



Swindon Carers Centre
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Registered Charity No: 106116 Registered Company No: 3305621

Join us for Carers Rights Day on Friday November 20th at 11am.

What is Carers Rights Day?

Each year, Carers Rights Day bring organisations together to help carers realise their rights and find out how to get the help and support they are entitled to. The day is open to all carers, whether they're new to their caring role or have been caring for a while.

Carers Rights Day exists to:

- Ensure carers are aware of their rights.

Every day, 6,000 people in the UK become carers. These are not trained care professionals, they are unpaid carers doing a vital job supporting relatives who are older, disabled or living with a physical or mental illness. However, many people don't see themselves as carers, just as a person looking after someone close to them. Identifying this is often the first step in coming to terms with any new responsibilities and understanding the support they're entitled to as a result.

- Let carers know where to get help and support.

In Swindon alone, there are an estimated 21,000 unpaid carers. They could be young carers, parent carers or an adult carer looking after a spouse or elderly parent. Many caring roles can be complex, and come with additional practical, emotional, and financial pressures – especially during a global pandemic. We want every carer to know where to turn for information, advice, and help, with the right information at their fingertips to reduce stress, loneliness, and anxiety.

- Raise awareness of the needs of carers.

There is a high chance that you will become a carer at some point in your life. Even if this does not apply today, it is likely that you will know a colleague, friend or neighbour caring for someone. This national day is an important date in our calendar, to bring organisations in Swindon together to raise awareness – helping us to realise our vision of a society that respects, values and supports carers.

Why we'd like you to get involved

We're proud of the work we do to improve the wellbeing of people with caring responsibilities in Swindon. We have a dedicated team of experts able to offer support, information, and signposting, as well as welfare and benefits advice. Our many groups and activities give people the chance to meet other carers, taking a short break from their caring role.

However, we know that there are more people we can reach. A recent report from the Office of National Statistics (ONS) found that 32% of adults were helping someone they did not help before the Covid-19 pandemic. By joining in with Carers Rights Day, and sharing details of the day, you'll be helping us to identify carers within your organisation or community.

How can you help?

This year, Carers Rights Day will be a virtual event due to the Covid-19 pandemic. We hope that this will include many of the elements that have made Carers Rights Day so successful in the past – including information presentations and a Q&A sessions featuring local decision makers.

We are also exploring options for people without access to technology, who may need an alternative option to participate in this year's Carers Rights Day. Please get in touch with us to discuss this further if this applies to you.

You can help by:

- Registering your interest, so that we can send you further details.
- Sharing this information with those who may be interested in attending.
- Joining us on the day, to learn more about supporting unpaid carers in your community.
- Posting on your social media channels in support of Carers Rights Day.

Please find attached a poster you may like to print out and display, or to share digitally with others. We will also be working on a resources pack for social media in the coming months, which can be used on the day.

All attendees will need to be signed up with us before the day. If you'd like to register or to find out more, please get in touch by emailing carers@swindoncarers.org.uk or call 074359611071.