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seven million reasons to care

We Care

WORKING TOGETHER TO MAKE CARERS COUNT

Latest partners

We are delighted to have the following partners on board.

- Leading law firm Charles Russell Speechlys has chosen Carers Trust as charity of the year 2017. A big thank you to staff who this June cycled an amazing 160 miles to raise money for Carers Trust and **unpaid carers**.
- We encouraged members of The Association of Inner Wheel Clubs in Great Britain & Ireland at their conference to raise money to support young carers – their project theme between 2016 and 2018.
- Kingswood, an outdoor adventure and education company, donated £1 for each person booked on one of its trips on Young Carers Awareness Day earlier this year.
- We've been awarded £99,000 from the Nominet Trust to deliver free digital skills training across England. We plan to support 520 young adult carers to become more confident in using digital technology.
- Our partnership with The Jockey Club has seen employees across 15 racecourses raising money to support carers through our grants programmes and local carers services.

Front cover: There are seven million carers in the UK, many of them young carers like Josie and Jamie who you can read about at **Carers.org/carers-story/josies-and-jamies-story**.

An introduction from Giles Meyer

Welcome to the autumn edition of We Care magazine. We hope you like the slightly different format. You told us that you wanted to hear more about the impact your support is having on carers. We've listened to your feedback and we'll be bringing you more news about how we're making a difference to carers.

I would also like to introduce myself as the Interim Chief Executive. As Carers Trust's previous Director of Fundraising and Grants, I bring lots of valuable experience. And as a former carer myself I know also only too well the challenges that caring can bring. Challenges like those faced by Sue who you can read



about on page 6. Sue cares for her son and our help with her gym membership has given her a real confidence boost.

None of our work would be possible without the support of our generous donors. Thank you for helping us achieve so much and for making carers count.

Giles Meyer
Interim 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).

Your copy of We Care is sent free to our supporters by post or email. If you would like to subscribe or unsubscribe to We Care, email **fundraising@carers.org** or call **0300 772 9600**.

Making a difference with a Carers Trust grant

Carers can be isolated. The time they spend caring can leave little time for other activities and they may find it difficult to talk to anyone about how they feel or how they are managing at home, particularly if they are struggling to afford what many people would consider to be basic household goods.

Thanks to our generous donors, including Pears Foundation, we can provide grants to support carers to purchase everyday items. We can also fund Carers Trust Network Partners to run group activities which enable carers to meet and socialise with others in a similar situation.



Joanne is in her 40s and cares full time for her daughter who has autism, learning difficulties and a spinal injury. She helps her daughter with all aspects of daily living, including eating and drinking, washing and other personal care. Joanne also deals with her daughter's challenging behaviour and abuse which can be difficult and demanding.

Following changes in their housing the family were recently left with no cooker and were using a portable gas unit to cook all food. This extra demand on her time meant that Joanne was understandably stressed and upset.

Joanne's support worker at her local carers service was able to help Joanne apply for a Carers Trust grant and we awarded her £200 towards the cost of a new cooker. This is just one of the many ways our grants are supporting carers.

In 2016/17, limited funds meant we were only able to provide grants to 852 carers out of 1,053 applications. With your help, we'd like to be able to help more carers in need.



Many young adult carers support a parent with mental health problems. They may also struggle with their own mental health issues because of their caring responsibilities, feel isolated and find it difficult to access support due to the stigma often associated with mental illness.

Carers Trust Network Partner, Carers Support Wiltshire, used our Time to Find ME! grant of £1,000 to hold a one-day workshop. This trained young adult carers how to spot and manage the signs of mental ill health.

The young adult carers were also able to chat to and support each other. The popular workshop also enabled them to find out about the other support services offered by their local carer services, leading to an increase in young adult carers coming forward for help for the first time.

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.



Our President, Her Royal Highness, meets carers and staff at Halton Carers' Centre

Royal guest meets carers

Guests at our latest supporter reception, among them Mark Carney, Governor of The Bank of England, were moved by 16-year-old young carer Becky, who talked about caring for her sister and mother.

Becky's school in Oxfordshire is one of the 140 schools to have received an award for supporting young carers. The reception was held in the presence of our President, Her Royal Highness The Princess Royal, who spoke about why she believes it is so important to meet the needs of carers.

In July, carers and staff at Halton Carers' Centre were delighted to welcome Her Royal Highness, who visited to see first-hand the work that the centre is doing to help and support carers in the Runcorn and Widnes area. The Carers Trust Network Partner offers a wide range of respite therapies and activities and provides a place where carers can go for advice, advocacy, support and friendship.

.....
"The Princess was lovely. She asked about my caring role and I was able to tell her about the support from the carers' centre where the staff always give us time. Her Royal Highness is extremely knowledgeable about carers and their issues."

Linda, carer

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Dr John Lowrie Morrison OBE and Maureen Morrison have supported Carers Trust for almost 15 years and have been Vice Presidents since 2012. John (Jolomo) is one of Scotland's best loved contemporary artists, and he generously donated funds from an exhibition held in London this May.



Garden owners and visitors are supporting carers

The National Garden Scheme, one of our longest-standing supporters, celebrated its 90th anniversary on 27–29 May this year.

Under the scheme, hundreds of private gardens open across England and Wales (charging a small entrance fee) and together they raise around £2m every year for nursing and care charities.

Several gardens have opened their doors to carers from local carer services. They have enjoyed a relaxing few hours while the people they care for have been looked after, giving carers a much needed break.

A big thank you to everyone who has opened or visited a garden in support of Carers Trust this year. With gardens open right through to autumn, you can still lend your support to carers by visiting one near you. To find out more, visit www.ngs.org.uk or purchase the 2017 Gardens to Visit book.

Carer wins an award for volunteering

This year, Carers Trust and the Marsh Christian Trust held the sixth Marsh Award for Carers – celebrating carers and former carers who volunteer to support others in their community.



Our UK winner was Robert Frowen. Robert cares for his adult son and volunteers at Blackpool Carers' Centre by fundraising, raising awareness for carers, and running a peer support group for carers of people with mental health problems.

Robert (pictured centre) was presented with a certificate and £600 by Charles Micklewright, a Trustee of the Marsh Christian Trust, and Carla Talbott, Carers Support Worker, Blackpool Carers' Centre.

Transforming young adult carers' lives

After being voted as The Co-op Group's Charity of the Year in 2013 and thanks to the wonderful fundraising efforts of their staff, we received an amazing £6.2m. The funding was used to promote awareness of young adult carers, to offer them tailored support via local carers services and to influence decision makers to transform young adult carers' lives.

.....
"This has turned my life around
– I feel like a completely new person."

Young adult carer

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With over 20,000 young adult carers supported across the UK, our work also significantly altered the landscape of understanding about young adult carers, within the charity, public and statutory sectors.

Making an impact

Our Young Carers in Schools programme is now entering its fourth year in England thanks to funding from the Thomas Cook Children's Charity. It has been a phenomenal success, with 94% of schools saying they had noticed improvements in the wellbeing and confidence of young carers in their school. The programme makes it as easy as possible for schools to support young carers, and awards good practice.

.....
"I feel like I have a much better
shot at getting decent grades now
teachers understand."

Young carer

.....

The Young Carers in Schools Wales programme has made significant progress in recent months delivering a ten-step toolkit to help school staff support young carers. We currently have 16 schools working with the toolkit with plans to roll it out further this autumn – just one of the ways we are helping schools in Wales to help young carer pupils.

Young adult carers are going higher

Our research has shown that student carers experience many challenges in balancing higher education and caring responsibilities so we've been tackling this in Scotland and Wales with our Going Higher initiatives.

Campaigning in Scotland

In Scotland, we're calling on the higher education sector to support student carers, thanks to funding from the Erasmus+ Programme of the European Union. We've also launched our Recognition Award scheme to improve help for student carers and award good practice.

.....
"Caring for my mum while trying to
balance my distance learning degree,
volunteering roles and trying to have a
social life is really difficult."

Student carer

.....

Carer friendly universities in Wales

In Wales, thanks to funding from The Waterloo Foundation and Campus Living Villages, we've been hosting taster events at Swansea, Cardiff and Bangor universities, giving young carers the chance to find out more about university life. We've also been training university staff to support student carers.



Young carers enjoy a university taster workshop

Carers Week 2017

Carers Week took place between 12–18 June this year with many inspiring events supporting carers and helping to raise carers' issues locally and with decision makers across the UK. We're one of the partners behind the week and this year the theme was Building Carer-friendly Communities.

Scottish Young Carers Festival

Our tenth Scottish Young Carers Festival took place on 1–3 August. 472 young carers enjoyed a much-needed break from caring and meeting other young people in similar situations.

They were also joined by government ministers and other decision makers which meant young carers had the chance to tell them how vital it is that they get support.

“My fave thing of the Festival is the experience, making new friends.”

Young carer

Getting our message across

Positive coverage in the media has a huge impact on support for carers. Donna is partially blind and has breast cancer and her children Leonie, nine, and Claudia, 12, care for her day in, day out. Thanks to our help, ITV's Love Your Home with Alan Titchmarsh agreed to renovate Donna's home to make it easier for her to get around and for the girls to care for her. When this programme airs it will mean lots more people will become aware of the challenges carers face.

Our media team also has an excellent partnership with staff at CBBC. A group of young carers were invited behind the scenes to meet CBBC presenters and another group will be visiting.

“We got to try out new things which was really exciting.”

Young carer after a trip to CBBC studios



Giving carers a valuable break

The demands of caring mean that carers often find themselves struggling to find important time for themselves. Carers like Sue, who cares for her son who has autism.

Thanks to our partnership with the Rank Group plc we were able to give Sue a grant towards the cost of gym membership. Sue says: “This has had a huge impact on my life, physically and emotionally . . . when this was first suggested to me as an option 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!”

This year, we're celebrating the third anniversary of the partnership between the Rank Group plc and Carers Trust. A big thank you to employees from Mecca Bingo and Grosvenor Casino who have raised an amazing £1.5m. The partnership has supported over 6,000 **unpaid carers** through our carers grants programme.

Rank employees have also been helping at local carers services and have donated a whopping

8,000
volunteer hours.



Positively influencing policy across the UK



Carer Julia at a Parliamentary Event for Carers Week, talking to Stephen McPartland MP, one of 50 MPs from across all parties who attended

Pledging support for carers

In the run up to the General Election on 8 June, Carers Trust worked with Network Partners and carers to develop five Think Carer 2017 pledges which we asked all candidates standing in the election to take. The pledges focussed on ensuring all carers got the support they needed at the right time. We asked supporters to write to their local candidates, and wrote to all candidates standing in the Election. As a result, 411 candidates signed the pledge to Think Carer 2017.

We also attended the Disability Hustings with Joan – a carer supported by Sefton Carers Centre. The Hustings heard from three senior candidates from the major parties in England.

.....
“I had an amazing experience attending the General Election hustings event. It was so uplifting to see the audience engaging face to face with the three candidates. It gave a sense of hope that they were listening and that they would take action to solve the problems people are facing in the social care system.”
.....

Joan, carer

The Carers Act in Scotland

In Scotland, we are continuing to support the pre-implementation of the Carers Act – there are lots of regulations and statutory guidance that must be written and put to public consultation before the act comes into force next April. The act will improve carers’ rights and recognition, and will require councils to provide services to carers who are assessed as needing support. We’re also working closely with the Scottish Government on the devolved social security system, as many of the benefits that carers and their families receive will be under the control of the Scottish Government.

We also worked with local carers services to campaign for carers’ issues in the local government elections on 4 May, urging councils to protect funding for carers’ services, improve their short breaks provision, and focus on preventative support for carers.

Influencing Welsh Government

We continue to work hard to influence and inform Welsh Government to develop, improve and scrutinise policies which recognise and support carers in Wales. We have been successful in securing:

- Increased investment in short breaks and respite care for carers.
- Increased investment in and recognition of the valuable role of local third sector services supporting carers.
- A more strategic approach to identifying carers in schools and education across Wales.

Our work with Welsh Government was highlighted by Rebecca Evans AM, Minister for Social Services and Public Health, during a recent debate at the National Assembly for Wales on the support available for young carers. We will continue to deliver on our Welsh Government funded projects and to proactively influence the refresh of the Carers Strategy which will be published in late autumn 2017.

Further information

You can also find out more at:

Carers.org/section/campaigns • Carers.org/northern-ireland
Carers.org/scotland • Carers.org/wales

How you can help support carers



Chris Styles, a marketing manager from London, set himself the ambitious challenge of swimming the English Channel this summer, to raise funds for young carers. Chris trained incredibly hard, swimming in all weathers, to prepare himself for the 21 mile slog in July.

He was inspired to raise funds after reading a newspaper article about young carers during our Young Carers Awareness Day. Congratulations to Chris who raised over £8,000, a fantastic achievement, which has helped us reach out to many more young carers. Read more about the swim on Chris' website, www.slogthechannel.com.

If you would like to take part in a challenge event or hold a community fundraising event, we would be delighted to hear from you. There are many ways you can get involved to help support carers in the UK.

Visit carers.org/section/get-involved
email: fundraising@carers.org or
call us on **0300 772 9600** to find out more.

Many thanks to Harriet, Karen 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

Carers Trust has a new switchboard number – **0300 772 9600**. Post for our former office at Woodford Green, Essex IG8 8HD should be sent instead to Carers Trust, 32–36 Loman Street, London SE1 0EH.

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All library photos of carers posed by models except for photos on the front cover and pages 4, 5 and 7.

*Please note, identities and photos of carers have been changed in the interest of privacy, except on the front cover and pages 4, 5 and 7.

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