

## Welcome – from Rachel Brennan



Dear Carers,

Carers' Rights Day 2022 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' Information 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 please find information on Professor Luke Clements guide on carers' rights overleaf.

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 carers with a loved one in hospital.



## Carers' Rights Week 2022 Carer Information Fairs



**Marking Carers' Rights Day (24th November), we are holding several Information Fairs for Surrey's unpaid carers, across the county.**

With Action for Carers 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.

At the Fairs, there will be information on a wide range of topics important to all carers, plus some workshop sessions on offer – please see reverse for more details.

## Rights for all

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.

The events are all drop-ins, no need to book, and of course free. Venues are in our Hubs – Details below with more information on our website:

[www.actionforcarers.org.uk/news/fairs-for-surreys-carers-for-carers-rights-day-2022/](http://www.actionforcarers.org.uk/news/fairs-for-surreys-carers-for-carers-rights-day-2022/)

*Please turn over for more Carers' Rights events* ➔

## Carers' Information Fairs: When and Where...

The 2022 Action for Carers Surrey Fairs take place at our Hubs.  
**All at 11am-2pm except Addlestone, 10-1pm & Guildford, 10-2pm.**

**Monday 21st November (11am-2pm)**

**WOKING:** The Vyne, Knaphill, GU21 2SP

**CRANLEIGH:** The Bandroom, Village Way, GU6 8AF

**Tuesday 22nd November (11am-2pm)**

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

**Wednesday 23rd November**

**HORLEY:** Horley Baptist Church, Court Lodge Rd, RH6 8RG (11-2pm)

**ADDLESTONE:** Addlestone Community Centre, Garfield Road, KT15 2NJ (NB This particular Fair is 10am-1pm)

**Thursday 24th November (11am-2pm)**

**CATERHAM:** Westway Centre 25 Chaldon Road CR3 5PG

**Friday 25th November (11am-2pm)**

**LEATHERHEAD:** Community Hub, Kingston Road KT22 7PX

**Saturday 26th November (10am-2pm)**

**GUILDFORD:** The Hive, Park Barn Drive, Guildford GU2 8EN

# Carers' Rights Week events & activities continued

## Carers' Rights: Understanding Carers' Assessments

Led by Carer Practice Advisor and an ACS Advisor

Wednesday 23 November, 1-2pm, **HORLEY** Hub

Thursday 24 November, 10.30-11.30am **CATERHAM** Hub

Find out more about Carers' Assessments, how to prepare for them, when they need to be reviewed and how you as a carer can benefit from an assessment. You'll receive a free *Carer Checklist* booklet and help with preparation for an Assessment if yours is coming up.

## Looking after Yourself and Your Back

Led by ACS Moving and Handling Advisers

Wednesday 23 November, 10.30-12pm, **HORLEY** Hub

Tuesday 13 December, 10.30-12pm, **CAMBERLEY** Hub

Join us for tips/techniques to help you care for your back and move the person your care for safely.

## Nando's Employment and Lunch Event for Carers

22nd November, 10am-1pm, Guildford  
Nando's FREE Nando's buffet style meal

Are you seeking employment or thinking about looking for a job? We've partnered with food restaurant Nando's to bring you an exciting Employment and Lunch Event, to help you bolster your employment seeking skills, followed by a delicious free lunch!

There will be: practical tips on completing applications forms, interview techniques, advice on how to transfer those skills learnt and developed while caring into valuable skills for future employers, and more. All rounded off with a FREE Nando's buffet meal.

Places are limited and you must book your spot in advance, please call 0303 040 1234, option 1, for more information or to book.



## Early Christmas! Xmas Crafts in Hersham

24th November, 10.30 Hersham Hub,  
Community Café, Hersham KT12 5LU

Join us for a magical morning of Christmas crafts, creating cards, and decorating candles. Plus cuppa, mince pie and chat!



## SURVEY REMINDER

Thank you to those who've returned their ACS surveys.

If you haven't, please post it back today! And you can still complete it online: <https://www.surveymonkey.co.uk/r/AdultCarerSurvey22> Thanks!

## 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.

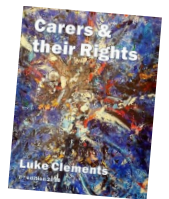
### Carers have the right to:

- Be identified as a carer
- determine self willingness and ability to care
- decide which needs of the person you care for you are willing and able to support
- Receive a Carer's Assessment
- Work, education, training and leisure
- Discuss flexible working options
- Be consulted on hospital discharge
- have emergency time off from work to attend to a dependent

Under *The Carer Act 2014* carers are afforded the same protection from harm in law as those they care for.

## 'Carers and their Rights'

A comprehensive guide is *Carers and their Rights*, by Professor Luke Clements: [www.lukeclements.co.uk/wp-content/uploads/2018/05/7th-ed-draft-Carers-Guide-11.pdf](http://www.lukeclements.co.uk/wp-content/uploads/2018/05/7th-ed-draft-Carers-Guide-11.pdf)



And find more on our website [www.actionforcarers.org.uk/how-we-help/practical-support/your-rights-as-a-carer/](http://www.actionforcarers.org.uk/how-we-help/practical-support/your-rights-as-a-carer/)

## Meet the Commissioners

Wednesday 30th November, 10.30-12pm, Greeno Centre, 14 Meadow View, Glebeland Gardens, Shepperton TW17 9DH

A 'drop-in' event for **parent carers** to meet two of the SCC Commissioning team, who wish to chat with you and hear your views as parent carers in Surrey.

For more information on events, and to book your place please email [CSAdmin@actionforcarers.org.uk](mailto: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, events must be booked.