Welcome

Find the latest news about the Carer Aware project and how you can get involved.

Thank you for reading the latest edition of the Carer Aware Newsletter.

Carers Trust Wales and Carers Wales are working in partnership to deliver a Welsh Government funded project called ‘Carer Aware’. Together, we aim to transform the recognition, respect and support unpaid carers receive in health and social care settings. At the heart of our project is a commitment to coproduction and to involve and empower carers through the delivery of our partnership work.

There are opportunities to get involved throughout the newsletter and we welcome your feedback. Email us at wales@carers.org or info@carerswales.org

In this newsletter
- Carer Aware Seminar on Health
- Senedd drop in
- October Social Care Professionals Management Seminar Invite
- Join our Project Advisory Board
- Co-production toolkit
- Social Work Training

Did you know?
- 100% of health workers and 86% of social workers felt more confident of carers’ rights when they attended our training.
- Social workers completing training confidence grew from 6.8 to 9.2 (out of 10) on how to deliver a Carers Assessment following best practice
- Every health student who attended Carer Aware felt more prepared to support unpaid carers after undergoing training
- Training is available for health and social care professionals by contacting: wales@carers.org or info@carerswales.org
The Carer Aware Seminar on Health

This Carer Aware seminar took place at the All Nations Centre in Cardiff on 10 July. The audience was a mix of frontline health sector professionals, strategy/policy health sector professionals, and carers who are engaged in strategic work to influence services (or who wish to be).

It was attended by 28 delegates who engaged with us in interesting and inspiring discussions. We also had a videographer present, with a video of the event expected to be published in the Autumn.

The plenary session speakers included Kay Tyler (unpaid carer Regional Partnership Board representative) and Nick Andrews (Swansea University, Developing Evidence Enriched Practice) in the morning, as well as an expert panel for an afternoon Q&A. Workshops included sessions on good practice in hospital discharge; the co-production toolkit; research exploring the experiences of Black, Asian and Minority Ethnic unpaid carers; and the Triangle of Care programme (a standard for effective relationships between health care providers/patients/unpaid carers).

We had a 79% response rate to our seminar feedback survey. Of those who completed the survey, 50% identified as professionals, 50% identified as occupying both roles of unpaid carer and professional, with discussions on the day showing that the professionals were roughly evenly split between frontline and policy. 100% of respondents gave a score of either 4 or 5 on the content of the event (with 1 being poor and 5 being excellent), with 77% reporting being more aware of best practice as a result of the seminar. There has also been a range of follow-up enquiries and actions with health and social care organisations following on from the event.

We are discussing a larger Carer Aware conference to take place in 2024. Please get in touch if you have questions, ideas or suggestions about that, and/or, if you’d like to receive more details about what was discussed at this year’s event: dzilkha@carers.org
Carer Aware at the Senedd

The Carer Aware project is heading to the Senedd in November. On Tuesday 21st November we will be hosting a drop-in for Members of the Senedd, Senedd staff and members of the public.

We will be exhibiting the resources and training we have produced through the project and discussing our progress so far in upskilling the health and social care workforce to better support unpaid carers. The drop-in will be in the Oriel of the Senedd, between 12 and 1.30pm, and will take place two days before Carers Rights Day.

At the drop-in, we will also be looking for commitments from Senedd members to get their teams Carer Aware trained and to support the project's aims.

This drop-in event is sponsored by Jayne Bryant MS.

If you are in the area and would like to discuss Carer Aware, why not join us.

Social Care Professionals Management Seminar

We're inviting management professionals in social care to join us to look into our learning from the first three years of the Carer Aware training for social workers.

The forthcoming event will be an opportunity to hear more about the project, find out which local authorities’ social work teams have received Carer Aware training set out in our attendance league table, learn about what social workers from across Wales have told us regarding the good practice and barriers they see in their work with unpaid carers. There will then be opportunity to feedback thoughts and ideas.

This event will be held at the Future Inn in Cardiff and online simultaneously on Thursday 5 October 2023 at 9.30 am. It is targeted at Social Work Managers, Heads of Adult and Child Social Service Teams and Directors of Social Services.

Sign up on Eventbrite https://www.eventbrite.co.uk/e/713233790467?aff=oddtdtcreator

Carers Rights is on Friday 23rd November

Autumn 2023
Seeking new Advisory Board members

Do you want to see better services for unpaid carers in the health and social care sector? Do you have ideas to share and want to get involved?

Are you a health or social care professional who wants to see unpaid carers supported better? Are you willing to share your insights and promote the project within your contacts?

OR

Are you an unpaid carer who wants better health and social care services for carers?

Do you want health and social care services which better support and respect carers? Do you have ideas on how services could be improved?

Our Advisory Board meets 4 times per year online.

We’re keen to welcome new board members who are interested in participating in these meetings, and who are willing to champion the project with their contacts, and provide relevant introductions for the project staff. This is a voluntary role.

If you are interested and would like more details or have any questions, please contact: dzilkha@carers.org

Co-production Toolkit

Our Co-Production Toolkit went live in early July and has since been generating regular questions / requests from health and social care providers. It provides guidance to organisations about how and why to co-produce services with unpaid carers and can be found here in English and Welsh.

We’d love to hear your thoughts, so please do get in touch with any questions or feedback: dzilkha@carers.org

Do you want to see real-life examples of carer co-production?

We have put together a collection of case studies that show the advantages of truly co-producing with unpaid carers for both the organisation as well as the carer. Click the button to see more.

See more
Our online Carer Aware training sessions for social workers continue to be held on the first Wednesday of every month, and all of our sessions through to March 2024 are available to register for tickets. All sessions run from 9.30 - 11 am, and are open to social workers from any local authority in Wales.

Since April, we have delivered 6 online training sessions and 1 in-person training session. In this period we have trained social workers from 8 local authority areas. Since the project began, over 420 social workers have received Carer Aware training.

We are always keen to welcome more social workers to our free training sessions, so please get in-touch if you would like to work with us to promote the training to your social workers. We can also share our league table which breaks down attendance by local authority. We also have some limited capacity to deliver in-person sessions. Please contact jake.smith@carerswales.org

Social Worker Training

Contact us:
Carers Trust Wales: wales@carers.org
Carers Wales: info@carerswales.org

Funded by