**Carers Panel session 22.11.23**

Panel attended a Carers Rights training session with guest trainer Shubhanna Hussain – Ahmed from Coalition of Carers in Scotland. Members reflected on carers specific rights as outlined in Carers Scotland Act 2016. Members went onto reflect on human rights and the importance and impact of reframing conversations about unpaid carers’ situations to incorporate a human rights perspective.

Members went onto plan for carers rights awareness raising via social media following the training session.

Feedback on the session was very positive.