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Directions to Haverfordwest Rugby Club: at Merlins Bridge round about take exit signposted Burton, Llangwm, Hook. At the next small roundabout on the Pembroke Road turn right onto grounds.

The Carers Day has been organised by a multi-agency group of carers and carers' organisations including Crossroads, Carers Outreach, Alheimers Society, Age Concern, Pembrokeshire County Council and Pembrokeshire Association of Voluntary Services.

For more information about the day, please contact Nicole van Schie at PAVS on 01437 769422 / 771196 or email Nicole.vanschie@pavs.org.uk

CARERS DAY



“PEMBROKESHIRE'S UNSUNG HEROES”

Date: Thursday, 11th June 2009
Start time: 10.00 am Finish: 3.00 pm
At : Haverfordwest Rugby Club

Carers Day is funded by Pembrokeshire County Council and the Local Health Board

Why have a Carers Week?

Carers Week is about celebrating the contribution that carers make to those they care for; and bringing to the fore the issues carers tell us are most important to them. It is also about reaching out to those carers who currently don't know or have no access to the support and services available to them.

“Pembrokeshire’s Unsung Heroes” is the theme of Carer’s week and the aim is to highlight:

- The impact and contribution that carers make
- Carers need and deserve access to better support and services
- Recognition by professionals can help to make a difference to carers day-to-day lives

What will Carers Day achieve?

In the morning there is an opportunity to hear how General Practitioners and their practices can support carers and the introduction of Pembrokeshire County Council’s new Head of Community Care.

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

In the afternoon carers can choose to be pampered by having one of the therapies on offer as well as joining a taster training session on moving and handling.

There will be organisations who provide support and services, with display stalls where carers can get information and advice.

Programme for the day

9.30 Setting up exhibition displays

10.00 **Registration, coffee and networking**

10.25 Introduction to Carers Day
Nicole van Schie, Carers Development Worker

10.35 How it is to be an ‘Unsung Hero’
Georgina Knowles, Carer

10.45 Improving the life of carers
Angela Watwood, Head of Community Care PCC

11.00 Carers and GP Surgeries
Sarah Williams, Director of Primary and Community Care LHB

11.15 Telecare
Tracey Martin-Smith

11.30 Carers Forum
How could more carers be identified?

12.30 Feedback and questions

12.45 **LUNCH and networking**

Afternoon

- Carers can choose 2 therapy taster sessions from Indian head massage, Reiki, Hand and neck massage, Aromatherapy, Reflexology, Chair massage
- Taster training session ‘Moving and Handling’

Don't forget to complete the return slip and send it back to PAVS by 5 June 2008