

Carer Positive News and Events

Carers Week 2019



[Carers Week](#) is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This Carers Week, which runs from Monday 10th to Sunday 16th June, we are looking at all the ways we can support carers in our community get connected. Many carers don't identify themselves as carers and many are not connected to vital information and support that can help them with caring.

All of us, wherever we live, have a part to play in ensuring the carers in our community get connected.

The campaign is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is. Many employers organise awareness raising activities and events during Carers Week, and there are plenty of [free resources](#) to help you get started on planning for this. [Add your event to the Carers Week website.](#)

State of Caring Survey 2019



The State of Caring Survey is the UK's most comprehensive research into the lives and experience of carers. Last year it was completed by over 7000 carers.

The time you take to respond to the survey provides us with incredibly important evidence that enables us to:

- Campaign for more support for carers and those that you care for
- Understand how services and support are delivered, and influence the people that commission and design support for carers
- Gather evidence of the impact of policy changes made by the UK and devolved governments

We are so grateful to each and every person who takes the time to complete the survey and give us a full picture of their caring experience. [Fill in the survey now](#) The survey is due to close on 24 May 2019.

We will publish the survey results later in the year.

Looking after Someone 2019

The Carers Scotland edition of 'Looking after someone: Information and support for carers' is our guide for anyone caring for family or friends. The guide outlines your rights as a carer and gives an overview of the practical and financial support available. Click on the guide below to download:



Working Carers Report

New research by Carers UK/ Carers Scotland reveals that more than 300,000 people in Scotland have quit their job to care for a loved one who is older, disabled or seriously ill.



The research shows the average number of carers in the workplace is 15% across the UK, meaning almost 400,000 people in Scotland are juggling their paid job with caring. That is one in seven of all workers in Scotland. The research emphasises the need for Scottish employers to support the rapidly increasing number of staff with caring responsibilities to stay in the workforce.

Read the full report [here](#)

Rob Roy Challenge

Register your interest for #TeamCarers and walk, run and cycle at the [Rob Roy Challenge 2019](#)

Explore the beautiful Scottish wilderness with this incredible challenge with races available for every level!

This is a challenge to take on as a workplace team or for yourself to make a difference for carers across Scotland.

When you sign up to run for us, you will receive:

- A Carers Scotland technical running vest or t-shirt
- Option to personalise your running shirt
- Tailored fundraising support from our team and sports professionals

If you have any queries please email fundraising@carersuk.org or call our fundraising team on 020 7378 4988

Carer Positive Marketing Officer

See below for details of the Marketing post which we are currently advertising to support the Carer Positive initiative.

<https://www.carersuk.org/about-us/working-for-carers-uk/marketing-officer-carer-positive-march-2019>