

Carers Rights Day

Lee O Brien

CEO

Carers Together



CarersTogether

supporting and connecting carers in local communities



-The total number of carers in the UK today is around **10.6 million**, which means that **1 in 5 adults are providing care**. -Carers' support was valued at a £530 million per day during the pandemic, or £193 billion a full year – exceeding the value of the NHS budget

-Caring has intensified since autumn 2020 – carers are providing significantly more unpaid care despite society 'opening up'. The proportion of unpaid carers providing significant care ie **over 20 hours per week**, has **increased by 42%** since October 2020.

-Carers' worries have intensified and increased around the negative impact of caring on physical and mental health which is now the top concern compared with five years ago. **4.87 million carers** are worrying about the impact of caring on their **physical and mental health**.

- Estimate around 34,000 carers in Middlesbrough & Redcar & Cleveland (Census 2011)
- 11,250 carers registered with Carers Together, the majority being 45-65 years old.
- 500 carers access support from Carers Together each month
- 60 new carers each month
- 6 new referrals per day from carers seeking support

Main Issues

- Identification as a carer
- Access to Information and Support
- Maintaining Health & Wellbeing
- Access to Finance/ Benefit support
- Access to Emotional Support
- Employment Support/Rights



Carers Together

- Established local charity for almost 20 years
- Office bases in Redcar and Middlesbrough
- Track record of providing free community based support to over 11,000 carers
- Employs approximately 18 qualified and experienced staff and 10 local volunteers
- Manage contracts with 2 local councils and have been supported by NHS England, Clinical Commissioning Groups, National Lottery, Henry Smith Foundation and various other trust funders.
- Has a Trusted Charity mark award from NCVO and PQASSO quality marks since 2013. We have also been awarded Ambassador level Quality Mark for the 'Employers for Carers' Benchmarking Scheme'.

Vision

*‘Enabling Carers to have the best possible lives, now
and in the future’*

We offer face to face and digital support, which includes;

- Individual Information and Support including Initial Carers Assessments
- Hospital Support Service
- Working Carers Specialist Support
- Parent Carer Information and Support
- Young Adult Carer Transition Support (in association with The Junction)
- Counselling Service
- Grief and Loss Service
- Welfare Rights/Form filling support
- **Carers Voices**
- Carers Card/I Am A Carer Card
- Legal Clinic
- Support groups, events and activities
- Training for carers, families and professionals

Carers have the right to...

-Be identified as a carer

- South Tees Forum/Strategy task groups
- GP registration with NHS England
- Awareness Campaigns
- Digital Registration
- Carers Voices

Carers have the right to...

-discuss flexible working options

- Employment & Finance Task Group
- The Carer's Leave Bill will introduce a new and highly flexible entitlement of one week's unpaid leave per year for employees who are providing or arranging care.

Working Carers Development Officer

- South Tees Hospital Trust
- Middlesbrough Borough Council
- Tees Esk Wear Valley NHS Trust
- Other VCS

Carers have the right to...

-Be consulted on hospital discharge

- Carers Together & South Tees Hospital Trust Guides
- Carers Together Hospital Service
- Patient Experience

The Cost of Caring

- The proportion of carers unable to afford their utility bills has more than doubled since last year – from 6% in 2021 to 14% in 2022.**
- Those in receipt of Carer's Allowance are also more likely to be cutting back on food and heating (35%) compared to all carers (25%).**
- Nearly 8% of unpaid carers in receipt of Carer's Allowance are using food banks to cope with the cost of living crisis, compared to 5% of all unpaid carers.**
- Those caring for over 35 hours a week are much more likely to be cutting back on essentials like food and heating (28%) than those caring for less than 35 hours a week (16%).**

The Cost of Caring

- Joint letters to the Chancellor asking for increase in Carers Allowance and support for the cost-of-living crisis.
- South Tees Carers Strategy-Multi Agency Strategy
- South Tees Carers Forum-Task Group Finance & Employment
- RCBC & MBC Financial Inclusion Groups
- Specialist Financial Wellbeing support from Carers Together and partners including CAB, Welfare Rights and local councils.
- Access to grants
- Signposting to other relevant services that can support during the 'Cost of Living' crisis



Thankyou

