

Welcome – from Rachel Brennan



Dear Carers,

Carers' Rights Day 2024 is another opportunity for us to support you, whether you are a new carer

or have been caring for someone for a while, to understand your rights and to access the support that is available to you as soon as you need it.

We are holding Carer Information Fairs across Surrey so you can meet us and other organisations offering information and support. We have our booklets available and freebies for you to pick up at the Fairs... plus enjoy free coffee or tea with us.

Please join us for the Fairs and other activities we have going on!

Kind regards,

Rachel

Rachel Brennan, Adult Service Manager, Action for Carers Surrey

ACS Hospital Stalls

Look out for our stalls in some Surrey hospitals, where you can find out about our support for those with a loved one in hospital.

Epsom Hospital

Monday 18th November, 3-5pm

St Peter's Hospital

Wed 20th
November,
9.30-12pm

Royal Surrey

Friday 22nd
November,
11am-1pm



Carers Information Fairs

Marking Carers' Rights Day (21st November) we are holding Information Fairs for Surrey's unpaid carers, across the county.

With our staff, other charities and local organisations in attendance, you will be able to ask questions – practical, financial and legal – about your caring role, as well as get general support, advice and information.

Recognising your rights

Carers' Rights Day highlights the importance of all carers, at whatever stage of the caring journey, knowing and understanding your rights – and being able to access all the support you're entitled to and need.

Our Fairs are all drop-ins, no need to book, and free. Venue details below with more information on our website: www.actionforcarers.org.uk/news/fairs-for-surreys-carers-marking-carers-rights-day-2024/

Fairs: when and where...

The Action for Carers Surrey Fairs take place this year at our Hubs *and* other venues:

Monday 18th November (11am-2pm)

WOKING Knaphill Methodist Church Broadway WOKING GU21 2DR

CRANLEIGH The Bandroom, Village Way, CRANLEIGH GU6 8AF

Tuesday 19th November (11am-2pm)

GODALMING Godalming Library, Bridge St, GODALMING GU7 1HT

Wednesday 20th November (11am-2pm)

ASHFORD Ashford Community Centre, 223 Woodthorpe Road, ASHFORD TW15 3NJ

CAMBERLEY High Cross Church, Knoll Road, CAMBERLEY GU15 3SY

EPSOM St Barnabas Church, Temple Road, EPSOM KT19 8HA

Thursday 21st November (11am-2pm)

FARNHAM Hale Sure Start Family Centre, Upper Hale Road, FARNHAM GU9 0LR

Friday 22nd November (11am-2pm)

LEATHERHEAD Community Hub, Kingston Road, KT22 7PX

MERSTHAM Merstham Community Hub, 2b Portland Drive, MERSTHAM, Redhill RH1 3HY

Saturday 23rd November (NB this Fair is 10am-2pm)

GUILDFORD The Hive, Park Barn Drive, GUILDFORD GU2 8EN

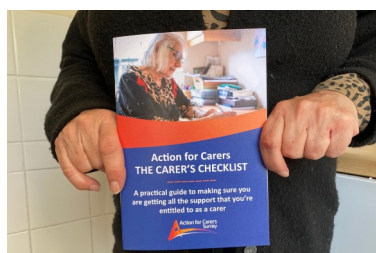


Carers' Rights Week Fairs and Activities

Resources to help with rights

At the Fairs we will be giving away a number of new and updated resources, to help you better understand your rights, and about support for carers generally.

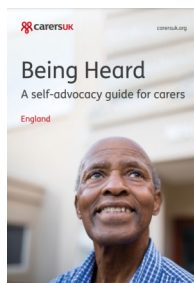
A key resource is our updated **Carers Checklist**, outlining all you need to do and think about as a



carer, and what you're entitled to as a Surrey-based carer.

Other materials include our **Rights postcard** (see right), and **Carer's Relaxation Guide**.

Carers UK have a good webpage on carers' rights plus the booklet, *'Being Heard – self advocacy for carers'* and a factsheet on your rights at work.



If you can't get to a Fair and would like a copy of anything, please call 0303 040 1234, press 1, or just email us at CSAdmin@actionforcarers.org.uk and we'll post items out.

Recognising your rights!

Carers have many rights. This year we are again wanting to make sure that all carers know what their rights are, and how they can access them so we have updated our Carer's Rights postcard. Pick up your **free** copy at the Carer Fairs.



Carers have the right to:

- ◆ Be identified as a carer.
- ◆ Decide if they are willing to be a carer – this shouldn't be assumed.
- ◆ Decide *which* needs of the person you care for, you are willing and able to support.
- ◆ Receive a Carer's Assessment to assess the impact of caring on your wellbeing.
- ◆ Continue with work, education, training and leisure.
- ◆ Discuss flexible working options with employers.
- ◆ Be consulted on the person you care for's hospital discharge.
- ◆ Have emergency time off from work to attend to a dependent – new rights started in 2024 thanks to the Carers Leave Act.

And under *The Care Act 2014* carers have the same protection in law as those they care for and protection from the impact of caring.

More on rights on our website
www.actionforcarers.org.uk/how-we-help/practical-support/your-rights-as-a-carer/

Put up a poster!

Could you put up a poster for your local Fair – maybe in your library or local shop? Find posters and more promotional items to download here www.actionforcarers.org.uk/resources-for-carers-rights/ **Thanks!**

Events around Carers' Rights Day

Time out at home – supporting your wellbeing!

If you're feeling under stress, why not sign up for one of our online relaxation sessions. Sessions on **relaxation techniques, yoga and mindfulness** run regularly, and during week around Carers' Rights Day you can sign up for:

- **Relaxation** on Saturday 16th at 10am
- **Yoga** on Monday 18th at 10am
- **Mindfulness** on Tuesday 19th at 4pm



ISF research with people who draw on care and support – please join our sessions

Surrey County Council's Direct Payments strategy has made a commitment to exploring whether an Individual Service Fund (ISF) offer should be developed in Surrey to enable a greater proportion of people to exercise choice and control over the way they receive their care and support services.

To understand if Surrey residents would welcome this offer, Surrey County Council wish to listen to different people across the borough and get their views on whether they would be interested in receiving their personal budget through an Individual Service Fund (ISF).

Action for Carers will be hosting two online sessions to hear your views to determine if ISFs should be developed in Surrey. These take place on Thursday 12th November; one session from 11am-12.30pm and the other from 4.30pm-6pm. **Please join us.**

For information on the above events, or any help at all, please email CSAdmin@actionforcarers.org.uk or call 0303 040 1234.