



As a health or social care professional, you will meet many unpaid carers in the course of your work.

We provide FREE training courses to keep you up-to-date in best practice in supporting unpaid, family/friend carers.

We have two main workshops, but can also offer tailored training on request. Action for Carers are the charity commissioned by SCC/NHS to provide carers' services in Surrey.

Because Carers Count This day workshop offers: insight into carers' lives, their need for equality of opportunity and support • facts and figures about the impact of caring • first-hand accounts from carers about the difficulties they face and how they would like to be supported • understanding of how to establish effective relationships with carers and an appreciation of their viewpoint • details of carers' services in Surrey.

Think Carer, Think Family This day workshop gives an understanding of how to support carers of all ages, by developing a whole family, personalised and strengths-based approach • the impact of caring on young carers and their life chances • the Care Act and Children & Families Act • the role of the NHS. local policies and social prescribing • best practice in personalised support for carers and families at all stages of their journey.

Our free courses run every 8 weeks, are for any Surrey health or social care professional. Full details on our website: www.actionforcarers.org.uk

To book, please: ☎ call 01883 626264 or ✉ email Training@actionforcarers.org.uk

 **Action for Carers
Surrey**
Charity Registration
No 1116714