

### Welcome – from Rachel Brennan



Dear Carers,

Carers' Rights Day 2023 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 updated *Carer Checklist* outlining support for you as a carer in Surrey so you can feel confident asking for the help you need. We also have improved our Hospital booklet to cover the whole journey when supporting a loved one in hospital. These booklets are free for you to pick up at the Fairs... and have a 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 carers with a loved one in hospital.



### Carers Information Fairs

Marking Carers' Rights Day (23rd 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.



### 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.

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-2023/](http://www.actionforcarers.org.uk/news/fairs-for-surreys-carers-marking-carers-rights-day-2023/)

➡ More on Carers' Rights overleaf

### Fairs: When and Where...

The Action for Carers Surrey Fairs take place at our Hubs.

**Monday 20th November (11am-2pm)**

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

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

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

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

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

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

**HORLEY** Baptist Church, Court Lodge Road, RH6 8RG

**ADDLESTONE** Addlestone Community Centre, Garfield Road, KT15 2NJ

**Thursday 23rd November (11am-2pm)**

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

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

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

**Saturday 25th November (NB this Fair is at 10am-2pm)**

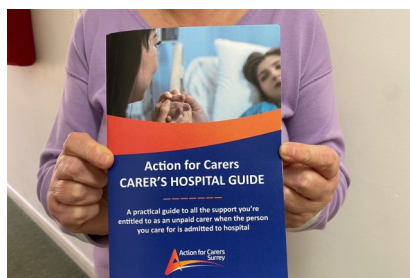
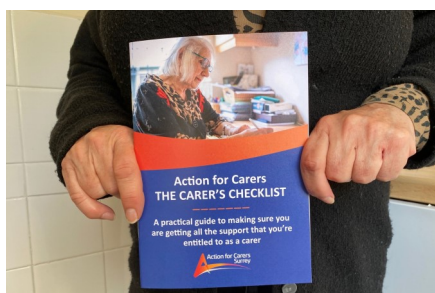
**GUILDFORD** The Hive, Park Barn Drive, GU2 8EN

# 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**, which outlines all you need to do and think about as a carer, and what you're entitled to.



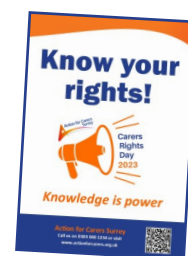
We've also completely revised and extended our **Hospital Carer Guide** which covers all you need to know before, during and after your cared for has a hospital stay.

There's also our Rights postcard (see right) and a leaflet to help people realise they ARE carers.

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

## 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 so we have created a Carer's Rights postcard. Pick up your free copy at the Hub 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.
- 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 start 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/](http://www.actionforcarers.org.uk/how-we-help/practical-support/your-rights-as-a-carer/)

## Put up a poster!

We have PDFs posters for all our Fairs. If you could print out a copy for your local Fair it put it up in your library, community centre, or local shop, we'd be very grateful! [www.actionforcarers.org.uk/news/fairs-for-surreys-carers-marking-carers-rights-day-2023/](http://www.actionforcarers.org.uk/news/fairs-for-surreys-carers-marking-carers-rights-day-2023/)

## Events around Carers' Rights Day

### Being Well, Doing Well at Polesden Lacey

This fantastic event gives you the tools to recognise and address issues that arise because of your caring role, and you'll learn approaches and techniques to increase confidence and self-esteem.



### Time out at home

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 this week you can sign up for Yoga on Monday 20th at 10.30am and Mindfulness on Tuesday 21st, 4pm. (Relaxation is on the Saturday before, the 18th.)

### PDA Workshop

Join our session with expert Sian from Space2BU, to find out more about Pathological Demand Avoidance and discover strategies to manage behaviours on a daily basis.

### Hersham Hub and Support Group

Hersham Hub is running as normal (no Fair) and have their usual Parent Carer Support group on too.

Fairs are drop-in, but to book the above events, please email CSAdmin@actionforcarers.org.uk or call 0303 040 1234, option 1.