

Employers



Did you know.... nearly one in seven workers in the UK is also an unpaid carer?

Source: CarersTrust

An unpaid carer is someone who provides unpaid support to family or friends who could not manage without their help

Balancing work and care can be hard. Without support and understanding at work, carers can suffer from high levels of stress and exhaustion. The effects can be damaging both in the workplace and at home.

Do you know if you employ unpaid carers?

Do you have a policy for carers?

Do you know the law relating to carers?

Would you like to find out more about working carers?



www.thecarerscentre.org/advice-for-employers

Supporting an unpaid carer at work needn't be difficult..

No matter how large or small your business, if you work within Brighton & Hove

We are here to:

- Help you identify carers
- Help you understand the impact of work and caring
- Help you look for ways to support the carer and your business
- Help you obtain resources to advise and guide carers in your workforce
- Advice regarding EFC (Employers for Carers Scheme)
- Carer Awareness Training for line managers and key staff
- Run Awareness raising events at your workplace to help engage staff



For more information or to arrange a visit to your business from our dedicated support worker

Call Carers Hub on **01273 977000**

Or email info@thecarerscentre.org

www.thecarerscentre.org/advice-for-employers

