Looking after someone? Know your rights

During these pandemic times it is important we recognise and understand if we ourselves, a neighbour or a friend is providing unpaid care. As there is free, some of which non means tested, support available for the carer.

What is an unpaid carer? It is anyone who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction. The care they give is unpaid. This can be from helping with the shopping, to collecting medicines to listening etc whole variety of looking after someone.

Carers Rights Day 2020 theme of “Know your Rights”

This pandemic is still increasing pressure on unpaid carers, it is wise to know what rights unpaid carers have.

Below is a list of local and national events which allow City residents to join.

All Free, two run by me. Requires internet access for the free 39 minutes of zoom.

# **Carers Rights Day session 26th to 30th November 2020**

Local for City Residents specifically

| **Date & Time** | **What’s on** | **Duration** | **How do I join?** | **Who is running the session?** |
| --- | --- | --- | --- | --- |
| 27/11  2 pm | Know Your Rights  (Covers the law and how it is supposed to protect carers, how carers can assert their rights) | 60 Minutes | Join Zoom Meeting below  Meeting ID: 84724228366  Password:154722 | Age UK East London |
| 29/11  3 pm | Know Your Rights  Will share learnings from  Know your rights | 39 Minutes | Join Zoom Meeting below  Meeting ID: 710 3519 5803  Password: 4kbuxb | City Resident |
| 30/11  8 pm | Know Your Rights  Will share learnings from  Know your rights | 39 Minutes | Join Zoom Meeting below  Meeting ID: 781 9989 863  Password: qSRp3C | City Resident |

National open for all

| **Date & Time** | **What’s on** | **Duration** | **How do I join?** | **Who is running the session?** |
| --- | --- | --- | --- | --- |
| 26/11  11 am | Care for a Cuppa  join us for our Care for a Cuppa Chats. | 60 Minutes | Click to Register  <https://us02web.zoom.us/meeting/register/tZUlc-GprzIpH9emziqt1jTHPfoR58axzQrl> | Carers UK |
| 26/11  2pm | Self care and Resilience workshop | 60 Minutes | Join Zoom Meeting below  <https://zoom.us/j/97679250617?pwd=QTNrTTQxNFBrc0hzV1FCWkRlbEJHZz09>  Meeting ID: 976 7925 617  Password: 925811 | St Joseph's, East London Foundation Trust (ELFT) and Carers First |
| 26/11  3pm | Looking at the challenges faced by Black, Asian and Minority ethnic carers | 60 Minutes | Click to Register  <https://us02web.zoom.us/meeting/register/tZUrfumurDktHtW3OMrlxBDS7FkDmAB7ZOdj> | Carers UK |

# Useful links and resources

* **\*UPDATED\* Carers UK Self advocacy toolkit for carers** <https://www.carersuk.org/help-and-advice/get-resources/being-heard-a-self-advocacy-toolkit-for-carers-uk>
* Carers UK Online meet ups: <https://www.carersuk.org/help-and-advice/get-support/online-meetups>
* Mobilise Carers online meet ups <https://www.mobiliseonline.co.uk/cuppa>
* Mobilise Carers Free 1:1’s with a carer coach <https://www.mobiliseonline.co.uk/individual-support>
* AgeUK East London’s- City connection service <https://cityconnections.org.uk/>
* How to use to use Zoom <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>
* How to use zoom by arrow senior living <https://www.arrowseniorliving.com/coronavirus/using-zoom/>

N.B Once funds from Culture Mile imagine fund are received the “City Carers Community” will allow for carer zoom’s, run by city carers, to be longer than the free 39 minutes and have telephone access. There will be limited places for art and exercise classes. Look out for the “City Carers community” coming soon. Full list of winners: https://www.culturemile.london/news/imagine-fund-projects