

PRESS RELEASE

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Work may end at 5pm, caring doesn't

27 unpaid carers are leaving work each day in Surrey*, struggling to manage their 'two jobs' – being an employee, AND caring for a disabled or unwell family member or friend.

Managing both roles brings huge practical, emotional and financial pressures, leaving many carers feeling they have no choice but to leave work. However, there is help from Action for Carers Surrey.

The charity offers a broad range of services for unpaid carers aged 5-99, but has recently expanded its hours to better support working carers, and this October and November is running special events to inform them on their rights in the workplace, and around financial help.

Help for Surrey's working family carers**Expanded hours**

The ACS Helpline is now **open till 7.30pm Mon-Thurs and on Saturday mornings**, and the charity has extended its already comprehensive range of events to offer even more in the **evenings as well as Saturdays** – both online and face to face at locations right across Surrey.

Special events

The charity is also running a series of special working-carer focused events this October and November to help including:

- Workshops to help unpaid carers **understand their rights at work** and how to better balance the two roles
- Workshops on **financial help benefits for carers who are still working**, in partnership with Surrey Welfare Rights Unit.

Read more about the campaign to reach more working carers, and the support available here:

<https://www.actionforcarers.org.uk/support-for-surreys-working-carers/>

Charity Chief Executive, Tim Bevans said:

"Juggling a career while trying to make everything fit at home is a quiet reality for thousands of people across Surrey. The emotional and physical toll can be overwhelming. We want every working carer in our communities to know that our support groups, events, and helpline advice are completely free – and open at hours to suit you. You do not have to navigate this alone."

Because caring never stops.

* Source: Carers UK <https://www.carersuk.org/policy-and-research/key-facts-and-figures/>



FOR MORE INFORMATION, PLEASE CONTACT

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NOTES TO EDITORS About Action for Carers Surrey

Action for Carers supports unpaid carers aged 5-99, across Surrey, by phone, through face-to-face meetings, workshops and training. This includes information on services, rights and benefits, guidance on moving and handling (including back care), advocacy, and other practical and emotional help.

We also run many free events, from information sessions to wellbeing activities, and carer support groups, across Surrey, including at our 8 Hubs, plus a broad programme of online events.

There's also specialist help for young carers (5-15) and young adults (16-25). We have a team working in Surrey's hospitals, and specialist support for carers looking after someone with poor mental health. We also support and train health, social and education professionals.

For support, call Action for Carers on 0303 040 1234, email info@actionforcarers.org.uk or visit www.actionforcarers.org.uk