

Welcome – from Rachel Brennan



Dear Carers,

Carers' Rights Week 2021 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 Carers' Fairs across Surrey so you can meet organisations which offer information and support. We have the *Carer Checklist* outlining support for you as a carer in Surrey so you can feel confident asking for the support you need. We also want carers to know how to challenge things when their rights are not being met so have booked Professor Luke Clements – back by popular demand – to lead two sessions around social care and carers' rights. Please join us for these and other activities we have going on.

Rachel Brennan, Adult Service Manager, Action for Carers Surrey

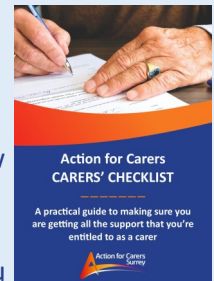


NEW Carers' Checklist

We have a new booklet, a *Carers' Checklist*, to help you understand

what's available for you as a carer. It covers all sorts of matters, health, legal, social services, etc, for you to check you are getting all that you should in terms of support in Surrey.

Call us for a copy: 303 040 1234, press option 1, or CSAdmin@actionforcarers.org.uk



Carers' Rights Week 2021 events and activities

Marking Carers' Rights Day (25 November), Action for Carers Surrey (ACS) is holding four information fairs for Surrey's unpaid carers.

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

At the Fairs, as well as rights matters, there will be information on a wide range of topics important to carers, plus some relaxation and wellbeing sessions on offer.

Rights for all

Carers' Rights Day highlights the importance of all carers, whatever the stage of their caring journey, knowing and understanding their rights – and being able to access all the sup-

port they are entitled to and need.

The events are all drop-ins, no need to book, and of course free. Venues are Leatherhead, Redhill, Woking and Guildford. Details below and on our website – events listings.

Please turn over for more Carers' Rights events including details of Professor Luke Clements' sessions on rights and social care.



Carers' Fairs: when and where

The 2021 Action for Carers Surrey Fairs are happening at:

Leatherhead Leatherhead Theatre

(NB not the Leisure Centre, as in some earlier announcements)

– Wednesday 24 November (10am-2pm)

Redhill Harlequin Theatre – Thursday 25 November (10am-2pm)

Woking Christ Church – Friday 26 November (10am-2pm)

Guildford The Hive – Saturday 27 November (10am-2pm)

Carers' Rights Week events & activities continued

Carers' Rights Week – Zoom events



Carer's Rights and Social Care with Professor Luke Clements

Celebrate Carer's Rights Day with Luke Clements who is a solicitor, Professor of Law and author of 'Carer's Rights and the Care Act'. Luke will focus on Social Care and other related issues. Introduction by Jamie Gault, CEO of ACS.

Please send us any questions before the session for Luke to be able to address. We have two sessions taking place:

For parent carers

23 November, 10.30am-12

For carers supporting an adult

25 November, 7-8.30pm

Hospital stalls

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

For more information on events, and to book your place please email CSAdmin@actionforcarers.org.uk or call 0303 040 1234, option 1. You can also book on our website. PLEASE NOTE: apart from our drop-in Carers' Fairs, all events must be booked.

Carer consultations

These sessions are for you to give us feedback, views, observations and ideas on Action for Carers. Let us know what we can improve on, to make the support better for you – and what you feel works well too.

Our consultations take place on Zoom twice each month. Next dates: **Wednesday 1 December, 7.30-8.30pm, and Friday 3 December, 1-2pm**

More details on our website, and booking information is above. If you are not able to attend online then email Maria.Young@actionforcarers.org.uk or ring 0303 040 1234 and ask for Maria to contact you.

Surrey Mental Health Summit

1st December, 2-4.30 pm

The summit, organised by Surrey County Council and Surrey Heartlands NHS is for leaders to review progress made since November 2020.

Carers are invited to share their experiences, and look at progress made over the last year focusing on three priority areas:

1) Prevention and Early Intervention

2) Preventing people from 'bouncing' between services and telling their story once and

3) Making the different parts of the system work better together.

If you'd like to attend, please email Rachel.Brennan@actionforcarers.org.uk or ring 0303 040 1234.

Discount skating for carers at Hampton Court

We have limited 50% off tickets for Hampton Court's wonderful open-air ice rink (13 Nov-3 Dec, £1.50 booking fee still applies.) Interested? Please contact us (see above), and we'll notify you if you've been lucky – get those skates ready!



Know your rights

Carers have many rights. This year we want to make sure that all carers know what their rights are, and how they can access them.

Here's a few rights you might not be aware of:

Carers have the right to:

- Be identified as a carer
- Receive a carer's assessment
- Discuss flexible working options
- Have protection from discrimination
- Be consulted on hospital discharge

There are many more. Please give our Helpline experts a call to find out more about your rights.

Or read more about your rights on www.actionforcarers.org.uk, simply search 'rights'.

Health rights

As carers you have a right to health checks as part of looking after your wellbeing. We can refer you for a **Carer Health Check** with a qualified health practitioner, carried out by phone in a max 30 minute call.

If you are interested in being referred then please get in touch.

If you already have a named **ACS Carer Support Advisors (CSA)**, who may be supporting you either 1-to-1 or in a group, simply ask them to refer you. Or call our Helpline on 0303 040 1234 or email carer.support@actionforcarers.org.uk