23rd May 2017

**Diary notice**

**Local community to come together to support carers in West Lancashire for Carers Week 2017**

**Who: Carers Support West Lancashire**

**What: local people, services and businesses will come together to support carers in West Lancashire for Carers Week 2017, which runs from 12-18 June.**

**When: 13th to 16th June**

**Where: Multiple locations across the local area – Please see attached poster and details below**

Carers Support West Lancashire is inviting local carers, services and businesses to come together during Carers Week to celebrate the vital contribution made by carers in West Lancashire.

In West Lancashire alone there are an estimated 13,500 carers. This represents around 12% of local residents. Most are unaware support and services are available to help them to continue with their caring role. Carers UK reported in 2016 that 1 in 5 (21%) of carers in England who had a carer’s assessment said they received little or no helpful information or advice and did not know where to go for support with caring. (State of Caring Report 2016)

Carers Support West Lancashire recognises how challenging and rewarding caring can be and because of this are pledging to continue to offer support, guidance and information to enable all unpaid carers feel recognised and supported in their valuable role.

Local activities during Carers Week will include drop-ins at the following places:

|  |  |  |
| --- | --- | --- |
| **Tuesday**  **13th June** | **9.30 - 12 noon**  **1.30 - 3.00 pm** | **North Meols Medical Centre -** Church Road, Banks, PR9 8ET  **Tarleton Library -** Mark Square, Tarleton, PR4 6TU |
| **Wednesday**  **14th June** | **10.00 - 12 noon**  **12.30 - 2.00 pm** | **Brookes Bistro** - Brookside, Aughton Street, Ormskirk, L39 3BS  **Ormskirk Library -** Burscough Street, Ormskirk, L39 2EN |
| **Thursday**  **15th June** | **9.15 -10.15 am**  **12.30 - 2.00 pm** | **Carers Drop-In at Hillside Health Centre** Tanhouse Rd, Skelmersdale, WN8 6DS  **Citizens Advice - Digital Health Hub-** Unit 47, The Concourse Shopping Centre, Skelmersdale, WN8 6LN |
| **Friday**  **16th June** | **9.30 - 11.00 am** | **Booths** (**Burscough) -** Ringtail Retail Park, Burscough, L40 8AD  (For SATNAV use L40 7SS ) |

**Heléna Herklots CBE, Chief Executive of Carers UK said on behalf of Carers Week:**

“It’s fantastic to see so many events taking place across the country to support local carers. Carers Week is an opportunity for organisations like Carers Support West Lancs to get involved and to help us build Carer Friendly Communities one brick at a time. We’re asking people to recommend organisations that have made a positive difference to them as carers; so they feel supported to look after their family or friends, and recognised as individuals with needs of their own. So that wherever carers are – at home, at work, at university, using local services and amenities – they feel properly valued and supported. By recommending organisations, services and employers who are already carer friendly, we can share good practice and inspire others to follow suit.”

Carers Week 2017 is made possible by Carers UK joining forces with Age UK, Carers Trust, Independent Age, Macmillan Cancer Support, Motor Neurone Disease Association, MS Society and Which? Elderly Care and kindly supported by Nutricia Advanced Medical Nutrition and the Lockwood Foundation.

The eight charities driving Carers Week are calling on individuals, services and organisations across the country to build Carer Friendly Communities – places where carers are supported to look after their loved ones well, while being recognised as individuals with needs of their own.

Thousands of events are taking place across the country during Carers Week, and thousands of people have already pledged their support for carers online. To find out more about events in West Lancashire visit [www.carersweek.org](http://www.carersweek.org)

More information about Carers Support West Lancs can be found on social media @CarersSupportWL or <http://www.wlcvs.org/carers-health-education-awareness/>

**-ENDS-**

**Media contact**

For media enquiries, please contact Sarah Bennett, 01695 733737 sarah@wlcvs.org

**Notes to Editors**

**About Carers Week 2017**

Carers Week will take place from 12-18 June 2017, across the UK.

Carers Week is an annual awareness campaign which takes place to celebrate and recognise the vital contribution made by the UK’s 6.5 million carers. It is also a time of intensive local activity with thousands of events planned for carers across the UK.

Carers Week 2017 is made possible by Carers UK joining forces with Age UK, Carers Trust, Independent Age, Macmillan Cancer Support, Motor Neurone Disease Association, MS Society and Which? Elderly Care and kindly supported by Nutricia Advanced Medical Nutrition and the Lockwood Foundation.

Website: [www.carersweek.org](http://www.carersweek.org)

Twitter: @CarersWeek #carersweek

Facebook: [www.facebook.com/CarersWeek](http://www.facebook.com/CarersWeek)

YouTube: [www.youtube.com/user/CarersWeek](http://www.youtube.com/user/CarersWeek)

**What is a carer?**

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health problem or who needs extra help as they grow older.

For some, taking on a caring role can be sudden: someone in your family has an accident or your child is born with a disability. For others, caring creeps up unnoticed: your parents can’t manage on their own any longer or your partner’s health gradually worsens.

The amount and type of support that carers provide varies considerably. It can range from a few hours a week, such as picking up prescriptions and preparing meals, to providing care day and night.

Caring will touch each and every one of us in our lifetime, whether we become a carer or need care ourselves. Whilst caring can be a rewarding experience, it can also have a damaging impact on a person’s health, finances and relationships.

To find out how you can get support in your caring role, visit: [www.carersweek.org/support](http://www.carersweek.org/support)

**Facts about carers**

* 6.5 million people in the UK are carers; that’s 1 in 8 adults (Census 2011)
* By 2037, it is estimated that the number of carers in the UK will rise to 9 million (Carers UK)
* Every day another 6,000 people take on a caring responsibility – that equals over 2 million people every year (Carers UK)
* 58% of carers are women and 42% are men (Census 2011)
* The unpaid care provided by the UK’s carers is worth £132 billion per year, an average of £19,336 per carer (Carers UK, University of Sheffield, University of Leeds)
* Over 3 million people juggle care with work, however the significant demands of caring mean that 1 in 5 carers are forced to give up work altogether (Carers UK)
* A BBC Survey (2010) estimated there are more than 700,000 young carers
* There are 376,000 young adult carers in the UK aged 16-25 (Census 2011)
* 1 in 5 people aged 50-64 are carers (Census 2011)

Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England and Wales (864097)