

Date: 20th November 2025

Carers Rights Day 2025 - 20th November 2025

This year Carers rights day and the theme is 'Know your rights, use your rights.' The day is about raising awareness of the rights the UK's 5.8 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve.

Carers UK describes a *carer* as anyone who provides unpaid care to a family member, friend, or neighbour who is disabled, living with an illness or long-term condition, or needs extra support as they age.

Many people don't recognise themselves as carers because caring often feels like a natural part of family or community life. However, this can mean they miss out on important support available to them. Refer to this useful document on self-identification, and why it matters: [Am I a Carer?](#) or view Carers UK '[this Counts as Care](#)' advert

Recognising yourself as a carer and understanding your rights empowers you to feel confident asking for the support you need, whether at work, in education, or when accessing health and social care services.

As a carer, you have the right to:

- [The right to unpaid Carer's Leave](#) – please refer to the section on the intranet [pol-329-special-leave-policy-v3.pdf](#)
- [The right to request flexible working](#) – please refer to the section on the intranet [Flexible Working | Wirral University Hospital NHS Foundation Trust](#)
- [The right to ask your GP practice to identify you as a carer](#)
- [The right \(and choice\) to request a free flu jab](#) – you are also eligible for a free flu jab as an NHS employee via the Trust, please refer to the intranet pages for further information
- [Protection against discrimination or harassment](#)
- [Requesting a carer's assessment](#)
- [Being consulted when the person you care for is discharged from hospital](#)

If you would like to be part of a working carers network for staff then please register your interest by emailing wuth.engagementandinclusion@nhs.net.



**Wirral University
Teaching Hospital**
NHS Foundation Trust