

Carers Rights Matters

Celebrating Carers Rights

It is likely that at some point in our lives we will spend time caring for someone or being cared for. Perhaps this is you right now? Managing our caring responsibilities alongside work could become a significant part of our lives. The physical, mental and emotional impact is not to be underestimated.

As carers, managers, colleagues and friends it's important to know about the impact of working and caring, the support that is available and the steps we can all take to ensure that together we can care and thrive.

Session Outline

Who are carers

What are the challenges for working carers

Carers rights

Supporting carers to thrive

Your next steps

Session Includes

An engaging presentation drawing on the lived experience of caring/ supporting carers

A safe, confidential space. Share with and listen to your peers

Resources and tools to support those managing work alongside caring

The opportunity to engage, reflect and take your next steps



Speaker: Suzanne Bourne

Suzanne is an International Coach Federation certified coach. She has worked for many years in the field of peer support with an expertise in creating a safe online space for peer support. Her work includes supporting people living with long term conditions but it is her passion for seeing carers step into their full potential that is the focus of her current work. She is the co founder and Head of Carer Support for a service that provides 11 coaching, virtual cuppas and an online peer support community for carers. As mum to 2 teenage girls and carer to her husband Matt, diagnosed with Young Onset Parkinson's 18 years ago, she holds a big focus on quality of life. The family motto is do things while you can in a way that works for you!