

# Impact Report 2022-2023



## What we've achieved

147 - wellbeing activities offered

960 - attendances at wellbeing activities

11,000 - Caretime magazines circulated in our carer community

100% - of carers maintained or improved their own wellbeing

100% - of carers felt less lonely or isolated

The legacy impact of Covid and the cost-of-living crisis has put already strained household budgets under further pressure, with many carers reporting that their mental health was getting worse as a result of the increased worry about paying everyday bills.

From our conversations with carers, we know how important it is to be able to take a break from their caring role. Throughout the year we provided a variety of free wellbeing activities including creative writing, belly dancing, yoga, origami, paddle boarding and many more.

A highlight in the year was the free Jubilee Picnic delivered in partnership with Southside Community Centre. The event was attended by over 250 carers and their families all coming together at the Holborne Museum for a relaxed afternoon in the sunshine.

## Keeping carers in control

737 - calls to the Support Line

405 - referrals to partner organisations

83% - of carers who used Support Line reported feeling able to manage/cope better

100% - of carers who completed an emergency plan reported feeling more in control and reassured

50 - carers benefitted from a financial grant

From talking with carers we know that many are feeling worried about accessing paid care support, the rising cost of living (75%), taking a break from their caring role and the ongoing strain on NHS (waiting times) (75%).

The Support Team has continued to provide empathetic support to carers - helping them navigate complex emotions, unfamiliar care systems, providing financial advice, and assisting with sourcing additional funding for a range of equipment, household bills and respite breaks.

The team have worked alongside carers to build bespoke support and emergency plans so that carers can have a fulfilling and manageable life alongside their caring role.

## Keeping carers connected



197 - café sessions provided across Bath and North East Somerset

1,267 - attendances at cafés and groups

100% - of carers who attended a café felt they now had someone to talk to

93% - of carers felt connected to their peers after attending carer cafés

98% - of carers felt able to share their experiences after attending a carer café

*"When I had it bad, it was a place where I could let go and cry and let it out and then I'm alright. I try not to keep it inward, and it's true, laughter is the best medicine."*

As post Covid confidence grew many carers welcomed the return of the face-to-face café programme, enjoying the laughter and friendships forged through the unique understanding of their caring roles.

From talking to carers, we know that the demands of the caring role can be unpredictable. We have continued to offer a range of ways to come together, in person, on the phone or hybrid sessions for carers to chat, relax and find support.

This also includes a dementia café, a dedicated space where carers can bring along the person they care for who will take part in their own supported activity, while the carers enjoy a cuppa and chat in the room.

Alongside this, we host mental health peer groups in collaboration with KS2 and Avon and Wiltshire Mental Health Partnership (AWP).

## Supporting young carers

607 - young carers accessed support

47 - different young carer activities were run

131 - new carers joined our young carers community

96% - of young carers felt happier at the end of the activity

89% - of young carers who attended an activity made a connection with another young carer

*"My son made new friends and feels more confident to open up."*

The long-term impact of the pandemic on the lives of young carers is not yet fully understood. Returning to school was the main welcome, but many young carers were fearful of taking Covid home to their loved ones.

Anxiety and mental health among young carers remain high with 67% of young carers more worried about the future since Covid.<sup>1</sup>

We were delighted to receive Contain Outbreak Management Fund (COMF) funding to deliver wellbeing activities in schools and Children in Need Social Action Funding to give young people a voice to tackle subjects that matter to them. This was in addition to providing 221 wellbeing activities and 62 support groups.

All young people who requested a Statutory Needs Assessment received one and we ended the year with no waiting list.

Young carers experience significant differences across many health, social and education factors due to the impact of caring, compared to non-young carers (Bath and North East Somerset Schools and Education Unit Survey).



Working with schools will remain a priority in the year ahead.

## **Creating a carer friendly community**

7 - e-news delivered to professionals supporting carers

42,000 - combined social media reach

9 - Carers' Voice meetings

24 - external consultations where carers could have their say

50 - university students reached

***"Carers tell us that being seen and listened to can make a huge difference."***

Many carers don't see themselves as carers, but rather as individuals assisting someone they care about and sometimes living with those they support.

Often, their caring role is unknown to family and friends, who might not realise the support they need. To address this, we have expanded our digital outreach to the broader community to raise awareness about unpaid carers and how their loved ones and friends can provide support.

We have continued to work closely with carers, professionals and community partners (including the BSW Integrated Care Board, and Community Wellbeing Hub) to raise awareness, give carers a voice and help identify carers early in their caring journey. Building a carer friendly community in Bath and North East Somerset is of upmost importance.

Together we are shaping systems and processes to recognise and support carers. We are aiding in the development of a new digital referral system called 'Riviam' for post hospital care transitions. We have also continued to provide carer awareness training to social work students at Bath University.

 0800 0388 885  [info@banescarerscentre.org.uk](mailto:info@banescarerscentre.org.uk)  [banescarerscentre.org.uk](http://banescarerscentre.org.uk)    Connect with us

The Carers' Centre is the operating name of Bath and North East Somerset Carers' Centre registered in England and Wales.

Company No: 03289938. Charity No: 1060080. Registered address: The Woodlands, Lower Bristol Road, Bath, BA2 9ES.

