

# CARERS RIGHTS DAY

25th November 2021



[Carers Rights Day](#) is Thursday 25 November 2021. Here are some easy ways you can raise awareness and give support to Carers in Nottinghamshire...

## 1. Build your skills

Join us for free, interactive online training for professionals and organisations:

- Unpaid Carers Awareness Training for Health professionals
- Unpaid Carers Awareness Training for organisations
- Young Carers awareness raising training for staff in schools
- [Sign up here](#) to our webinar on supporting unpaid carers in employment

## 2. Keep up to date

- Sign up to our e-bulletin to keep up to date with what we are doing
- Follow us on [Twitter](#) and [Facebook](#) regular updates

## 3. Help Carers you know

- Give young carers a copy of the free, downloadable 'Know Your Rights' pack
- Give adult carers the free, downloadable ['Do you look after someone' booklet](#)
- Refer carers to the Nottinghamshire Carers Hub for support, information and advice by emailing [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) or calling **0115 824 8824**

## 4. Raise awareness

- Download free [Carers Rights Day resources](#)

For more information, please contact [info@nottinghamshirecarers.co.uk](mailto:info@nottinghamshirecarers.co.uk)