Your guide to getting involved

Activities to recognise and celebrate carers throughout the UK
Thanks for taking part

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

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Health and safety notice:

Carers Week is a campaign made possible by Carers UK and other national supporting charities.

• Supporters will hold activities and events in “support of” and NOT on “behalf of” Carers Week or any of the supporting charities.

• Event organisers are responsible for the health and safety of participants.

• Event organisers acknowledge that any views or opinion expressed or promoted during your activity or event are solely the ones of the individuals involved and do not necessarily reflect those of Carers UK or other supporting charities.

• You agree that you are responsible for the actions of people involved in the organisation and delivery of the event or activity.

• Carers UK accepts no liability or responsibility for any actions or results or adverse situations created as a direct result of your activity.

• Carers UK will not be responsible for any usage of any individual’s image captured at your event.

• Carers UK public liability insurance does not provide cover for events which others manage in support of Carers Week. Please arrange your own public liability insurance if needed.

• You are responsible for conducting your own risk assessment for any risk associated with your activity. You can find guidance on risk assessment at hse.gov.uk/event-safety/managing-an-event.htm
About Carers Week >>

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

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.

Caring can be hugely rewarding but it can also have an impact on all aspects of a carer’s life. Looking after someone without the right information and support can be tough. This is why our theme for Carers Week 2019 is Getting Carers Connected.

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

In 2019, Carers Week is made possible through Carers UK working together with six other major charities: Age UK, Carers Trust, Motor Neurone Disease Association, Multiple Sclerosis Society, Rethink Mental Illness and Sense.

This guide contains everything you might need to make the most of Carers Week and help get carers connected in your community.

Find out more about our Carers Week 2019 theme Getting Carers Connected on our website: carersweek.org/
Get 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, many of whom 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.

Getting Carers Connected >>

You can find downloadable resources on our website to help you promote your event and support Carers Week: carersweek.org/get-involved/downloads

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.

Sometimes it can be difficult for carers to come along to a Carers Week event. When putting your plans together for Carers Week, have a think as to whether you can offer support such as transportation to and from your event.

Raise awareness across the UK >>

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

Recognise the impact of caring >>

Carers Week is the ideal time to focus on the impact that caring can have. Though caring can be rewarding, it’s important that carers get connected to the support they need without putting off their own health needs or becoming isolated. Run an information stand, invite an expert to come and speak to carers, or you could even set up a carers’ charter at work.

Do something for carers >>

Caring can be a constant juggling and balancing act, sometimes without a moment’s rest. Why not use Carers Week as an opportunity to give carers a relaxation treatment or a fun day out?
Raise awareness across the UK >>

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 unpaid carers make and the challenges carers face. 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 using our hashtag #CarersWeek. Follow us on Twitter and Facebook (search for: carers week).

» Pledge your support for Carers Week on our website: carersweek.org/pledge

» Order Carers Week materials to distribute in your local community or workplace from our shop: shop.carersweek.org

» Get in touch with local politicians and ask them to support Carers Week.

» If you provide services for carers, use Carers Week to promote them.

» Run an event in your 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. Perhaps team up with other organisations to really make some noise and spread the message?

» Download our template news release from our website to help promote your event.

» 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.

» Add your event to the Carers Week map and let us know what you’re up to: carersweek.org/get-involved/add-an-event

Pledge your support for Carers Week on our website and have a look at who else has pledged: carersweek.org/pledge
Recognise the impact of caring  >>

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

Sometimes carers can find it challenging to take care of their own wellbeing whilst looking after someone. The impact that caring can have on all aspects of life should not be underestimated. Use Carers Week to make sure that carers are connected to support and each other.

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

» Signpost carers to help and support services in your community. Many local organisations come into contact with carers every day, such as health services, care providers, schools, and local employers.

» Run an information stand so carers can find out about what support is available.

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

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

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

» If you want to go one step further, you could develop a policy or charter for carers in your workplace. For example, you could offer flexible appointment times or special discounts to any carers who use your services. To support any staff who are caring alongside their work you could set up an employee carers’ network to share information.

Don’t forget to add your event to the Carers Week map so that carers can find out what activities you’re running: carersweek.org/get-involved
Do something for carers >>

For many carers, their life is a constant juggling and balancing act and their role can lead to stress. 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 free massage, share some meditation techniques, or offer a tai chi session so that carers can relax.
» Invite experts 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 free coffee morning or an afternoon tea during Carers Week. It’s a great way for carers to meet each other. Make it special by asking a local café to donate the cakes, or inviting your MP or mayor to attend.
» Organise a quiz night or a barbecue to give carers an opportunity to socialise and take a break from caring.
» Run a workshop - could be painting, could be dancing - to let carers show their creative side and have fun!
» Don’t forget to add your event to our website so you can order your free Carers Week pack! Add your event here: carersweek.org/get-involved/add-an-event

Have a look at our Carers Week map for event inspiration and ideas: carersweek.org/events
Ten ideas to get you started >>

**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 sessions.

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

**EAT**
Get carers together for 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.”
About Carers Week

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by unpaid carers across the UK.

In 2019, Carers Week is made possible through Carers UK working together with six other major charities: Age UK, Carers Trust, Motor Neurone Disease Association, Multiple Sclerosis Society, Rethink Mental Illness and Sense, with British Gas the headline supporter, and with Nutricia continuing their support this year.

Find out more about caring and how you can get involved with the campaign at carersweek.org