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seven million reasons to care

# We Care

WORKING TOGETHER TO MAKE CARERS COUNT

## Fundraising news!

### New partnership to support young adult carers

We were delighted to launch an exciting new partnership with wealth manager Quilter plc last September. The partnership aims to raise £1.5m over three years to develop and deliver pioneering services for young adult carers aged 16–25 in the UK. They will receive vital support to help them move into adulthood, enhancing their future opportunities and building their sense of resilience.

### Carers Trust’s expertise recognised across Europe

Together with six other countries in Europe, we’ve received EU funding to develop support services for and with young adult carers aged 15–17 across Europe. This new project aims to strengthen young adult carers’ resilience as they move into adulthood so having a positive impact on their mental health and wellbeing.

#### Your privacy

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## An introduction from Giles Meyer

Welcome to the spring edition of We Care. Thanks to our dedicated donors we’re able to make a difference for carers of all ages, across the UK. Carers like Ann who had to give up work to care for her older parents and was delighted to receive our grant towards the costs of a much-needed break with her family. You can read Ann’s story on page 3.

Earlier this year, Our President, Her Royal Highness The Princess Royal, showed how much she values carers by visiting Derbyshire Carers Association where she spent time talking to carers about the challenges they face.

There are around seven million carers in the UK and we’d love



to support more carers. With your help we can continue to deliver the services that make a difference to them and expand our services to reach even more carers. Thank you 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 carer service by using our Find local care and carer services facility at [Carers.org](https://www.carers.org) (any time) or calling **0300 772 9600** (Monday– Friday, 9am–5pm).

Front cover photo: There are estimated to be at least 376,000 young adult carers in the UK aged 16–25.

# Giving carers a break with a Carers Trust grant

The demands of caring can leave many carers in desperate need of a break, or without the chance to try something new or spend a few hours enjoying a leisure activity.

With vital funding from partners such as The Rank Group plc, Pears Foundation and NHS Property Services, we're able to award grants to carers to give them that valuable time away.



Ann is 61 and cares for her parents, Doris and Frank, who are both in their late 80s. Doris has dementia and Frank has a range of complex health issues including cancer and a heart condition. Ann provides lots of practical and emotional support for her parents including dealing with all their finances, liaising with professionals, cooking, cleaning, washing and dealing with her mother's challenging behaviour.

Ann gave up work to care for her parents which has put her in a difficult financial position and she has recently had to access a food bank for essential items including toothpaste and other toiletries.

Ann's demanding caring role has also left her emotionally and physically exhausted and she was in desperate need of a change of scene. So, we were able to award Ann a grant of £300 towards the cost of a break with her family which she told her support worker meant the world to her.

Staff from The Rank Group have raised the fantastic sum of over £2m for carers over Rank's five year partnership with us. With their help, in 2017/18 Carers Trust awarded grants across the UK which enabled 5,455 carers to take part in group events and activities, supporting them to make friends and socialise with other carers.

Find out more about the difference our grants are making in our Grant Making Annual Review at [Carers.org/difference-carers-trust-grant-makes](https://www.carers.org/difference-carers-trust-grant-makes).

Thanks to our grant of £500, local carer service – Carers Leeds – was able to organise two events for National Dementia Carer Day. It held 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.

Both events were a great success, between them hosting 120 carers, people with dementia, and health and social care professionals. The tea dance also 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.

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

**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.**

## A royal visit to Ripley

Derbyshire Carers Association, a Carers Trust Network Partner, was thrilled to welcome Carers Trust President, Her Royal Highness The Princess Royal, to its offices in Ripley, Derbyshire in January.

Her Royal Highness met carers, staff and volunteers and unveiled a plaque to mark 30 years of Derbyshire Carers Association. The event was attended by John McLean, Carers Trust Chair, and hosted by Narinder Sharma, CEO of Derbyshire Carers Association.

Carers from across the county were invited including 98-year-old Victor who cares for his wife who has complex health needs.

“ I was so impressed upon meeting Princess Anne because she showed great compassion and empathy, she knew as much as a carer would know. It was a brilliant day!”

**Victor**

Derbyshire Carers Association was founded 30 years ago and now supports almost 20,000 carers, many of whom struggle to look after a disabled family member, often 24 hours a day. Caring can leave them exhausted and isolated but Derbyshire Carers Association helps with carers' assessments, emergency planning, one-to-one support, and respite opportunities, providing a lifeline for many of the county's most vulnerable.

“She shook my hand and we chatted about how Derbyshire Carers Association supports young carers. She was really down to earth and seemed really interested in all carers. It's been a cool day!”

**13-year-old Abigail who cares for her father**



Her Royal Highness meets staff and carers at Derbyshire Carers Association

## Carers are raising their voices



We've been holding a series of free campaigning workshops for carers across England.

“A really inspirational workshop – I thoroughly enjoyed the experience.”

**Carer**

**The workshops are all part of the Comic Relief funded Raising the Voice of Carers project, which aims to give carers the skills to campaign around the issues that matter to them. In the two and a half years the project has been running, over 850 carers have been involved in campaigning activities.**

Armed with their new found confidence, Raising the Voice of Carers has enabled carers to get their views heard by MPs and other decision makers and has helped carers shape key policies including the NHS Long Term Plan. Carers are playing a key role in ensuring their issues are taken on board and they get the support they need.

As a result of the workshops

**95%**

of carers said they felt that they **“had more skills and confidence to plan campaigns”**.

“The workshop was informative and helpful. I feel empowered by what I have learnt today.”

**Carer**

# Helping carers into work

## Getting results in London

Our Working for Carers project is working with 24 local carer services



across London to support carers and former carers into employment. Now in the third year of delivery, it is clearly getting results.

So far, out of the 637 carers registered with the service, 112 have found a new job. Carers like Christine who spent many years providing care for her husband after his accident. With our support she was able to update her CV and do some volunteering and she now has a job.

“It feels great to start my career again and have this opportunity to develop and see a brighter future ... I think I made my husband proud.”

The project has proved so successful we are now working with local carer services to introduce the programme in the North East of England.

Working for Carers is funded by the European Social Fund and The National Lottery Community Fund. See [Carers.org/workingforcarers](http://Carers.org/workingforcarers).



## Fantastic fundraising from Deloitte

In 2018, 11 employees from Deloitte’s Internal Client Services Team raised over £25,000 for carers in a range of challenges such as the Deloitte Ride Across Britain, and Mount Kilimanjaro Climb.

The challengers were supporting our Working for Carers programme by funding grants to support carers back into the workplace. Deloitte employees also ran workshops and mentoring for carers to help them back into employment. A big thank you to everyone who took part.

# Celebrating Carers Rights Day

**In Northern Ireland, through our contract with the Southern Health and Social Care Trust, we’re providing our Carers Support Service.**

At our Carers Rights Day event, 80 carers were able to get advice and information from a range of organisations.

“Great to have carers as guest speakers - we get such support from each other.”

**Carer**

This event is just part of the package of support offered by the service. To discover what else is available, visit [Carers.org/carers-support-service-northern-ireland](http://Carers.org/carers-support-service-northern-ireland) or call our helpline on **07826 930508**.

“Free health checks, learning our rights, a lovely enjoyable social day out, other carers and a beautiful lunch - great!”

**Carer**

# Carers Week, 10–16 June 2019

This year we’ll be joining forces with Carers Trust Network Partners and other charities to raise awareness of the issues that matter to carers across the UK.

Find out what’s going on where you live at [Carersweek.org](http://Carersweek.org).

# Giving young carers a festival break

**The 12th annual Scottish Young Carers Festival will take place in Fife from 31 July to 2 August.**

The Festival provides a chance for young carers to have a break from caring, meet other young carers, take part in consultation and most importantly, have lots of fun!

This year’s festival will welcome around 500 young carers from across Scotland and we can’t wait to see everyone there.

To find out more about how you can help support young carers in Scotland, visit [Carers.org/scottish-young-carers-festival](http://Carers.org/scottish-young-carers-festival).

# Young Carers call on politicians to #CareForMeToo

**Young Carers Awareness Day 2019 was a huge success in making the case for more support for young carers and their mental health.**

Our widely reported YouGov survey revealed that over one third of young carers felt stressed because of their caring role while less than half felt they got enough help with their emotions and feelings.

Extensive media coverage, including powerful interviews with young carers on Channel 4 News and BBC Radio 5 Live, revealed just how much a young carer's mental health can be affected by the constant pressure of caring for a sibling or parent.

And there was huge social media activity on the day. Young carers took to Twitter, calling for



government and agencies to #CareForMeToo. And #YoungCarersAwarenessDay trended all day, raising huge levels of public awareness for young carers and the pressures they face in caring for their family members.

## ID card for young carers across Wales

**Carers Trust Wales is working with Welsh Government to give young carers a national identification card.**

The card will make it easier for young carers to make themselves known to teachers, doctors and other professionals. We are working with health and education networks across Wales to raise awareness about young carers, the challenges they face and how to support them.

The card itself will be designed by a young carer as part of a competition running this spring.

.....  
"The card will be useful so I can show people that I have to help at home."  
.....

**Young carer**  
.....

## Young carers get active!

**Our research has shown that young carers often face barriers which prevent them taking part in sport or regular physical activities. They may not have the time after school or at weekends because they're caring, or they can't afford to join in or even get to the activities.**

Thanks to Big Lottery Fund Wales, Carers Trust Wales created a new project to tackle those barriers, in partnership with local carer service Carmarthenshire Crossroads Care. In a pilot programme we spoke with many leisure centres and gyms, raising their awareness of young carers, and organised a one-day mini Olympics event for young carers. It brought together young carers and their families who got involved in sport activities. The day included a mental health and wellbeing workshop, all supporting young carers to overcome the barriers to getting active.



## Supporting student carers in Scotland

**Student carers can find it difficult to juggle studying and caring.**

So, Carers Trust Scotland's Going Higher and Going Further team is working with six of Scotland's 19 universities to help them achieve their Student Carers Recognition Award. Our award aims to make it easier for education institutions in Scotland to support student carers and rewards good practice. This follows our work with the University of Aberdeen, University of the Highlands and Islands (Inverness campus), Glasgow Caledonian University and the University of Strathclyde – all have successfully achieved their awards.

Find out more at <https://carers.org/country/carers-trust-scotland>.

# Positively influencing policy across the UK

## Raising the profile of carers in Wales

### Influencing the National Assembly for Wales

Carers Trust Wales has successfully influenced the Health, Social Care and Sport Committee of the National Assembly for Wales to undertake an inquiry into the implementation of the Social Services and Wellbeing (Wales) Act 2014. This provides carers in Wales with rights and obliges local authorities to provide services, information and advice.

We have provided comprehensive written and oral evidence to the committee and created opportunities for young carers and Carers Trust Network Partners to inform the Committee's understanding of the importance of local carer services. We will continue to advocate for appropriate and sustainable funding for local carer services.

### Welsh Youth Council campaign

Last autumn, with our support, young and young adult carers from across Wales came together in the first meeting of a national Youth Council. The event focused on supporting them to campaign for change.

To mark Carers Rights Day, the Council members were invited to the National Assembly for Wales to meet with Huw Irranca-Davies AM, Minister for Children, Older People and Social Care. They were able to share their views on how they felt young carers could be better supported.

### Partnering with the Welsh Youth Parliament

Working with young and young adult carers and Network Partners, Carers Trust Wales has influenced the Presiding Officer of the National Assembly for Wales to dedicate two elected positions on the Welsh Youth Parliament to young carers. We'll be supporting them to debate the issues that are important to carers.

### Further information

Find out more about our policy and campaigning work on [Carers.org](http://Carers.org). If you would like to get involved and make a difference to carers, get in touch by emailing [policy@carers.org](mailto:policy@carers.org).



Nicola Sturgeon, First Minister of Scotland, entertains young carers

## Meeting the First Minister in Scotland

**Young carers in Scotland were welcomed to Bute House, the residence of Nicola Sturgeon, First Minister of Scotland, for a Christmas Party last November.**

The young carers had a wonderful time, enjoying entertainment from a magician alongside the First Minister. The day ended with a trip to the pantomime. This special Christmas experience helped to show young carers how greatly they are valued and recognised by the First Minister.

.....  
"It was great to see the kids feeling so proud of themselves."

**Care Support Worker**  
.....

## Carers' views on the NHS Long Term Plan

**As part of our work to make sure the needs of carers and Network Partners were reflected in the NHS Long Term Plan, Carers Trust was pleased to secure four places for carers at an important engagement event. It was attended by senior decision-makers, including Secretary of State for Health and Social Care, the Rt Hon. Matt Hancock MP. The NHS Long Term Plan sets out the services and support the NHS aims to provide over the next ten years.**

.....  
"I wanted to make the difference not just for myself but all the carers throughout the country who make a significant contribution to the NHS."

**Carer**  
.....

# You can help support carers

## Thank you to our wonderful fundraisers



What a story to tell your friends and grandchildren!

Throughout the year many incredible people raise money for carers from holding bake sales to taking on a personal challenge. Whatever they do, our supporters never cease to amaze us with their generosity and determination!

Massive congratulations to 67-year-old Richard Westropp and his son Edward, who last year

cycled the 940 miles from Land's End to John O'Groats in just ten days, raising almost £5,000 for Carers Trust. Following this achievement, two of their friends then ran the Berlin Marathon, also raising money for Carers Trust!

To date, along with friends, family and loyal supporters, the Westropp's have raised almost £200,000 for the Peter Westropp Memorial Trust which fundraises solely for Carers Trust. Their dedication has meant even more carers in the UK have received support, help and advice they otherwise may not have had.

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](https://www.carers.org/we-care-our-magazine-supporters).

And a big thank you to father and daughter team Paul and Sophie Howe, who along with a group of friends, walked the 60km Freedom Trail across the Pyrenees in July last year. They raised an amazing £2,725 for Carers Trust.

## How you can get involved

If you fancy taking part in a fundraising event for Carers Trust there are so many ways you can support us. From marathons and cycle rides, to charity fetes and sponsored silences, simply visit [Carers.org/section/get-involved](https://www.carers.org/section/get-involved), email [fundraising@carers.org](mailto:fundraising@carers.org) or call us on **0300 772 9600** to find out more.

## Christmas Carol Concert

Guests at our sell-out 2018 Christmas Carol Concert at St Mary le Bow, Cheapside enjoyed seasonal music, and readings from young carer Abbie, and award-winning actors Timothy West and Anthony Andrews. Thanks to our guests and lead concert sponsor CLC World Hotels & Resorts and reception sponsor BGL, we raised over £21,500.

We will be holding a Carol Concert in London in December 2019. To register your early interest, contact us at [info@carers.org](mailto:info@carers.org) or call us on **020 7922 7756**.

## Getting in touch with us

Email: [press@carers.org](mailto:press@carers.org).  
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Please note, identities and photos of carers have been changed in the interest of privacy, except on page 4 (first image), 6 (second image) and 7.

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