**Carers Rights Day**

**Thursday 24th November 2022**

**at the John Burns Centre, Carmarthen Rd, Kidwelly, SA17 5AB**

Carers Rights Day is a **FREE** event aimed at helping carers find out more about the support available to them. The day will include speakers, latest carer news, information stands from local support services as well as a series of workshops (details overleaf), refreshments, lunch and a free raffle.

Please complete the below details to book a place at the event.

|  |  |
| --- | --- |
| **Name:** |  |
| **Address:** |  |
| **Telephone:**  |  **Email address:**  |

|  |  |
| --- | --- |
| **Are you an unpaid Carer?** | Yes 🞎 No 🞎 |
| **Will you need someone to look after the person you care for?** | Yes 🞎 No 🞎 |
| **Do you require transport to enable you to attend?** Yes 🞎 No 🞎\*\*If you require replacement care or transport to enable you to attend this event, please contact the Carers Information Service as soon as possible on **0300 0200 002**\*\*Please note that while we will make every effort to provide replacement care and transport, we are unable to guarantee that we will be able to accommodate your request.  |
| **Do you have any dietary requirements?** | Yes 🞎 No 🞎 |
| If Yes, please specify: |  |
| **Do you have any access requirements?** | Yes 🞎 No 🞎 |
| If Yes, please specify: |  |

**Are you registered with the Carers Information Service?** Yes 🞎 No 🞎

If No, would you like to register to receive a free Carers Information Pack and free Carers Newsletter? Yes 🞎 No 🞎

**The following information is gathered for monitoring and evaluation purposes for our funders.**

|  |
| --- |
| **How many people do you care for?** |
| 1 | 🞎 | 2 | 🞎 | 2+ | 🞎 |
| **Who do you care for?** (please tick as many as apply) |
| Partner | 🞎 | Child (under 18) | 🞎 | Adult Child (over 18) | 🞎 |
| Parent | 🞎 | Other (please specify) | 🞎 |  |  |

|  |
| --- |
| **What are the needs of the person(s) you care for?** (please all that apply) |
| Learning Disability | 🞎 | Physical Disability | 🞎 |
| Mental Health | 🞎 | Dementia | 🞎 |
| Autistic Spectrum Condition | 🞎 | Sensory Impairment | 🞎 |
| Older Person | 🞎 | Substance Misuse | 🞎 |
| Illness | 🞎 |  |  |
| Other (please specify) | 🞎 |  |  |

On the day, you will have an opportunity to participate in **three of the four workshops** detailed below. Please select your preferred workshops in order of 1 – 4

|  |  |
| --- | --- |
| **Workshop Details** | 1 - 4 |
| **Advocacy Awareness and Self-Advocacy Skills** – What is advocacy? Understanding Carers Rights and how to access advocacy support. Useful tips on self-advocacy. |  |
| **Laughing Yoga Therapy –** including the history of laughter, the physical and mental health benefits, laughter yoga and the power of positivity  |  |
| **Dementia Friends -** learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community. |  |
| **Creative Poetry Writing -** a light-hearted fun workshop with the use of objects to help tease out your inner Oscar Wilde…  |  |

The event will include a keynote address from Councillor Jane Tremlett on the launch of the new Welsh Government Charter for Unpaid Carers and the latest information on the Welsh Government Carers Support Fund as well as demonstrations on the new Carers Support West Wales Website.

Please return this form to: Carmarthenshire Carers Information Service, The Palms Unit 3, 96 Queen Victoria Road, Llanelli, SA15 2TH or email **info@ctcww.org.uk****.**

Bookings can also be made over the phone by calling the Carers Information Service on:

 **0300 0200 002**.

**Confirmation of your booking along with an agenda for the day will be sent to you on return of your booking form.**