Thanks to your generosity, we have been able to continue to support unpaid carers across the UK as they experience the impact of the COVID-19 pandemic.

In the last six months we have been working hard to ensure unpaid carers have been able to access grants to help them manage their caring situation, get digitally connected, or take a break.

The pandemic has meant that many unpaid carers have lost vital in-person support services providing much needed respite, and have faced the strain of shielding, disrupted education or are struggling to get by on limited funds. For others it has been a time of increased isolation and loneliness.

But thanks to your generous donations we have been able to make a difference, awarding 1,335 unpaid carers with grants of up to £300, totalling £358,874.52.

We know we haven’t reached all unpaid carers who need us during the pandemic, but we are working hard to support more unpaid carers in the coming months.

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, see below for details of how to get in touch.

Margaret is 78 and cares for her husband Paul who has a heart condition, arthritis and poor mobility. She also has to manage all the household chores and finances. The couple are on a low income and have no savings so when their freezer broke down it was the last straw. But Margaret has been supported by her local Carers Trust carer service for eight years and with their help Margaret was able to apply for a Carers Trust grant of £175 for a new freezer.

“THE FREEZER WILL CERTAINLY TAKE A LITTLE BIT OF THE STRAIN OUT OF HOUSEKEEPING EVERY WEEK.”
MARGARET’S SUPPORT WORKER

Thank you to everyone who gave to our 2021 Summer appeal and supported our work helping young adult carers. Together, we raised £12,787. Your generosity is helping us make life better for unpaid carers across the UK, thank you so much.

Local Support for Unpaid Carers
You can find your nearest service for unpaid carers by using our Find support in your area facility on Carers.org (any time) or calling 0300 772 9600 (Monday–Friday, 9am–5pm).
**NEWS FROM OUR DIRECTOR OF FUNDRAISING**

Even before the coronavirus crisis, many of the UK’s seven million unpaid carers were exhausted, with two thirds caring 50 hours or more per week. Lockdown means they have had to spend even more time caring. Unpaid carers tell us they are at breaking point which is why we have created The Princess Royal Respite Fund for Carers to secure long-term funding for our respite services.

This is just one of the many ways we are addressing the impact of the pandemic. We are also working with our network of local services to adapt our work so that we continue to meet unpaid carers’ needs. We have also begun work to support unpaid carers we are currently not reaching.

**ESSENTIAL BREAKS FOR UNPAID CARERS**

The Princess Royal Respite Fund for Carers is our new fund aiming to provide small grants to approximately 30,000 unpaid carers so they can take a much-needed break from the constant demands of caring. It was launched by and named after our President, Her Royal Highness The Princess Royal.

The ever increasing demand for social care has not been matched by adequate investment, leading to the withdrawal of many services for unpaid carers and those they care for. So the need for respite for unpaid carers like Andrea has never been more urgent.

69-year-old Andrea cares for her daughter who has a condition affecting co-ordination, balance and speech. Her daughter requires care 24 hours a day, seven days a week. But with help from a Carers Trust grant of £300, Andrea will be able to have a caravan break, with assistance for her daughter provided by us.

“I NEVER THOUGHT I WOULD BE ABLE TO GO ON HOLIDAY AS I JUST CAN’T LEAVE [MY DAUGHTER] ALONE.”

The fund aims to raise £3 million over the next three years. To find out more visit Carers.org/respite-fund.
Your contributions are helping us roll out our carer involvement programme with young and young adult carers. As a result, we’re delivering services targeted to their needs, their voices are being heard and our campaigns are having a greater impact.

**YOUNG CARERS ACTION DAY**

Young Carers Action Day on 16 March 2021 was a huge success, not least because of all the work from our Steering Group of young and young adult carers from across England, Scotland and Wales. The Group was fizzing with ideas around this year’s theme – Protect Young Carers’ Futures.

Thanks to young carers, this year more people than ever heard about their challenges and how life became more difficult for many of them during the pandemic. They created videos, blogs, art and poems that we published on our website and helped ensure we had a high profile campaign on social media. Our media training also helped them develop the skills to tell their stories – as a result we secured widespread media coverage.

Another group of young and young adult carers will be helping us with our planning for Young Carers Action Day 2022, taking place on 16 March.

“**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.**”

**YOUNG CARER FROM STEERING GROUP**

Quilter Steering Group member Celina, became a young carer to her mother at an early age: “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.”

Celina is also one of the 350 young adult carers supported by Quilter volunteers who are helping them develop their employability skills. With help from her volunteer, Celina was delighted to secure her dream job as a veterinary nurse.

**SPEAKING TO THE DECISION MAKERS**

We are also supporting young carers to speak directly to the people making the decisions that affect them. As a result eight young carers were able to highlight the importance of accessing support at our summit between Scottish and Welsh Government Ministers.

Find out more at Carers.org.
WRITE YOUR WILL FOR FREE WITH CARERS TRUST AND FAREWILL

Writing or updating your will is a personal decision and we understand that your loved ones come first. Once you have looked after them, leaving a gift in your will to Carers Trust can help make sure no unpaid carer has to care for the person they love alone.

We have partnered with Farewill, the top rated will-writer in the UK, to offer our supporters a free will-writing service. With Farewill, you can write your will in under 30 minutes and it will be checked by their specialist team to ensure your wishes are clear. Get started from the comfort of your home by calling Farewill on 0208 050 2686 and notifying the team you are a Carers Trust supporter, or visit farewell.com/carers-wecare and use the voucher code ‘carers-wecare’.

LEARNING SOMETHING NEW!

Many local carer services offer training for unpaid carers and former carers, opening up new opportunities and a chance to build confidence. Get in touch with your local service (see front page). Or have a look at Carers.org/studying-and-training to find out about local courses or online studying, including free courses on how to use the internet.

VISIT A GARDEN

Join us to celebrate 25 years in partnership with the National Garden Scheme by visiting a beautiful garden. £4.6m has been raised through garden visits, supporting unpaid carers with grants and respite. Thank you to everyone who has visited or opened a garden. Find gardens to visit over the coming months at Carers.org/national-garden-scheme.

Many thanks to Anne, Jelena, Karen, Ruthi and all the members of the Carers Trust Readers Panel who helped with this edition of We Care. To find out more about joining the Panel, see Carers.org/we-care/.

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