

# Running your Carers Week activity



## Our checklist

When planning your Carers Week activity, it's a good idea to consider the following:

Decide on the purpose of your activity, eg to share information with carers, to encourage carers to connect and chat, to give carers chance to try creative activities or online classes etc

Consider whether you'll need any funding for your activity.

Spread the word about your activity, for example on social media or in your email newsletter. We have social media graphics and a template news release available for download.

Reach out to other organisations in your community to support your activity. Local businesses might donate goody bags. Or join forces with charities or community groups to increase impact.

If your activity is going to be online, it's important to consider those who can't or prefer not to access online activities. Can you also reach local carers in other ways, e.g. over the phone?

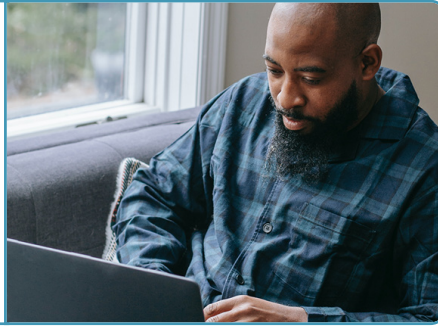
If your activity is going to be in person rather than online, make sure it is safe, legal and in line with local restrictions.

Make sure you've added your activity to the Carers Week website [carersweek.org](https://carersweek.org) and let us know what you're up to!

# Top 10 ideas for your Carers Week activity

1.

Include information and advice for carers in your email newsletter



2.

Host an online quiz or coffee morning. This is a great way for carers to connect with other carers and to take a break



3.

Run an online advice or drop-in session. There are many experts who can help connect carers to support or offer wellbeing tips



4.

Create a playlist of relaxing songs using YouTube or Spotify, which you can share with carers to help them unwind and take a break

5.

Hold a competition where carers submit short stories, poems or photos about their experiences of caring. Host an online ceremony to celebrate the entries

6.

Host an online physical activity session teaching participants about simple chair exercises or other activities they can do from home

7.

Partner with a local business to send hampers or care packages to carers



8.

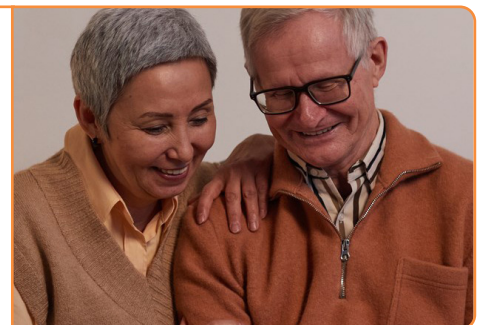
At work, hold an event with HR to let staff know about your carer-friendly policies and support available at work or launch a new policy

9.

Invite a guest speaker, such as a mental health expert, a local politician or a carer who wants to share their story

10.

Ask your community to write cards or letters to local carers, particularly those who have less access to the internet



[carersweek.org/carers](https://carersweek.org/carers)