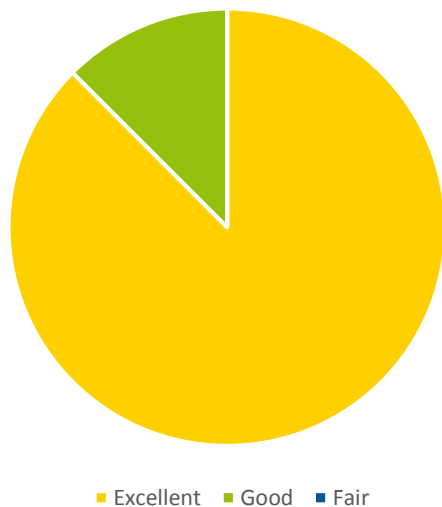


# Carers Wellbeing Day 2018 - Impact Report

Carers' overall impression of the Carers Wellbeing Day 2018



The Richmond Carers Centre Carers Wellbeing Day 2018 was held during National Carers Week, which exists to raise public awareness of the existence and challenges of caring, and to acknowledge the contribution made by carers throughout the UK.

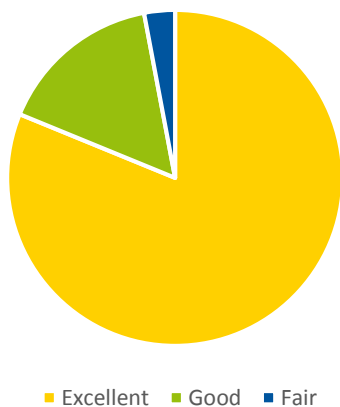
The Carers Wellbeing Day gave local carers an opportunity to have a break from their caring role and take some time to focus on their own health and wellbeing. There were 26 organisations present from around the borough in a Carers Marketplace,

giving carers the opportunity to learn about local services that may be relevant to them.

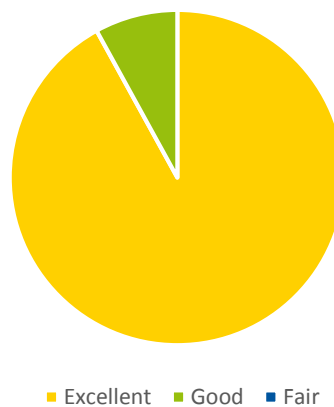
In addition to the Carers Marketplace, carers were able to book onto two wellbeing workshops from a list of ten being provided during the morning, indulge in a short Indian Head massage or have a pharmacist-delivered health check. The day ended with a café-style buffet lunch served by renowned local caterers, Plum Duff, and light musical entertainment.

Promoting wellbeing is a statutory principle of the **Care Act 2014** and by supporting carers with events like the Carers Wellbeing Day we can support the Care Act's aims of **preventing, reducing & delaying** the need for care and support.

Carers rating of the Information received



Carers rating of the venue and catering



## Carers Wellbeing Day 2018 – 11.07.18

Richmond Carers Centre is a company limited by guarantee and is a registered charity. Charity No. 1092459. Registered in England. Company number 4412793

**95%**

Of responding carers strongly agreed or agreed with the statement

I feel recognised and valued as a carer

**100%**

Of responding carers strongly agreed or agreed with the statement

I feel I have been treated with dignity and respect

**93%**

Of responding carers strongly agreed or agreed with the statement

I feel better able to get the help I need when I need it

**100%**

Of responding carers strongly agreed or agreed with the statement

I feel I know what support is available to carers

**95%**

Of responding carers strongly agreed or agreed with the statement

I feel I have been supported to maintain/improve my own health and wellbeing

## Here's what carers had to say about the event...

I enjoy the events. It all helps and it's a chance to relax and unwind. Well done to all those involved in it.

In the essential oils session Miranda introduced us to orange oil rubbed together with peppermint oil - it cleared my vertigo quite a bit. Thank you so much.

Thank you for doing this - huge effort! A real buzz of interest and people finding what they needed. Lots to learn and consider.

**This was a treat of a day. I loved the Indian Head massage and the health check was astonishingly thorough and professional. Deeply impressed.**

Really enjoyable. Well organised. Met previous acquaintances and new people.

Brilliant organisation and good opportunity to network and spread the word. Delicious food. Thank you for a brilliant day.

This was my first one and I've said to a number of people it is excellent idea and was brilliantly organised. Truly was great.

## And this is what the professionals thought...

Thank you for such a well -organised and well-attended event. It was a great opportunity to engage with our potential clients and also for networking. The Mulberry Centre is looking forward to be part of the event again next year.

*Mulberry Centre*

Thanks for all your hard work with the Carer's Wellbeing Day. It looked like everyone was having a marvellous time and the attention to detail was really evident. I really enjoyed leading the mindfulness session and felt everyone got a lot out of it. It really is a privilege to work with carers.

*Mindfulness coach*

**It was fantastic to see the enjoyment and relaxation exuding from the many carers in attendance on the day! *RB Mind***

Thanks for organising such a fantastic day, which was of huge benefit to both carers and our team. It was really valuable for the staff to get out there and meet the teams and individuals providing such a wide variety of support locally – and it was great for carers to see just how much is available for them. We have developed quite a few good new links with other services which will help us provide new opportunities for support for carers. It was fantastic to see the enjoyment and relaxation exuding from the many carers in attendance on the day!

*RB Mind*

It was a very informative event and great to talk to all the groups and network with the sector. Really successful event. So impressive getting all those services together.

Congratulations.

*Commissioning Officer for Prevention and Wellbeing, Richmond and Wandsworth Councils*

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