



## About Us



Carer Support Wiltshire is a registered independent charity that supports unpaid carers in Wiltshire and Dorset. Our aim is to create a society which understands and supports unpaid carers.

Our Carer Money Matters service was established in 2024 in partnership with Carers Trust.

The programme's aim is to provide financial support and information that considers the unique financial needs carers have. We find practical solutions to help unpaid carers take back financial control of their lives.



## Contact Us:

### Wiltshire:

Website: [carersupportwiltshire.co.uk](https://carersupportwiltshire.co.uk)  
Email: [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk)  
Phone: 0800 181 4118

### Dorset

Website: [carersupportdorset.co.uk](https://carersupportdorset.co.uk)  
Email: [admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)  
Phone: 0800 368 8349

# A Working Carers' Guide To Your Rights In The Workplace



Know what your rights  
are

## Unpaid Carer Statistics

- There are **5.8 MILLION UNPAID CARERS** in the UK
- **73% of carers in employment said they FOUND IT STRESSFUL TO JUGGLE WORK AND CARE**
- **61% of unpaid carers are WORRIED ABOUT LIVING COSTS and managing in the future**

We are here to support unpaid carers through the good, bad and ugly times. If you would like to chat - **contact us today.**



# What can we do to support you?

We work hard to provide carers with a range of support resources:

- Carer Advisors can register you as a carer and offer initial advice
- Financial Wellbeing Officers can offer guidance on money matters including debt management and completing grant applications
- We can explore volunteering, training and upskilling opportunities to support you to improve your knowledge or return to work
- We run friendly carer groups where you can have a break, a cuppa & a chat with other carers
- We can refer and signpost you to services that will support you to balance work alongside your caring role
- We can talk to groups of carers, employers and organisations about support for carers in the workplace and encourage positive change



## How to tell your employer you are a carer

- Speak to your employer as soon as possible - don't wait until an emergency happens. Make sure you are upfront with your employer from the start
- Know what your Rights in the workplace are - your employer has certain legal responsibilities they must uphold, knowing what these are is important so you can advocate for yourself
- Know the individual policies of your company
- Be polite and professional, firm and concise

## Your Rights as a Working Carer

- **Carers Leave Act 2023**
  - You are entitled to up to 1 working week's unpaid leave per 12 months
  - This applies from first day of employment
  - This can be taken in half or full days or as a block period
- **The Flexible Working Act 2023**
  - You can request flexible working from first day of employment
  - Two flexible working requests can be submitted in a 12 month period
  - Flexitime, remote working, part time, compressed hours are all examples of flexible working
  - Employers are required to deal with requests in a reasonable timeframe & manner
- **The Equality Act 2010**
  - Carers are protected from unfair treatment due to caring responsibilities
  - If you feel something is wrong always talk to a professional support organisation (like us!)