



November 2020

Carers Rights Day is a national awareness campaign ran by Carers UK that aims to inform carers of their rights and help carers find the support they are entitled to in order to cope with the pressures of caring. Whether you are a new carer or have been caring for someone for a while, carers need to know their rights wherever they are in their caring journey. Thousands of carers are missing out on potential benefits and support because they do not realise what they are entitled to. It is important that you understand your rights and are able to access the support that is available to you for when you should need it.

Unpaid carers are currently dealing with more challenges than ever before due to the coronavirus pandemic. NEWCIS wants to ensure that we can support carers through the imminent difficulties that the current climate is causing.

NEWCIS are passionate about carers rights and get involved every year. This year will be slightly different however and we will be celebrating virtually. We're inviting unpaid carers to our virtual drop in on Monday 23rd November to catch up with other carers and a member of the NEWCIS team for your chance to ask any questions you may have about your rights as a carer. We will also be sharing lots of useful information on our website and social media platforms throughout the week.

A carer registered with NEWCIS said: "NEWCIS is always extremely helpful and their support has been an invaluable lifeline to me. They informed me about things I never would have known about otherwise. I am now well informed and feel able and confident to access the support when I need it."

Under the Social Services and Wellbeing (Wales) Act 2014 you have a right to request a carers' needs assessment, have your voice heard when decisions are being made about the help you may need and access to information about local services.

NEWCIS offer 'What Matters Conversation's which is a discussion about what matters to you. From this, NEWCIS can signpost and refer you to services and organisations to ensure that you are fully supported in accessing financial and practical support relevant to your individual situation.