

Carers Trust's Grant Making Annual Review **2016/17**



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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.

Our vision is that **unpaid carers** count and can access the help they need to live their lives.

Foreword

The Grants Team at Carers Trust has had another successful year, delivering grants that carers across the UK have told us have changed their lives. This Annual Review provides you with a chance to see the changes that have been possible with statistics showing where and what has been awarded to benefit carers across the UK. You can also hear from carers themselves about the impact of these grants on their lives.

This work could not have been achieved without donations from our committed funding partners. **Thank you** for your generous support:

-  The Rank Group Plc.
-  Pears Foundation.
-  Markel (UK) Ltd.
-  Jill Franklin Trust.
-  Openwork Foundation.
-  The Co-operative Group.

We would also like to thank Carers Trust Network Partners across the UK who continue to develop and deliver creative projects, engaging and addressing the needs of the most isolated and vulnerable carers.

Trisha Thompson
Head of Grants and Funding Programmes

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

During 2016/17 Carers Trust:



Awarded **1,284 grants**
meeting the needs of
6,707 carers across the UK.



Awarded
£449,032
in grants

“I haven’t had a break in over five years and it couldn’t have come at a better time, as I had been really struggling with the dynamics of my caring role and feeling very stressed and emotional ... Thank you.”

Carer awarded £230 to take a break from caring

Grant programmes supporting young carers (aged 5–17)

Time to Find Me!

Grants were awarded to support young carers to take part in fun activities aimed at raising their aspiration, self-confidence and self-esteem while also taking some time away from their caring role.

Explore More! Support Fund

Financial support was provided to enable young carers to take part in activities that would otherwise be inaccessible due to the breadth of their caring role and/or their families' financial situation.

How Dorothy benefited from the Explore More! Support Fund

Dorothy (nine) has been caring for her mum who has fibromyalgia since she was six. Due to an extra cold spell the family's fuel bills had been higher than usual leaving little surplus funds. Dorothy had been given a place on an upcoming Brownie camp for which she was going to need wellington boots.

A grant of £30 from the Explore More! Support Fund enabled Dorothy to buy wellies, attend the camp and join in all activities with her friends.

“It is so nice that my wellies are new – I love jumping in puddles with my friends and I couldn't do that with my old ones cos they had a hole in them.”

Young Carers Awareness Day 2017

Funding enabled the delivery of activities and events for young carers with a focus on getting educators, decision makers and the public involved in supporting young carers' dreams and ambitions.



Supporting young adult carers (aged 14–25)

Time for Change

Projects originally funded between 2014–15 to run multi-year support services, continued to be delivered addressing both the immediate and broader issues that can lead to young adult carers disengaging from society and/or feeling alienated from having long-term goals.

Supporting Adriana via the Time for Change programme

Adriana (17) cares for her father who recently had a stroke. He now has limited mobility, uses a wheelchair and is receiving speech rehabilitation. As a result of caring, Adriana has been unable to find a job or take up education or training opportunities and caring has had a huge impact on her life. She is taking medication for severe anxiety and depression. She also struggles to leave the house, requiring lots of support and reassurance.

But thanks to support from her local Carers Trust Network Partner, funded through the Time for Change programme, Adriana has been having one-to-one sessions with her support worker. This has helped Adriana establish next steps with her education and is improving her confidence and self-esteem. Adriana is also gradually meeting other young adult carers through social activities.

This has improved Adriana's mental health. Although she still worries about her dad, she can rationalise her worries better and feels less stressed when caring for him.

“I feel like a different person since taking part in the Time for Change programme, it has helped me feel so much more confident and happier, I have enrolled in college and start in September.”

Adriana

Supporting carers aged 16+

Carers Funds provided grants to help support carers with their caring role. Grants were awarded towards the cost of:

- Essential household items.
- Short breaks, holidays and replacement care for carers and their families.
- Courses and personal development for carers.
- Driving lessons and other transport-related costs for carers.
- Activities for groups of carers.

How Carers Funds helped Paul take a break

Paul (51) cares for his wife Jean who has had three strokes. As a result, she uses a wheelchair and has incontinence issues. Paul assists Jean with all aspects of daily living, including personal care and administering medication. Paul has back problems exacerbated by the demands of his caring role and is very tired and stressed. Paul and Jean have not had a break in three and a half years.

Paul was awarded a grant of £340 from our Carers Funds towards the cost of a caravan holiday. Jean and Paul's daughter and son-in-law will accompany them so that they can assist with Jean's care, allowing Paul to have a complete break but also spend time with his wife as a couple.

How Sanjay benefited from a grant for a fridge freezer

Sanjay (31) cares for his elderly parents who have a variety of physical health conditions. Sanjay's mother has cancer and is in a lot of pain and his father has poor mobility and joint problems. Sanjay provides a high level of care for his parents, managing all housework and assisting his mother with personal care. The caring role has had a huge impact on Sanjay, including his work and relationships.

Sanjay was awarded a grant of £200 towards the cost of a new fridge freezer which will help him plan and prepare meals in advance making his caring role more manageable.

Driving helped Pushpa with her caring role

Pushpa (39) cares for her husband Saul who has rapid onset dementia. Pushpa provides Saul with a great deal of emotional and personal care as well as supporting their two children, aged ten and 13 and managing all household tasks. Saul's condition has deteriorated quickly and he is now incontinent and unable to feed or bathe himself. Pushpa is very keen to learn to drive so that she can take her husband to and from his day centre, her children to school and complete family chores such as food shopping.

Pushpa was awarded £350 towards the cost of driving lessons which could transform her life.

Carers Funds helped Mary think to the future

Mary (41) cares for her 20-year-old son Jake who has Asperger's syndrome and dyspraxia. Mary provides Jake with 24-hour care, assisting him with bathing, dressing and medication. She also provides a great deal of emotional care as Jake has depression and has been suicidal in the past.

Mary was awarded a grant of £440 from our Carers Funds to enable her to take a holistic therapy course with a view to starting her own business.





Working Together
Caring for Carers



Rank Cares – grants for carers aged 16+

Using funding from the Rank Group, Carers Trust was able to make these three funds available to Network Partners across the UK:

Carers Funds: Local

Providing Network Partners with funding to deliver small grants locally.

Rank Cares Events and Activities

Providing grants to support groups of carers with structured activities that provide an opportunity to access a break from their caring role, giving them a chance to relax and socialise or learn a new skill.

Rank Cares Emergency Support Fund

Providing grants to Network Partners to support carers in emergency situations, addressing their immediate and crisis needs.

“This [grant] is such a great help as I was struggling with getting to and paying for the launderette and the worry of leaving my partner alone.”

Carer awarded £250 towards a washing machine

Helping Joan through the Rank Cares Emergency Support Fund

Joan cares for her husband who has severe dementia. As a result of a fall at home he had been in hospital for several weeks and Joan was travelling for four hours on several buses to visit him every day. This had left her exhausted.

Joan was given £100 from the Rank Cares Emergency Support Funds towards the cost of taxis to and from the hospital.

“Thank you so very much...after my very long day, it was wonderful to fall asleep in a taxi on the way home from hospital. I was utterly exhausted and sick with worry after the bad week I'd had.”

Joan



Carers in Transition

Providing grants to identify and support carers who are in a period of transition in their life and/or caring role, for example, new carers, multiple carers or parent carers.

Supporting Ursula via the Carers in Transition programme

Ursula (84), with some support from her family, had been managing to care for her husband Jimmy (86) at home since he had had a stroke the previous year. After a hospital stay for a related illness, Ursula was told Jimmy would need 24-hour care in the future.

Ursula came to the Carers Lounge, funded through the Carers In Transition programme, at her local hospital initially for emotional support in making the decision for her husband to receive residential nursing care. After a long supportive marriage and having looked after him at home for some time herself, it was hard for Ursula to accept that she could no longer meet her husband's needs. Talking things through helped her to accept what would be in Jimmy's best interests. Ursula also received ongoing support from the Carers Lounge around funding Jimmy's long-term care and the practical implications of living separate lives.

“The Carers Lounge has been absolutely terrific in helping to support me through this life change and helped me understand this is what is best for him. What an excellent service.”

Ursula

Partnership with Hospitality Action

Carers Trust has also established a close working partnership with Hospitality Action, the Hospitality Industry Benevolent Organisation. This collaboration enables carers who have worked in the hospitality industry access much needed financial support. Through this partnership £5,151 has been allocated in grants for carers across the UK.





New opportunities for groups of carers with Carers Events

The Queen's 90th birthday Dementia Friends celebration

Carers Association Southern Staffordshire organised three fabulous events to celebrate the Queen's 90th official birthday and almost 80 older carers attended.

The events were aimed at carers who look after someone living with dementia or Alzheimer's disease. Opportunities to socialise reduce as these conditions progress and the events enabled partners, family members and friends to enjoy time together.



“It’s ages since we have danced together. I felt like a proper married couple.”

Attendees had their photo taken with the Queen on arrival (a life sized cardboard cut-out) which helped create a warm, fun atmosphere from the start. There was live music for sing-alongs and dancing, a fun quiz and raffle prizes. Carers also enjoyed a tasty lunch. The event helped carers feel connected and involved with their community and improved their wellbeing while having the chance to exercise and have fun all at the same time.

Time to Find Me: Lights! Camera! ACTION!

Carers First, based in Kent and Medway, ran a series of filmmaking workshops for young carers. Over the course of the workshops, ten young carers could explore their hopes and dreams, articulating and sharing the challenges and benefits of their caring roles. The workshops resulted in three uplifting short films about young carers, which have been shared on the Carers First website and used as a tool to raise awareness about young carers.



View the films at
www.carersfirst.org.uk/?Young_Carers_Voice



Young Carers Awareness Day

York Carers Centre held a Family Fun Day to raise awareness of young carers. Attractions and activities included a DJ, bouncy castle and face painting. The event was supported by volunteers who provided cake stalls, a bric-a-brac stall, raffle, a crafts area and a chill out cafe. Workshops on dreams and aspirations were held on the local youth and community bus.

“Once again thank you very much for all you do, it’s a godsend and gives my carer son a break from his brother and home life.”

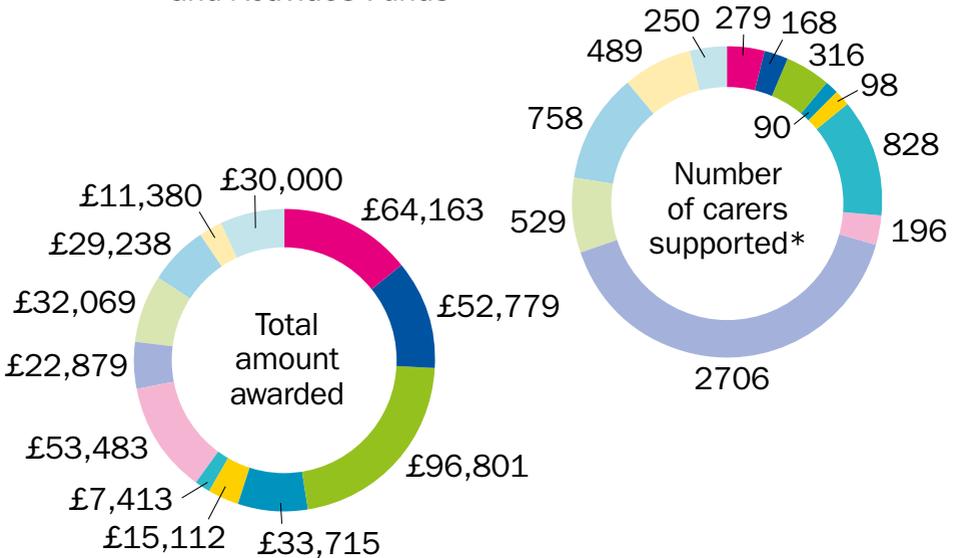
Parent of young carer

“I love Young Carers! It gives me a break from caring.”

Young carer

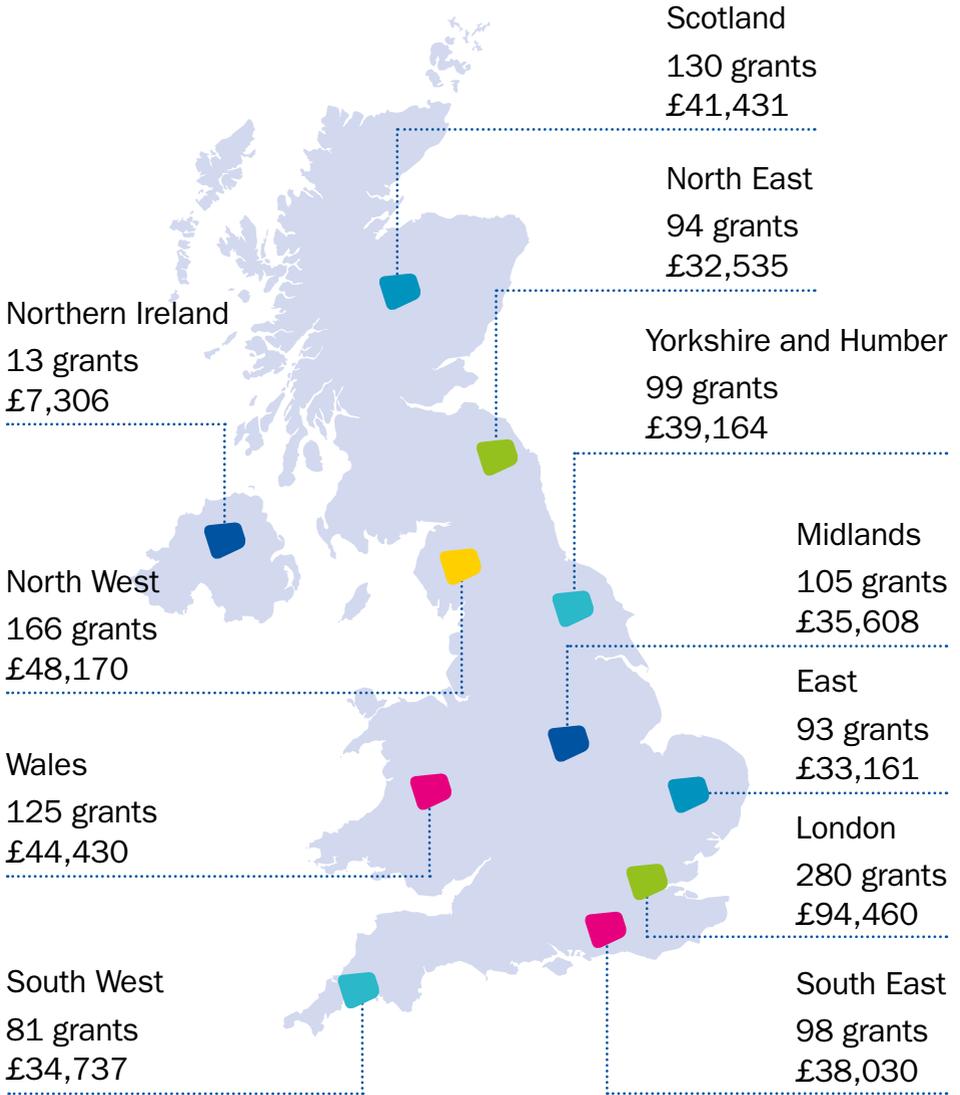
Breakdown of spend across the programmes

- Household Items
- Driving Lessons and Transport Costs
- Breaks from caring
- Courses and Personal Development
- Rank Cares Emergency Support Fund
- Rank Cares Events and Activities Funds
- Carers Funds: Local
- Group Activities (May, Oct and Feb)
- Time to Find ME!
- Carers in Transition
- Young Carers Awareness Day 2017
- Explore More! Support Fund



*Figures include anticipated numbers for Rank Cares Events and Activities Funds and Group Activities. Some funded projects will complete following publication.

Number and total amount of grants awarded per region/nation



And carers said ...

“This [grant] has had a huge impact on my life, physically and emotionally ... my self- esteem was so low that I couldn’t face going to the pool on my own and my support worker even came with me for a few sessions to enable me to gain the confidence to be there on my own. To go swimming was a release for me, it was ‘Me Time’ ... I am now more confident, more sociable and certainly healthier! Many, many thanks.”

Carer awarded £235 towards a gym membership

“I wouldn’t have been able to go to my interview at university without the grant and without going to the interview I probably wouldn’t have got my place. I’ve now been accepted and started my course in October 2016. Thank you!”

Young adult carer awarded £135 to take time away from caring and attend university interview

“It’s amazing that they do such as a thing as it helped me a lot. Really needed a break and couldn’t afford one completely myself ... I am forever grateful that this grant exists to help me and many others.”

Carer awarded £240 to take time out from caring

“The grant from Rank and Carers Trust has made a huge difference to me, I was becoming really low due to my caring situation and the gym membership I got through the grant has helped me feel so much better, I now can go out and have fun and meet other people. Without the grant to pay for my gym membership and rambling club fees, I wouldn't meet anyone else and don't know where I would be now.”

Carer awarded £400 to take time away from caring

“I think it's really important that people see how hard it can be caring for someone, especially an adult. It's important that we get help from people and school as it can be really tough.”

Young carer

“We used the grant from Carers Trust to have our first holiday on our own for over 20 years and celebrated our wedding anniversary. We had a lovely time and actually got some sleep and relaxed, I feel like a new man now! It's helped so much, we're really grateful.”

Carer awarded £300 to spend time with partner



We hope you enjoyed reading our Annual Review. If you have any comments or would like to help fund grants for carers please contact us at: grants@carers.org.



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All library photos posed by models

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