

# KNOW YOUR RIGHTS

## **CARERS RIGHTS DAY & HARROW CARERS ANNUAL GENERAL MEETING - 2021**



**At the Old Lyonians, 74 Pinner View, Harrow HA1 4QF**

**10.00 am Arrival and continental breakfast**



10.30 am Introduction to the Future Carers Strategic – find out more about the council's plans to support carers, and how you can help shape the future services. Followed by a Q and A session.  
**Facilitated by Kim Chilvers, Strategic Commissioning Manager, for Older People and Carers**

### **11.00am Your choice of workshop**

#### **Session 1 - Carer Assessments**

Find out more about carer assessments and needs assessments for the person you care for. An introduction to 3 conversations for carers with an opportunity to engage together and share ideas and suggestions

**Facilitators - Daksha Kara (Harrow Council Change Champion) and Allie Brice (Harrow Council Carer Lead)**

#### **Session 2 - Caring for younger people aged 0 - 25**

An introduction to CYAD, LD and MASH teams

Your opportunity to learn more about the three teams and participate in a question and answer session

**Facilitated by Members of staff from each Council team**

### **12.30pm Meet and mingle**

Grab a coffee and chat with expert staff from Harrow Council and Harrow Carers to find out more about our rights as a carer.

**1.15pm Lunch for those who would like to stay for our AGM, starting at 2 pm**

**Please confirm your attendance at [wellbeing@harrowcarers.org](mailto:wellbeing@harrowcarers.org) and whether you will be joining us for lunch and our AGM.**



**Negotiating Skills, Thursday 25th November 11am-12.30pm** - Negotiation skills are essential for anyone who wishes to improve the quality of their lives, or those they care for.

This workshop will focus on using negotiating skills to get the job you want using a variety of techniques and approaches, and to get the working conditions that suit both you and an employer-a win win situation. These skills can be used in all settings where negotiation is key, whether it is talking to the NHS, social services or the DWP, or getting a better deal on services and items. Contact [workingforcarers@harrowcarers.org](mailto:workingforcarers@harrowcarers.org) to book your place