

Are you looking after someone?

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| Essential Toolkit |
| Carers Week |
| June 10th-16th 2019 |
| **Getting Carers Connected in Surrey** |
| In partnership with Surrey County Council; Action for Carers Surrey; Surrey and Borders NHS Foundation Trust and the Guilford Diocese |

This Carers Week we’re coming together throughout the UK, drawing attention to how important caring is and to get carers connected in their communities.

For more information visit

carersweek.org

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1. **Key messages**

Carers UK announced their theme for Carers Week this year is: ‘Getting Carers Connected’.

Our local theme is: *Getting Carers Connected in Surrey.*

Under that umbrella theme we will also feature other key messages:

1. *You’re not on your own. For free information, support, advice for carers contact Action for Carers Surrey on 0303 040 1234 or email CarerSupport@actionforcarers.org.uk*

*Sub line - A carer is anyone who looks after (unpaid) family or friends in need of help because they are ill, frail, have a physical disability or mental health condition, or problems with drugs or alcohol.*

1. *If you are interested in using technology to help with your caring role you can access a range of free digital tools and essential resources. Visit* [*www.surreycc.gov.uk/supportforcarers*](http://www.surreycc.gov.uk/supportforcarers) *and use the free access code: DGTL3562.*
2. *If you want to take a break from caring, many local activities and venues offer discounts for carers, for example, swimming pools and cinemas. Find out more by visiting* [*Surrey Information Point*](https://www.surreyinformationpoint.org.uk/)*.*
3. *For workforce carers - Most people's lives will include at least one episode of unpaid caring. Already 1 in 9 in your workforce will be caring for someone who is older, disabled or seriously ill. If you’re a working carer, don’t forget there’s support for you. Action for Carers Surrey can advise you on your rights and provide lots of information on caring while working. They also run support groups in the evenings.*
4. *We care that you care (you’re not on your own) – for celebrating and recognising carers at particular events/activities, which could include workforce.*

*Surrey’s 115,000 carers do an amazing job, day in, day out, supporting their loved ones and often putting part of their own lives on hold. Carers Week is an opportunity for us all to recognise and celebrate what carers do. Has your organisation signed up to* [*Employers for Carers*](https://www.employersforcarers.org/)*?*

1. **Shared editorial for websites and publications**

Carers Week 10th-16th June is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Carers Week 2019, we're coming together to help carers get connected in Surrey. There are 6.5 million people in the UK who are carers. They will be looking after a family member or friend who has a disability, mental or physical illness or who needs extra help as they grow older.

A carer is anyone who looks after (unpaid) family or friends in need of help because they are ill, frail, have a physical disability or mental health condition, or problems with drugs or alcohol. You’re not on your own. For free information, support, advice for carers contact Action for Carers Surrey on 0303 040 1234 or email [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk). If you are interested in using technology to help with your caring role you can access a range of free digital tools and essential resources. Visit [www.surreycc.gov.uk/supportforcarers](http://www.surreycc.gov.uk/supportforcarers) and use the free access code: DGTL3562.

Please join us this Carers Week, you can find events and activities near you at <https://www.surreyinformationpoint.org.uk/> or follow the hashtag #CarersWeekSurrey on social media. If you would like to find out more, please contact [elise.edmonds@surreycc.gov.uk](mailto:elise.edmonds@surreycc.gov.uk).

1. **Social media**

We have developed a series of posts/tweets for you use during the week. Please find attached.

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1. **Useful Facts and Statistics from Action for Carers Surrey**

**Definition of a carer** *’Carers look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid‘.*

**General**

There are at least 115,000 carers in Surrey. This equates to 10% of the population.

Carers save the public purse £1.8 billion a year in Surrey.

**Sex**

Women and girls are more likely to take on caring roles. Carers Trust puts the split at 58% women, 42% men.

**Ethnicity**

17% of Surrey’s carers are from minority ethnic communities, that’s around 20,000 carers.

**Work**

Carers UK’s annual survey reported that 35% of carers had given up work to provide care, with a further 16% saying they had reduced their hours of work to support the person they care for. In Surrey, around 65% of carers balance caring and work.

**Finances**

7,430 Surrey carers receive a Carers Allowance, 37% of them care for more than 50 hours a week**.**

**Young carers**

Potentially 800,000 UK secondary school children (aged 11-16) are looking after someone at home; nearly a third responsible for a high level of caring. In Surrey, this would equate to 14,000 secondary school age children – and three in every class.

**Health and wellbeing**

* + 50% of young carers often feel stressed and 46% say they often feel lonely, because of their caring roles.
  + Almost half of young carers under eight get up in the night to care.
  + 23% of young carers say their role has made it harder to form friendships.
  + One in five young carers has never had a summer holiday with their family.
  + Over 80% of young carers felt that their caring role affected their opportunity to take part in leisure activities.

**Education**

* + One in 10 young carers are late for school at least once a week because of caring. 26% of young carers say they have been bullied because of caring.
  + Only half of young carers have a particular person in school who recognises that they are a carer and helps them.
  + Young carers responding to a survey missed or cut short many.

**Young adult carers**

Young adult carers are more than three times as likely as their peers NOT to be in education, training or employment when they leave school. 24% of young adult carers in school say they cannot afford to go to college or university.

56% of young adult carers in college/university struggle because of their caring role. 17% said they may have to drop out because of their caring role.

45% of young adult carers reported that they have mental health problems.

**Older carers**

65% of older carers (aged 60-94) have long-term health problems or a disability themselves.

1. **Case studies from Action for Carers Surrey**

Please feel free to use case studies in any publicities.

Case study one - ADULT CARER

*“I care for my daughter who has complex needs, including ADHD and mental health issues. There were problems with benefits cuts and school funding over the last year and a half, causing us lots of additional stress and anxiety. So, in the last year, my own health has been really fragile, due to the impact of my caring situation. I was feeling lost, and was not coping, when I turned to Action for Carers.”*

*“I had felt like I was drowning and ACS was like a life ring which supported me and gave me a sense of normality. Now I feel way more stable. ACS helped me to succeed in my benefits claims – this has been life-changing. I had been slipping out of control mentally and physically. With ACS’s help, I’ve started to look after my own physical health – it’s still not good, but being monitored - my mental health has improved hugely, and I am much better able to cope.”*

Case study two - TEENAGE CHILD CARER

“From the outside I look like an average teenager but I am that one in 10 person that is a young carer. This means that in my class, realistically, there would be around three young carers. Being a young carer has changed my social life and how people think of me, but it has positively changed how they think.”

**What is a young carer?**

“Being a young carer means that a person has to look after a family member or friend who has a disability or is sick. In my case, I have to look after my younger brother who has Oppositional Defiance Disorder (or ODD for short), ADHD and anxiety; this means that he can be quite a handful at some times. Some disabilities aren’t visible and can’t be recognised as easily as others. For example, my brother's disabilities could just be passed off as bad behaviour but in reality, he can’t control half of his actions. This means he can get into a lot of trouble for something he didn’t know he was doing wrong.”

“My brother's actions can sometimes cause me not to be able to talk to my friends or hang out with them. I can’t just call up my friends like a normal teenager and ask them to come over, I have to plan ahead so that my brother isn’t nervously ticking or getting anxious about them coming round. It can cause me not to have a social life as all my friends get pushed away by him.”

**Why it's helpful to spend time with other young carers**

“One of the things I have found useful is talking to other carers; knowing that we have common ground with each other. Some carers would rather not talk out about their role and stay quiet about it round their friends; this is

Case study three - YOUNG ADULT CARER

“So I’m 20 now and I’ve cared for my Mum since I was six years old. She had severe depression, a borderline personality and quite a lot of substance abuse. I was kind of like her sole carer. My Dad moved out when everything kicked off when I was six… My Mum went into hospital and that’s when I got referred to Surrey Young Carers.”

“So I joined the Surrey Young Carers forum because I wanted to help prevent things that had happened to me by helping other young carers to kind of gain a bit of confidence, speak to them, speak to the social services and authorities because I really wanted them to hear what I had to say and about my experiences as a young carer.”

“And they really, along with a lot of other people, like a lot of other youth services, helped me a lot, with a lot of hand holding, filling out forms, things like that, to get to university, what was like a massive struggle with a lot of hurdles to try and get over.”

“Now I’m at uni, I’m heading into my third year. And I’m really, really glad that I was a part of Surrey Young Carers because if it wasn’t for them, no way would I be at university now. More than likely I would be homeless or would have been homeless 100% at one point. And I would definitely be struggling a lot more with mental health and wellbeing issues.”

1. **Publicity materials**

We have collated some collateral promotional materials. Please feel free to use them where relevant and if you need any help formatting please let us know.

Please find attached

1. Empty belly poster for events



1. Generic Carers Week poster



1. Workforce carers poster



1. Digital banner



1. Carers Video

This is a recent video produced with the NHS highlighting how to access support for carers in Surrey. Please feel free to add the link in appropriate online channels.

<https://www.youtube.com/watch?v=5EixKTUbNN4>

1. **Events during Carers Week**

All events will be listed on our Carers Week page on [Surrey information Point](https://www.surreyinformationpoint.org.uk/Information/CarersWeek). If you have any more events you would like to add please share the details with [elise.edmonds@surreycc.gov.uk](mailto:elise.edmonds@surreycc.gov.uk)

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| **Carers Week 2019 Events** | | | | | | | |
| **Date** | **Planned Events** | **Venue** | **Time** | **Contact** | | **Book or drop in?** | |
| **Monday 10th June** | **Carers Lunch** | Café Bradbury, Rendezvous Centre, White Lodge Centre, Holloway Hill, Chertsey, KT16 0AF | 12:30-2pm | enquiries@headwaysurrey.org 01483 455225 | | Book | |
|  | **Workshop on Communication skills for carers** | The Recovery College, at Unither House: Theta, Lyon Way, Frimley, Surrey GU16 7ER | 2-4pm | 01276 454 150 SMS text: 07920 207 046 | | Book | |
|  | **Packet Boat and Cream Tea Afternoon** | The Packet Boat Company, off Woolsack Way, Godalming Wharf, Godalming GU7 1LQ | 2-4pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Book | |
|  | **Armed Forces Carers ‘What’s out there for you’** | Ash Centre, Ash Hill Road, Ash GU12 5DP | 9:30am-12pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Book | |
|  | **Odiham canal boat trip and lunch** | The John Pinkerton, Colt Hill Wharf, Odiham, Hook RG29 1DH | 10:15am set off | Princess Royal Trust for Carers in Hampshire: 01264 835246 or info@carercentre.com | | Book | |
| **Tuesday 11th June** | **Information stand (Carer Practice advisors)** | Frimley Park Hospital, Portsmouth Rd, Frimley, Camberley GU16 7UJ | 10am-12pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information stand (Carer Practice advisors)** | Royal Surrey Hospital, Egerton Rd, Guildford GU2 7XX | 9am-2pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information, advice and support day** | Farnham Hospital and Centre for Health, Hale Road, Farnham GU9 9QL | 10am-3pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
| **Wednesday 12th June** | **Surrey Heath Tea Party** | High Cross Church, Knoll Road, Camberley GU15 3SY | 2pm - 4pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Book | |
|  | **Information stand** | Caterham Dene Hospital, Church Rd, Caterham CR3 5RA | All day | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information, advice and support stall** | The Haslewey Centre, Lion Green, Haslemere, GU27 1LD | All day | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information stand** | Epsom Square, Epsom, Surrey, KT19 8AG | 9:30am – 2pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Wellbeing Event (Treatments include hand massages, a mindfulness session and more)** | Guildford Rugby Club, Meadrow, Godalming GU7 3DH. | 10-2pm | Princess Royal Trust for Carers in Hampshire - 01264 835246 or info@carercentre.com | | Book | |
|  | **Cream tea** | Hart House, Fleet, Fleet Rd, Fleet GU51 3NT | 2:30 start | East Surrey Carers Support Association -01883 745057 or info@escsa.demon.co.uk | | Book | |
|  | **Carers Week Extravaganza** | Bletchingley Village Hall, High St, Bletchingley, Redhill RH1 4PA | 2-4:30pm | East Surrey Carers Support Association -01883 745057 or info@escsa.demon.co.uk | | Book | |
| **Thursday 13th June** | **Meet the Carers Advisers** | Cranleigh Market (outside the Co-op), Village Way, Cranleigh GU6 8AF | 9:30am-1:30pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information, advice and support stall** | Guildford Waitrose, York Road, Guildford | 11am-1pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  | **Information, advice and support stall** | The Meadows, Sandhurst. Camberley, GU47 0FD | 10am-2pm | call 0303 040 1234; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
| **14th June** | **Information stand** | Epsom General Hospital, Dorking Rd, Epsom KT18 7EG | All day | Hospital Carers engagement lead | | Drop in | |
| **15th June** | **TBC** |  |  |  | |  | |
| **16th June** | **TBC** |  |  |  | |  | |
| **All Week** | **10-14 June – Information stands** | East Surrey Hospital (East Entrance). | All day | 0303 040 1234 /815; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  |  | St Peters Hospital | All day | 0303 040 1234 /815; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
|  |  | Epsom District Hospital | All day | 0303 040 1234 /815; text 07714 075993; email CSAdmin@actionforcarers.org.uk | | Drop in | |
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1. **Evaluation template for 2019**

Please help us in ensuring we get the best out of Carers Week every year by completing the evaluation template for each of your events and please share any photos or video clips you may have. Many thanks.



For any further information please contact [elise.edmonds@surreycc.gov.uk](mailto:elise.edmonds@surreycc.gov.uk).