



Press release 1st November 2021

Carers have the right to...

Carers Rights Day 25th November 2021

There are thousands of unpaid carers living in Northumberland. Carers UK estimate that carers save the UK economy £132 billion per year, an average of £19,336 per carer, demonstrating the vital role carers play in our community. The care provided by families just over course of the pandemic was valued at £135 billion, and this amount is still climbing!

Carers Northumberland are passionate about supporting and empowering unpaid carers across Northumberland.

This year's Carers Rights Day campaign will focus on raising awareness of the rights that unpaid carers have. The pandemic has had a massive impact on the lives of carers, affecting access to services, the ability to juggle work and care, and much more. That's why it's more important than ever that carers are aware of what they have the right to.

In a recent survey of nearly 6,000 carers, Carers UK found that:

- 4 in 5 unpaid carers are providing more care for relatives
- 78% reported that the needs of the person they care for have increased during the pandemic
- Two thirds worried about how they will cope through further lockdowns or local restrictions.

This Carers Rights Day we want to:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

So, on Carers Rights Day, Thursday 25th November, we want to equip carers with information and support, so they can feel confident asking for what they need. We also want carers to know how to challenge things when their rights are not being met.

Debra Blakey CEO for Carers Northumberland said:

“It’s as important as ever that carers are aware of their rights. Having a caring responsibility shouldn’t mean that you no longer have choices. Carers have rights in the workplace, as well as having the right to decide what level of care they are comfortable providing without external support. Throughout the pandemic carers and the person they care for were often unable to access some of their usual services, and some are still unavailable. Carers need to be fully supported if they are they are to continue caring effectively. We want carers to know they are being listened to and that they have rights which are being respected and addressed appropriately. We are always here to champion carers when they need us, but carers need to know what their rights are so they can feel confident in their caring role.”

We will be hosting a free event that carers and their supporters can attend.

Join us and a variety of other service providers, as we present carers with the tools and knowledge to support them in exercising their rights as a carer in Northumberland!

Where: **Community Hub, Forum Way, Cramlington, NE23 6YB (Cramlington Library)**

Time:

10:30am join us for our live Know Your Rights Carers Workshop – booking is essential for this event.

Call 01670 320025 or visit www.carersnorthumberland.org.uk/news-and-events/ola/services/carers-rights-day-know-your-rights-workshop

1pm-4pm we will be joined by other organisations from across Northumberland for our Carers Rights Day Information Fair, this is a drop in event.

Groups that will be there on the day include:

Alzheimer's Society
Northumberland Health Trainers
Northumberland Parent Carer Forum
PALS
Healthwatch
Fire Service
Escape
Age UK
Citizens Advice
NCBA
Anxious Minds

For more information about the event or to register with Carers Northumberland, contact our information Line on 01670 320025, by emailing info@carersnorthumberland.org.uk or visiting our website at www.carersnorthumberland.org.uk.

Notes to Editors

About Carers Northumberland

Carers Northumberland was established in 2008, we provide a range of support to carers such as information and advice, workshops and training, carer groups, emergency planning tools, grants and more, regardless of the circumstances in which they care. Our core funding is from Northumberland County Council Adult Services, Northumbria Healthcare NHS Foundation Trust and Northumberland Clinical Commissioning Group. In addition to our core funding, we have project specific funding from The North of Tyne Combined Authority and Northumberland County Council Children's Services. We are also supported by various charitable trusts, individual and group donations to carry out our work.

Website: www.carersnorthumberland.org.uk

Twitter: [CarersNorthumberland \(@CarersNorthumb\)](https://twitter.com/CarersNorthumb) / Twitter

Facebook: www.facebook.com/CarersNland/

About Rights Day 2021

Carers Rights Day 2021 is supported by Barclays LifeSkills

Carers Rights Day is a national campaign that brings organisations together to help unpaid carers know their rights and find out how to get the support they are entitled to.

Carers Rights Day will take place on Thursday 25th November

Website: www.carersuk.org/news-and-campaigns/carers-rights-day

What is a carer?

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs extra help as they grow older.

For some, taking on a caring role can be sudden: someone in your family has an accident or your child is born with a disability. For others, caring responsibilities can grow gradually over time: your parents can't manage on their own any longer or your partner's mental or physical health gradually worsens.

The amount and type of support that carers provide varies considerably. It can range from a few hours a week, such as picking up prescriptions and preparing meals, to providing emotional support or personal care day and night.

Caring will touch each one of us in our lifetime, whether we become a carer or need care ourselves. Whilst caring can be a rewarding experience, it can also have a huge impact on a person's health, finances, and relationships.

For further information:

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