



Carers Week 2022

Employers Top Tips

The theme for Carers Week 2022 is...

Make caring Visible, Valued and Supported

Activities

- Signpost carers in your organisation to local and online support services
- Highlight carers policy within your organisation
- Download posters from the Carers Week website and put these up around your workplace
 - [Download posters here](#)

Online Awareness Raising

- Make a pledge on the Carers Week website
 - [Make a pledge here \(during Carers Week\)](#)
- Schedule some 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
 - Share and like their posts
- Create an article for your work website, newsletter or intranet
- Encourage members of staff to add their voice to the Carers Week campaign by clicking "Add Your Voice" on the Carers Week website

Events

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

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

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

We hope these suggested activities for employers during Carers Week will be useful to you. More information on Carers Week, as well as downloadable resources are available on carersweek.org.