



Carers Wellbeing Day 2019

Supported by Richmond Parish Lands Charity

Views, feedback and thanks

'I thought I knew all about carers and available support, but I learned so much more.'

'Attending the Carers Wellbeing Day inspires you to keep going and that you are NOT the only one out there!'

'It's good to have a special event like this, to meet carers and some of the providers of services in Richmond.'

The above are comments from carers attending this year's event

Richmond Carers Centre recognises the commitment that carers have for their 'cared for' can be stressful at times and so our wellbeing day, which took place this year on 12th June, said to carers 'take some time for yourself'.

Good mental and physical health are reinforced in so many ways. At Carers Wellbeing Day, the fellowship of meeting other carers, getting the buzz of trying something new, and coming away more confident in your caring role from being better informed, were at the heart of the programme which looked holistically at 'wellbeing'.

Over 27 local organisations attended, either with display stands at the Information Marketplace, showcasing support services available for carers across the borough, or by hosting a series of wellbeing workshops and walks. Carers were also able to sign up on the day for NHS health checks and complementary hand-massages. Thank you from Richmond Carers Centre to everyone who took part.

New for 2019, the workshops programme included presentations from Citizens Advice Richmond; a gardening-themed session; 'Getting the most out of a visit to your GP', and two guided walks exploring York House Gardens. At the Information Marketplace we welcomed Achieving for Children, Kew Gardens and Richmond Council's Social Care Digital Innovation Project team.

Over the next year we hope to share with newsletter readers some of the material presented at York House.

While Richmond Carers Centre, with its Carers Hub Service partners, is the voice of carers in the borough, there are numerous other local organisations also playing their part. Carers Wellbeing Day presents a great opportunity for them, 'behind the scenes', to meet one another, share information and see what's new.

Our thanks to James Isaacs, Carers Lead for Richmond Council, who opened the event and stayed during the morning to hear, first-hand, carers' stories and experiences.

Sometimes, those who are caring do not see themselves as carers, and the event was a great opportunity, through promotional leaflets and posters, and online, to encourage these 'hidden carers' to drop by. One such carer who did visit said, 'I am caring at a distance and [the event] helped me identify support that is local to the person I care for. It has made a big difference.' If you know someone who is a carer, but doesn't recognise themselves in this role, do tell them about Richmond Carers Centre.

From the visitor survey, the following percentage said that they 'strongly agreed' or 'agreed' with these statements:

- 99% – 'I feel recognised and valued as a carer'
- 93% – 'I feel better able to get the help I need when I need it'



And what would you like to see at 2020's Carers Wellbeing Day?

Your feedback is invaluable. Thank you to everyone who completed the on-the-day survey at York House. In addition to providing us with figures, such as those above, the comments you leave about what you enjoyed, what didn't work so well, and what you would like to see in the future, will help us develop the event. There is still time to send us your thoughts about the day. Or, maybe you could not attend Carers Wellbeing Day but have some suggestions for 2020's event? Please email info@richmondcarers.org.

Next year's event will take place on Wednesday 10th June at York House, Twickenham.