



carersUK



# carers RIGHTS DAY

Monday 23rd - Friday 27th November 2020

We have sessions running every day to support you to understand your rights as a Carer, contact us to join in.

Gloucestershire

Carers Hub



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| <b>23rd November 2020</b>   | <b>Your Right to Be Safe</b>   |
| 11.30 - 12.30 GCC - Safeguarding  | An introduction to safeguarding and learn about the basic principles of safeguarding.  |
| 1pm - 2pm GCC - Mental Capacity Act   | Learn about the Mental Capacity Act.   |
| 2pm - 3pm Right to be safe from Cyber Crime Unit                              | Staying safe online and also staying safe from scams happening in local areas.   |
| 7pm - 8pm Gloucestershire Carers Hub who we are and what we do                | An introduction into what we can offer you as a Carer.   |
| <b>24th November 2020</b>   | <b>Your Right to Finance</b>   |
| 10am - 10.30am POHWER - Advocacy  | POHWER - Advocacy - Gloucestershire Advocacy Service - understanding the principles of advocacy and how they can support you.  |
| 10am - 11am SS - Toolbox  | <b>Help Reduce Bad days and help maintain good days - Delivered by Toolbox</b> - This mini workshop will be acknowledging that in current circumstances we are all having good days and bad days but hopefully the workshop will help to 'Help reduce bad days and help maintain the good days' and look at how we can set small goals to help achieve that. |
| 11am - 12noon Care Advice Line  | Care Advice Line - Look at options for funding Care  |
| 1pm - 2pm Benefits Advice and warm and well                                   | Join us for Benefits Advice and hear from Warm and Well for grants which may support you over winter.  |
| 1pm - 2pm Seated Samba  | Join us for a seated Samba Session   |
| 2pm - 3pm Planning for you and your cared for in partnership with Marie Curie | Planning for you and your cared for in partnership with Marie Curie  |
| <b>25th November 2020</b>   | <b>Right to Employment</b>   |
| 11am - 12noon GEM Session   | Steps for moving back into employment, volunteering or learning with GEM.  |
| 1pm - 2pm Employment Rights   | Join us to explore your rights at work as a Carer.   |
| 6.30pm - 7.45pm Seasonal Flow Yoga  | Join us for a seasonal yoga session for a taster session.  |
| <b>26th November 2020</b>   | <b>Right to be Healthy - Carers Rights Day</b>   |
| 10.00am - 11.00am Continence  | Supporting you as a Carer to deal with any continence problems which may arise in your caring role.  |
| 11am - 12pm Gloucestershire Carers Hub who we are and what we do              | An introduction into what we can offer you as a Carer.   |
| 10.30am - 11.30am Q and As  | We have a number of professionals and also Carers who are joining us to answer your questions  |
| 1pm - 2pm Cascaider - Care Act  | Join us to explore the Care Act and your rights as a Carer   |
| 2pm - 3pm Yoga Nidra  | Relax and unwind at our Yoga Nidra session, just lie back and relax.   |
| <b>Friday 27th November 2020</b>  | <b>Right to be You</b>   |
| 10.00 - 11am Carers Craft Flowers   | For a therapeutic session to draw some flowers, you will be drawing a flower, we will send you a drawing via email for you to copy. You will need A3 or A4 paper, pencil, eraser, felt pens or coloured pens.  |
| 11.00am - 12 noon Yarn Whispering - Orienteering                              | Join us for a story telling session with Charlie Marwick discovering his experience as a Carer for his wife who had Dementia.  |
| 12.30pm - 1.30pm Relaxation Tips & Pampering Session                          | How to make homemade pampering products. Relaxation techniques - how to meditate. Tips for restful sleep.  |
| 1.30pm - 2.30pm Exercise Class  | A light exercise class to join in with.  |
| 3.30pm - 5.30pm Wellbeing Action Planning                                     | Join us for Wellbeing Action Planning with Dr Pookie.  |

Looking after someone? Know your rights

#CarersRightsDay

Email: [carers@peopleplus.co.uk](mailto:carers@peopleplus.co.uk)

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[carersuk.org/rights](http://carersuk.org/rights)