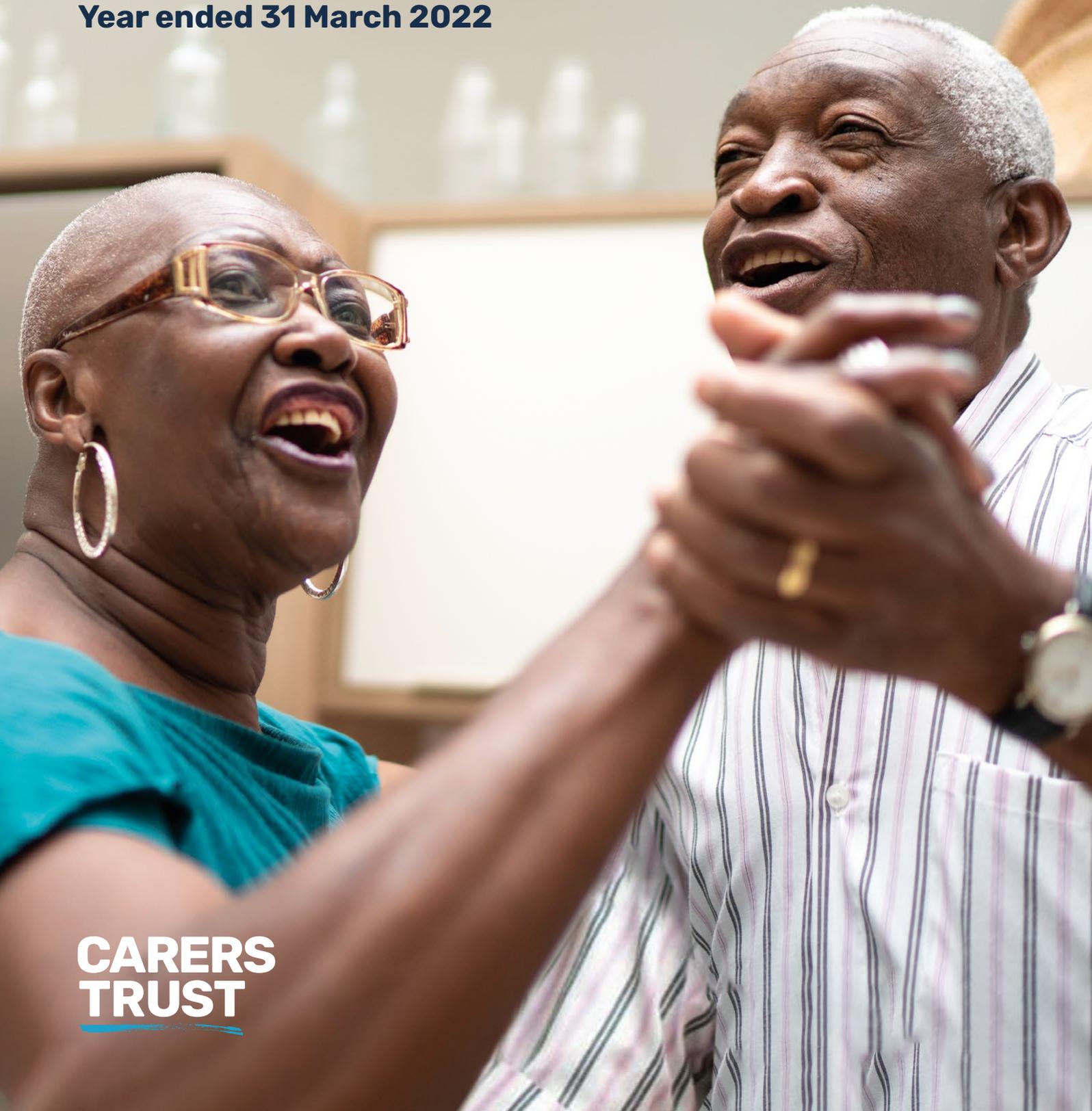


OUR ANNUAL REVIEW

Year ended 31 March 2022



**CARERS
TRUST**



BUCKINGHAM PALACE

Over the last year COVID-19 has continued to impact society in ways we could never have imagined. As President of Carers Trust, I have seen the alarming and disproportionate effect it has had on unpaid family carers, many of whom were struggling to make ends meet long before the pandemic.

Carers Trust research, published earlier this year, revealed how life has become even more difficult for unpaid carers as a result of the pandemic and the closure of so many support services during lockdown. Many of them are now experiencing severe financial hardship as the cost-of-living crisis begins to bite. And many more are exhausted after having to take on even greater caring responsibilities.

This is why I was so pleased to be able to launch The Princess Royal Respite Fund for Carers. Developed and managed by Carers Trust, the Fund aims to raise £3 million over the next three years. Carers Trust will direct that money through its local partners services to approximately 30,000 unpaid carers in the form of small grants. The grants will be a lifeline, helping unpaid carers take a break they simply could not afford otherwise.

These breaks are a basic necessity for carers who, often without a break for years on end, provide constant attention and support to those whom they look after. These breaks are vital if unpaid carers are to recharge and carry on caring for vulnerable family members.

The need for these respite breaks came across clearly in my conversations with unpaid carers during a visit to Lincoln for the 30th Anniversary celebrations of Carers First, a Carers Trust Network Partner. I do hope you will be able to make a real difference to the lives of unpaid carers by supporting The Princess Royal Respite Fund for Carers.

INTRODUCTION FROM OUR CHIEF EXECUTIVE OFFICER

The ongoing challenges of the pandemic have demonstrated more clearly than ever the value of Carers Trust and our work with our UK-wide network of local carer organisations. In the last year alone, **we collectively reached over 917,000 unpaid carers of all ages through our grants, programmes and wider support, with over £4 million distributed to pay for basic goods** such as a fridge or to meet the costs of unpaid carers having time away from their caring role.

We have also published ground-breaking research on social care and the ongoing lack of support for adult carers, as well as the continuing impact of COVID-19 on the mental health and wellbeing of young carers and young adult carers. This has attracted widespread media coverage, helping us to raise public awareness about the challenges faced by unpaid carers and to secure support from policymakers for our work to make a real difference to their lives.

In increasingly uncertain times, our sustainability strategy continues to ensure our sound financial position. This means we are able to develop innovative new programmes and support for unpaid carers. In the past year we launched The Princess Royal Respite Fund for Carers which aims to raise £3 million over three years to help

exhausted unpaid carers take a properly funded break to recharge and carry on caring. We have also launched Making Carers Count, a UK-wide programme of 27 projects aimed at supporting unpaid carers from under-represented groups to access carer services.

Looking forward, I am delighted that Carers Trust is developing carer involvement across all areas of our work in order to ensure that everything we do is grounded in, and shaped by, the voice and experience of unpaid carers. This work will be at the heart of our 2022-2025 strategy, alongside our focus on helping local carer services thrive.

Finally, I would like to thank every individual, trust and business who have enabled us to support vulnerable unpaid carers throughout the pandemic and now with the cost-of-living crisis. With your continuing help we are confident we can take forward our new strategy to create a step-change in support for unpaid carers and to build a more caring society.

Kirsty McHugh
Chief Executive Officer,
Carers Trust



CONTENTS

- 4. Together we're the people Carers Trust
- 6. Our impact in numbers
- 7. Supporting and helping carers through COVID-19
- 8. Working with our Network to develop transformational programmes
- 10. Supporting the development of solutions for unpaid carers
- 12. Awareness raising and influencing
- 14. Financial review
- 17. Supporting unpaid carers in the year ahead
- 18. Thank you to our supporters

TOGETHER WE'RE THE PEOPLE CARERS TRUST

Carers Trust works to transform the lives of unpaid carers. We partner with our network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes, and raise awareness and influence policy. We are positioned centrally to support local carer organisations deliver localised action, whilst also influencing the environment for unpaid carers UK-wide.

“Our vision is that unpaid carers are heard and valued, with access to support, advice, and resources to enable them to live fulfilled lives.

We work to transform the lives of unpaid carers through collaboration, influence, evidence and innovation.”



Achieving more for unpaid carers

In 2016 we laid out a five-year Strategic Framework demonstrating how we aimed to achieve more for unpaid carers. This year 2021-22 is the final year of that strategy period and our Annual Review highlights the difference we have made for unpaid carers this year by:



Supporting the development of solutions for unpaid carers.



Working with our network to develop transformational programmes.



Influencing and awareness raising.

Our next Annual Review will report on the difference we have made for unpaid carers in the first year of our new 2022-2025 strategy: **Building a Caring Society.**



HELPING UNPAID CARERS WITH A GRANT

For more than ten years John has been caring for his wife who has dementia and a sensory impairment. She also struggles with poor mobility. Dementia is a long-term condition, making John's caring role demanding – both physically and mentally. For the last year, he has been supported by Aberdeen Carers Support Service, a Carers Trust Network Partner. They identified John as a carer who would really benefit from a break from his caring role and some precious time for himself.

John told his Carer Adviser how he loved to cook but could never get the dough quite right. So they helped John access a Carers Trust Princess Royal Respite Fund for Carers grant so he could go on a Jamie Oliver Pizza Making Experience. He said going on the course would “**Lift my physical and mental wellbeing by doing something I always wanted to do**”. He also added that “**..more confidence in the kitchen would really help with my caring role**”.

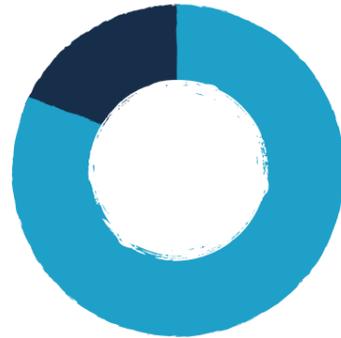
The Carers Trust grant made all the difference, paying for John's *Doorstep Break* as well as replacement care for his wife so John could enjoy the day without needing to worry. “**My wife is pleased that this opportunity has arisen and is happy to see me get out for something enjoyable.**” He felt he came back from the activity “**refreshed and able to up my game in the caring role.**”

“I came back from my break refreshed and able to up my game in the caring role.”

OUR IMPACT IN NUMBERS

The Carers Trust Network reached **917,394** unpaid carers registered with their services, up 7% from the previous year. This included directly supporting (online, by phone or in person) **456,089** unpaid carers (up 6% from the previous year), including **46,876** young carers and young adult carers across the UK.

The Network is now covering **78.2%** of all local authorities, through local authority and health contracts.



£4,016,421 was awarded in grants across the UK to support unpaid carers.



£579,560 was awarded directly to **2,429** unpaid carers. This included **1,239** grants towards essential household items and **556** grants towards respite and time away from caring.



Over **1,500** unpaid carers took part in our social care survey.



Nearly **1,000** young carers and young adult carers responded to our survey about the impact of COVID-19.



Our research results attracted high profile media coverage and are helping us focus our influencing where it is needed most.



Our Twitter posts were seen nearly **50,000** times on Young Carers Action Day, raising awareness of the isolation faced by so many young and young adult carers.



The Carers Support Fund in Wales has awarded over **£1m** to help **5,385** unpaid carers.



Her Royal Highness The Princess Royal's Respite Fund for Carers has awarded funding totalling **£96,799**, supporting **673** unpaid carers so far.

With the cost-of-living crisis now placing even more financial strain on unpaid carers, we recognise the increasing importance of **funded respite breaks**. That's why in the coming year, a priority for us will be to ensure unpaid carers can take the breaks we know they desperately need, but couldn't otherwise afford.

SUPPORTING AND HELPING CARERS THROUGH COVID-19

Carers Trust is only able to make a difference for unpaid carers thanks to its network of 123 local partner organisations that deliver services right across the UK. Much of the money raised by Carers Trust is used to provide invaluable grants, skills and training to carers via our partner organisations. These grants and skills help transform carers' lives.

When the UK went into lockdown in 2020, Carers Plus Yorkshire feared it would have to close its peer support programme. Funded thanks to grants from Carers Trust, the programme was providing activities and events that helped tackle loneliness among older carers living in remote areas in North Yorkshire. Determined to keep carers connected despite the need to self-isolate, Carers Plus Yorkshire came up with a plan to use Carers Trust funding to help equip and train older carers to get online. Socially distanced training helped many carers get online for the first time in their lives so they could join online Zoom sessions to take

part in art classes and VE Day singalongs. The training and zoom sessions not only ensured these older carers remained connected while self-isolating, it also meant they were able to keep in touch with their wider families through video calls.

Last year Carers Trust worked with its long-term funder, the **National Garden Scheme**, to open up some of its beautiful gardens to free, COVID-secure visits from unpaid family carers. We worked with our Network Partners, including Carers Plus Yorkshire, to help unpaid carers take a much-needed break from their caring role, get outdoors and reconnect in person with other carers.

Carers Trust helped Carers Plus Yorkshire to organise a visit to the beautiful grounds of Havoc Hall in North Yorkshire. For many of the carers it was an incredibly rare opportunity to leave their home and take a break from their caring role, giving them some precious time to themselves in a beautiful open space.

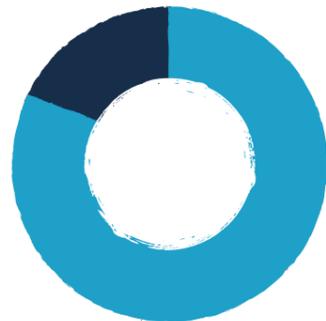
“ This is only the second time for months we've met in person due to the pandemic. We appreciate and enjoy meeting each other as a group. We can share what we're going through with no embarrassment as everyone understands what it's like to be a carer – we all support each other. ”



WORKING WITH OUR NETWORK TO DEVELOP TRANSFORMATIONAL PROGRAMMES

Local support for unpaid carers

Carers Trust Network Partners directly engaged with **456,089** unpaid carers, including more than **46,876** young carers and young adult carers across England, Scotland and Wales. This included:



The Network is now covering **78.2%** of all local authorities, through local authority and health contracts.

26,894

more unpaid carers directly supported this year compared to last year.

- A **67%** increase in our representation of LGBTQ+ communities since last year.
- Supporting **13,944** young carers under 12, **21,259** young carers aged 12-17, and **11,673** young adult carers.

The impact of our grants across the UK

Thanks to the continuing long-standing support of donors including The Rank Group PLC and Pears Foundation.

£4,016,421 was awarded in grants across the UK to support unpaid carers.

The unpaid carers supported by grants figures broken by region are:

Region	Unpaid Carers	Grants awarded
England	10,249	£2,260,683
Northern Ireland	23	£5,865
Scotland	5,421	£408,288
Wales	5,989	£1,341,584

£579,560 was awarded in **2,429** direct grants, helping carers purchase:

319 washing machines and dryers	556 holidays and time away from caring	83 skills development courses/training	186 cookers
276 driving lessons and tests	156 fridge/freezers	116 IT equipment and broadband costs	255 beds and bedding

Partnership working

101 of our **123** Network Partners > Accessed grants totalling **£3,758,829**

Embedding quality across our Network

Carers Trust has piloted a feedback survey across four Network Partners and **859 carers**. The pilot aimed to gain feedback from unpaid carers on the services they were accessing. The survey found that **81% of respondents** said they are satisfied that the Network Partner organisation understands their needs. The success of the pilot means Carers Trust will roll out the survey across its Network to better understand the experience of unpaid carers using services, and how these services can be improved.



Supporting unpaid carers from under-represented groups

Carers Trust is working with **27** of its Network Partners on the **Making Carers Count** programme, a programme that focuses on identifying and supporting unpaid carers from groups that have previously found it hard to access services. These include ethnic minority carers, LGBTQ+ carers, male carers, and young and young adult carers (particularly in areas where services are inconsistent or do not exist). A total of **27 projects were launched** across England, Scotland and Wales, in addition to workshops focused on building the capacity of programme partners in supporting under-represented groups of unpaid carers.



Working to make our communications and materials more inclusive

Thanks to funding from players of **People's Postcode Lottery**, Carers Trust has worked with unpaid carers from under-represented communities and six of its Network Partners to develop *A Guide to Inclusive Communications*. Focus groups of male carers, LGBTQ+ and ethnic minority carers provided feedback on a selection of existing Network Partner communications materials, providing invaluable feedback on how to improve communications and marketing practices and remove barriers inhibiting unpaid carers from under-represented groups from engaging in our services.



Sharing knowledge across our Network

Over 1,200 employees from across the Carers Trust Network have signed up to access our online Knowledge Hub portal that shares news and examples of best practice across the Network. The portal has received **119,800 visits** from **954 unique viewers**. And in the last year Carers Trust set up **52 separate webinars** or other online engagements to allow Network Partners to meet, share best practice and access training to improve services.



Her Royal Highness The Princess Royal's Respite Fund for Carers



In May 2021 Carers Trust launched **Her Royal Highness The Princess Royal's Respite Fund for Carers**. Since its launch, funding raised through the Respite Fund has been used to fund Network Partners in Scotland and Wales to provide a variety of respite breaks for carers through two programmes, Time for ME and Carer Respite Support & Development. So far 7 Carers Trust Network Partners have been **awarded funding totalling £96,799**. This has resulted in **673 unpaid carers being supported** so far.

Carers Support Fund in Wales



Carers Trust is responsible for organising a Carers Support Fund in Wales, funded by Welsh Government, that supports unpaid carers experiencing financial hardship as a result of their caring role. Working with Network Partners in Wales, this year the **fund has awarded over £1m to help 5,385 unpaid carers in Wales**.

SUPPORTING THE DEVELOPMENT OF SOLUTIONS FOR UNPAID CARERS

Anyone can become an unpaid carer at any stage of their life which is why we develop solutions to meet their specific needs as their circumstances change.

Improving understanding of young carers in Wales



With funding from the Welsh Government, Carers Trust supported local authorities to **launch the Young Carers ID Card**. The scheme aims to help young carers get the support and advice they need, allowing increased identification of young carers at locations across all **22 local authorities** in Wales. In the last year we have: produced resources to train professionals in how to better identify young carers; and facilitated regular meetings and workshops with local authorities to help them promote the ID Card scheme.

Transforming carers' experiences of health and social care in Wales



Carers Trust works with Carers Wales on the **Carer Aware Project**, a Welsh Government funded initiative, that is transforming and enhancing the experience of unpaid carers interacting with the health and social care services on behalf of the person they care for. In the last year we have: published animations and handouts for professionals on unpaid carers' legal rights; published guidance on unpaid carers for community pharmacies; created training for health sector staff that has received excellent feedback; supported unpaid carers to self-film their experiences of accessing health and social care.

Taking a family approach to support unpaid carers in Scotland



As partners in the Erasmus+ funded project, **'Together: A Whole Family Approach for Young Carers'**, we created key resources to support young carers and facilitate open dialogue within families. We worked in partnership with Y Sort It Carers Centre in West Dunbartonshire and Stirling Carers Centre to pilot whole family workshops with **10 young carers and their families**. Interactive conversation cards and toolkits help practitioners facilitate these conversations. We also developed an online training course that supports practitioners, helping them build a whole family approach into their work.

Improving the education landscape for young carers and young adult carers



COVID-19 and lockdowns had a serious impact on the mental health and wellbeing of young carers, highlighting the importance of improved identification of, and support for, young carers and young adult carers in education. Our **Young Carers in Schools** programme delivered a digital education conference for **191 professionals** to share experiences and understand how they can better support young carers and young adult carers. Our Going Further, Going Higher Ambassador pilot trained **18 young adult carers** with the skills and confidence to approach their colleges and universities to advocate for carer recognition and support. The Ambassadors worked with **15 Further and Higher Education** providers to ensure that **123 young adult carers** got additional support with their studies. We will launch a new website for updated Young Carers in School resources in the new academic year.

Supporting unpaid carers move closer to employment



Funded by the European Social Fund and The National Lottery Community Fund, our Working for Carers programme supports adult carers across London to move closer to employment. The programme helps unpaid carers build their confidence and supports them through activities like CV writing and interview practice. Since its inception in 2016, **Working for Carers** has more than doubled its target number of unpaid carers and former unpaid carers that have been moved back into employment, and **83%** of participants reported increased confidence since joining the programme.



Transforming Young Carers' Futures



Our Network Partners working with young adult carers highlighted the lack of opportunities for young carers to gain access to education, employment and training. So Carers Trust has launched an ambitious UK-wide programme designed to improve access to opportunities at key stages of a young carer's life as they transition into early adulthood. To achieve this we have: partnered with fantastic employers across many sectors, including online florists Bloom and Wild, pension fund managers Quilter, the Civil Service and Movement to Work – a collective of employers supporting young people into work. Our partnership with the Body Shop has already resulted in **12 young adult carers** gaining employment!

Paid internships for young adult carers thanks to players of People's Postcode Lottery



With funding from People's Postcode Lottery, Carers Trust has developed an innovative paid internship programme for young adult carers eager to develop workplace skills and experience. **Five young adult carers completed internships** at Carers Trust during September to December 2021, with further placements being offered during summer 2022. This innovative model has been co-designed with young adult carers and feedback from the first cohort of interns has been instrumental in the further shaping of the programme.



Empowering carers through confidence building

Jaycee chose to leave a 30-year nursing career to become a primary carer for her mother. Supported by Wandsworth Carers Centre, during lockdown she volunteered to run online laughter yoga and relaxation sessions with unpaid carers at the centre and decided this was something she would like to take further.

Wandsworth Carers informed Jaycee about Working for Carers and she registered with the programme in December 2021. Jaycee was interested in becoming self-employed, but didn't know how to balance all this around her caring responsibilities, as she lacked confidence and felt overwhelmed by the process.

She attended a "building your confidence" workshop which helped her greatly – identifying her strengths, providing her with emotional support and connecting with other unpaid carers in similar situations. She had one-to-one meetings with an advisor who supported her in registering her business and managing her time and energy. Armed with this newfound self-belief and skillset, Jaycee is now ready to leave the Working for Carers programme and accelerate the growth of her social enterprise business, Zen Laughter, doing the work she loves.

AWARENESS RAISING AND INFLUENCING

“The lack of financial support puts a ridiculous amount of stress on the family, when life is stressful enough as it is. We may end up having to sell our family home.”

Survey reveals lack of support for unpaid carers and financial hardship.

Carers Trust conducted a survey of more than **1,500 unpaid carers** last year to assess the level of support they receive from the social care system. The findings were alarming. **86% of respondents agreed** that their needs had been ignored for a long time by successive governments. The survey also found that many were being driven into acute financial hardship as a result of their caring role. More than half said they did not receive Carer's Allowance, while **48% said they had to give up work** to care for a family member. **The survey findings**, which gained widespread media coverage, including on BBC Breakfast and Sky News, are included in our report, *Pushed to the Edge*.



Putting unpaid carers at the heart of all our work

Carers Trust is committed to developing and embedding carer involvement across all areas of our work. This ensures everything we do is grounded in and shaped by carer voice and experience. With support from People's Postcode Lottery, we commissioned a review of how we could transform our approach to carer involvement, the findings of which have helped to shape exciting plans we have developed as part of our new three-year strategy.

Boost to unpaid carers in Scotland with doubling of winter supplement

As a member of the Carer Benefits Advisory Group in Scotland, Carers Trust has long advocated for extra financial support for unpaid carers, especially after many had to spend even longer on their caring responsibilities during the lockdown. In response, Members of the Scottish Parliament voted unanimously last year to double the winter payment of the £230 supplement received every six months by all unpaid carers who receive Carer's Allowance. The additional payment benefits around 91,000 unpaid carers. Announcing the award, the Scottish Government said it was “in recognition of the role carers play in society” and “the additional pressures [on them] caused by the pandemic”.



Building a case for more support for unpaid carers living with someone with dementia

Carers Trust has produced **Experiences of unpaid carers caring for someone with dementia**. The report uses interviews with unpaid carers during the pandemic to highlight key emerging themes like carer recognition and the changing caring relationship. It recommends flexible, agile support and a better partnership approach between unpaid carers and statutory services. The findings will contribute to developing new resources designed to raise awareness amongst policymakers about the need for more support for people who care for someone living with dementia and other long term health conditions.



Shaping the future of breaks for unpaid carers in Wales

Carers Trust has worked with Swansea and Bangor Universities on **What a Difference a Break Makes**, a report designed to inform the Welsh Government's approach to implementing a Short Breaks Fund for unpaid carers. The report was co-produced with unpaid carers and the people they support, setting out the outcomes they wish to achieve. It also identifies 12 key principles to inform future short break options and what they might look like in practice. The report was received last year by the Ministerial Advisory Group on unpaid carers in Wales.

Young carers caring for longer and feeling stressed

Survey findings released for Young Carers Action Day show a steep rise in young carers' responsibilities with over a third feeling 'stressed', 'worried' and 'lonely'. The survey also pointed to a worrying lack of support for young carers. More than half of those who responded said they either 'never' had someone to talk to about balancing their caring responsibilities with school work, or 'not enough'. Our research and report, which includes recommendations for policymakers, gained extensive media coverage.

“It's harder than anyone understands and I feel like I'm drowning.”



Revealing the impact of COVID-19 on unpaid carers in Scotland



Research released by Carers Trust last year revealed how Coronavirus had taken a huge toll on unpaid carers in Scotland. **90% of all respondents to a survey** said they were spending more time caring because of the pandemic. And **82% said they'd not had a single respite break** since the start of the pandemic. Responding to the survey, Mental Wellbeing and Social Care Minister, Kevin Stewart, said that the Scottish Government was committed to continuing “to work closely with Carers Trust and national care organisations to ensure that carers continue to receive the support and the services they rely on.”

Raising the voice of unpaid carers during Carers Week

Carers Trust, along with unpaid carers supported by Network Partners, met MPs at a virtual drop-in event in Parliament during Carers Week. Carers also attended separate group meetings with the Minister for Care, the Minister for Disabled People, the Shadow Minister for Care, and the Leader of the Liberal Democrats. This was a great opportunity for unpaid carers to have their voices heard.

Protecting young carers' rights in Scotland

Carers Trust supported two Scottish young carers to attend monthly meetings on implementation of the United Nations Convention on the Rights of the Child (UNCRC). The young carers were part of a group called Rights Right Now and at the meetings they shared their views on young people's rights and what implementation of the UNCRC would mean specifically for young carers.

Health and Wellbeing Alliance

As part of work on the Carers Partnership, our Social Prescribing project outputs were mentioned in the Social Care White Paper. These resources support commissioners and providers with top tips to help unpaid carers to access Social Prescribing and the importance of supporting unpaid carers who face additional barriers, showcasing good practice across different Voluntary, Community and Social Enterprise (VCSE) organisations, including Network Partners.

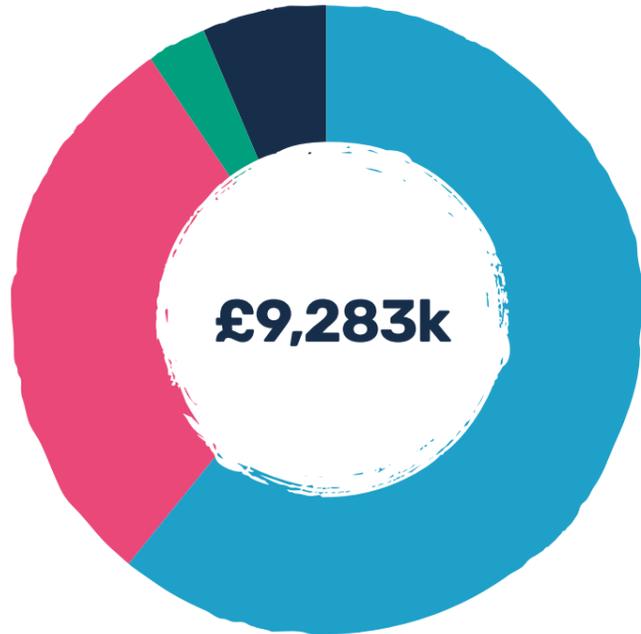


FINANCIAL REVIEW



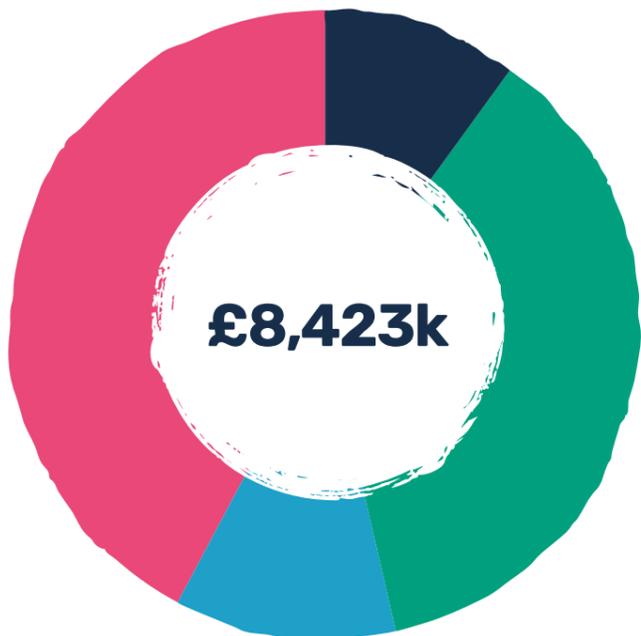
HOW WE RAISED OUR FUNDS

- Donations
61% (£5,655,074)
- Government grants
29.7% (£2,761,408)
- Legacies
3% (£280,280)
- Membership fees and Other income
6.3% (£585,998)



HOW WE USED OUR FUNDS

- Costs of generating donations and legacies
10.1% (£847,560)
- Supporting the development of solutions for carers
36.4% (£3,067,849)
- Influencing and awareness raising
11.5% (£968,970)
- Working with our network to develop transformational programmes
42% (£3,538,688)

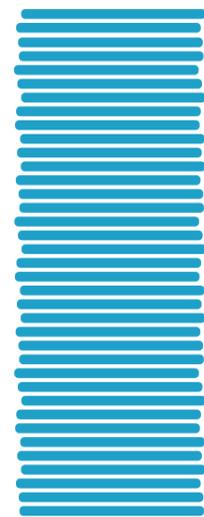


WE CARE ABOUT SPENDING YOUR GIFTS CAREFULLY



FOR EVERY £1 YOU GIVE, WE ENSURE THAT

90p is spent directly on charitable activities.



10p is spent on raising money to keep the issue of caring and unpaid carers at the forefront of people's minds.

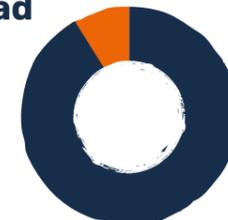


AND FOR EVERY £1 WE SPEND RAISING MONEY,



WE RAISE £10.26

By spending money on fundraising we generate even more money for unpaid carers. Our overhead costs, excluding costs relating to raising funds, represent **9.1%** of total costs.



WE'RE THE ONES CARERS TRUST

You can help us make a difference for unpaid carers by:



Involving your company

Making a donation - either one-off or regular



Taking part in an event or setting yourself a fundraising challenge

Supporting unpaid carers via your trust or foundation



Providing for the future with a legacy

Get involved at [Carers.org/support-us](https://www.carers.org/support-us)

PROVIDING A SHORT BREAK FROM RESPONSIBILITIES

Having a break is crucial for people like Kati, 40, a single mother from Wrexham, who cares for her grandparents as well as looking after her four children.

Kati's grandparents live with several debilitating health conditions, including Alzheimer's, vascular dementia and a degenerative back condition. Kati spends two to three hours a day at their home, shopping for essentials and taking them to medical appointments.

As well as looking after her own four children aged 10, 9, 6 and 2, Kati also has to manage her own condition, fibromyalgia. It is no wonder she is constantly exhausted.

She often feels guilty she is not spending as much time as she would like with her children.

At the end of May 2022, Kati was able to have a much-needed holiday with her children, thanks to a Carers Trust grant.

The grant, made possible thanks to funding from the Pears Foundation, was made following an application from the North East Wales Carers Information Services. It meant Kati was able to have a camping holiday in Fairbourne. She said it was wonderful to be able to have a break away from her caring responsibilities with her children and dog, and to have some time to recharge so she can carry on caring.

“People judge very harshly with no real understanding of the situation. I am missing out on being able to work due to the care crisis in social services which is unable to put a care package in place.”



SUPPORTING UNPAID CARERS IN THE YEAR AHEAD

There has never been more reason to support unpaid carers. Even before the pandemic, they didn't get the support they needed from the social care system. We know from our network of local partner organisations that Coronavirus has only exacerbated those existing challenges, with many sacrificing their own physical health and mental wellbeing to carry on caring for family members when services shut down.

And while society is now opening up again from COVID-19, it's a very different story for unpaid carers. And a majority of carers are now having to face the prospect of a cost-of-living crisis and its impact on their finances, already depleted by having to give up a job because of their caring role.

This is why we have committed to an ambitious **new 2022-2025 strategy**, "Building a Caring Society", that aims to: increase by **75% the reach of our support to 1.5 million unpaid carers**, increasing especially the uptake of support from unpaid carers from under-represented communities; extend our local network to ensure **100%** coverage of all UK local authorities; and campaign and influence policy, giving unpaid carers - and the organisations that support them - a voice.



Our work will centre on providing respite and breaks, mental health and wellbeing as well as financial support so unpaid carers can afford the essentials. We will focus on young carers, young adult carers and unpaid carers from under-represented groups.

Our strategic priorities include:



- Implementing our new strategic vision for the next three years.
- Working with our network of local carer organisations to deliver sector-leading support to increasing numbers of unpaid carers of different ages as well as unpaid carers from under-represented groups that have not previously been able to access support.
- Launching our new programme of carer involvement work that will place the voices, and lived experience, of unpaid carers at the heart of both our policy and practice work.
- Expanding Her Royal Highness The Princess Royal Respite Fund For Carers to provide thousands more unpaid carers a funded break from caring. We aim to raise £3m by 2023-24.
- Continuing to expand communication of our policy and external affairs work to influence both public and political opinion and ensure we are positioned to be the voice of unpaid carers in strategic influencing work.
- Using our existing programmes and insights to build a rich basis of evidence to be used in enhancing the design and delivery of future programmes and influencing work.

In increasingly uncertain times, we are committed to extending the reach of our support to many more unpaid carers over the next year. With your help, we will make an even bigger difference for unpaid carers.

THANK YOU TO OUR SUPPORTERS

Despite all the continuing difficulties of ongoing lockdowns and Coronavirus restrictions, you have shown your continuing commitment to working with us to make a real and lasting difference for unpaid carers. We have been simply overwhelmed by your unflagging generosity, as well as the ever more inventive ways in which you have devoted your time and energy to continue fundraising.

We would like to thank all of you most sincerely, whether you contributed to an appeal, made a regular gift, pledged a gift to us in your will or took part in a fundraising event, big or small. Your generosity is what allows us to carry on supporting unpaid carers through even the most difficult times.

We would also like to offer special thanks to: our President, Her Royal Highness The Princess Royal; our Vice Presidents, Ambassadors, Trustees, Network Partners and our fundraising committees. We are truly grateful for your continuing commitment to supporting unpaid carers.

“It gave me a sense of leadership, it gave me opportunities, and in a way, I feel like I became someone who can lead, like the teachers and adults and to do new opportunities for young carers.”

Young carer who took part in our My Mental Health project



Corporate supporters

Association of British Insurers
Bloom & Wild
Cadent Gas
Jehu Property Group
Markel (UK) Ltd
National Garden Scheme
Next Plc
NHS Property Services Ltd
NRS Healthcare
Quilter Foundation, The
Rank Group PLC, The
Smartbox



Individual supporters and major donors

Bruce Tollis Trust, The
Richard Burns
David and Linda Fish
John Lowrie Morrison, OBE and Maureen Morrison
Pears Foundation
Peter Westropp Memorial Trust, The
Reuben Foundation, The
Rind Foundation, The
Andrew O Robertson, CBE
Scarborough Group Foundation/Sandra and Kevin McCabe, The
TJH Foundation, The
Peter and Janet Winslow



Legators

John Francis Barclay
Anne Bevan Parry
John Fitzgerald Sandford
Josephine Singer



People's Postcode Lottery

Support from the players of People's Postcode Lottery

Trusts, foundations and charitable partnerships

Adrian Swire Charitable Trust, The
Annette Duvollet Charitable Trust, The
Anthony Scholefield Foundation
Chillag Family Charitable Trust, The
City Bridge Trust
Corra Foundation
Covid-19 Support Fund
Dulverton Trust, The
Earlsmead Charitable Trust, The
Gannochy Trust, The
Gwendoline & Margaret Davies Charity, The
Harebell Centenary Fund, The
Hugh Fraser Foundation, The
Jenour Foundation, The
M & C Trust, The
Mr & Mrs JMB Charitable Trust
Margaret and David Walker Trust, The
National Lottery Community Fund, The
Porta Pia 2012 Foundation
Portrack Charitable Trust
Princess Anne's Charities Trust, The
Shaw Foundation, The
Simon Gibson Charitable Trust, The
Stichting Teuntje Anna Fund
Thomas Roberts Trust, The
Tudor Pritchard Charitable Foundation
Waterloo Foundation, The
Weinstock Fund
Youth Futures Foundation



Government

Department of Health and Social Care
European Social Fund
European Union's ERASMUS programme
European Union's Horizon 2020 research and innovation programme
Scottish Government
Southern Health and Social Care Trust in Northern Ireland
Welsh Government



TOGETHER WE'RE THE PEOPLE CARERS TRUST

Carers Trust (registered address)

10 Regent Place
Rugby
CV21 2PN

T: 0203 821 1700

E: info@carers.org

www.carers.org

 CarersTrust

 CarersTrust

 [carers.trust](https://www.instagram.com/carers.trust)

 [carers-trust](https://www.linkedin.com/company/carers-trust)

Carers Trust (London office)

2-6 Boundary Row
London SE1 8HP

T: 0300 772 9600

Carers Trust Wales

Transport House
1 Cathedral Road
Cardiff CF11 9HA

T: 0300 772 9702

Carers Trust Scotland

Spaces, Tay House
300 Bath Street
Glasgow G2 4JR

T: 0300 772 7701

HELP, SUPPORT AND INFORMATION THAT CARERS TRUST



Find your nearest Carers Trust Network
Partner for local support for carers by:

Searching for local support on Carers.org

Or calling **0300 772 9600** Monday–Friday, 9am–5pm.



Registered with
FUNDRAISING
REGULATOR

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, 10 Regent Place, Rugby, CV21 2PN.

© Carers Trust 2022. Photos on all pages, except pages 3, 5, 7, 11 and 16, courtesy of [istockphoto.com](https://www.istockphoto.com). All library photos posed by models except on pages 3, 5, 7, 11 and 16.