



Directions to Cricket Club Haverfordwest:
 On Portfield just after the Peugeot Garage, take the left hand branch onto Dale Road (signposted Dale, Broad Haven). The Cricket Club is about ¼ mile down the road on the right hand side. There is plenty of parking.

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

For more information about the day, please contact Nicole van Schie at PAVS on 01437 769422/771196

CARERS DAY



'CARERS CAN'T AFFORD TO BE ILL'

Date: Tuesday, 10th June 2008
 Start time: 10.00 am Finish: 3.30 pm
At : Haverfordwest Cricket Club

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

Why have a Carers Week?

Carers Week is 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 'Carers can't afford to be ill' 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 what has been achieved during the past year, how Pembrokeshire County Council supports carers and new developments in Withybush Hospital. There will also be a presentation about the new Carers Emergency Card Scheme.

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 well deserved break by having one of the therapies on offer.

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 befriending and assessments.

The programme for the day

- 9.30 Setting up exhibition stands
- 10.00 Coffee and networking
- 10.15 Introduction to Carers Day
- 10.20 Achievements in the past year
- 10.30 How does Pembrokeshire County Council support carers?
Jon Skone, Director of Social Care and Housing
- 10.45 The Future of Unscheduled Care
Iain Robertson-Steel, Associate Medical Director and
Dr Charles Merrill, Medical Director, Withybush Hospital
- 11.00 How can GPs help carers to stay well
- 11.10 A Carer's Experience of GP support - Jean Dorras
- 11.20 The Carers Emergency Card Scheme -Jacky Lang, British Red Cross and Jacquie Peacock - Pembrokeshire Crossroads
- 11.35 Carers Forum
What are your concerns about getting ill and what support would you like to see in place?
- 12.45 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 therapy - Auricular acupuncture.

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