

## Inside this issue:

- Meeting basic needs with a Carers Trust grant
- Our royal President on the importance of supporting carers
- Education professionals getting involved
- Supporting carers with our corporate partnerships



seven million reasons to care

# We Care

WORKING TOGETHER TO MAKE CARERS COUNT

## Tell us what you think about We Care magazine

We Care magazine was created for our supporters with the aim of keeping you updated on the issues that matter most to you. We've sent you a survey with this edition so that you can tell us more about what you think about the magazine. Your feedback will help us to create a new look for the magazine so please do take a few moments out of your busy day to complete our survey.

All information you provide will be treated in the strictest confidence. It should only take you a few minutes and we've provided you with a freepost envelope you can use to return the survey.

We'll tell you more about the results in the September edition of We Care. Many thanks for all your help.

### 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 Privacy Policy at [Carers.org/privacy-policy](http://Carers.org/privacy-policy).

## An introduction from Gareth Howells

As the new Chief Executive of Carers Trust I'm delighted to welcome you to the spring edition of We Care magazine.

As the former CEO of Carers Trust South East Wales and having been a young carer myself I know only too well the daily challenges of being a carer. Difficulties such as those faced by Freddie, a young adult carer struggling to balance caring with university studies. You can read his story on page 3. Thanks to your support we were able to step in when he was having to decide between eating or covering his travel costs.

In the last few months our projects have also been giving young adult carers new skills, tackling loneliness in isolated



carers, and helping education and mental health professionals to support carers. You'll find more information about all our projects in We Care.

But we couldn't do our work without all our inspiring fundraisers. Thank you for helping us to continue to make a difference to carers.

**Gareth Howells**  
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](http://Carers.org) (any time) or calling **0300 772 9600** (Monday–Friday, 9am–5pm).

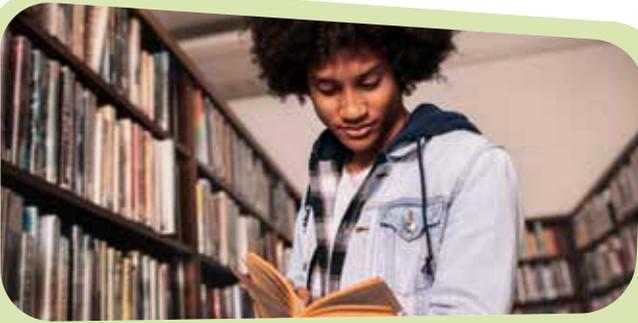
Front cover photo: Three in five people will be carers at some point in their lives in the UK.

# Meeting basic needs with a Carers Trust grant

Our local Network Partners are key to identifying and supporting more carers across the UK. Every day they see carers who are increasingly faced with their own difficulties as well as those for the people they care for.

Thanks to our generous and committed donors, including Pears Foundation, the Rank Group, National Garden Scheme and support from

players of People's Postcode Lottery, Carers Trust is able to provide grants to support individual carers to meet what are often basic needs. This might include working household goods, time to visit a GP or support with replacement care so that a carer can have a break. Our grants can help carers have a decent quality of life alongside providing the care they want to.



Freddie is 24, in his final year at university and spending 60 hours a week caring for three family members, two of whom have complex health needs which require 24-hour support. As a direct result of caring, Freddie has been struggling with his mental health and finances and his sleep has been affected.

On many occasions, Freddie has gone without food in order to fund his travel costs to university. "I am really struggling to find money to live and really want to finish my course to help me with my career."

Thanks to support from The Quilter Foundation, a grant of £300 helped Freddie pay for his transport to and from university for six months while he was supported to apply for a bursary.

"I can now concentrate on my final months of study without worrying about how I travel to placements and university – thank you once again on enabling me to do so."



Carers often struggle with loneliness and isolation with 40% of carers saying that they have not had a day off from caring for over a year. We know that a break is fundamental to help carers with their wellbeing and physical health.

To help tackle this, after getting positive feedback from some earlier trips they had arranged, Care for the Carers in East Sussex set up a structured activities programme. Thanks to a donation from the National Garden Scheme, a grant of £500 enabled this Carers Trust Network Partner to take a large group of rural carers to explore the house and gardens of Great Dixter in Northiam, East Sussex.

"I and the other members of the group, thoroughly enjoyed our day out. We would like to say a big 'Thank You' for making it possible for us."

**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.**

## Our royal President talks about the importance of supporting carers



Natasha Mutch-Vidal (left), Carers Trust Trustee, with major donors Peter and Janet Winslow, greeting our royal President.

### **Our President, Her Royal Highness The Princess Royal, recently attended a dinner in London with some of our most longstanding and generous supporters.**

Our royal guest met our Chief Executive, Gareth Howells, and new members of our Board of Trustees, including Natasha Mutch-Vidal who is a young carer. Guests heard from Natasha about her caring role and the difference Carers Trust makes to the lives of carers like her.

Her Royal Highness spoke about why she believes it is so important that carers get the support they need and of the importance of partnerships like those we enjoy with the Pears Foundation and the National Garden Scheme, who attended the dinner.

Our President also thanked and presented Christine St George with an engraved crystal rose bowl. Christine has led numerous event committees for Carers Trust and has helped us to raise hundreds of thousands of pounds for carers since she became involved.

Find out how your involvement as an individual philanthropist can make a difference to carers at [Carers.org/philanthropy-team](https://www.carers.org/philanthropy-team).

## Young adult carers are developing new skills

**Wealth Management company Quilter Plc, has been working with Carers Trust to support young adult carers in their transition into adulthood.**

As part of the partnership, our Young Adult Carers Steering Group is advising on the direction of the programme. Nine young people aged between 18–25 have joined the group, taking part in consultation activities and helping Carers Trust make decisions about awarding grants. This has given them valuable experience and insight that will help them on their own path to adulthood. See [Carers.org/how-you-can-support-us/carers-trust-and-quilter-foundation-partnership](https://www.carers.org/how-you-can-support-us/carers-trust-and-quilter-foundation-partnership).



Two members of our Young Adult Carers Steering Group, from left to right, Storm and Katherine

## Tackling loneliness

**Thanks to the support from players of People's Postcode Lottery, our 2019 programme tackling loneliness has made a real difference to the carers we were able to support.**

This initiative was aimed at carers who are often among the most isolated, such as carers of people with dementia or mental health issues, older carers, and carers from BAME communities. Our 20 projects across the UK, enabled 398 carers to benefit from peer support groups and develop social networks. Learnings from the programme were shared with health and social care professionals at an event in February.

Find out more at [Carers.org/peoples-postcode-lottery](https://www.carers.org/peoples-postcode-lottery).

## A December to Remember



Staff from Grosvenor Luton were among those who pledged to support carers on Giving Tuesday

**We're in the sixth year of our partnership with the Rank Group and staff made it a December to Remember with the launch of their UK fundraising campaign.**

Giving Tuesday – a global day of giving which took place on 3 December – saw the Rank Group teams holding bucket collections to raise awareness and support for carers.

Later in December, over 45 carers had the chance to relax and socialise with other carers, when they were invited to their local Rank Group clubs.

Read more at [Carers.org/carers-trust-and-rank-group-plc-partnership](https://Carers.org/carers-trust-and-rank-group-plc-partnership).

## Support in Northern Ireland

**Our Carers Support Service works in the Southern Health and Social Care Trust area in Northern Ireland. This year, the service was able to increase the number of carers it has provided advice and information to, identifying 339 carers. All were offered a carer's assessment – an opportunity to identify and address their support needs as a carer.**

The service continues to support those carers already engaged with Carers Trust, by offering training and activities including vital telephone support. Find out more from [Carers.org/carers-support-service-northern-ireland](https://Carers.org/carers-support-service-northern-ireland) or call our helpline on **07826 930508**.

## Carers Week, 8–14 June

This year we'll be working with Carers Trust Network Partners and other charities to raise awareness of the issues that matter to carers across the UK. Find out how to get involved where you live at [carersweek.org](https://carersweek.org).

## A fun filled festival

**This year's annual Scottish Young Carers Festival will take place in Dunfermline, Fife from 5–7 August 2020.**

The Festival gives young carers the chance to have tons of fun with other young carers, a break from caring and to get their views across to decision makers. To find out more about how you can help support young carers in Scotland, visit [Carers.org/scottish-young-carers-festival](https://Carers.org/scottish-young-carers-festival).

## Supporting carers into work



**We've been celebrating the success of our Working for Carers project that's helping carers in London move back into employment.**

Working for Carers is funded by the European Social Fund and The National Lottery Community Fund. Since 2016, 170 carers or former carers have found employment thanks to the project. A further 102 have moved into education or training while 92 are actively searching for work. Many more have taken a step forward by developing their CV and building confidence. Find out more at [Carers.org/workingforcarers](https://Carers.org/workingforcarers).

.....  
"Working for Carers gave me the tools and support to get back into employment and helped me get my confidence back."  
.....

**Carer**



Carer Juley-Ann Smith talking at the launch of the second phase of our Working for Carers programme

## Count Me In!

**This year's Young Carers Awareness Day saw Carers Trust calling on compulsory education providers to do more to proactively identify young carers and to ensure that they receive the recognition and support they deserve. Our Count Me In! campaign generated widespread media coverage on 30 January, including features in The Sun and regional broadcasts on ITV News.**

The day also saw key decision makers thanking young carers for their work. This included a **vlog** from First Minister of Scotland, Nicola Sturgeon and a **blog** from Minister of State for Care, Caroline Dinéage. More than a third of Welsh Assembly Members signed a **Statement of Opinion** in support of the Count Me In campaign. 46 MPs have signed our **Early Day Motion** calling for more support for young carers. We also announced the formation of a new **All-Party Parliamentary Group for Young Carers**.

The day was a huge success on social media and we even trended on Twitter. Thank you to everyone who asked education professionals to #CountMeIn.

## Supporting working carers



Staff from Jehu, local companies and Carers Trust Wales, lining up for the start of their fundraising triathlon

**Carers Trust Wales has a successful charity partnership with South Wales construction company Jehu Group. Jehu staff have so far raised the incredible amount of £20,000 for carers from sponsored skydives and triathlons to selling monthly breakfast rolls.**

As a conscientious employer Jehu has also included a Carers Policy in its HR framework. Plus, with a number of staff taking on the role of dedicated Carers Champions, our partnership is leaving a lasting legacy for carers in the Jehu workplace.

## Carers in education

**Carers in education, from primary school to university, can face many barriers to learning. We've been working with education providers to help them make a difference for their learners.**

We're improving provision for young carers in schools in Wales in a project funded by Welsh Government. Our pilot 'train the trainer' programme is working with all four regional education bodies, giving headteachers training about supporting young carers, and enabling them to cascade this information to all staff.

In Scotland, our digital education resource hub – **Carers.org/resources-schools-scotland** – is raising awareness of young carers with education professionals. Developed in partnership with national education strategic stakeholders in Scotland, resources include lesson plans and e-modules.

We're delighted that University of Glasgow has achieved its Going Higher for Student Carers Recognition Award as part of our work with Scottish universities and colleges. Thanks to the funding from Scottish Funding Council and our partnership with College Development Network, this year we will be launching an e-module for all college staff to help them develop their knowledge, skills and confidence around supporting student carers. Find out more at **Carers.org/going-further-scotland**.

Meanwhile, five Carers Trust Network Partners have been piloting a programme in England. Thanks to the Eranda Rothschild Foundation and Sobell Foundation they've been training and supporting carers to act as ambassadors in local schools. They've been championing young carers' needs and helping schools identify young carers and signpost them to support.

## Occupational therapists in pilot project with carers

**With over 70 years' experience in the independent living sector, NRS Healthcare has partnered with Carers Trust and pledged to raise £10,000 for carers over the next year.**

Many of the people NRS Healthcare supports are carers. Staff in NRS service centres across the UK are hosting regular fundraising activities. The company is also piloting the involvement of NRS occupational therapists to support carers with two Carers Trust Network Partners in Kent and Cambridge.

See **Carers.org/carers-trust-and-nrs-healthcare-partnership**.

# Positively influencing policy across the UK

## Delivering a Strategic Action Plan in Wales



Oliver and Grace, members of the Welsh Youth Parliament, gave formal evidence about caring to the National Assembly for Wales

In 2018 Carers Trust Wales was instrumental in a decision by the Health, Social Care and Sport Committee of the National Assembly for Wales to carry out an inquiry focusing on the experiences of carers of all ages.

The inquiry wanted to review the barriers carers face, how the new social care law in Wales was supporting carers and better understand what carers need to have a fulfilled life alongside caring. Working closely with Network Partners and carers we submitted comprehensive evidence capturing our collective views on how things can and should be improved for carers and carer services.

As a result, the Committee made 31 recommendations to Welsh Government which the Government responded to in January 2020. The Welsh Government has already committed to delivering a Strategic Action Plan for Carers in spring 2020. We have been commissioned to support the development of this plan.

## Launch of new Young Carer Grant in Scotland

Carers Trust Scotland has worked closely with Scottish Government on the development of a new grant for young carers aged 16–18. As a member of the Young Carer Grant Working Group, we helped to shape all aspects of the grant from eligibility to the application process.

Young people can apply for the grant if they live in Scotland, spend an average of 16 hours caring for someone who receives a disability benefit and are not entitled to Carer's Allowance on the day they claim. Launched in autumn 2019, the Young Carer Grant is a one-off payment of £300 for a young carer to spend as they choose and they can get one grant per year. Find out more at [Carers.org/article/young-carer-grant-scotland](https://carers.org/article/young-carer-grant-scotland).

## New guides for professionals working with mental health carers

2019 saw us publish three new guides providing advice and guidance for mental health professionals to help them work more effectively with service users and the carers in their families. They build on the success of Carers Trust's Triangle of Care model which encourages service users, carers and health professionals to work together in an equal partnership to improve service user treatment and wellbeing.

To mark World Mental Health Day in October 2019 we launched our guide for mental health professionals working with children and young people in England. The Guide was funded by NHS England as part of its Commitment to Carers programme.

In November, thanks to support from the Scottish Government, Carers Trust Scotland launched an updated version of our Scotland Triangle of Care, along with a new Triangle of Care for Child and Adolescent Mental Health Services toolkit. We also called on all NHS Boards across Scotland to embed the Triangle of Care to ensure that mental health carers are better supported and feel valued.

All three guides can be downloaded from [Carers.org/article/triangle-care](https://carers.org/article/triangle-care).

## General election pledges

The run up to the 2019 general election saw us asking for all prospective parliamentary candidates to make three pledges to support carers and local services in the next parliament.

- 1) Unpaid carers need sustainably-funded services.
- 2) Young carers and young adult carers need support to achieve their potential.
- 3) Carers need to be identified early, and their needs responded to.

We provided letter templates and an online tool to make it as easy as possible for carers to get in touch with their local candidates.

## Further information

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

# How you can make a difference for carers

## A big thank you to all our supporters, including several who've taken on some big personal challenges for carers.

Paul cycled 100 miles from London to Surrey in the Prudential Ride 100 in August. After cycling through the Surrey countryside his ride finished at Buckingham Palace, raising an impressive £500. Paul was unsurprisingly tired after his day-long ride, but it was a great experience – and we're glad to report that he has recovered well from the challenge!



Chris from South Wales raised over £1,900 on the Welsh three peaks challenge. He walked up and skateboarded down each

mountain, possibly making him the first person to do this!

After his dad was involved in a serious accident, Chris and his mum became carers overnight. Knowing the huge pressure that carers face every day, Chris wanted to fundraise for Carers Trust Wales.

And good luck to our 25 runners, including 17 from the Rank Group, taking part in the London Vitality Big Half Marathon. Best of luck as well to Kim and Paul from the Rank Group who are taking on the London Marathon in April for the first time.

## How you can get involved

If you would like to part in a fundraising event for Carers Trust there are so many ways you can support us. Whether you fancy running a marathon or a cake sale, simply visit [carers.org/section/get-involved](https://carers.org/section/get-involved), email [fundraising@carers.org](mailto:fundraising@carers.org) or call us on **0300 772 9600** to find out more.

## Concert sell-out

Our sell-out 2019 Carol Concert took place at St George's Hanover Square, London to raise funds to support our work to benefit carers. Guests enjoyed beautiful music from the City of London Choir, Northamptonshire Carers Choir, and trumpeter, Crispian Steele-Perkins. Carer Jaycee Labouche joined actors Greg Wise and David Suchet to give readings.

A big thank you to everyone who supported this wonderful evening including sponsor CLC World Hotels & Resorts. To register your early interest for our 2020 concert, contact us at [info@carers.org](mailto:info@carers.org) or call us on **0300 772 9600**.

Many thanks to Marie 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://Carers.org/we-care-our-magazine-supporters).

## Getting in touch with us

Email us: [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.



© Carers Trust 2020. First photo on page 3 Ammentorp © 123RF.com.

All library photos posed by models except for photos on page 2, page 3 (second story), 4, 5, 6, 7 and 8.

\*Please note, identities and photos of carers have been changed in the interest of privacy, except on page 3 (second story), 4, 5, 7 and 8.

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, Unit 101, 164-180 Union Street, London SE1 0LH.