

# Staying Well- 2020

Information and support for local employers and employees

## Edition 33- Carers Rights Day

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and are able to access support.

*How well do you or someone you know do this?*



Carers Rights Day 2020  
will be held on Thursday  
26 November



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w/c 23rd November 2020



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# What is Carers Rights Day?

In the current times, many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill, older and who just need our support.

Carers Rights Day is a yearly event that aims to:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.

The theme for Carers Rights Day 2020 is 'Know Your Rights'



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# What is the current situation?

**Carers UK** tell us that in a recent survey of nearly 6,000 carers:

- **Four in five** unpaid carers were providing more care for relatives
- **78%** reported that the needs of the person they care for have increased during the pandemic
- **Two thirds (67%)** were worried about how they will cope through further lockdowns or local restrictions.
- Carers needed to **know their rights** wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home.



<https://www.carersuk.org/news-and-campaigns/news/reduced-services-see-unpaid-carers-pushed-to-the-limit-and-desperately-worried-about-winter>



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# What's available to support carers?

## Carers UK- Looking after someone - information and support for carers

'Looking after someone' is a Carers UK guide for anyone caring for family or friends. It outlines carer's rights and gives an overview of the practical and financial support available.

Find out more here:

<https://www.carersuk.org/help-and-advice/get-resources/looking-after-someone>



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# What's available to support carers?

Northamptonshire Carers have a wide range of support available for carers in the county.

Find out more on their website:

<https://www.northamptonshire-carers.org/?locale=en>



They also have a lot of information around working carers rights on their website:

<https://www.northamptonshire-carers.org/legal-rights-for-employees>

Contact Details:

Carers Support Line: 01933 677907

123 Midland Road,  
Wellingborough,  
Northamptonshire,  
NN8 1LU.

[carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

Offices are open Monday - Friday, 9am - 12noon; 1-4pm



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# Regarding COVID-19, don't forget... workplace specific information can be found here:

<https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/guidance-for-businesses---coronavirus.aspx>



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Car share poster



Smoking shelter poster



Staying at home poster



Face coverings poster



Don't leave COVID secure when you walk out the door poster



Reporting an outbreak action cards



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# Reputable information around Coronavirus (COVID-19) can be found here:

- For up to date government information and guidance around public services, travel, employment, financial support, protecting yourself and others:

[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)



- NHS information around symptoms and social distancing:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>



- Latest local and national updates that affect Northamptonshire, including information on local services, adult social care, education and health advice:

<https://www.northamptonshire.gov.uk/coronavirus-updates>



# Employers:

**We are here to help give support and advice around maintaining the wellbeing of your staff at all times, but especially in these times of uncertainty.**



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For more information and support for supporting your staff in your workplace contact Jenna Parton:  
[jeparton@northamptonshire.gov.uk](mailto:jeparton@northamptonshire.gov.uk)

We are not an emergency service, **Dial 999** In a life-threatening emergency and ask for an ambulance.

\*Every effort has been made to check content on the websites included, but this cannot be guaranteed. \*