

# Carers Rights Day 2025 – Our Dorset Ambition

Carers' Rights Day happens every year across the UK. In 2025 it is on 20 November. The aim is simple, to make sure you know your rights as a carer and can use them with confidence.



Every day, thousands of people become unpaid carers for a partner, family member or a friend – many of whom do not see themselves as carers. They are often unaware of their legal rights and what they are entitled to in terms of support and benefits. Our aim is to help carers recognise and understand their rights, and to access the support available to them, whenever they need it.

Carers have a right to:

- Unpaid carer's leave
- Flexible working
- Asking your GP to identify you as a carer
- Protection from discrimination
- Free flu jabs
- Requesting a carer's assessment
- Being involved in hospital discharge planning



The 'Our Dorset' ambition is for everyone to have the best possible health and care outcomes and live healthier, longer and fulfilling lives. That's why our NHS organisations, councils and voluntary and community partners are working together in partnership to recognise, support and value unpaid carers of all ages in Dorset County. These organisations include:

- Bournemouth Christchurch & Poole Council including BCP Carer Support and Young Carers.
- Dorset Council including partners Carer Support Dorset
- Dorset Healthcare University NHS Foundation Trust
- NHS Dorset Integrated Care Board
- Dorset County Hospital NHS Foundation Trust
- University Hospitals Dorset NHS Foundation Trust (Bournemouth, Christchurch, and Poole Hospitals)
- Forward Carers, Parent Carer Foundation, Help and Kindness, SWAN Advocacy, Healthwatch, Help & Care, Leonardo Trust, MYTIME Young Carers, Pramalife, NHS Healthcare, Minstead Trust.

This years theme for Carers Rights Day is:

## **'Know your rights, use your rights'**

There are 7 nationally recognised 'Carers Rights'. This year we've focused in on the campaign's purpose by developing information and advice to carers specifically around carers' rights. The Our Dorset Carers Rights Day page now explains each of the official rights carers have, what they mean in practice, and what carers can do if their rights aren't being met, in Dorset:

1. [Your right to ask your GP practice to identify you as a carer - Our Dorset](#)
2. [Your right to be consulted when the person you care for is being discharged from hospital - Our Dorset](#)
3. [Your right to protection against discrimination or harassment - Our Dorset](#)
4. [Your right to request a carers assessment - Our Dorset](#)
5. [Your right \(and choice\) to request a free flu jab - Our Dorset](#)
6. [Your right to request flexible working - Our Dorset](#)
7. [Your right to unpaid carers leave - Our Dorset](#)

As a carer, knowing your rights empowers you with information about what you are entitled to. This helps you feel confident asking for what you need, as well as challenging things when your rights are not being met – whether that be in the workplace or education, in accessing health or social care, or when interacting with other professionals or at home.

**There are a variety of events and activities happening across Dorset to celebrate Carers Rights Day. Together, we have collated this information to create a single programme of events:**

## [Carers Rights Day 2025: Know Your Rights in Dorset - Our Dorset](#)

Printable version will be downloadable from the above website

### **Who is a carer?**

A carer is someone who provides unpaid support to family or friends who could not manage without help. This could be due to illness, mental ill-health, disability, or a substance misuse problem.



If you are a carer and the person you are caring for lives in the Dorset Council area:

#### **Carer Support Dorset**

Tel: 0800 3688349

Website: [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)

Email: [admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)

Carer Support Dorset supports all unpaid carers (aged 5+) who are supporting someone living within the Dorset Council area.

If you look after someone, you are not alone. Register with us and we'll do all we can to help you access the information and support you need.

We have a range of services that can be tailored to fit your needs as a carer. We offer:

1. a freephone advice line,
2. newsletters,
3. regular training opportunities,
4. events, carer cafes and support groups,
5. a befriending service
6. specific 1-1 support for young adult carers

Registering with Carer Support Dorset will also allow you free access to the Carer Friendly ID Card, distributed by Forward Carers, which offers a variety of discounts from a wealth of organisations and businesses across Dorset.

**BCP Carer Support**



If you are a carer and the person you are caring for lives in the Bournemouth, Christchurch and Poole (BCP) Council area:

#### **If you are a carer over 18 years old – BCP Carer Support**

Tel: 01202 128787

Website: [www.bcpcarersupport.org](http://www.bcpcarersupport.org)

Email: [carersupport@bcpcouncil.gov.uk](mailto:carersupport@bcpcouncil.gov.uk)

- Information and support
- Social events
- Regular newsletters
- Dorset carers card
- Carers beach huts
- Carers holiday lodges
- Help to take a break from caring
- Carers in Crisis (emergency back-up scheme)
- Befriending and mentoring
- Carers choir
- Carers advocacy
- Carers counselling

#### **If you are a carer under 18 years old – Children's First Response Hub**

Tel: 01202 123334

Email: [childrensfirstresponse@bcpcouncil.gov.uk](mailto:childrensfirstresponse@bcpcouncil.gov.uk)