Mental Health and Wellbeing Support

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Project Manager
The project

- Run programmes that improve the wellbeing of carers aged 18 plus
- 72% of carers have suffered mental ill health as a result of their caring role
- Our programmes run give carers information and support help them cope with their caring role and learn strategies to improve their mental wellbeing and connect with other carers
Outcomes

• During 2018/19 approximately 230 carers came to our information and support programmes.

• Our aim is to reach a minimum of 200 family carers so we were really happy to exceed this goal.
Outcomes

- Caring with confidence project
  - 60% felt that their self confidence had increased
  - 80% said that they were able to manage their own wellbeing more positively
  - 100% felt better connected to other family carers
  - 100% rated the facilitator as excellent
Outcomes

• Who’s In Charge programmes
  – 90% felt that they had now had resources that they could use
  – 80% had answers to their questions
  – 90% said they enjoyed meeting other carers
  – 70% said they knew what organisations and/or agencies to contact
Outcomes

- Now we have secured extra funding we can offer YMHFA and WIC programmes which means we are in contact with more parent carers.

- Also due to having YMHFA instructors we were able to succeed in gaining a tender to run this programme for professionals with the local council.
Learning

- We have had challenges with getting carers to be able to commit to attending programmes
- Facilitator capacity has been stretched
- Marketing our programmes effectively has proved difficult
Learning

- We have increased our pool of facilitators in the organisation
- We are planning to provide a more varied programme of courses
- We are planning programmes to fit in better with different carers roles