

Wednesday 11th June 2025 – Floral Pavilion, New Brighton

Visit www.wirralcarersalliance.com or email info@wirralcarersalliance.org.uk

Conference Themes and Aims

Empowered

Halve the time it takes for Carers to recognise themselves as Carers and get the support they need

Connected

Connect Carers so that no one has to care alone

Equality

Create a society that treats Carers equally in all aspects of their lives

1. "Support Starts Here" – Interactive Marketplace

- **Content:** Showcase available resources for Carers in the community to include financial advice, health and emotional support, employment assistance, skills and training opportunities, specific personalised support in their caring role. The marketplace would involve interactive stalls where attendees can explore different types of support, speak to representatives, and learn about eligibility.
- **Outcome:** Carers leave the conference with direct links to support services, feel equipped to access help sooner and are enabled to take control of their future.

2. "Carers Marketplace" – Community Partner Showcase

- **Content:** Hosting an exhibition of local organisations, charities, voluntary and faith sector groups along with statutory commissioned services within social and health providers, offering specialised support for Carers. Including a space where Carers can sign up for follow-up support, one-to-one advice and potential registration for support programs and training.
- **Outcome:** Carers gain direct access to essential resources, reducing the time they spend seeking out help on their own.

3. "Carers Equality: today and tomorrow" – Panel Discussion

- **Content:** Invitation to the local Council, healthcare professionals, policymakers, Carer support organisations, Charity/Faith/Voluntary groups, employers, and Carers themselves to discuss practical steps to make Carers' rights a reality and improving support services to ensure they are fit for purpose. Potential areas of focus on topics like fair employment practices, access to healthcare, support available to promote resilience in their caring role and social inclusion.
- **Outcome:** Attendees leave with actionable insights and the feeling that their voices, opinions and concerns have been heard by influential stakeholders.

4. Networking Hub: "Wirral Carers Alliance (WCA) – Connecting Carers"

- **Content:** Create a welcoming space where Carers can meet and connect with others in similar situations. Set up guided conversation starters and peer-led groups hosted by WCA Carer Ambassadors to encourage open sharing of life experiences and impart advice to one another that they have found helpful. What works well and what needs to be done to improve the lives of Carers. Promote the Wirral Carer Alliance Forums to facilitate continuing Carer peer support and capturing Carer feedback and opinions to shape a better future.
- **Outcome:** Carers build meaningful connections with WCA, other Carers and establish contacts they can rely on for ongoing support. Carers gain the confidence to speak up, recognise that their voice matters and identify how and when they are being listened to and their opinions and wishes heard.

5. Empowered Workshop: "Identifying as a Carer"

- **Content:** Hosted by commissioned services, support professionals and experienced Carers, this workshop will explore the journey of self-recognition as a Carer, and how identifying as a Carer within organisations can help build confidence in navigating their caring role as well as getting the support they need and deserve. Offer tools like self-assessment worksheets and checklists, the WCA *'first steps of support'* and discuss the emotional journey of accepting their role as a Carer and what can happen next.
- **Outcome:** Help Carers recognise and embrace their role, which is crucial for accessing resources and support earlier in their Carer journey and how early intervention to prevent Carer breakdown and crisis can encourage 'Self-Health'.

6. Equality Workshop: "Transforming Equality into Equity" Carers Rights, Legislation and Statutory Obligations

- **Content:** Guide Carers in how to advocate effectively for their rights and needs, whilst support organisations identify a need for a 'Carer Centred' approach. Carers can participate in a review of commissioned services and local strategy. Involve independent advocacy who can provide and coordinate essential collaboration, effective communication and evaluate the positive impact of Carer engagement in shaping services that considers the person as well as the role of Carer and the support they provide to the cared for.
- **Outcome:** Empower Carers to speak up for their needs, leading to systemic review, change and improvement over time. The process will aid in setting priorities and improve joint collaborative working between organisations to achieve common goals and outcomes.

7. "WE Care that YOU Care" Health & Wellbeing Clinic

- **Content:** Offer sessions that focus on self-care awareness, mindfulness and resilience techniques as Carers often neglect their own well-being. Include accessing healthcare services, Annual Health-checks, mental health support, Social Prescribing referrals and local community support groups. Consider holistic alternatives and quick stress or anxiety relief exercises or coping mechanisms which can help Carers recharge and manage their own mental well-being as well as their physical health, enabling care to continue.
- **Outcome:** Carers acquire tools to help reduce stress and anxiety and improve resilience in their caring role. This in turn will empower Carers to focus on their own health and wellbeing whilst continuing to care for their loved ones.

8. "Carer Support Hub" Speed Mentoring for Carers

- **Content:** Create short, timed mentoring sessions where Carers can connect with experienced mentors on specific issues and topics like completing Carers assessments, accessing benefits, managing finances, or balancing work and caregiving or juggling being a Carer and raising a family.
- **Outcome:** Carers leave feeling supported and prepared for the next step in their caring role after receiving targeted advice and follow up support or appointments were appropriate.

9. "Carer Stories" Visual Exhibit

- **Content:** Set up a space with stories and photographs submitted by Carers, or short videos and interviews with Carers, detailing their journey, challenges, and triumphs that can help others seek to understand the true role of Carers. The 'Art' of Caring – Install Carer Art Exhibition as a depiction of their caring role, 'Powerful Pictures'. Attendees can also submit their stories during the event for use on the day and future engagement opportunities highlighting 'A Day in the Life of a Carer'.
- **Outcome:** Amplifies the voices of Carers and raises their profile, improving awareness among the wider community on the daily realities of Wirral Carers.

10. "Future Vision for Carers" Interactive Wall

- **Content:** Set up a large interactive wall where attendees can write or post their vision for a society that treats Carers equally and with equity. Include prompts, such as "I want a society where..." and "Carers need..."
- **Outcome:** A collective vision that can guide policy, improve services and resources, and steer advocacy efforts that inspire all participants to commit and contribute to creating a person-centred supportive future for carers.