concert and much more) or simpler activities such as putting up an information stand or distributing flyers.

We’re asking people to register these events and activities on our website to populate our map of events and draw attention to Carers Week 2016. carersweek.org/events
About Carers Week

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK’s 6.5 million carers.

Find out more and get involved at carersweek.org

Carers Week, 20 Great Dover Street, London SE1 4LX

info@carersweek.org /carersweek @carersweek

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