



5-11 June 2023
Get involved: carersweek.org



| Day /Date | Focus | Location | Event |
|-----------------------------------|--|---|---|
| Monday 5 th June | What is a Carer or care partner? | Front hall, RBFT | Opening of Carers week 2023 Information stand |
| Tuesday 6 th June | CarerAware information Wokingham carers information session | Ward areas, RBFT Celebration Hall, Woodley | CarerAware Roadshow Wokingham Carer Partnership information day |
| Wednesday 7 th June | Listening and Engagement event – What do carers want from RBH? Free mini Health Checks for carers! | Broad street mall, Reading | Reading & West Berks Carer Partnership information day |
| Thursday 8 th June | CarerAware information | Ward areas, RBFT | CarerAware Roadshow |
| Friday 9 th June | Staff carers Launch of CarerAware eLearning training for RBFT staff | Oasis Wellbeing centre, Craven road | Information stand showcasing all resources to support staff carers |

Other activities will include:

- Staff **CarerAware Quiz** with fabulous prizes donated by the *RoyalBerksCharity*
- Relaunch of **Carers survey** – Posters and QR codes will be distributed throughout the week
- Keep an eye out on social media and *Workvivo* for **film clips** showcasing carers' lived experience and how we can make a difference to our colleagues and community

... and lots more!

For more information and Carer support contact: karen.oleary@royalberkshire.nhs.uk