

**CARERS
TRUST**

Autumn 2020 • Issue 28

WE CARE

**SEE THE DIFFERENCE YOU
MAKE TO CARERS' LIVES**



THANK YOU FOR YOUR FEEDBACK

Thank you to everyone who completed the survey we sent with the last edition of We Care. We really appreciate your feedback and were delighted to hear that so many of you enjoy the magazine. We will use the results to make sure we are bringing you the stories and information that you want to hear about.

However, you will notice We Care looks a bit different. In April, with support from the players of People's Postcode Lottery, we launched our new brand and website. Developed in consultation with carers, local Carers Trust Network Partners and colleagues, we hope you like our more contemporary look.

In our survey, some of you said you would like to join our email mailing list to receive more news about carers, our activities and appeals. Sign up at [Carers.org/signup](https://www.carers.org/signup).

YOUR PRIVACY



We promise to keep your personal details safe. You can subscribe to or unsubscribe from We Care at any time. 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](https://www.carers.org/privacy-policy) or contact us for a paper copy.

AN INTRODUCTION FROM GARETH HOWELLS

There are over seven million people in the UK who care for a family member or friend. Even before the Coronavirus crisis started, hundreds of thousands of carers across the UK were experiencing isolation, poverty and ill-health. For carers, the Coronavirus emergency made an already difficult situation far worse. Many have struggled to get the support they so desperately need and are still struggling as lockdown eases.

At Carers Trust and across our UK network of local services we have adapted the way we support carers and ensured the ongoing delivery of vital services to carers, albeit often in new and innovative ways.

It has been truly heart-warming to see the way that our community has come together in the last few months. An enormous thank you to everyone who has raised funds, and awareness of the additional difficulties so



many carers have found themselves in since lockdown begun.

You can find out more about our work in this edition of We Care and how you can continue to support carers as they face the challenges that lie ahead.

Gareth Howells
Chief Executive Officer,
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 support in your area facility on [Carers.org](https://www.carers.org) (any time) or calling **0300 772 9600** (Monday– Friday, 9am–5pm).

POSITIVELY INFLUENCING POLICY ACROSS THE UK

With the Coronavirus pandemic intensifying the challenges that many carers and the services that support them were already experiencing, Carers Trust has focused on five key priorities in the last few months.

Protecting carers' rights and access to support

Changes to carers' legal rights

The Coronavirus Act 2020 and Coronavirus (Scotland) Act 2020 allow local authorities to ease some of the key duties outlined under the Care Act 2014, the Carers (Scotland) Act 2016 and the Social Services and Wellbeing (Wales) Act 2014. These include assessment of, and support for, adults with care and support needs and carers. In Scotland, young carers are also affected.

We have helped shape and inform statutory guidance which has been published in all UK nations setting out a clear expectation that local authorities should continue to do all they can, for as long as they can, to continue to meet their existing legal duties.

At a UK level we are working with parliamentarians to hold the UK and devolved Governments to account and to protect carers' rights. We are also members of several coalitions working to prioritise carers' rights.

Improving recognition of the importance of investing in services

We issued a joint statement with Carers UK which sets out what services for carers are needed during the pandemic. In all nations we are meeting weekly with senior Government officials to raise carers' issues and to work

together on solutions. We have also produced resources to help explain new legislation and statutory guidance.

Developing partnerships to provide practical support to carers to enable them to stay well and care safely

Across the UK we have worked to ensure clear Government information is available about shielding procedures and vulnerability. We also have worked to improve access to personal protective equipment (PPE) for care workers and carers, and to COVID-19 testing.

Supporting carers to access essential food and medicines

We have raised our concerns about difficulties some carers have had accessing food and medicines, including writing to the 'big four' supermarkets. We have helped develop templates to help carers self-identify and have been raising awareness among professionals with pharmacy resources in Wales and in Scotland with our campaign #Supermarkets4Change.



Championing young carers and their continued access to education

On behalf of the prospective All-party Parliamentary Group on Young Carers and Young Adult Carers, we issued a public statement to ask MPs to pledge to support young carers and young adult carers. Across the UK, we have also worked with Government departments to help ensure that young carers get the support they need to access education. This has included securing UK-wide inclusion of young carers in the list of vulnerable learners.

FURTHER INFORMATION



Find out more about our policy and campaigning work on Carers.org. To get involved and make a difference to carers, email policy@carers.org.

SUPPORTING CARERS THROUGH THE CORONAVIRUS CRISIS

The Coronavirus crisis has meant that many of the UK's seven million carers have been under even greater pressure than before as they have tried to cope round-the-clock with the physical and mental health needs of the person they care for. Unable to get out to the shops or food banks, many have also been desperately worried about accessing food and essential medical supplies.

From the start of the crisis, we were determined to be there for carers. In April, we launched our Carers Emergency Fund appeal, to help us provide grants of up to £300 as quickly as possible to those who need it most. Shortly after, working with UK wide local carer organisations, and our Carers Support Service in Northern Ireland, we were making our first grants.

By August 2020, we had received 544 applications from carers for help with essential purchases they couldn't otherwise afford. The majority were for household items such as washing machines or fridges. We have also helped carers buy laptops to help them keep in touch with friends or access online support from their local carer service.

**THANKS TO YOUR
GENEROSITY
AND WITH
DONATIONS FROM
LONGSTANDING
SUPPORTERS
INCLUDING PEARS
FOUNDATION,
THE PLAYERS OF
PEOPLE'S POSTCODE
LOTTERY AND THE
NATIONAL GARDEN
SCHEME WE WERE
ABLE TO HELP 90%
OF CARERS WHO
APPLIED, GIVING
GRANTS OF OVER
£131,000.**



"I HAVE LITTLE TIME TO MYSELF; I HAVE LOST CONFIDENCE, AM STRESSED, AND FEEL ISOLATED".

RICHARD

The Coronavirus crisis has made caring even more difficult for 52-year-old Richard. He cares for his partner who has complex health conditions.

Richard helps his partner with showering, dressing and taking his medication. He has also been sleeping on the sofa as his partner's health conditions mean they cannot share a bed. We were pleased to be able to award Richard a grant of £299 for a new bed to go some way towards helping him get a good night's sleep.

Arzoo is a 37-year-old single parent who has struggled during the Covid-19 lockdown. She has two children, Bina, 12 and 13-year-old Jamil. Jamil has autism, Perthes' disease (affecting his hip joint) and bowel problems. He needs constant care including help with bathing, dressing and management of his challenging and sometimes violent behaviour.

The family live in a flat with no outside space and financial difficulties have made things even harder. So, we didn't hesitate to award Arzoo a grant of £300 towards a laptop.



"IT WILL ENABLE MY CHILDREN TO DO THEIR HOMEWORK AND ME ONLINE SHOPPING, RELIEVING THE NEED FOR THE STRESSFUL VISITS TO THE SHOPS... THE LAPTOP WILL HELP THE WHOLE FAMILY ENORMOUSLY".

ARZOO

Even as lockdown eases, carers will continue to feel the impact of the pandemic. Please help us support those carers by donating online at [Carers.org/ways-to-give/make-a-donation](https://www.carers.org/ways-to-give/make-a-donation), over the phone by calling **0800 061 4838** or by post (you will find our address on the back of We Care). Your support will help us make a huge difference to the lives of carers, through this crisis.

Getting financial support if you are a carer

- If you are a carer you may be able to receive a Carers Emergency 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.
- If you need extra help to pay for something there are other grants, plus funds and charities that may be able to help.
- Make sure you claim any benefits and credits that you, and the person you care for, are entitled to.
- You, and/or the person you care for, may be able to get help with health costs such as prescriptions if you claim certain benefits or have a low income.

Visit [Carers.org/money-and-benefits/intro](https://www.carers.org/money-and-benefits/intro) to find out more.

THE IMPACT OF THE COVID-19 CRISIS ON YOUNG AND YOUNG ADULT CARERS

To find out more about the impact of Coronavirus we carried out a survey with young and young adult carers across the UK. Nearly 1,000 responded and told us how their worries relating to the pandemic and increased isolation caused by lockdown have affected their wellbeing.

The results are helping us shape services to support this group of carers and influence decision makers to bring about change.

In the meantime, we have been developing new ways to provide support. Working with The Children's Society, local Carers Trust services and teachers, we have developed Covid-19 guidance for schools in England.

And when our Scottish Young Carers Festival was cancelled, we switched to delivering online activities, a national consultation and a small grant scheme for services to run local events and activities for young carers.

Our Steering Group of young adult carers has been at the heart of our partnership with the Quilter Foundation. The group now meets virtually so it can continue to develop ways to help young adult carers make positive changes in their journey into adulthood.

ME-WE is our European Horizon 2020 funded research project whose goal is to strengthen the resilience of adolescent young carers. It is now delivered online, meaning young carers get the chance to interact with each other and we can continue to evaluate the impact on their resilience and wellbeing.

SUPPORTING OLDER CARERS

Two of our new projects are supporting older carers.

As part of our membership of the VCSE Health and Wellbeing Alliance, we have led a project to help carers over 50 to prepare for a future when they are less able or unable to provide care. Funded by the Department of Health



HELP US SUPPORT TOMORROW'S CARERS

Last year, over £170,000 was donated to Carers Trust through gifts in wills, gifts that are making a difference to carers' lives today.

With three in five of us becoming a carer at some point, a gift in your will could help us provide the best support for the millions who will become carers in the future.

Writing your will is a personal decision, and we understand that your loved ones come first. Once you have taken care of those you love, your gift could make a huge difference to our work to transform carer's lives. To find out more, contact us at fundraising@carers.org or call **0800 061 4838**.

and Social Care, our new resources will help decision makers and service providers to support this group of carers. Find out more at [Carers.org](https://www.carers.org).

In Wales, we are working in partnership with Age Cymru to develop new ways to better meet the needs of older carers and carers of people with dementia. This is funded by the Welsh Government Sustainable Social Services Third Sector Grant.

ROYAL GUESTS RECOGNISE THE CHALLENGES OF BEING A CARER

We were thrilled when Her Majesty The Queen and our President, Her Royal Highness The Princess Royal, joined four carers and our CEO in a special video call to mark this year's Carers Week in June.

The Queen spoke to Alex from Swansea, Nadia and Amna from London and Mary from Dumfries about the challenges they face and how they manage to balance caring and looking after their own health and wellbeing. With Making Caring Visible the theme for this year's Carers Week, our Royal guests also talked about the importance of highlighting the vital role played by carers, and how carers can access the support they need.

The video call follows an earlier video message from our royal President to carers to mark the beginning of Carers Week.



Her Royal Highness The Princess Royal chatting to carers in Camden in their art class (before lockdown)

Earlier in the year, carers and staff at Camden Carers Service in London were delighted when our President went along to meet them.

INNOVATIVE WAYS TO SUPPORT CARERS

The lockdown saw many of our loyal supporters finding new ways to help carers.

When the public were unable to raise funds by visiting gardens in person, our longest-standing partner National Garden Scheme launched virtual visits instead. An enormous thank you and for this year reaching the incredible milestone of £4m raised for Carers Trust.

Employees from our partner the Rank Group put together gift packages which included treats for the staff and carers at their local carer services.

South Wales construction company Jehu has been supporting staff who are carers with initiatives such as Carers Champions in the workplace. Keen to fundraise for Carers Trust

Wales during lockdown, their creative activities included a Jehu Bake Off.

Carers Trust Wales was also delighted with Loteri Cymru's generous £10,000 donation. It will be used to fund emergency grants for carers, and our work to improve carer support and awareness.

We also welcomed some fantastic new fundraising initiatives to support carers impacted by the Coronavirus crisis across the UK.

A big thanks to fashion brand RIXO for its Stay at Home t-shirt; Glasgow DJs GBX and Sparkos for their charity single Heroes, Professor Graham Leslie for his song – United Together; Gruffydd Wyn for his single Bring Him Home; and to all those who helped raise an amazing £42,644 in the Alpha Club's online auction. Find out more on [Carers.org](https://www.carers.org).

HOW YOU CAN MAKE A DIFFERENCE FOR CARERS

We've been amazed by the creativity and determination our supporters have shown when coming up with ways to raise funds for carers.

Life in lockdown wasn't going to stop Oriana Knight from completing a marathon for Carers Trust by running four long loops round her home.

Oriana and her family have experienced the highs and lows that caring can bring, as they looked after Oriana's grandma, and her other grandma was a carer for Oriana's aunty. Oriana's run raised over £2,500, a fantastic amount, which will help bring much-needed relief to carers throughout the UK.

A huge thanks to Gemma Aylen who works for our partner the Rank Group who also decided



Congratulations to Oriana who completed her marathon in just over 3.5 hours

to raise funds for carers by running a marathon around her home. 92 of her colleagues also raised funds by walking the distance between John O'Groats and Land's End twice, in their local area.

How you can get involved

If you would like to raise money for Carers Trust there are so many ways you can support us. Visit **Carers.org**, email **fundraising@carers.org** or call us on 0300 772 9600 to find out more.

Carol Concert

This year, our popular annual Carol Concert was due to take place at St George's Hanover Square, London on 1 December. At the moment, we are uncertain as to whether it can go ahead as planned. If you would like to know more about the concert, once our plans are confirmed, please email Jane Quayle, our Senior Fundraising Manager, **jquayle@carers.org**.

Find out more at **Carers.org/take-part-in-an-event/carol-concert-2020**.

Join our Readers Panel

We are looking for carers and former carers from across the UK to join the Carers Trust Readers Panel. This voluntary position involves commenting on We Care magazine during production. Find out more at **Carers.org/we-care/we-care**.

Getting in touch with us

Email us: **press@carers.org**.

Call us: **0300 772 9600**.

Or write to us at our new address:
Carers Trust, Unit 101, 164-180 Union Street, London SE1 0LH.

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

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