

Carers Trust's Grant Making Annual Review 2017/18



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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 carers get the extra help they need to live their own lives. With these locally based Network Partners we are able to support 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 carers of people of all ages and conditions and a range of individually tailored support and group activities.

Introduction

In 2017/18 the Grants team at Carers Trust awarded funding through a wide range of grant programmes to support 6,825 carers of all ages. 1,370 individual carers were enabled to take a break from caring, purchase an essential household item or learn a new skill that would benefit them in their caring roles. 5,455 carers were able to take part in group events and activities, enabling them to make friends and socialise with other carers. Participating in these projects allowed carers to benefit from peer support, as well as expert information and advice provided through their local Carers Trust Network Partner.

Carers Trust supports carers of all ages with a diverse range of caring roles through our grant programmes. In 2017/18 we particularly focused on supporting carers identified as being key priority groups in the Carers Trust Make Carers Count Strategic Framework which included:

- Older carers.
- Carers of people with dementia.
- Carers of people with mental health conditions.
- Young adult carers (aged 16–25).
- Young carers (aged 5–18).

In this Grant Making Annual Review you can read more about the ways in which Carers Trust supported carers through our grant programmes in 2017/18 and the impact the grants had on some of the carers who benefited.

This work could not have been achieved without the generous support of our committed funding partners. We would like to thank:

- ▀ The Rank Group Plc
- ▀ Pears Foundation
- ▀ Players of People's Postcode Lottery
- ▀ Deloitte
- ▀ Markel (UK) Ltd.
- ▀ The Jill Franklin Trust
- ▀ Charles Russell Speechlys
- ▀ Thomas Cook Children's Charity
- ▀ Comic Relief
- ▀ Social Tech Trust (formerly Nominet Trust)
- ▀ The Bruce Tollis Trust.

All our work is delivered to carers through The Carers Trust Network so we would also like to thank Carers Trust Network Partners across the UK for another successful year working in partnership to support carers.



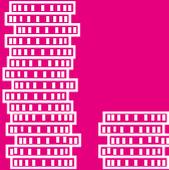
Giles Meyer
Chief Executive Officer, Carers Trust

Who we support and how our grants have helped carers across the UK

Grant programmes supporting young carers (aged 5–18) and young adult carers (16–25)

Time to Find Me!

Grants of up to £2,000 were awarded to Network Partners, enabling young carers to take part in fun activities aimed at raising their aspiration, self-confidence and self-esteem while also having some time away from their caring role.



£48,678.20

was awarded to

31 Network Partners



East Renfrewshire Carers Centre was awarded a grant of £1,684.55 to support activities which would enable young carers to get out and about over the summer holidays. Many young carers find this time difficult as it means their caring responsibilities are intensified due to the increased time they are at home. Four outings took place throughout the summer and for many of the young carers who took part these trips provided the only opportunity they had over the holiday period to get out and about.

The trips, including one to the seaside and another to a local fun park, were a huge success. One young carer said afterwards: “We’re all best friends now.”

“At first, she didn’t want to come on these trips, I had to really persuade her but now she absolutely loves them and looks forward to coming along every week.”

Parent of a young carer who took part in the activities

Explore More! Support Fund

Financial support was provided to young carers, enabling them to take part in activities that would otherwise be inaccessible to them due to their caring role and/or their families’ financial situation.

With a total of £35,017 awarded, 19 Network Partners distributed small grants of up to £150 to young carers so that they could take part in activities such as horse riding, football, and theatre groups.

Some young carers went on a climbing course:

“I thought I’d be scared, but I’m not. I feel like I’ve done something really hard, but I’m quite good at it.”

Young carer

“We have to help each other and work together in teams, that was a bit hard at first, but now it’s great looking after someone else when they’re doing the climbing. I really love this!”

Young carer

Young Carers Awareness Day

Grants of up to £500 enabled Network Partners to deliver activities and events for young carers on Young Carers Awareness Day 2018, with a focus on getting educators, decision makers and the public involved in supporting young carers.

£7,010 was awarded to 15 Network Partners. Events and activities included presentations from young carers to local health and social care professionals, awards ceremonies recognising young carers’ achievements and a song-writing workshop where young carers wrote and recorded a song about their caring experience.

Young Carers Mental Health and Wellbeing Fund

Grants of up to £750 were awarded to Network Partners to provide activities which would improve the mental health and wellbeing of young carers, reduce their anxiety and stress, and enable them to feel more relaxed and have a break from their caring role.

£19,359.79 was awarded to 27 Network Partners.

Carers Link Lancashire provided weekly yoga and mindfulness sessions for young carers who were struggling with stress, anxiety or anger due to their caring roles. A yoga teacher was chosen who specialises in children's and young people's yoga and she made the sessions fun and interesting. Many attendees reported feeling less stressed and anxious due to the techniques they learned.

"I feel so much better now and really looked forward to Mondays because I knew I was going to the yoga group."

Young carer

Carers Support Ashford ran a Wellness Art workshop, which was attended by 11 young carers over two days. The first session focused on using art as an outlet for stress and as a form of relaxation. The second day focused on empowerment and self-perception. The young carers were able to create t-shirts, badges and journals.

"I will not only take away the crafts, but I feel like I have gained happiness."

Young carer

Digital Reach Programme



£49,764

was awarded to the

13 Network Partners

who took part in the
Digital Reach Programme.

Grants of up to £7,000 enabled Network Partners to run projects aiming to increase the digital skills of young adult carers. Key benefits of the project included:

Finding employment and volunteering roles.

“By the end of the day I felt positive, like I had done something, I kept smiling.”

Jamie, 21, after spending a day at the volunteering role he had gained as a direct result of digital skills he learned through the training.

Feeling safer and more confident online, and more able to talk about the gaps in their knowledge and how they can be addressed.

“Because of heavy dependence on me being in the house to help I very rarely get my own space. Being encouraged to talk about my computer skills and where the gaps might be is helping.”

Michael, 18

Feeling better able to manage money online.

“The managing your money module has been useful as it has given me tips such as writing a list of what I’ve bought each month, so I know how much I’m spending.”

Chloe, 17

Feeling more confident that they can find reliable information about their own health, and the health of the person they care for, online.

“I think the most helpful one was probably the module about health. I’d never used that NHS website before but now I do use it and think it will be useful going forward if I need to check anything out.”

Tony, 21



Grant programmes supporting adult carers

Carers Funds

£303,039 was awarded to 1,370 individual carers across the UK.

Grants of up to £300 were awarded to individual carers for items and services that would improve their quality of life and benefit them in their caring role. These included grants for household items, breaks, driving lessons and courses.

Patrick is 39 and cares for his 64-year-old father who has lung cancer and dementia. Patrick had to give up his job to provide care for his father which has placed the family in financial difficulties. Patrick supports his father with personal care, cooks his meals, takes him out and puts him to bed at night. The impact on himself and his family has been immense. Patrick is stressed and exhausted, he has little time to spend with his children and no time for himself. Patrick was awarded £250 towards the cost of a holiday with his children.

“The grant means that Patrick can take his children to a caravan park for a few days holiday. He has quality time with his children and he is temporarily away from the pressures of his caring role. This will have a positive benefit on his health and wellbeing and relationship with his children.”

Patrick's Carer Support Worker

“Thank you so much for your help, this will help me get a washing machine, which will give me a good night’s sleep not worrying who will do our washing next for us.”

Jackie, carer, South West

“I am a carer for my eldest son. I left full-time employment to care for him. We have struggled without a cooker since the summer holidays ... I was not looking forward to Christmas day and I lost sleepless nights around how we would pull dinner together for us all. Thank you for bringing my family together again.”

Nadya, carer, South East

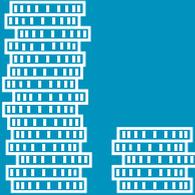
“This is such amazing news. Thank you so much. The driving lessons will make an enormous difference to both the carer and her father.”

Carer Support Worker, North Wales

“Having the opportunity to learn a new craft is wonderful news for Jane. She is going through a particularly tough time at the moment but is very excited to know she has this to look forward to and the news has cheered her up no end.”

Carer Support Worker, Midlands

Charles Russell Speechlys Emergency Response Funds



As a result of our corporate partnership with Charles Russell Speechlys,

£9,969.31

was awarded to

8 Network Partners

in areas close to the law firm's offices.

Pots of £1,500 were provided to Network Partners to enable them to quickly support carers in emergency situations by giving them small grants of up to £150 to address their immediate and short-term needs. These included grants to pay for:

- ▀ Activities for two young carers who were caring for their mother after a stroke.
- ▀ Food and utility bills for a carer whose father had just died and was unable to work.
- ▀ Emergency respite for a carer caring for her adult child with learning disabilities and a mental health condition.
- ▀ Petrol for a carer to visit his father who had recently lost his wife and needed increased practical and emotional support.

“It’s hard to believe that such a small amount of money has gone such a long way and has done so much for our carers.”

Network Partner staff member

Carers Getting Together

Grants of up to £500 were awarded to Network Partners towards the cost of fun group activities and events, enabling carers aged 16+ to socialise, learn new skills and have a break from their caring role, in the company of people who understand what they are going through daily – other carers.

£20,269.61 was awarded to 38 Network Partners.

Carers Leeds held two events for National Dementia Carer Day – an afternoon tea dance for carers of people with dementia and the people they care for, and a play, *The Purple List: A Gay Dementia Venture*, which follows the life of Sam and Derek as Derek's dementia progresses.

120 carers, people with dementia and health and social care professionals attended the events. The tea dance provided an opportunity for carers to socialise with the people they care for in a safe, supportive environment, something which many of them do not often get to do. Feedback for both events was overwhelmingly positive.

“It was a magical event, so much laughter and sunshine and joy in the room.”

Carer who attended the tea dance with the person they care for

Carers Peer Support

Grants of up to £2,500 enabled Network Partners to develop sustainable carer-led peer support groups, targeting older carers, carers of people with dementia, carers of people with mental health conditions, and young adult carers.

£37,163.75 was awarded to 21 Network Partners.

Liverpool Carers Centre developed a peer support group for carers of veterans with combat-related post traumatic stress disorder. The group has given carers the opportunity to do something for themselves or with their family and has provided a safe environment for discussions. For many carers, this was the first time they had had the opportunity to think about themselves and what they need.

Hambleton and Richmondshire Carers Centre established a peer support group for carers of people with dementia. The project provided carers with the chance to hear specialist speakers offering practical guidance and information, and to express their fears and concerns to others in a similar situation. One attendee said the main benefit of the group was: “Knowing that there are other people in the same position as me. The people are friendly and not afraid to discuss their situations.”

Carers in Transition

Grants of up to £3,000 were awarded to enable Network Partners to identify and support carers who are in a period of transition in their life and/or caring role.

£39,492 was awarded to 15 Network Partners.

Swindon Carers Centre set up and ran P.A.T.H (Planning an Alternative Tomorrow with Hope), helping 44 carers to prepare for the death of the person that they are caring for and supporting them post-bereavement. Carers were encouraged to ask questions, grieve, receive counselling if appropriate, make new friends with others who can empathise with them and their situation, re-ignite old hobbies or try new things. Sessions were delivered by a grief recovery specialist, a bereavement counsellor and nursing staff from the local hospice.

“I felt no pressure, just kindness, which is so desperately needed when coping with a devastating loss.”

Carer

“It’s a remarkable group; I feel I now have choices and resources to help me.”

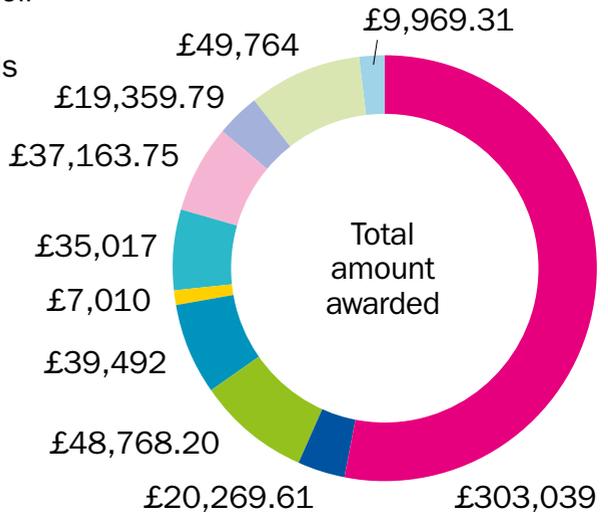
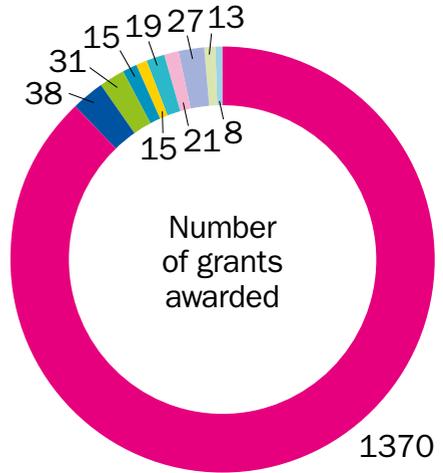
Carer

“It was a great help, knowing that I was not alone in the grieving process. I also felt very privileged and humbled to be able to share and listen to others in the group.”

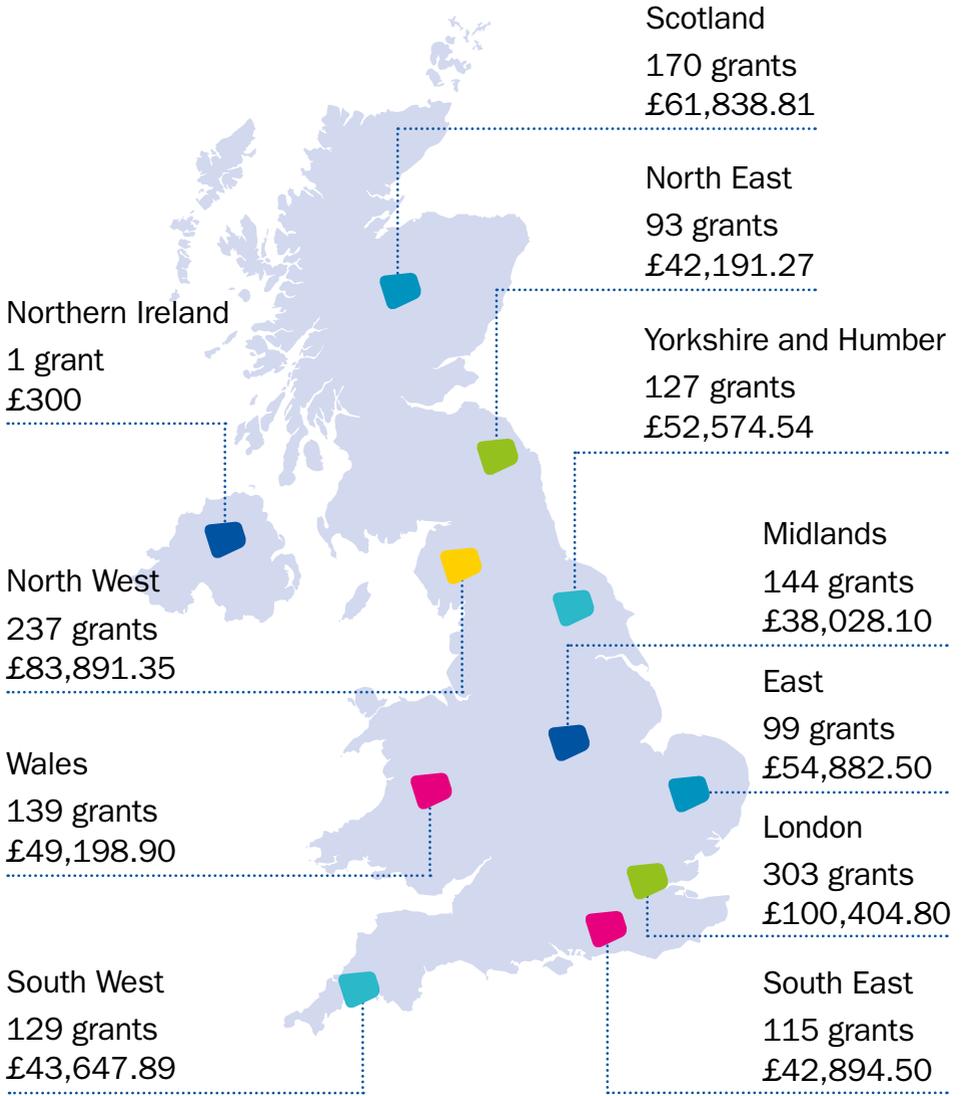
Carer

Breakdown of spend across the programmes

- Carers Funds
- Carers Getting Together
- Time to Find Me
- Carers in Transition
- Young Carers
- Awareness Day
- Explore More
- Support Fund
- Carers Peer Support
- Young Carers
- Mental Health and Wellbeing Fund
- Digital Reach Programme
- Charles Russell
- Speechlys
- Support Funds



Number and total amount of grants awarded per region/nation





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All library photos posed by models.

All photos and identities of carers have been changed in the interest of privacy.