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seven million reasons to care

# We Care

WORKING TOGETHER TO MAKE CARERS COUNT

## Fundraising news!

### Walking the Three Peaks for carers

A big thank you to the 62 staff from our supporter NHS Property Services who took part in the Three Peaks challenge, they beat their target by raising almost £14,000. The funds will go towards supporting older carers across the UK through grants for essential household items, respite breaks and group activities to bring lonely and isolated older carers together.

### Healthy living for carers

Along with Carers Leeds, we've launched a new healthy living project. Thanks to a grant from the Bupa UK Foundation, over the next two years we'll be delivering a mix of activities for carers in Leeds aimed at improving their mental and physical health and evaluating the difference this has made to their lives. We'll be sharing what we learn with other carer services so that the impact continues.

### 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](mailto:dpo@carers.org) or **0300 772 9600**. To see how we protect and use your personal data read our [Carers.org/privacy-policy](https://www.carers.org/privacy-policy).

## An introduction from Svetlana Kirov

Over the last months our supporters have gone to incredible lengths to raise funds for our work. Some have completed the Three Peaks Challenge; others ran this year's London Marathon; and across Scotland, fundraisers donned their kilts in a series of Kiltwalks. Away from the highways and byways, others have raised thousands of pounds by opening their gardens to the public. And Her Royal Highness The Princess Royal attended a fundraising day at Ascot Racecourse, helping us raise over £120,000!

The tireless commitment and enthusiasm of our supporters



spurs us on in our work to influence decision-makers and professionals from health, education and social care to do more to support the UK's **unpaid** carers. I hope you enjoy reading about that work in the following pages.

With thanks as always for your continuing support.

**Svetlana Kirov**  
Director of Fundraising and Communications, 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](https://www.carers.org) (any time) or calling **0300 772 9600** (Monday– Friday, 9am–5pm).

Front cover photo: Based on Census figures there are estimated to be at least 376,000 young adult carers in the UK aged 16 -25. Many of them are caring for siblings.

# Making a difference with a Carers Trust grant

Thanks to generous support from two of our partners, Carers Trust will be able to meet the needs of many more carers across the UK in the coming years.

In May, the Pears Foundation increased its donation to Carers Trust to £1m over the next two years having supported carers for over 17 years. This means we'll have an additional £274,500 a year for grants for carers. We are also delighted

that The Rank Group plc is continuing to support us into 2020. This follows a five-year partnership that has already generated over £2.3m, enabling us to help over 11,000 carers.

A proportion of these donations will go towards our Carers Funds programme which offers carers grants for a much needed break from the pressures of caring, help to buy essential household items, a contribution towards courses and transport costs.



Lily is 45 and cares for her husband Tom who has post traumatic stress disorder, epilepsy and diabetes. Lily helps Tom wash and dress, supports him to attend appointments, manages the paperwork, does all the household chores and looks after their three children.

The family is on a low income, they live hand to mouth and have no savings and this has left Lily drained and constantly stressed.

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"Having a new bed will help us sleep more comfortably reducing stress and tiredness so I will be able to continue caring with more energy and compassion because of a good night's sleep."  
.....

**Lily**

.....  
Lily doesn't sleep well and is constantly woken in the night by Tom. The couple were sharing an old and broken bed but with the support of her local carer service, Carers Trust was able to award Lily a grant of £250 from the Pears Foundation donation towards the cost of a new bed.



Jade is 17 years old and cares for her little brother Bruce who has autism and her mother who has a mental health condition. Jade attends her local young adult carers group. It's the only social opportunity she gets away from caring and it has made a big difference to her wellbeing. She wants to work as an entertainer in a holiday park in the future and has a great interest in performing arts so she was delighted when thanks to a Rank Group grant her group went to see the show Matilda.

.....  
"I can't believe I have seen a real show now. I have never been able to go to one before because my brother wouldn't cope in that environment and my mother couldn't take me without him. I feel so lucky to be a part of a group that gives me opportunities I never thought I would have."  
.....

**Jade**

**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 royal guest meets carers



Her Royal Highness meets young carer Izzy.

**In April, we welcomed 100 supporters to a reception at The Mansion House, London in the presence of our President, Her Royal Highness The Princess Royal. Her Royal Highness spoke about why she believes it is so important for carers of all ages to get the help they need.**

15-year-old young carer Izzy told our guests about how she has been supported by her local carer service. Izzy cares for her mum who has mental ill health which meant Izzy, who is studying for her GCSEs, was struggling to cope with school, look after her mum and do household chores. But with the help of Suffolk Family Carers, Izzy's teachers are now supporting her, and one-to-one sessions and a monthly young carers club have helped Izzy keep on top of school work as well as have fun with other young carers.

.....  
"The amount of support I have received is outstanding. This is why Carers Trust needs to be an instantly recognisable name. Every carer deserves to receive the same amount of support that I have; every carer deserves to be recognised; every carer deserves to feel valued."  
.....

Izzy

## Fundraising at Ascot

In June, we welcomed 70 guests to Ascot Racecourse for a lunch attended by Her Royal Highness The Princess Royal. Former jockey and racing presenter John Francome MBE auctioned some fantastic prizes and our team collected donations from racegoers.

Thanks to the TJH Foundation, the Trustees of Ascot and the organising committee led by Christine St George, the day raised over £120,000 to make a difference to the lives of carers around the UK.

## Helping young carers move into adulthood

**Our new programme for young adult carers aged 16–25 is supporting them as they move into adulthood, with a focus on improving their health and wellbeing. Through a range of grant programmes, we'll be delivering individual help and support and group activities.**

It's all part of the first year of our three year partnership with wealth manager Quilter plc. Quilter staff are also offering young adult carers workshops to help improve their employability skills. The partnership is being driven by a steering group involving young adult carers from around the UK. This means that we are creating a beneficial programme they want and need.

We are grateful for all the hard work Quilter employees have put into their fundraising – in particular for their ambitious campaign to raise £100,000 from 100 half marathons. So far, from this campaign they have raised over £50,000!

## Tackling loneliness

Thanks to the players of People's Postcode Lottery, we're delighted to have received an Extra Award which has gone towards tackling loneliness and isolation in carers. Our new project means 21 peer support groups will be offering help and advice to over 400 carers in Great Britain, with a particular focus on carers from minority and vulnerable groups.

## Gardens making a difference for carers

The National Garden Scheme is Carers Trust's longest standing supporter and to date has donated £3.4m in support of carers. This year, the National Garden Scheme kindly awarded Carers Trust £400,000 and a portion of this has gone into creating our new Carers Gardening Fund which is offering carers grants relating to gardening and spending time outdoors.

The National Garden Scheme champions the link between gardens, being outdoors and wellbeing and has been helping us arrange garden visits for carers. Several Carers Trust local services have also developed their own gardens including Blackpool Carers Centre.



Work taking place to transform a patch of wasteland into a beautiful and therapeutic garden at Blackpool Carers Centre.

“Being at the carers centre garden is such a calming and relaxing atmosphere for myself and Sophie. We don't have a garden at home, so coming here gives us that carefree environment that benefits us both in different ways.”

**Rachel, who cares for her 16-year-old daughter Sophie who has autism**

Thank you to everyone who has opened and visited a National Garden Scheme garden – entry fees help support carers. There are around 3,500 breathtaking private gardens opening for charity. Find a garden to visit at [www.ngs.org.uk](http://www.ngs.org.uk).

## Support for carers in Northern Ireland

Our Carers Support Service offers advice and information to carers in the Southern Health and Social Care Trust area in Northern Ireland. We're delighted to have extended the service and can now help carers in that area access Carers Trust grants for essential items.

“I never asked for anything in my life before. I can't believe that such help is out there and from strangers whom I will never know.”

**Carer**

Find out more from [Carers.org/carers-support-service-northern-ireland](http://Carers.org/carers-support-service-northern-ireland) or call our helpline on **07826 930508**.

## Young Carer Awareness Day!

Our annual Young Carers Awareness Day will take place on 30 January 2020. Save the date! For more information and to get involved, see [Carers.org/young-carers-awareness-day-2020](http://Carers.org/young-carers-awareness-day-2020).

## Scottish young carers have a fun filled break

**This year's Scottish Young Carers Festival (31 July to 2 August) welcomed over 400 young carers from across Scotland to Fordell Firs in Fife.**

The exciting activities on offer ranged from tree climbing and a ropes course, to arts and crafts and bouncy castles; there really was something that everyone could enjoy.

In July we also trained a team of young carers to become Media Ambassadors so that they could capture the event on film. Our young reporters roamed the site, interviewing peers and filming footage which we'll be using at future events to champion young carers and the issues important to them.

Find out more at [Carers.org/scottishyoung-carers-festival](http://Carers.org/scottishyoung-carers-festival).

## ID card soon to be launched in Wales

**Carers Trust Wales is supporting Welsh Government to implement a national young carer ID card, an international first.**

The card will mean young carers' roles are recognised in schools and healthcare settings meaning they get the support they need.

We've brought together health and education bodies to ensure the ID card has long-lasting impact for young carers. Young carers are also at the heart of the project with two competition winners designing the logo for the card.

## Building links in south Wales

**Carers Trust Wales is thrilled to have been chosen by Jehu, a south Wales based construction firm, for a two year charity partnership. Jehu is keen to engage with carers and raise awareness of carers in the communities where it works and also help support its employees who may be caring.**

The company has a range of fundraising events planned, from breakfast mornings to football competitions, a band night and a triathlon. As well as raising vital funds for carers, the partnership also presents a chance to create links between the company, The Carers Trust Network in Wales and carers. Building on this, Jehu will be running some taster/experience days for young adult carers in construction skills such as plastering, carpentry and brick laying, leaving a legacy long after the partnership has finished.

## Getting connected with Carers Week

**This year's Carers Week (10–16 June) focused on ways to get carers better connected to vital support services, advice and information in the community, as well as family and friends.**

With one in three carers feeling lonely or isolated because they are uncomfortable talking to friends about their caring role, we joined forces with Carers Trust Network Partners and other charities to raise awareness of caring in the annual campaign.

Find out more at [Carersweek.org](http://Carersweek.org).

## Student carers going further in Scotland

**In March, Carers Trust Scotland launched the Going Further Award for Scotland's colleges which aims to make it easier for colleges to support student carers and rewards good practice. Inverness College UHI was the first college in Scotland to achieve the Award in May of this year.**

We're delighted that 22 of 46 colleges and universities in Scotland have committed to taking up the Award. The colleges are joining those universities already making progress to identify, support and report on student carers as part of our Going Higher Award.

.....  
"All student carers regardless of their situation should have the same opportunity to be successful in their studies, without the added worries and stress I had throughout my college experience."  
.....

**Carer**

.....  
Find out more at: [Carers.org/going-further-scotland](http://Carers.org/going-further-scotland).



# Positively influencing policy across the UK



Young carer Blake addresses MPs at Westminster. In June, Blake received an award from the Prime Minister for his awareness raising work.

## Young carers meet MPs at Westminster

As part of our Young Carers in School programme, generously supported by Simplyhealth and The Eranda Rothschild Foundation, Carers Trust held an event in Parliament sponsored by Lucy Allan MP. In March, 16 young carers met 26 MPs, sharing what would help them in their education.

As a result, Carers Trust has secured a meeting with Ofsted to talk about how young carers are being recognised. Many MPs also pledged to visit their local carer service and meet with the young carers there.

## Young carers in Scottish Youth Parliament

Young carers across Scotland have a strong voice in the Scottish Youth Parliament as 19-year-old young adult carer, Ilse Cuthbertson, joins the 2019 membership. As a new Member of the Scottish Youth Parliament for Carers Trust Scotland she will champion the opinions and needs of young carers in Scottish Youth Parliament campaigns, and act as representative for young carers among peers, decision makers and politicians.

## Information sharing in Scotland

As hosts of the Scottish Young Carers Service Alliance we organised the annual showcase event

in March in Glasgow. The event enables young carer workers from across Scotland to keep up to date with national initiatives such as the newly launched non-cash entitlements for young carers, the development of the Young Carer Grant in Scotland and the Scottish Government's Carers Strategic Policy Statement.

Along with practical information on topics such as online safety, the 75 attendees went away better able to update young carers they are working with on changes that affect them.

## Supporting carers in education and employment in Wales

As part of Carers Week 2019, Carers Trust Wales worked with Bangor University's Widening Access Centre, and the Reaching Wider North and Mid Wales Partnership to deliver a one-day conference focused on supporting carers in education and employment.

Decision-makers, education professionals, businesses and carers joined together to look at effective approaches to identifying and supporting carers. Keynote speeches from academics, politicians and senior representatives from national carer organisations along with practical workshops focused on ways to support carers in further and higher education, secondary schools and employment.

## Raising the Voice of Carers

Raising the Voice of Carers, our three year project supporting carers in England to campaign, ended in July. With nearly 1,000 carers getting involved in campaigning it was a great success. We supported dozens of carers to speak directly to decision makers, held campaigning workshops for carers, and supported carer services to raise local issues. A big thank you to Comic Relief for its support and funding and all carer services who supported carers with their campaigning.

## Further information

Find out more about our policy and campaigning work on [Carers.org](https://www.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).

# You can help support carers

## Our London Marathon runners



Staff from Carers Trust getting ready to cheer our London Marathon runners

An enormous thank you to all our runners who completed the 2019 London Marathon in April to raise funds for Carers Trust's work to support carers across the UK. Between them they have raised a whopping £ 27,071!

Congratulations to Andy Thompson – running for us as part of our partnership with The Quilter Foundation, Clare Sage, and our three runners running as part of our partnership with the Rank Group. And a special mention for John Fox, who had to pull out because of injury but has deferred his place to next year. Find out more about our runners at [Carers.org/virgin-money-london-marathon](https://www.carers.org/virgin-money-london-marathon).

### The Glasgow Kiltwalk

At the end of April, staff from our Carers Trust Scotland team, along with friends, family and broadcast journalist Sophie Wallace, took part in the Glasgow Kiltwalk – a walk across Glasgow wearing a kilt!

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).

We raised more than £1,700 for carers across Scotland, thanks to a special top up donation from the Hunter Foundation.

A team of employees from the Rank Group also took part in the walk, raising over £1,200 for Carers Trust. To find out more about joining next year's event, email [scotland@carers.org](mailto:scotland@carers.org).

### 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

Book early for our 2019 Christmas Carol Concert at St George's, Hanover Square, London W1S on 3 December 2019. Enjoy music from the City of London Choir and Northamptonshire Carers Choir and readings from celebrity readers. Profits will support our work with carers.

Tickets will go on sale in early September via [Carers.org/take-part-event/carers-trust-christmas-carol-concert-2019](https://www.carers.org/take-part-event/carers-trust-christmas-carol-concert-2019). Call us on **020 7922 7756** or email [fundraising@carers.org](mailto:fundraising@carers.org) to find out more.

### Getting in touch with us

Email: [press@carers.org](mailto:press@carers.org).

Or write to us at our new address: Carers Trust, Unit 101, 164-180 Union Street, London SE1 0LH. Please note that we are no longer based at 32-36 Loman Street, London SE1 0EH.



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\*Please note, identities and photos of carers have been changed in the interest of privacy, except on pages 2, 4, 7 and 8.

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