GIVING UNPAID CARERS WHAT THEY NEED MOST

With a cost-of-living crisis, soaring energy bills and social care staff shortages, supporting unpaid carers financially is more important than ever before.

Our Carers Funds is one of the great ways we can provide financial support to unpaid carers in these difficult times. Carers over the age of 16 can apply for Carers Funds via their Carers Trust Network Partner for a wide range of reasons – perhaps their washing machine has broken and they can’t afford to replace it. Or they may be in dire need of a break away from their caring role but don’t have the money to cover the costs of a trip.

We are pleased to announce that between April and December 2022, we were able to award over £400k in individual grants to unpaid carers.

This represents a total of 1,851 grants to support unpaid carers, including: 508 for holidays and time away from caring; 242 for washing machines and dryers; and 141 to support with transport costs.

These grants would not be possible without your continued support, which is as vital now as it has ever been. Thank you.

BOB & ALISON’S STORY

Bob and Alison were only a year into their marriage when their world was turned upside down. On their first wedding anniversary, Bob was diagnosed with a rapidly growing cyst on his brain that required urgent surgery. Bob now needs round the clock care from Alison to help him do simple everyday tasks. Due to the severity of his brain injury, he never knows what day of the week it is. He is easily confused and misunderstands what’s happening. There are some days when he can’t even speak or look at his friends and family.

Thanks to the help of a Carers Trust Network Partner, Bob and Alison now have a cleaner which has taken some of the strain off Alison. And thanks to a Carers Trust grant, Alison now has a laptop, which enables her to keep up with the endless administrative tasks of being a full-time unpaid carer.

“IT’S IMPORTANT TO REMEMBER YOU’RE NOT JUST A CARER,” SAYS ALISON. “YOU HAVE TO REMEMBER TO DO THE THINGS YOU LOVE AND REMIND YOURSELF WHO YOU ARE.”

THANK YOU

Our young carers winter appeal has raised over £20k to date and this is all thanks to the generosity of our donors. We would like to thank all our donors for their ongoing support.

LOCAL SUPPORT FOR UNPAID CARERS

If you are an unpaid carer you may be able to receive a grant as part of a package of support from your local Carers Trust Network Partner. Find your nearest service on Carers.org or call 0300 772 9600 (Monday – Friday, 9am – 5pm).
In November we published results from our survey of 2,675 unpaid carers from across the UK. The survey revealed how many are experiencing unprecedented financial hardship due to their caring role.

The survey report starkly highlighted how unpaid carers have been pushed even further into financial misery by the cost-of-living crisis. Examples of this included:

- One in seven unpaid carers have had to use a food bank.
- Almost two thirds of unpaid carers have either had to give up work altogether or reduce their paid hours because of their caring role.
- 25% of unpaid carers have had to cut back on food.

"I FEEL LIKE I’VE DISAPPEARED" – OUR ADULT CARER SURVEY FINDINGS

Based on the survey findings, Carers Trust is recommending that the UK Government:

- Urgently provides additional financial support to unpaid carers to help them cope with the costs of caring
- Commits to publishing a UK-wide strategy for unpaid carers by the end of 2023
- Urgently develops a solution for the sustainable funding of adult social care.

The survey findings received widespread media coverage, including in The Independent, The Daily Mail, The Evening Standard and Private Eye.

To learn more read the full report at: Carers.org/disappeared

CELEBRATING 50 YEARS OF OUR FOUNDER CHARITY, CROSSROADS CARE

In 1973, the TV show Crossroads featured a storyline which involved the son of the Crossroads Motel owner having a car accident and becoming paralysed. His mother then had to care for him at home.

Seeing the programme and its parallels with his own situation, Noel Crane wrote to the production company, ATV, to query them on some of the details of their portrayal of the character’s disability.

ATV then took Noel on as an advisor on disability issues, and an additional character with the same permanent disability as Noel was introduced into the show. This character’s problems were directly modelled on those of Noel Crane.

Compelled by the issues Noel raised, ATV then donated £10,000 to set up a pilot project in Rugby called Crossroads Care. The project’s aim was to support unpaid carers and their families.

Years later, Crossroads Care merged with The Princess Royal Trust for Carers to form a new charity, Carers Trust.

This year, we celebrate 50 years since Crossroads Care began. In its first year, the charity supported 26 families, but by 2012 it was supporting over 43,000 unpaid carers and their families.

Today, Crossroads Care has many different branches across the UK and is supporting hundreds of thousands of unpaid carers.

As we celebrate this anniversary, we give our thanks and appreciation to Noel Crane and all the other individuals who made this milestone possible.

“ALL GENERAL BILLS ARE A WORRY. IT’S CRUSHING TO NOT EVEN BE ABLE TO AFFORD THE MOST BASICS IN LIFE DUE TO BEING AN UNPAID CARER.”
CHRISTMAS CAROL CONCERT

On 6 December 2022 we were delighted to host a very special festive celebration at our annual Christmas Carol Concert. Readings, choir-sung carols and mince pies were all part of this wonderful evening.

The event was attended by some of our celebrity supporters, including Gyles Brandreth and Margaret Keys and could not have been such a success without the help and attendance of our very generous donors, just like you.

One of the young adult unpaid carers we have helped over the past year, Teniola Adeloye, gave a reading.

17-year-old Teniola lives in Orpington and cares for her little sister Abigail who has cerebral palsy. She wanted to be involved in this event to help raise awareness of other children like her sister who needs support to keep on fighting.

“She is one the strongest, brightest people I have ever met, her energy and fighting spirit are the key motivators for me to be involved tonight,” Teniola told us.

Over the past year we have reached 917,394 unpaid carers and provided over £4 million in grants. As the cost-of-living crisis deepens, these grants represent a real lifeline for many. Our vision is to help unpaid carers access the help and support they need to allow them to live fulfilled lives.

This incredible night raised over £18,000 and this would not have been possible without the support and kindness of our generous donors and supporters.

THE PRINCESS ROYAL’S COMMITMENT TO UNPAID CARERS

As part of its Christmas issue, Good Housekeeping magazine featured a double-page spread on The Princess Royal’s dedication to her role as President of Carers Trust and her continued efforts to raise awareness of unpaid carers.

“Carers Trust is so important because unpaid carers are the backbone of society...without carers, health and social care services would collapse under the weight of demand that couldn’t be met.”

We were delighted to see great coverage of Carers Trust and the work we do to support unpaid carers in such a high-profile magazine. The Princess Royal highlighted our amazing grants programme, and our flagship campaigns such as Young Carers’ Futures and Working for Carers – all of which can have a huge impact on the lives of unpaid carers and can only happen with the support of people like you.

Her Royal Highness also, crucially, ended the piece by imploring readers to join our band of loyal supporters and help us do more for unpaid carers over winter:

“With soaring energy bills and the cost of everything going up, carers who have had to give up work to care for a family member have never been under greater financial pressure than now. Carers Trust will make sure donations are used to help those unpaid carers most in need with a grant that will make a huge difference.”
LEAVING A CARING LEGACY

At Carers Trust we believe gifts in wills have the power to ensure no unpaid carer is left alone to care for the person they love. Unpaid carers will always be there to look after their loved ones, and our focus now – and in the years to come – is on the needs of the carer. Leaving a gift in your will helps you stand alongside the generations of unpaid carers to follow.

We have partnered with Farewill to offer a free will-writing service. It’s easy to use and allows you to write your will in under 30 minutes. Farewill is the largest will writer in the UK and every will is checked by their specialist team, ensuring your wishes are clear.

A small amount can make a big difference. By leaving a legacy to Carers Trust, you will be leaving a long-lasting gift to support and improve services for millions of unpaid carers across the UK.

Three in five of us will become unpaid carers at some point in our lives. Unpaid carers are ordinary people doing something extraordinary. Each day they put aside their own lives to help someone who is unable to manage on their own.

A gift today will help the unpaid carers of tomorrow. For further information please contact legacies@carers.org and we will be delighted to help.

WAYS TO HELP YOU NAVIGATE THE COST-OF-LIVING CRISIS

**Benefits** that are not means-tested and are designed to help with the extra costs of living with someone who needs regular care.

- **Attendance Allowance** can help with extra costs if you have a disability severe enough that you need someone to help look after you.
- **Personal Independence Payment** can help if the person applying has a long term physical or mental health condition and has difficulty doing certain everyday tasks or getting around because of the condition.

A calculator to show you what benefits you may be entitled to can be found on the following website - [https://www.gov.uk/benefits-calculators](https://www.gov.uk/benefits-calculators).

**Heat the human, not the home** – from hot water bottles to electric footwarmers. Here are some of the cheapest ways to keep warm.

- Hot water bottles and thermals are an efficient way to keep your body from feeling the cold.
- Reusable hand warmers help keep your extremities warm.
- Electric blankets and oil heaters can be excellent at making a cold bedroom or bed an inviting place to unwind.

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