

- ❖ Carers provide unpaid care and support to ill, frail or disabled friends or family members.
- ❖ People from all walks of life and backgrounds are carers - over 3 in 5 people in the UK will become carers at some time in their lives. Caring can be a rewarding experience, yet many face isolation, poverty, discrimination and ill-health.
- ❖ Carers UK is the voice of carers. Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner.
- ❖ Carers give so much to society yet as a consequence of caring, they experience ill health, poverty and discrimination.

“Carers UK is an organisation of carers fighting to end this injustice. We will not stop until people recognise the true value of carers’ contribution to society and carers get the practical, financial and emotional support they need.” Carers UK

**“Carers Rights Day is held annually across the Nation and is coordinated by Carers UK. Thousands of local events are run to raise awareness and offer guidance and information. Vale of Glamorgan Council are working with local charities including Crossroads in the Vale, The Parents Federation, Cardiff and Vale MHDP, the Alzheimer’s Society, and The Cardiff and Vale Carers Centre.**

**Your Local Event is being held at Barry YMCA on 4<sup>th</sup> December between 10:00 am and 3:00pm.**

This year the theme for the day is *'Caring for your income and pension'*.

The day will include talks and information stands around this topic as well as lots of other information for carers. We hope the day will be useful and informative but we also want you to enjoy yourself so we are offering some relaxing alternative therapy sessions, a chance or try your hand at jewellery making and lunch will be provided.” Caring Times (Vale of Glamorgan council Carers Newsletter).

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My name is Joanne Meek and I am the Carers Support Administrator for the Vale of Glamorgan. As you can see I am working with local charities to arrange a Carers Rights Day event in Barry on 4th December.

We are asking for donations from local business to support our day. We would appreciate raffle prizes (for our **free** raffle for carers) such as: a box of chocolates, a bottle of wine, or a toiletry gift set. Other prizes such as vouchers for a meal or use of facilities would also be fantastic! We are also hoping we can decorate our venue with a Christmas theme so any donations of Christmas decorations or mince pies would also be greatly appreciated. Whatever you are able to donate – no matter how large or small – we would value your contribution and we guarantee that it will go towards making a great day for your local unpaid workforce of carers.

In return we are happy to display posters or advertisement information on our display boards on the day, as well as mentioning your businesses support in our next newsletter.

Please contact Jo or Kate on 01446 704604 if you can help, or e-mail:

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