



★ Haverfordwest Rugby Club

Directions : From Freeman's Way take the first left at Merlins Bridge roundabout onto Pembroke Road. The Rugby Club is on the right hand side just after the mini roundabout.

The Carers Day has been organised by a multi-agency group of carers and carers' organisations including Alzheimer's Society, Crossroads, Age Concern Pembrokeshire, Pembrokeshire County Council and PAVS.

For more information about the day, please contact Sally Davies or Louise Raine Lower at PAVS on 01437 769422

CARERS DAY

'MY LIFE AS A CARER'

Date: Thursday, 14th June 2007
Start time: 10.00 am Finish: 3.30 pm
At : **Haverfordwest Rugby Club**

Carers Day is funded by Pembrokeshire County Council



Why have a Carers Day?

The Carers Day is part of Carers Week which provides an opportunity to celebrate the contribution that carers make to their families and communities. One of the objectives is to try and identify and provide support to the millions of 'hidden' carers in the UK.

It is estimated that there are approximately 14,000 carers in Pembrokeshire, many of whom are not aware of the support and services available to them.

This year the theme of Carers Week is 'My Life as a Carer' and the aim of the week is to highlight the:

- needs of carers
- rights that carers have (old and new)
- contribution that carers make to every community
- support and services available to carers

What will Carers Day achieve?

In the morning there will be a chance to hear Jon Skone, Director of Social Care and Housing, Councillor Sian James, the Carers Champion and five carers talking about their lives as carers.

There will be an hour for discussion in small groups to enable carers to express their views about the issues that are important to them, so that these can be fed through the joint planning process.

In the afternoon carers can have a healthy break by joining a relaxation group or having an Indian Head Massage or a neck massage.

There will be plenty of organisations and services with display stalls where carers can get information and advice on a wide range of topics such as benefits and transport.

The programme for the day

9.30: Setting up exhibition stands

10.00: Coffee and networking

10.30: Introduction to Carers Day

10.35: A Director's Insight - Jon Skone

10.50: Carers Champion - Councillor Sian James

11.00: My Life as a Carer - Carers Insights by individual carers

11.50: Carers Forum - Have your Say

12.40: Questions to Panel

1.00: LUNCH -including networking

1.30: Afternoon Sessions -

All carers can choose a maximum of 2 individual therapies per person:-

Individual Therapies - Indian Head Massage, Reiki, Hand and neck massage, aromatherapy, reflexology, chair massage

Group Sessions - Relaxation, feeling good

All day there will be opportunities to get information and advice on benefits, befriending services, assessments etc.

Don't forget to complete the return slip and send it back to PAVS by 7th June 2007