

# NATIONAL CARERS WEEK 8-12 JUNE 2020

Get involved and join  
the cause:  
*#MakingCaringVisible*



## MONDAY

### FINANCES

- Know your entitlements
- Getting 'expert' advice

## TUESDAY

### THE FUTURE

- Planning for emergencies
- Thinking about the future

## WEDNESDAY

### CARER POSITIVE

- NLCT Carer Positive Employer
- Becoming Carer Positive
- Being a working Carer

## THURSDAY

### LIFE OUTSIDE CARING

- Online training opportunities
- Accessing social/peer supports

## FRIDAY

### WELLBEING

- Getting a break
- Self care ideas