

Carers' Rights Matter

Unpaid carers have certain rights, designed to support their important role in our society and economy.

Most organisations will have unpaid carers in their workforce, and so it is in everyone's interest to make sure carers feel supported so they can thrive at work and at home. This workshop covers an outline of Carers Rights in the UK and provides some guidance on speaking to managers and colleagues about your role as a carer.

Session Outline

- What is an unpaid carer? - Myths and facts about being an unpaid carer
- The impact of caring on individuals and within the wider society and economy
- Overview of carers' rights
- Talking to managers and colleagues about your caring role
- Where to access more support

Session Includes

- An overview of caring and carers rights
- The wider context of caring in the UK
- Practical advice and guidance
- Signposting to further information and support



Speakers: Catherine Macadam & Katharine Collins

As co-directors of a social enterprise for unpaid carers, both have experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one, are qualified and experienced coaches and are passionate about using coaching to transform carers' lives. Catherine's background is as a coach and OD consultant in the public and third sectors. Katharine also works in private practice as a coach and therapist and has particular experience working with LGBTQ+ and neurodiverse people.

