

Employers Top Tips for Carers Week 2024



Carers Week takes place between **10th – 16th June** in 2024
and the theme is
“Putting Carers on the Map”

Suggested Activities

- Signpost carers in your organisation to local and online support services
- Highlight carers policy within your organisation
- Create posters and put these up around your workplace

Online Awareness Raising

- Make a pledge on the Carers Week website
 - [Click here to make a pledge](#)
- Schedule social media posts supporting the Carers Week campaign
 - Don't forget to use the hashtag **#CarersWeek**
- Follow the Carers Week Twitter, Facebook and Instagram accounts and share their posts
 - Twitter/ X: **@carersweek**
 - Facebook: **/carersweek**
 - Instagram: **@carers_week**
- Create an article for your work website, newsletter or intranet
- Encourage members of staff to take part in the [carers week campaign](#)

Events

Plan an event for carers within your organisation. Here are a few ideas:

- A peer support group meeting
 - [Carers hub](#)
 - [Coffee morning](#)
- Mindfulness, health and wellbeing
 - [Yoga](#)
 - [Massage](#)
 - [Meditation](#)
- A fun event such as a quiz, book group, karaoke, or creative or fitness activity
- Link in with some Carers Scotland/ Carers UK events and resources
 - Join a [Carers Scotland Care for a Cuppa session](#)
 - Join [Carers UK Share and Learn sessions](#)

- Use the resources on the [Carers UK Carers Active Hub](#)
- Plan a Carers Week event for all members of staff
- Invite a carer within your organisation to share their experiences
- Invite someone from your local carers centre to provide information and advice
- Set up an information table or drop in

Events could be online or in person depending on what is best for your organisation and members of staff. Don't forget to register your events [here on the Carers Week website](#).

Join one of our Carer Positive Carers Week events

Mon 10th June - Online event for Aberdeen employers, 1.30-4pm

- Registration link TBC - email info@carerpositive.org for more information

Tues 11th June - Online event for East Lothian employers, 11:00-12.15 via Zoom

- to register email gemma@coel.org.uk

Wed 12th June - Online 10th Anniversary Celebration!

- [Register here!](#)

Thur 13th June - In-person event for Lanarkshire Employers in Motherwell

- [Register here!](#)

More information on Carers Week, as well as [downloadable resources](#) are available at carersweek.org.

We would love to hear what you get up to. Don't hesitate to get in touch at info@carerpositive.org or tag us on social media!