

2019-2020

THE REAL IMPACT OF CARING FOR CARERS



Carers Support
West Sussex

**CARING
CAN BE
BOTH
WONDERFUL
& TOUGH.**

**IT CAN ALSO
BECOME A
FULL-TIME JOB,
LEAVING
CARERS
WITH LITTLE
OR NO TIME
FOR THEMSELVES**

**WE
PROVIDE
UNPAID
CARERS
WITH
information
AND GUIDANCE
ALONG WITH
PRACTICAL
& EMOTIONAL
SUPPORT**

The Carer's Journey

“ While this report shows the numbers, it does need to be highlighted that they are delivered with an ever-present passion and creativity from our teams of staff and volunteers in supporting family and friend carers across West Sussex. I am truly proud to be a part of this fantastic organisation, making a difference to the lives of so many. ”

Sonia Mangan, Chief Executive.

“ It's very reassuring that you can talk to someone, anytime about the stresses and strains of caring. ”

“ I think of you as carer's Samaritans or Samaritans for carers, thank you so much for being there. ”

“ During my assessment I was made to feel at ease, listened to and my opinion valued. I feel confident to signpost other carers to this service as I found it to be highly supportive and the information I received was very useful. Thank you so much. ”

Specialist Teams

Our specialist teams, which are experts in the following areas:

- Autistic Adults
- Mental Health
- Dementia
- Drugs & Alcohol
- Learning Disability
- Parent carers

 **3,565**
CARERS ENGAGED

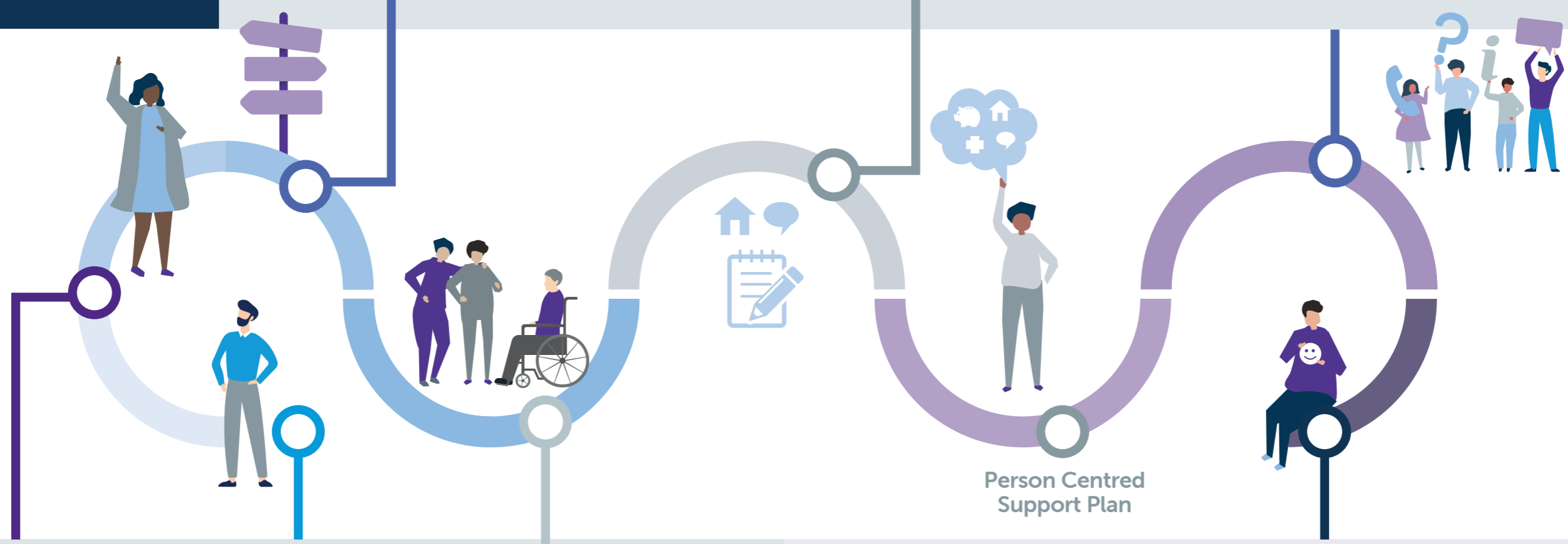
These teams engaged with 3,565 carers. We are defining engagement as conversations with carers by staff or volunteers via phone, email or face to face.

Information and Guidance

 **16,589**
calls on the Carers Response Line

Assessments

 **949**
full Carer Assessments were completed



Identify as a Carer

 Year on year
11% GROWTH
in carer registrations

On average,
339 NEW CARER
registrations a month.

At the end of March 2020,
we had a total of
26,335 CARERS
registered with our service.

CSWS made the grand total of
46,858
contacts with our carers.

Carer Awareness



Statistics from Carers UK and Carers Trust –

3 in 5

people will become a carer

Preventative Community Based Support

Monthly delivery of

53

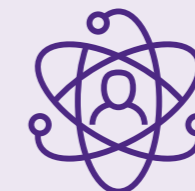
PEER TO PEER SUPPORT GROUPS throughout the county.*

Stay Connected to Live Well & Care

 To help improve carers health and wellbeing,
JUST OVER £400k
was awarded to our carers through Carer Health and Wellbeing applications.

A carer, learning and wellbeing programme planned to deliver

48 CARER FOCUSED LEARNING RESOURCES*



“ Without Carer's support funding we would have absolutely no respite from our caring role to have as a couple we are eternally grateful. ”

*Some cancelled due to COVID-19

Hospital Team

CSWS have Carer Wellbeing Support teams in 13 local hospitals, which resulted in



“ Thank you so much for just being with me in the Hospital you were just so sweet and nurturing, a real light in that time of dark. ”



Our Services and Preventative Community Based Support

Macmillan Partnership:

299

carers of people living with cancer were supported

Volunteer Team

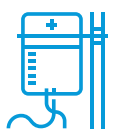
The combined total of volunteered time supporting our carers equates to:



“ Just to be in the role of co-facilitating and giving assistance to the group and facilitator is a journey to grow and learn and apply to myself as well as give others help in their situation. ”

Volunteer Group Co-Facilitator with Drug & Alcohol Team and Carer

Carer Equipment Service



1,118
REFERRALS

were made to our Carer Equipment Service. This enabled CSWS to discuss and supply equipment to help those carers sustain their caring role.

“ Using outside step and a baby alarm I could watch my wife to see if she was in any trouble i.e. falling out of bed or needed moving, while I was in the lounge or when I was in kitchen cooking. That was a godsend, thank you so much for all your help and assistance. ”

Emotional Support Service



On a quarterly basis CSWS supports on average

300 CARERS

through counselling, call backs and emotional wellbeing support.

“ Without funding from Carers Support West Sussex we would have absolutely no respite from our caring role to have as a couple, we are eternally grateful. ”

Marketing & Comms awareness campaigns:

578 CARERS

joining us to celebrate Carers Week with 47 activities and events being offered

Carers Rights Day events

REACHED 197 CARERS

“ The information I have been given today has given me some hope for the future. ”

Young Adult Carers (YAC)

CSWS engaged with

100 YAC

either through phone, face to face, support groups or all three.

The YAC team assist with all carer related subjects, from seeking employment to respite from their caring role.

In September 2019, CSWS and West Sussex County Council, hosted a young carer (YC) and YAC weekend residential trip to the Isle of Wight. The Three Oaks Trust and the Song Birds Choir helped fund this activity through their fundraising efforts.

“ The camp was really good to be free with other young people just to be able to relax and enjoy yourself. ”

Carer Discount Card Launch



Launched in Feb 2020 and in the first month, the card received 939 applications and 110 businesses signed up in support.

Please contact us for more information

Call **0300 028 8888**

Email info@carerssupport.org.uk

Visit www.carerssupport.org.uk

