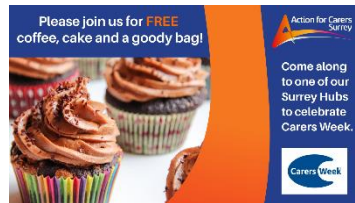


PRESS RELEASE

FOR IMMEDIATE RELEASE: 16.05.24



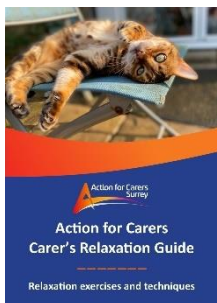
Carers Week 2024

It's time to celebrate the UK's unpaid carers and recognise the huge amount they do!

Carers Week runs from Monday 10th June to Sunday 16th of June, raising awareness of caring, highlighting the challenges family and friend carers face, and acknowledging the huge contribution they make.

It's also a time to help people who don't think of themselves as carers, to identify as carers and then access much-needed support.

Surrey's carers charity 'Action for Carers' will be celebrating the Week across the county, with lots of free events and activities, reaching out to the county's estimated 115,000 unpaid carers.



Looking after you

Our focus this year is 'Looking after you' – helping carers to prioritise just a little time for themselves, for self-care. Caring can be so stressful, isolating and such hard work.

We're running sessions to help carers share what works best for them in terms of wellbeing, and launching a new booklet '*Relaxation for Carers*' full of practical exercises that can be done in a short time, to help restore energy and calm.

Nuffield Health: we're also delighted to be working in partnership with Nuffield Health and will have free opportunities for carers during the week, and will be giving away 7-day passes, for the Clubs in Guildford, West Byfleet, Leatherhead and Farnham.

Events for Carers Week

To help carers feel valued, relax and have a little break, there are different events taking place at nine of our local Hubs, as well as online, including yoga and mindfulness sessions, free massages, support groups, back care and more. **There will of course also be free tea, coffee and cake available at ALL the Hubs to celebrate Carers Week, PLUS a free 'goody bag'!**

If you're an unpaid carer, then why not pop into your nearest Hub in Carers Week? You'll get a warm welcome and be able to find out about the practical and emotional support available. The right help can make a real difference.

The drop-in carer Hubs will be open in Carers Week 10am-2.30pm, as follows:

Monday June 10th June

- [Woking](#) – Knaphill Methodist Church, Broadway, Knaphill, Woking GU21 2DR
- [Guildford](#) – The Hive, Park Barn Drive, Guildford GU2 8EN
- [Haslemere](#) – Wesley Room, The Methodist Church, 5-7 Junction Place, Haslemere GU27 1LE

Tuesday 11th June

- [Banstead](#) – United Reformed Church, Woodmansterne Lane, Banstead SM7 3EX
- [Camberley](#) – High Cross Church, Knoll Road, Camberley GU15 3SY

Wednesday 12th June

- [Addlestone](#) - Addlestone Community Centre, Garfield Rd, Addlestone KT15 2NJ

Thursday 13th June

- [Hersham](#) – Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU
- [Caterham](#) – Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG

Friday 14th June

- [Leatherhead](#) – Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX

Copy to share in newsletters and social media

Below and find further copy and assets to download here:

<https://www.actionforcarers.org.uk/how-we-help/carers-week-2024/resources-for-carers-week/>

SUGGESTED NEWSLETTER COPY

Carers Week is 10–16th June. A time to reflect on all that unpaid carers do and celebrate them.

Did you know that three out of five of us will become carers at some point in our lives? There's over six million carers in the UK, with at least 115,000 in Surrey. That's people looking after a friend, neighbour, partner, child or other relative who couldn't manage without their support. You will be bound to know a carer (and may be one yourself)

Caring can take a big toll – it's hard work, unrelenting, and challenging. It can affect you emotionally, practically and financially. By taking on this caring role, unpaid carers save the UK economy £132 billion per year – an astonishing average of £19,336 per carer. But carers' wellbeing – mentally and physically can really suffer. So, it's time to recognise, thank and celebrate ALL unpaid carers – whatever age, wherever they live, and whoever they are looking after.

Let's celebrate

There's lots going on for carers this Carers Week. Surrey carers' charity Action for Carers is holding events, online and in person – so unpaid carers are the ones being looked after for a change! They're also launching a new book of relaxation exercises for carers – helping them find a moment of calm. The booklet will be distributed free at all the events, as will free 7 day passes to some of Surrey's Nuffield Health Clubs.

Nine of Action for Carers' Surrey Hubs will have events to celebrate, with coffee/tea, cake, chat, goody bags and new relaxation resources, and some have additional wellbeing events.

And online, carers can attend yoga, mindfulness and relaxation events – to help them feel more in control. At Polesden Lacey there's a special event 'Being Well, Doing Well' all about ensuring you look after yourself as a carer. You'll also find stands in Surrey's main hospitals.

There are also activities taking place with SCC, in many of Surrey hospitals, Heathrow Airport and Nuffield Health – so keep an eye out for Carers Week activity near you. If you're an unpaid carer – please take part. Let's celebrate YOU. <https://www.actionforcarers.org.uk/carers-week-2024/>



SUGGESTED SOCIAL POSTS

- It's Carers Week! If you're an unpaid family or friend carer in Surrey you're invited to join us to celebrate the Week. Free cake, coffee, goody bag and more!
<https://www.actionforcarers.org.uk/carers-week-2024/>
- Caring can be tough. Give yourself a break and drop-in to one of Surrey charity Action for Carers' Hubs. There's free coffee, cake and a goody bag for you, plus a chance to chat and get support <https://www.actionforcarers.org.uk/carers-week-2024/>
- Join Action for Carers Surrey at one of their many 'drop-in' Hubs to celebrate Carers Week! Free coffee, cake and a goody bag, free wellbeing activities too! Can't make a Hub – lots of wellbeing activities free online too! <https://www.actionforcarers.org.uk/carers-week-2024/>
- If you're looking after someone who couldn't manage without you, then you're a carer. This Carers Week find out about support available to you, including free wellbeing events <https://www.actionforcarers.org.uk/carers-week2024/>

#CarersSurrey #UnpaidCarers #CarersWeek #CarersWeek2024

Resources to share here including social assets: <https://www.actionforcarers.org.uk/how-we-help/carers-week-2024/resources-for-carers-week/>

FACTS ABOUT CARING

- 3 out of 5 people in the UK will become carers at some time in their lives.
- At least six million people in the UK are currently unpaid carers
- In Surrey there are likely at least 115,000 carers (10% of our 1.2 million population)
- Every day nationally another 6,000 people take on a caring responsibility – that equals over 2 million people each year.
- Two thirds of unpaid carers are women, one third men.
- Over 1 million people care for more than one person.
- Carers save the economy £132 billion per year, an average of £19,336 per carer.
- Five million people juggle care with work, however, the significant demands of caring mean that 2 in 5 carers are forced to give up work altogether.
- Carer's Allowance is the main carer's benefit and is £81.90 weekly for a minimum of 35 hours, equivalent to £2.34 per hour – far short of the national minimum wage of £11.44 per hour.
- People providing high levels of care are twice as likely to be permanently sick or disabled.
- 625,000 people suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring.
- Over 1.3 million people provide over 50 hours of care per week.

FOR MORE INFORMATION, PLEASE CONTACT

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NOTES TO EDITORS About Action for Carers

Action for Carers Surrey provides events, information, advice and support for carers aged 5-95. Support includes support, drop-in Hubs across Surrey, benefits help, advocacy, guidance on moving and handling, hospital carer advisors, workshops, information and relaxation events (by Zoom and face to face), support groups, free resources and more.

There's a specialist service, Surrey Young Carers, for 5-17s, offering drop-ins, information and activities to give them a little time out from caring.

We also support and train Surrey professionals who work with (and encounter) carers in their role, including teachers, social workers, GPs and other health and social care staff.

Carers should get in touch calling our Helpline on 0303 040 1234; texting (only) 07723 486730 or emailing CarerSupport@actionforcarers.org.uk.