



11th – 17th June 2018

Carers Week is an annual campaign to celebrate and recognise the 6.5 million people in the UK who care (unpaid) for family or friends who have a disability, illness or who need support later in life. Carers Week raises awareness of caring, highlights the challenges carers face and the contribution they make to families and communities throughout the UK. (Source: [Carers Scotland](#))

Many people balance their caring responsibilities with their employment. Carers Scotland report that:

- over 250,000 people juggle caring with holding down a job
- 56% of carers are employed or self employed
- 3 in 5 of us will become carers at some point in our lives

Did you
know.....





.... the Council has been awarded 'Carer Positive, Engaged'. The Carer Positive award is presented to employers in Scotland who have a working environment where carers are valued and supported.

Do you want to get involved?



We would like to set up a Carers Network providing a forum to meet fellow carers, share advice and support and raise awareness of support for carers in the Council, possibly linking with other organisations too. If you are interested in getting involved and exploring how we could run a Network, please contact alispaterson@aberdeencity.gov.uk

What's happening during Carers Week?

<p>Tuesday 12th June</p> 	<p>Mindfulness Sessions at Marischal College 12:30-13:00 and 13:00-13:30</p> <p>Mindfulness can help you to relax your body and mind, deal with stress, help with sleeping difficulties and improve your health and wellbeing.</p> <p>Mindfulness sessions run once a month (2nd Tuesday of the month). Spaces can be booked via: https://www.eventbrite.co.uk/e/mindfulness-tickets-39690842378</p>
	<p>The App '1 Giant Mind' is available to download on apple and android devices for free! This App teaches users how to meditate, take 30 day challenges and helps its users to make meditation a daily habit.</p> <p>To find out more visit https://www.1giantmind.com/get-the-app/</p>
<p>Thursday 14th June</p>	<p>Pop Up Stalls at Marischal College (outside the canteen, lower ground floor beside the glass lifts)</p> <ul style="list-style-type: none"> • Supporting Carers in the Workplace – come along to find out what support is available for employees • Voluntary Service Aberdeen (VSA) and Sue Ryder – come along and find out what support is available to carers in the City
<p>Support for Carers</p>	<p>You might be interested in:</p> <p>The Council's Supporting Carers in the Workplace Guidance</p> <p>Wellbeing pages on the Zone for information and support including the Employee Counselling Service, Employee Good Health Group and discounted Alternative Therapies</p> <p>Making Ends Meet provides a range of sources of help and advice if you are struggling to balance your finances</p> <p>VSA and Sue Ryder for more information on what advice and support they can provide</p> <p>Carers Scotland for more information on what support they can provide</p> <p>Carers Week – Essential Information for Carers Brochure</p>