OUR IMPACT REPORT
Year ended 31 March 2021
As President of Carers Trust, I am only too aware of the impact coronavirus is having on unpaid carers. Far too many have become even more isolated from their friends and wider family as a result of the pandemic.

So, like so many of us, while I was unable to attend events in person, I was able to record a video message of support for unpaid carers to mark Carers Week in June 2020. It was also a great pleasure to join four unpaid carers, in the presence of Her Majesty The Queen, in a video call that same week. Alex, Nadia, Amna and Mary kindly shared the daily challenges they face as unpaid carers, and how they managed to balance their caring roles with looking after their own health and wellbeing. These are challenges that, of course, have become even more daunting due to the pandemic.

I was also pleased to have the opportunity to talk about the importance of making caring more visible, and to highlight the vital role played by unpaid carers and how they can access the support they need. So much of that support comes from Carers Trust’s Network Partners. This last year more than ever, they have played a key role in providing that support, adapting their services to meet carers’ evolving needs as the pandemic unfolded.

I am also proud of the way that Carers Trust has responded to the challenges of the year, campaigning to ensure carers’ rights are always on the agenda and stepping up so quickly to provide emergency support to unpaid carers in crisis.

Coronavirus has had a profound effect on society, and unpaid carers, already stretched to the limit, need our support now more than ever. That is why I am so pleased that this year will see the launch of Her Royal Highness The Princess Royal Respite Fund for Carers, raising vital funds to give carers a much-needed break from their caring roles. I do hope you will join us in supporting this appeal.

The COVID-19 pandemic saw us quickly adapting our plans for the year but by embracing a new way of working we continued to offer quality services and support for unpaid carers. Our revenue increased to nearly £10m – a testament to our continued efficiency and the trust which is placed in our ability to reach carers in need.

**WE EXTENDED OUR REACH AND NOW COVER 81% OF ENGLAND, SCOTLAND AND WALES.**

The benefits of being part of a wider Carers Trust Network came to the fore. Working with partners across the UK, together we reached 856,286 unpaid carers of all ages who had access to £4,377,823 in grants.

Our awareness raising and influence have meant that unpaid carers’ needs continue to be recognised, and we carried out landmark studies into social care and the impact of coronavirus on young and young adult carers. We commissioned an analysis of our equality, diversity and inclusion position to help us identify areas where we can make improvements as part of work to increase our reach to unpaid carers under-represented as service users.

We have continued to strengthen our governance including welcoming five new Trustees and building up our three Nation Advisory Boards. We also appointed Dr Saul Becker as our Ambassador. We thank those trustees and staff who we said good-bye to this year.

Through our sustainability strategy we have achieved a sound financial position. We have significantly increased our investment in supporting the growth and development of solutions for unpaid carers and in working to develop a stronger network; and have substantially increased our grant making. Thank you to everyone – each individual supporter, philanthropic organisation and business – who has supported us.

I would also like to thank my Carers Trust colleagues for the resilience and professionalism they have shown in a challenging year.

The year ahead will continue to bring many challenges as more than ever, we need to continue our work to reach and support more unpaid carers. With your help we are confident that we can take forward our plans to support them as they recover from the impact of the pandemic.

John McLean, OBE
Chair, Carers Trust

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TOGETHER WE’RE THE PEOPLE CARERS TRUST

Carers Trust is a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

We do this with a UK wide network of quality assured independent partners and through the provision of grants to help unpaid carers get the extra help they need to live their own lives. With these locally based Network Partners we are able to support unpaid carers in their homes through the provision of replacement care; and in the community with information, advice, emotional support, hands on practical help and access to much needed breaks. We offer specialist services for unpaid carers of people of all ages and conditions and a range of individually tailored support and group activities.

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. That strategy has remained core to our work in 2020-2021 and our Impact Report 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.

HELPING UNPAID CARERS GET DIGITALLY CONNECTED

COVID-19 means that 20-year-old Asma, who cares for her mum, has been trying to isolate as much as possible to shield her. With a broken mobile, and unable to afford Wi-Fi or to access it at the library or local cafe, Asma was finding herself increasingly isolated from friends and unable to apply for work.

Asma told her support worker, who helped her apply for a Carers Trust grant, “Mum’s health problems mean that she is often shouting and frustrated, it’s very distressing. It is really difficult for us financially. This grant would help me with literally everything – basically I could get help.”

We were able to award Asma a grant of £300 for a mobile phone and dongle. Following the grant Asma was able to apply online for a role at a supermarket and got the job, giving her new experiences to carry into her future career. The grant also inspired new hobbies as it meant she could learn make-up and baking tips on YouTube over lockdown. She also took part in a young adult carer peer support group. None of this would have been possible without online access.

"BECAUSE OF COVID THINGS HAVEN’T BEEN EASY. HAVING THIS SUPPORT MADE A BIG DIFFERENCE TO ME. WHEN THE PANDEMIC HIT I FELT LIKE MY DREAMS WERE BLASTED BECAUSE ALL MY PLANS HAD GONE. BEING ABLE TO COMMUNICATE HELPED ME PUT THINGS BACK TOGETHER AGAIN."
OUR IMPACT IN NUMBERS

The Carers Trust Network reached 858,286 unpaid carers registered with their services. This included directly supporting (online, by phone or in person) 429,195 unpaid carers, including 54,362 young carers and young adult carers across the UK.

Network Partners are now reaching unpaid carers in 81% of all local authority areas in Great Britain (a 5% increase from the previous year).

£4,377,823 was awarded in grants across the UK to support unpaid carers.

£567,239 was awarded directly to 2,160 unpaid carers. This included 1,314 grants towards household goods and 300 grants towards respite.

1,933 unpaid carers in urgent need during the pandemic received a Carers Trust Emergency Fund grant of up to £300.

Our deliveries of 307,000 free items of PPE helped 20 Network Partners in England and Wales to continue to support unpaid carers safely.

2,000+ 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 coronavirus.

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

A 51% increase in Twitter engagement on Young Carers Action Day meant more people learnt that young carers need support to realise their ambitions.

Although we have been able to make a difference for many unpaid carers this year, our research shows an increasing need for support. Which is why, in the coming year, a key focus will be on the impact of COVID-19 on unpaid carers.

THE NETWORK CARERS TRUST

The Carers Trust Network includes 123* Network Partners across England, Scotland and Wales, providing information, advice, emotional support, practical help and breaks to unpaid carers.

David Trumper, CEO of Bath & North East Somerset Carers’ Centre, recognises how being part of our Network helps his organisation make a greater impact for unpaid carers.

“Being a member of the Carers Trust Network has significant benefits to our organisation.

“On a practical level, we were able to help 30 unpaid carers receive a Carers Trust grant, providing them with vital funds through the COVID-19 pandemic. We were also able to access funds ourselves to support young carers with their wellbeing through this period, as well as being beneficiaries of multiple grants in previous years.

“But being a member is much more than just a financial relationship. Bringing together the experience of carer support organisations gives us the ability to learn and share in a way we couldn’t do without the Network being there. We’ve benefitted from webinars and shared resources through the Carers Trust Knowledge Hub as well as being able to access data and statistics more easily.

“Regular policy briefings help to give us a sense of the national agenda for unpaid carers. This has enabled us to plan and adapt our services much more quickly and effectively. The Carers Trust brand also adds value when we are talking to funders and commissioners.

“And we’ve been able to make links with other Network Partners on a similar digital journey to our own to share peer support and learning – even those 350 miles away! This simply wouldn’t happen without the Carers Trust Network that we’re proud to be a member of.”

*123 as of 31 August 2021; 119 as of 31 March 2021.
Local support for unpaid carers

This year, the Carers Trust Network reached 858,286 unpaid carers registered with their services. This included directly supporting (online, by phone or in person) 429,195 unpaid carers, including 54,362 young carers and young adult carers across the UK. We saw:

- A 69% rise in young adult carers engaged with, compared with the previous year.
- A 13% increase in unpaid carers supported from ethnic minority backgrounds.
- A 4% increase in working age carers (numbering 201,098).

The impact of our grants across the UK

£4,377,823 was awarded in grants across the UK to support 33,744 unpaid carers.

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<th>Country</th>
<th>Unpaid carers supported</th>
<th>Grants awarded</th>
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<tr>
<td>England</td>
<td>22,901</td>
<td>£2,611,731.19</td>
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<tr>
<td>Northern Ireland</td>
<td>39</td>
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£567,239 was awarded directly to 2,160 unpaid carers including grants towards the purchase of:

- 314 washing machines and dryers
- 238 holidays and time away from caring
- 206 items and services supporting digital inclusion
- 195 driving lessons and tests
- 69 skills development courses/training

A quality service

93,535 unpaid carers received services from our 28 members regulated by the Care Quality Commission or Care Inspectorate Wales, including replacement care in the home. 79% of the 471 unpaid carers in our pilot feedback survey agreed that accessing services from their local Network Partner had improved their quality of life. Development of our own quality award is leading to more quality assured services for unpaid carers.

Learning and sharing

Network Partner professionals are delivering more for unpaid carers by sharing best practice, insight and expertise:

- 600+ Network members are now accessing the information they need to support unpaid carers on our Knowledge Hub.
- 151 delegates heard from 40 speakers at our online conference.
- Our forums and 21 webinars covered everything from safeguarding staff wellbeing to risk management.

Partnering working

123+ network partners accessed grants totalling £3,529,233.48.

Almost 2,000 unpaid carers and over 160 staff benefited from our Innovation Fund, helping Network Partners find new ways to deliver services and support the staff delivering them.

6,698 unpaid carers accessed respite and breaks thanks to £500,000 from the Department for Digital, Culture, Media and Sport (DCMS) and Pears Foundation, via 47 projects delivered with Network Partners across England.

70% of the 416 unpaid carers who completed our feedback survey reported feeling happier after taking part in our Connecting Communities, Connected Carers programme. Funded by a £650,000 Loneliness Fund grant from the DCMS, the project delivered support to 9,363 unpaid carers most at risk of loneliness.

87% of surveyed participants to date have improved their confidence after taking part in our Working for Carers project in London. It is funded by the European Social Fund and The National Lottery Community Fund.

424 Network Partner staff attended four awareness raising workshops as part of our work to increase reach to unpaid carers under-represented as our service users.

Responding to COVID-19

1,933 unpaid carers in urgent need received a Carers Trust Emergency Fund grant of up to £300 from May to July 2020.

6,444 unpaid carers in hardship in Wales were supported by Network Partners thanks to a £1.25m Welsh Government investment. Our deliveries of 307,000 free items of PPE helped 20 Network Partners to continue to support unpaid carers safely.

£252,017.85 was awarded directly to 2,160 unpaid carers including grants towards the purchase of:

- 314 washing machines and dryers
- 238 holidays and time away from caring
- 206 items and services supporting digital inclusion
- 195 driving lessons and tests
- 69 skills development courses/training

Unpaid carers supported Grants awarded

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*123 as of 31 August 2021; 119 as of 31 March 2021.
Supporting young carers

60% of local authorities in Wales have already launched the Young Carers ID Card. We have been instrumental in developing it as part of a Welsh Government scheme to support young carers.

45 young carer services received a grant to provide respite for 3,009 young carers as an alternative to the Scottish Young Carers Festival. 118 people also signed up for our online Festival.

70+ youth professionals have helped us develop our new whole family approach resources for young carers, their families and the people who support them in Scotland.

68 young carers have developed their resilience and wellbeing through our ME-WE project, delivered with the University of Sussex.

Making a difference in schools

322 trained Young Carers in Schools Ambassadors are helping 169 schools and colleges in England to support young and young adult carers.

Our Digital Education Hub has been accessed 2,219 times and is helping schools across Scotland to support young carers.

Improving the student experience

47% of student carers found it difficult to attend class in our Scotland research. It showed many are struggling and is informing our work on improving the student experience.

11 universities and six colleges in Scotland have received Our Going Higher/Going Further Award, enabling them to increase support for student carers.

All nine universities in Wales have worked in partnership with us to put systems in place to give student carers increased support. We also launched a new Carers Guide to Universities in Wales.

“THE UNIVERSITY STAFF . . . WILL DO ALL THEY CAN TO MAKE IT A LITTLE BIT EASIER.”

Unpaid carer at university

Supporting adult carers

1,000+ adult carers received support from our service in Northern Ireland.

200+ carers also took part in our activities.

“The course is fantastic! Have started to change food and pushing self to take more time for self.”

Unpaid carer

69% of surveyed participants had sustained employment for 26 out of 32 weeks since leaving our Working for Carers project in London.

100% of the 83 unpaid carers who fed back at the end of our healthy living project reported improved mental health. 293 took part in the scheme delivered by Carers Leeds.

2,000 copies of our new bilingual guide for family and friends caring for someone with dementia have been distributed via our Network and Age Cymru partners.

Our No Longer Able to Care resources are helping professionals support older parent carers and ageing carers prepare for a future when they are less able or unable to provide care.

INSPIRING CHANGE

Our projects funded by The Quilter Foundation, have to date helped 1,649 young adult carers make positive changes in their journey into adulthood. Participants have shown significant improvements in their wellbeing and reductions in loneliness as a result of volunteering, employability support and grants.

Celina, who lives in Wiltshire, became a young carer to her mother at an early age. Now 23, she also supports her five younger siblings while working full time. Celina joined ten other young adult carers on our Quilter Steering Group and after receiving support from Quilter volunteers and her local Network Partner, she was delighted to secure her dream job as a veterinary nurse.

“I enjoy absolutely everything about the Quilter Steering Group! Meeting other young carers in a similar caring environment for me was good. My friends do not understand my situation, which can be really challenging. Originally, I didn’t have the confidence to say I was a carer but after being involved in the Quilter group and with my local centre, it has made me feel more confident talking about who I am.

“The volunteers helped with my college course ... I don’t think I would have got the grades without the support and it made me feel confident and supported.”

“WHEN I LOOK AT MYSELF NOW, I CAN TALK ABOUT WHAT IS ON MY MIND AND WHAT I FEEL NEEDS TO BE SAID.”
INFLUENCING AND AWARENESS RAISING

Prioritising unpaid carers in the pandemic

Throughout the COVID-19 crisis our influence with key decision makers, including governments, has meant that unpaid carers:

- Have seen us holding governments to account to protect and prioritise unpaid carers’ rights and needs. This included issuing a public statement to ask MPs to pledge support on behalf of the prospective All-party Parliamentary Group on Young Carer and Young Adult Carers. We also secured a Welsh Parliament Committee Inquiry into the impact of COVID-19 on unpaid carers and a Welsh Government Carers Strategy, Delivery Plan and Carers Charter.
- Have had their voices heard. We supported young adult carers in Scotland and Wales to tell politicians about the impact of the pandemic.
- Have had access to education – we helped secure young carers in the list of vulnerable learners in England and Wales and developed COVID-19 guidance for schools and colleges.
- Can now access NHS volunteer responders in England, for help with tasks such as shopping.
- Are benefitting from funding to help services in Scotland provide remote support.
- Have increased access to COVID-19 testing, and PPE for care support workers and unpaid carers.
- Were included in phase one priority group six for the COVID-19 vaccine.
- Received a Coronavirus Carer’s Allowance Supplement payment in Scotland.
- Have benefited from our work with other charities during Carers Week, and with the Disabled Children’s Partnership and Care and Support Alliance, to prioritise unpaid carers’ needs.
- Are benefiting from funding to help services in Scotland provide remote support.
- Have increased access to COVID-19 testing, and PPE for care support workers and unpaid carers.
- Were included in phase one priority group six for the COVID-19 vaccine.
- Received a Coronavirus Carer’s Allowance Supplement payment in Scotland.
- Have benefited from our work with other charities during Carers Week, and with the Disabled Children’s Partnership and Care and Support Alliance, to prioritise unpaid carers’ needs.

My Mental Health

281 young and young adult carers in England campaigned with My Mental Health project, helping ensure their needs are now better understood by health, education and social care professionals.

Triangle of Care

50% of the 14 health boards in Scotland, and 21 mental health trusts in England have adopted our Triangle of Care model. It encourages service users with a mental health problem, unpaid carers and professionals to work together to improve service user wellbeing.

Digital engagement

Our enhanced brand and digital strategy are helping unpaid carers find information. We have doubled the proportion of people accessing our website via social media and have seen a 45% increase in engagements on Twitter.

Supporting innovation, capability and sustainability

Our primary research has helped us focus our influencing where it is needed most this year. Widespread media coverage of the results including ITV National news, raised awareness of caring during the pandemic.

- Over 2,000 unpaid carers took part in our social care survey, which showed that 64% of unpaid carers do not get enough support from the social care system. The results have backed our call to the UK government to move towards sufficient, secure and sustainable social care funding reform.
- Nearly 1,000 young and young adult carers responded to our survey about the impact of coronavirus with 69% feeling less connected to others since the pandemic. The results have helped us shape services to support this group of unpaid carers and influence decision makers to bring about change.

I CURRENTLY WORK BUT AM HAVING TO GIVE UP WORK BECAUSE I CAN’T AFFORD TO CARE AND WORK ANYMORE – IT’S RUINING MY HEALTH. THIS WILL LEAVE OUR FINANCES IN A MESS, BUT I DON’T HAVE A CHOICE.”

Male carer aged 55–64 who took part in our social care survey

- Ten young and young adult carers joined our Steering Group for our March day of action. They helped us develop the theme – Protecting Young Carers’ Futures – and actions which included calling on employers to recognise their skills, and decision makers to address education, employability and health.
- 20 cross-party MPs signed an Early Day Motion calling on all MPs to work together to protect young carers’ futures.
- Eight young carers highlighted the importance of accessing support when they joined our Bilateral Summit between Scottish and Welsh Government Ministers.
- Media coverage and social media increased awareness of young carers and the support they need to achieve their goals. We trended on Twitter, engagement increased by 51%, and we had 13,499 Instagram posts.
- Young and young adult carers’ creative work encouraged nearly 7,000 views of our Young Carers Action Day web pages.

I AM PROUD OF US AS A GROUP BECAUSE, WE ALL CAME TOGETHER, DIDN’T KNOW EACH OTHER, CREATED AN AMAZING THING AND ARE NOW FRIENDS.”

Steering Group member
FINANCIAL REVIEW

HOW WE RAISED OUR FUNDS

- Donations: 51.8% (£5,139,606)
- Government grants: 41.5% (£4,115,606)
- Legacies: 2.9% (£286,538)
- Membership fees and Other income: 3.8% (£376,134)

HOW WE USED OUR FUNDS

- Costs of generating donations and legacies: 10% (£1,007,508)
- Supporting the development of solutions for carers: 32% (£3,008,105)
- Influencing and awareness raising: 7% (£694,264)
- Working with our network to develop transformational programmes: 51% (£4,848,663)

WE CARE ABOUT SPENDING YOUR GIFTS CAREFULLY

FOR EVERY £1 YOU GIVE, WE ENSURE THAT

- 91p is spent directly on charitable activities.
- 9p is spent on raising money to keep the issue of caring and unpaid carers at the forefront of people’s minds.

WE RAISE £11.39

By spending money on fundraising we generate even more money for unpaid carers. Our overhead costs, excluding costs relating to raising funds, represent 10.6% 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

91P is spent directly on charitable activities.
9p is spent on raising money to keep the issue of caring and unpaid carers at the forefront of people’s minds.
Even before the pandemic, many unpaid carers didn’t get the support or recognition they needed. As we know from our work across the UK, including with Network Partners, this last year has exacerbated the challenges unpaid carers face.

That is why we are committed to being ambitious and innovative in our work, and why we will continue to strive to ensure that all unpaid carers across the UK are truly valued, recognised and supported.

We will achieve this by:

**SUPPORTING UNPAID CARERS IN THE YEAR AHEAD**

A digital first approach, building on the development of our people, our sustainability and brand, and creating new partnerships will be key to delivering our plans. Our strategic priorities include:

- Working with partners to deliver sector leading strategic programmes of support for unpaid carers, at different ages and stages of caring. This includes Making Carers Count, funded by the COVID-19 Support Fund. £5.8m from the Association of British Insurers will help support 36,560 unpaid carers from under-represented groups.
- Developing a strategic vision for 2022 and beyond.
- Launching Her Royal Highness The Princess Royal Respite Fund for Carers, to give thousands more unpaid carers a break from caring. We are aiming to raise £3m by 2023-24.
- Developing a new carer involvement programme to enable us to root our policy and practice in unpaid carers’ lived experience.
- Advocating on behalf of, and seeking positive change for, unpaid carers including social care reform.
- Working in partnership with others to ensure we can support unpaid carers who need us most.
- Our work will centre on respite and breaks, mental health and wellbeing, and financial support with a focus on supporting young and young adult carers and ethnic minority carers.

We are ready to do even more over the next year to support unpaid carers. With your help, we will continue to make a real difference.

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HELPING UNPAID CARERS PURCHASE EVERYDAY ESSENTIALS

This year, 30% of the unpaid carers supported by the Carers Trust Network were male. As 42% of unpaid carers in the UK are men, we know we have more work to do to ensure we meet their needs. Our flagship Making Carers Count programme will enable us to identify better ways to support them.

“The carer did not know that there were organisations out there who support carers like himself prior to registering as a carer and had battled on alone not knowing where to turn. He is immensely grateful for the help the grant will provide.”

Information and Advice Worker who helped an unpaid carer apply for a £300 Carers Trust grant for a new fridge freezer.

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THE CARER BECAME QUITE EMOTIONAL WHEN I INFORMED HIM OF THE AWARD, HE IS A VERY PROUD MAN WHO HAS BROUGHT UP HIS TWO SONS HIMSELF AND HAS NEVER ASKED FOR HELP.”
THANK YOU TO OUR SUPPORTERS

This year we have been overwhelmed by the generosity of our supporters and the passion you have shown for making a difference for unpaid carers. Despite the difficulties many of you have faced, you have still found the time and energy to recognise that for unpaid carers this year has brought unprecedented challenges.

We would like to thank everyone who has supported us whether taking part in our appeals, giving a regular gift, pledging a gift in your will, or joining in fundraising challenges at home and with colleagues.

We would also like to extend special thanks to our President, Her Royal Highness The Princess Royal, our Vice Presidents, Ambassador, Trustees, Network Partners, and our fundraising committees. We are so grateful for your continued commitment to unpaid carers as we go forward.

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**Corporate supporters**

- Acadian Asset Management (UK) Limited
- Alpha Solutions
- Anna Mason London
- Association of British Insurers
- Bloom & Wild
- Cadent
- Gap Property Services (Leicester) Limited
- Jehu Property Group
- Knight Frank LLP
- Markel (UK) Ltd
- National Garden Scheme
- Next Plc
- NHS Property Services Ltd
- NRS Healthcare
- Quilter Foundation, The
- Rank Group Plc, The
- Rixo
- Smartbox
- Virgin Media
- Watson Laurie Limited

**People’s Postcode Lottery**

Support from the players of People’s Postcode Lottery

**Trusts, foundations and charitable partnerships**

- Bupa UK Foundation
- Chillag Family Charitable Trust, The
- City Bridge Trust
- Community Foundation in Wales, The
- Corra Foundation
- Covid-19 Support Fund
- Dulverton Trust, The
- Earlsmead Charitable Trust, The
- Eranda Rothschild Foundation
- Gannochy Trust, The
- Gwendoline & Margaret Davies Charity, The
- Harebell Centenary Fund, The
- Hick Charitable Trust, The
- Hugh Fraser Foundation, The
- Kathleen Hannay Memorial Charity, The
- Jenour Foundation, The
- Loteri Cymru
- M & C Trust, The
- Mr & Mrs JMB Charitable Trust
- Peter Sowerby Foundation, The
- Portrack Charitable Trust
- Prince of Wales’s Charitable Fund, The
- Princess Anne’s Charities Trust, The
- Robertson Trust, The
- Shaw Foundation, The
- Simon Gibson Charitable Trust, The
- Sobell Foundation, The
- Stichting Teuntje Anna Fund
- Waterloo Foundation, The

**Government**

- Department for Digital, Culture, Media, and Sport
- Department of Health and Social Care
- European Social Fund and National Lottery Community 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

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“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