



# Pride in our Carers

& Sharing the Caring

Kingsgate Peterborough

Wednesday 13th June 2018

  
**carerstrust**  
Cambridgeshire & Peterborough  
Norfolk  
Carer Support and Homecare  
action · help · advice



## Background

By 2037, according to Carers UK, there will be 9 million unpaid carers in the UK. Most will not recognise themselves as such. Most will not recognise that there is practical support available that can help change lives. Most will not recognise the importance of the role that they play caring for the people they love and if they do recognise their role, how long did it take?

## The Event

Inspired by the challenges that are faced by family carers and the people they care for, Carers Trust Cambridgeshire, Peterborough, Norfolk is hosting a special free event that not only raises awareness, it supports the people that need support in a practical way. It will be held during national Carers Week and is to take place in Peterborough and it will run in partnership with Cambridgeshire and Peterborough NHS Foundation Trust, Peterborough City Council and Cambridgeshire County Council.

The event is an opportunity for carers, employers and voluntary organisations to come together, to have a chat, to take part in workshops, perhaps to learn something new and to recognise all family carers in the region for their outstanding work with Pride in Our Carers Awards. There will also be awards for schools, employers and organisations that support carers in different ways. Lunch and Afternoon Tea will be provided and there is support available for anyone who needs help in attending. If this applies to you, please contact us.

Sharing the Caring Workshops will take place in the morning and will include: Looking after your Back; Powers of Attorney and Tax; Cooking tips for Quick and Healthy Meals; How you can Shape Local Services; How your community or organisation can Support Carers; The power of Mindfulness; Living Independently: Equipment, Technology & Living Aids; Health Checks to promote a Healthier Lifestyle and Emergency Planning.

For more information or to book free, visit our website: [www.carerstrustcpn.org](http://www.carerstrustcpn.org)



Call on 0345 241 0954



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