



THE TRUE FACE OF CARERS 13-19 JUNE 2011

NEWSLETTER 4

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Webchat for Carers Friday 17 June

Many carers struggle with money issues, so this year Carers Week has teamed up with TV regular, Martin Lewis, to organise a special webchat. To take part in the webchat and speak to Martin - who runs the website www.moneysavingexpert.com - carers will need to login; more details soon at www.carersweek.org/carers.



Martin Lewis

REGISTER TODAY AT WWW.CARERSWEEK.ORG

It's not too late to register for Carers Week but time is getting short, so do it soon, and join over 1,000 local organisations who have already signed up, from cities, towns and villages across the country. Carers Week is an ideal opportunity for you to demonstrate to carers - and the world at large - the recognition, admiration and respect you have for unpaid carers, who look after those who need help and support.

Carers Week offers the opportunity to highlight, celebrate and recognise the achievements of carers, and the contribution they make in every community throughout the UK.

Whatever your event or activity - however large or small - your participation is very welcome.

POLITICAL HEAVYWEIGHTS SIGN UP TO CARERS WEEK

Visit <http://carersweek.org/parliamentary/mps-who-support-carers> to read the statements of support from MPs who have responded to our call for them to express their support for carers and Carers Week.



Paul Burstow MP
Sutton & Cheam
Minister for Carers



Tessa Jowell MP
Dulwich & West Norwood



Dr Liam Fox MP
North Somerset
Secretary of State
for Defence

ACTION!

If your MP has yet to express their support for carers, please urge them to send in their statement of support. Write to them at the House of Commons, Westminster, London SW1A 0AA. Or email them via <http://findyourmp.parliament.uk/>

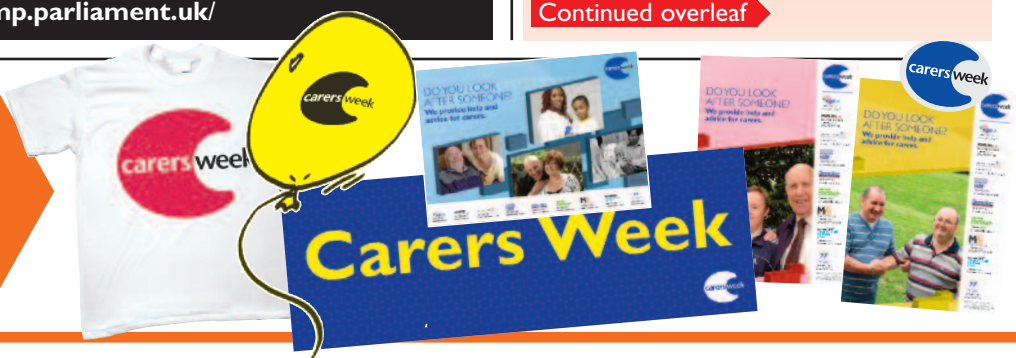
EVENTS AROUND THE COUNTRY

More and more events from every part of the UK are being loaded on to the Carers Week website by local partners. The variety and diversity continues to inspire us, so thank you all. Overleaf are a few that we've noticed; for more information visit

www.carersweek.org/organising-events/find-an-event/search

Continued overleaf

FREE MATERIALS FOR LOCAL PARTNERS



CARERS UK
the voice of carers

counsel+care
for older people, their families and carers



Dementia UK
Improving quality of life

WE ARE
MACMILLAN.
CANCER SUPPORT

MS
Multiple Sclerosis Society

PARKINSON'S UK
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Continued from front page

Glasgow AMF Bowling at Springfield Quay are offering free 10pin bowling for carers throughout Carers Week.

Middlesborough The Tees Valley Durham & North Yorkshire Neurological Alliance are organising an event on 16th June at the University of Teesside in Middlesbrough, explaining the Personalisation agenda, and including information stands and representatives from Voluntary and NHS sectors with guest speakers and round table discussions.

York The Carers Centre has a big programme of activities, including a Karaoke event on Monday; a stall at York Hospital on Tuesday; a Service of Thanksgiving at York Minster also on Tuesday; a mental health carers event on Wednesday; a Pampering evening at Browns Department Store also on Wednesday, with nibbles and champagne; and on Thursday an Information Cafe at The Guildhall promises more goodies.

Merseyside The Sefton Carers Centre has an interesting range of events; we've spotted a History Group meeting, a Rambling trip, a coffee morning and pampering event, a Wellbeing Day at hair and beauty salons and more bowling (popular this year) but a different version presumably, at the Liver pub.

Leicestershire Oadby & Wigston Community Action also have a week-long series of events. On Monday they have a lunchtime quiz at the Salvation Army in South Wigston; on Tuesday their minibus is going to Oadby to seek out hidden carers. Wednesday the minibus moves on to Wigston and on Thursday a health walk has been organised, followed by a picnic in the park.

Surrey Kingston Carers' Network starts Carers Week early on Friday 10th with an open meeting with the area's two MPs, Ed Davey (Liberal Democrat) and Zac Goldsmith (Conservative). Then on Monday they host an event *Managing and Coping with Stress*. On Tuesday, Hampton Court by boat sounds very enticing; on Wednesday a young carers party is the place to be, and then on Thursday a Mental Health Carers' BBQ takes place. Finally on Saturday a comprehensive event called *Pampering,*

Health Checks, Money Matters and Information Day for Carers, rounds off the week.

Kent Carers' support organisations across Kent have joined together to organise a Carers' Picnic and Family Day at Walmer Green in Kent.

Wales A multi-agency group funded by Pembrokeshire County Council and the Local Health Board have organised a Carers Day at Haverfordwest Rugby Club, called of course 'The True Face of Carers'.

Wiltshire Carer Support Wiltshire presents *The Big Launch* on Tuesday 14th at Devizes Town Hall. White doves will be launched at 12.00 noon, and caricaturist "Demon Pen" will be there to draw silly sketches. Carers are invited to find out about the new services on offer, including the Wiltshire Passport discount scheme.

Northern Ireland Carers Week kicks off on Monday 13th with *The Reality of Caring in Northern Ireland*, a workshop for caring professionals. The event features carers' stories and how mechanisms such as GP carers support projects, The Princess Royal Trust for Carers/Royal College of GPs Caring for Carers programme and the Belfast and Southern Health Trust Carers Co-ordinator are making a difference.



Design a poster competition

We've written to every primary school in the UK, to launch our poster competition for 4-11 year olds. We're inviting children in this age group to explore their creative side and design a prize-winning poster. The poster will celebrate Carers Week 2011 and the achievements of all carers, including 175,000 young carers.

The competition is a great way of getting younger people to think about the whole issue of caring. It gives children the chance to think about what carers do, and to contribute to Carers Week 2011.

The winning design will be used in a poster to be displayed in Parliament for the Prime Minister and MPs to see.

It will also be put up in thousands of other places like libraries, hospitals and doctors surgeries.

The winner, and the school, will each receive £100 in vouchers and a personalised certificate will be sent to everyone who enters, to reward their hard work.

The closing date is Friday 27 May 2011.

Help us publicise the competition – further information at <http://carersweek.org/carers/young-carers-competition>



YOUNG CARERS SPEAK OUT

Young carers have been talking to the Carers Week team about what life is like for them. The group of youngsters talk about not only the challenges of being a carer, but also what they like about it.

<http://carersweek.org/news-and-media/latest-news/item/57-young-carers-speak-out>

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