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seven million reasons to care

We Care

WORKING TOGETHER TO MAKE CARERS COUNT

Fundraising news!

Thank you to our five riders who took part in RideLondon in July. The cyclists included staff from our partner The Rank Group plc, with a target to raise over £3,500 to support **unpaid** carers in the UK.

July also saw the launch of a new partnership with NHS Property Services whose staff took on a 200-mile cycle ride, so far raising over £30,000 for carers in the UK.

We'd also like to thank health company Simplyhealth for their generous donation of over £84,000 to support two of our programmes – Young Carers in Schools, and My Mental Health in England. The money will enable schools to support young carers and help tackle the mental health issues often experienced by those aged between 5–24 years. Simplyhealth is also supporting carers through its Care Community forum at healthunlocked.com/care-community.

Your privacy

You can subscribe to or unsubscribe from We Care at any time. We promise to keep your personal details safe. You can change how we contact you at any time by contacting us at dpo@carers.org or **0300 772 9600**. To see how we protect and use your personal data read our Carers.org/privacy-policy.

An introduction from Giles Meyer

Welcome to the autumn edition of We Care, and thank you for your generous donations.

Carers often put their own lives on hold to care. For many, that means giving up work, which can lead to financial difficulties. But thanks to your support, we've awarded grants to benefit over 6,900 carers in the past year – carers like Sheila, whose story you can read on page 3.

You can also read how we're supporting young adult carers to remain in education and go on to find a job afterwards, and on page 4 you'll see the impression that young carer Tom made on our President, Her Royal Highness The Princess Royal.



With your ongoing gifts, I'm confident that we can touch the lives of many more of the seven million carers in the UK. Thank you once again for your support.

Giles Meyer
Chief Executive Carers Trust

About Carers Trust

Carers Trust works 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. With Network Partners, we aim to ensure that quality assured information, advice and practical support are available to all carers across the UK.

Local support for carers

You can find your nearest carers service by using our Find local care and carer services facility at Carers.org (any time) or calling **0300 772 9600** (Monday– Friday, 9am–5pm).

Front cover photo: 42% of carers in the UK are men, many of whom get vital support from their local Carers Trust service.

How a Carers Trust grant can help in difficult times

Thanks to our generous supporters – including The Rank Group plc, Pears Foundation and the players of People’s Postcode Lottery – we’re able to provide grants to help carers to have a decent quality of life, alongside providing care. We can

support carers in many ways, whether that’s ensuring they have the information they need to look after their friend or family member, or with help buying basic household items such as a washing machine.



Sheila is 60 and cares for her 62-year-old husband Stephen who has several disabilities including epilepsy, chronic reflux and a brain injury which has resulted in long-term memory loss. Stephen also has mental health issues.

.....
“I love my husband dearly. But our life completely changed in 2005 when he had his brain injury.”

Sheila
.....

Stephen is unable to complete many household tasks and relies on Sheila for all aspects of his personal and emotional care. Stephen is however able to cook two or three meals a week and he enjoys contributing to their home life. So, when the couple’s oven broke beyond repair, thanks to support from the players of the People’s Postcode Lottery, we were pleased to be able to award Sheila £250 to purchase a new cooker, meaning Stephen could get cooking again and life for the two of them could get back on track.

In 2017/18 Carers Trust processed 1,660 grant applications and awarded £602,788 in grants to benefit 6,920 carers of all ages.

Staff from The Rank Group plc also volunteered almost 1,300 hours helping local Carers Trust Network Partners.



When Carers Support Centre Bristol & South Gloucestershire was keen to hold a Carers’ Rights Day, we awarded this local Carers Trust service a grant of £500 to help with the event, and to ensure that carers in the area found it as useful as possible.

Over 60 carers attended the event which featured information stands from

local organisations including Bristol Parent Carers, Bristol Older People’s Forum and Dementia Wellbeing Service.

There were workshops on carers assessments and direct payments, and carers also enjoyed a mindfulness workshop with relaxing head and shoulder massages. Carer Support Workers and carer representatives were on hand to hold advice surgeries throughout the day.

.....
“It was great to get advice from other parent carers about carers assessments.”

Carer
.....

If you are a carer, you may be able to receive a grant as part of a package of support from your local Carers Trust Network Partner. See inside cover for details of how to get in touch.

Young carer addresses royal guest and other supporters



Young carer Tom meeting Her Royal Highness the Princess Royal, pictured along with Yvonne Lamothe, our Senior PR and Communications Manager, and Tom's brother Malachy

When we held a reception in the presence of our President, Her Royal Highness The Princess Royal, we wanted our guests to find out more about what it's like to be a young carer. So, we invited 14-year-old Tom along to the historic surroundings of St James's Palace.

Tom helps to care for his mum, Yvonne, who uses a wheelchair and needs her family's care and support. Tom's dad works full time, so Tom helps his mum to get dressed, gives her medication and offers emotional support. Tom's inspirational talk had a big impact on our guests as they learnt about the difference the local Carers Trust service – Carers Trust Cambridgeshire, Peterborough and Norfolk – makes to his family.

Her Royal Highness spoke about her long personal involvement with our charity and why she feels it is so important that carers get the support they deserve. She reflected on some of the ways Carers Trust helps young carers like Tom, through our local services and the Young Carers in Schools Programme. While Carers Trust reached more than 500,000 carers last year, The Princess Royal reminded guests that, with an estimated seven million carers in the UK today, we need to continue to do more to identify and support them.

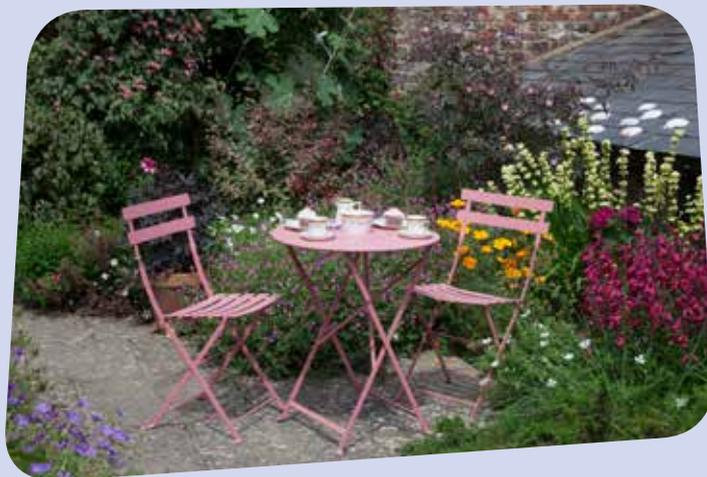
Gardens are helping carers!

Thank you to everyone who has opened and visited a National Garden Scheme garden so far this year. All the entry fees go towards the National Garden Scheme's chosen beneficiaries – charities that focus on nursing or caring, including Carers Trust.

We also want to thank the National Garden Scheme for this year's incredible donation of £400,000. This will help improve the services we offer such as providing information, respite care and financial support to carers in their local communities, as well as our policy and campaigning work.

This year our Carers Garden Adventure Challenge was a huge success. There were some great prizes to be won including vouchers from Squires Garden Centre and a signed cook book from The Great British Bake Off finalist, Miranda Gore Browne. Congratulations to our winners Grant Hallworth and Caroline Daniels.

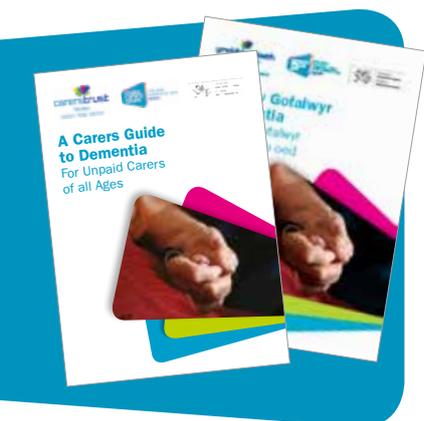
The National Garden Scheme opens gardens across England and Wales every year. There is still time to visit one, simply go to www.ngs.org.uk to find a garden open near you.



Young Carers Awareness Day

The next Young Carers Awareness Day will take place on 31 January 2019 and will focus on the importance of mental health. See Carers.org/young-carers-awareness-day-2019.

New guide for carers of people living with dementia



We've produced the first bilingual guide for carers of people living with dementia in Wales. The guide was developed with input from carers and professionals to provide a practical and easy-to-use booklet that includes a range of tips, advice and information.

.....
"When dementia comes into your life, you have no clue as to what to do, what it is, what it means, what to expect, or where to turn. The Carers Guide to Dementia is the first thing you should read, to give you the initial information you need, to begin what is going to be, a life changing journey."

Carer who cares for her husband and mother, both who live with dementia

.....
Funding from the Welsh Government has enabled us to provide 5,000 copies to local health boards across Wales. The guide can also be downloaded for free in English and Welsh from Carers.org/article/guide-dementia-carers-wales.

Supporting carers in Northern Ireland

In Northern Ireland we are able to deliver an outreach service thanks to funding from Southern Health and Social Care Trust to support carers who live in that area.

We can offer carers the following services:

- Referral and signposting carers to specific condition groups.
- Fast tracking carers to Citizen's Advice for benefits checks and other advice.
- Providing carers with free social and training events to support their health and wellbeing.
- Arranging free confidential counselling in the Craigavon area.
- Offering a listening ear.
- Keeping in touch with regular information by email.

To find out more, visit Carers.org/carers-support-service-northern-ireland or call our helpline on **07826 930508**.

In 2017/18 we were in contact with 317 new carers by phone, email or face to face, and were able to signpost carers throughout Northern Ireland to alternative support in the other four health trust areas.

Young carers have fun at our Young Carers Festivals

Our Scottish Young Carers Festival went on the road this year, taking the fun of the events to Aviemore on 24–25 July and Fife on 1–2 August.

Around 270 young carers enjoyed a much-needed break from caring, as well as the chance to have great fun in beautiful Scottish surroundings, thanks to Scottish government funding. Meeting other young carers is an important part of the festival as it helps young carers to feel less alone.

.....
"I met so many new people and got to do so many new things."

Young carer



Young carers unwinding and enjoying arts and crafts at the festival

To find out about next year's festival contact scotland@carers.org.

Raising awareness with Carers Week

This year's Carers Week highlighted the importance of ensuring that carers look after their health and wellbeing. Healthy and Connected research found that many carers were jeopardising their own physical and mental health to care for someone else and almost three quarters had suffered mental ill health.

We joined forces with Carers Trust Network Partners and other charities to call on communities, health care professionals, employers and the public, to help connect carers to health and wellbeing services. Find out more at Carersweek.org.

Helping carers in the workplace

We've been working with employers and carers across the UK to help carers in the workplace.

In Wales, we've teamed up with Unite the Union to run an employees' rights and wellbeing workshop for carers.

Working with Realise your Potential, in Scotland we've been helping young adult carers develop skills via volunteering opportunities.

The Working for Carers project has supported nearly 500 carers in London to move closer to employment. The project is also making links with local employers to raise awareness of supporting carers in the workplace.

Working for Carers is funded by the European Social Fund and the National Lottery through the Big Lottery Fund. See carers.org/workingforcarers.

How we're supporting student carers to succeed

Working with colleges in Wales



Working with the Learning and Work Institute, we've developed a bilingual resource for further education providers in Wales. Funded by Welsh Government, it will increase understanding of young adult carers' needs at college. The guide includes recommendations from young adult carers on how they can be supported to stay in learning and achieve their potential.

“Through school I coped with home life by not letting anyone see what I did.”

Young adult carer

It is essential that students who are carers are able to reach their potential and successfully achieve their aims in education. Download the resource from <https://professionals.carers.org/Supporting-further-education-student-carers-in-Wales>.

Going Higher in Scotland

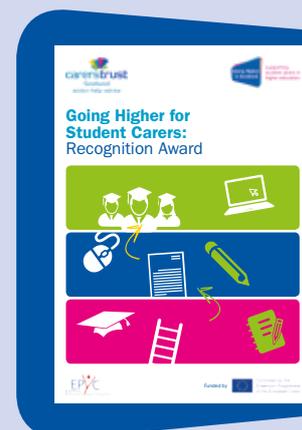
Following our research into carers' needs in higher education, and thanks to Erasmus+ Programme of the European Union funding, we launched our Going Higher for Student Carers Recognition Award last year, calling for universities in Scotland to:

- Identify the number of student carers attending or hoping to study at their institution.
- Support all student carers throughout their education.
- Report on student carer progression and showcase their achievements.

This summer we presented three universities with the award – Glasgow Caledonian University, University of Aberdeen and University of the Highlands and Islands (Inverness campus).

We are delighted that support from the Scottish Funding Council will allow Carers Trust Scotland to continue this work in universities and expand it to colleges.

Find out more about our Going Higher for Student Carers Award at Carers.org/going-higher-student-carers-recognition-award.



Positively influencing policy across the UK



Young carers met MPs from all parties to talk about the impact of caring at a Carers Week event in Parliament

Launch of the Carers Action Plan in England

In England, the Department of Health and Social Care has launched the long-awaited Carers Action Plan. Giles Meyer, our Chief Executive, chaired the launch event in June and we were delighted to see staff from local Carers Trust Network Partners, along with the carers they support, on the day.

The Carers Action Plan is built on evidence submitted by Network Partners and over 6,000 carers during the Call for Evidence in 2016 for a renewed Carers Strategy. See [Carers.org/carers-trust-submission-government-national-carers-strategy-england](https://www.carers.org/carers-trust-submission-government-national-carers-strategy-england). We facilitated workshops to enable carers and Network Partners to feed in their views.

The Action Plan outlines a cross-government programme of work to support carers in England over the next two years. Giles Meyer will sit on the Government implementation group, ensuring that carers' views continue to influence the Action Plan.

Supporting carers in Scotland

Our Triangle of Care model supports carers to be fully involved in the care that the person they care for receives from mental health services. Thanks to Scottish Government, The Robertson Trust and the Joan Strutt Charitable Trust, the Triangle of Care has been rolled out across Scotland, and in particular with all mental health services within NHS Dumfries & Galloway. It is also being piloted in two community hospitals and Child and Adolescent Mental Health Services in the region.

Staff in mental health services have found the Triangle of Care useful in identifying carers and meeting the duties of the Carers (Scotland) Act. It has also led to carers being referred for support from Network Partner Dumfries & Galloway Carers Centre.

“Being able to give some background about our daughter really made us feel listened to, and it helped shape her care plan.”

Carer

Influencing decision makers in Wales

In Wales, working directly with civil servants, we have provided information to influence decisions relating to the support of carers in schools, further education colleges and universities. We have been instrumental in successful campaigning for and shaping Estyn's review into support for young carers across all schools and further education colleges in Wales.

After securing funding from Welsh Government, we are compiling a report into short breaks, respite and replacement care across Wales. This will help Welsh Government to consider how carers are able to have the types of respite and breaks they need.

We have also been commissioned to support Welsh Government with the redrafting of its Substance Misuse Treatment Framework for Carers and Families of Substance Misusers. We have worked with a range of professionals and carers to help ensure that appropriate services are commissioned and delivered to support carers of substance misusers.

As one of just three organisations to be funded under the newly established Ministerial Advisory Group for Carers we've been supporting the development of a national Young Carers ID card. ID cards can help doctors and teachers – among others – identify carers, which will help ensure they receive the support they need.

Further information

Find out more about our policy and campaigning work on [Carers.org](https://www.carers.org). To get involved and make a difference, get in touch by emailing policy@carers.org.

You can help support carers

A marathon of fundraising for Carers Trust!



Rowan completed the London Marathon in three hours, 54 minutes and 53 seconds

A huge thank you and congratulations to our four London Marathon 2018 runners who raised over £8,000 to help support carers in the UK.

Our first runner to cross the finish line was Rowan who ran for Carers Trust in memory of his friend Peter Westropp. Peter's family set up the Peter Westropp Memorial Trust which raises funds solely for Carers Trust. They have a target of £250,000 over ten years and have raised over £170,000 since 2012 in memory of Peter and in support of carers.

Rowan's funds, along with those raised by Sarah, another of our runners, will help improve the services we currently offer carers.

Our other two runners, Steve and Rebecca, are both employees of our corporate partner, The Rank Group plc. All the money they raised will

support Rank Cares individual grants for carers. This will enable carers to buy essential items or pay for them to have a much-needed break.

A huge thank you and congratulations to all our London Marathon 2018 runners.

Set yourself a challenge

If you would like to run the London Marathon for Carers Trust in 2019, take part in another challenge event or hold a fundraising event, we would love to hear from you. There are many ways you can get involved. Visit carers.org/section/get-involved email fundraising@carers.org, or call us on **0300 772 9600** to find out more.

Christmas Carol Concert

Last year's Christmas Carol Concert was a sell-out success and thanks to our guests and sponsor CLC World Hotels & Resorts, we raised £15,000 to support our work with carers. Book early for our next Christmas concert on 4 December 2018 at St Mary-le-Bow, Cheapside, London EC2V. Visit Carers.org/carers-trust-christmas-carol-concert-2018 or call us on 020 7922 7756.

Many thanks to Harriet and all members of the Carers Trust Readers Panel who have helped us with this edition of We Care. To find out more about joining the Readers Panel, see Carers.org/we-care-our-magazine-supporters.

Getting in touch with us

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© Carers Trust 2018. First photo on page 3 courtesy of www.123rf.com/profile_wavebreakmediamicro. Second photo on page 4, courtesy of Suzie Gibbons.

All library photos posed by models except for photos on page 2, 4, 7 and 8.

*Please note, identities and photos of carers have been changed in the interest of privacy, except on page 4 and 7.

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