

Caring

Your members' magazine

NEWS • CAMPAIGNS • SUPPORT • EXPERIENCES

Issue 66 | June 2023

“A mother to my brothers”

Kausar's lifelong journey as a sibling carer



 **carersUK**

Carers Week
How you can
get involved

Strengthening bonds
Tips from a
relationship expert

Carers' massive contribution to the economy revealed



We released new research with the University of Sheffield that reveals unpaid carers contribute a staggering £445 million to the economy in England and Wales every day – that's £162 billion per year.

To put this sum into context, it's estimated the NHS received £164 billion in funding in 2020/21. This means the value of unpaid care being provided is equivalent to a second NHS.

It's a concerning statistic. Carers are having to put their own physical and mental health needs to one side to provide increasing hours of care, and sometimes have no choice but to give up work or reduce their hours to provide care.

We're calling on the government to show it values carers by providing urgent financial support, a funded National Carers Strategy and proper recognition of unpaid carers within the NHS.

Full report: carersuk.org/reports/valuing-carers-research-report/

Unpaid carers' support is worth

£162 billion

(A 29% increase since 2011)



2.8% of people are now providing over

50+ hours

of care per week, increasing the value of care by over £20 billion



Estimated value of care, per...

Week



£3.1bn

Day



£445m

Hour



£18.6m



Welcome to your latest issue of *Caring* magazine, in which I am delighted to share with you our plans for Carers Week and the 2023 AGM.

This year's theme for Carers Week, running from 5-11 June, is 'Recognising and supporting carers in the community'. We want communities across the UK to come together to recognise the huge contribution unpaid carers make to society, and you can find out more about our plans on page 6.

In early May we launched a report produced in conjunction with researchers from the Centre for Care at the University of Sheffield, and the results are shocking but not surprising, as you can see on the previous page; the economic value of contributions made by carers rose by 29% in real terms between 2011 and 2021 and is roughly equivalent to the NHS budget. This knowledge highlights the urgency of the need for a better funded social care system, which too heavily relies on unpaid

carers providing unsustainably high hours of care per week.

In this issue you'll find many wonderful stories from carers, some of whom share how they find time for themselves and keep their creative juices flowing despite the challenges of caring. Whether you're inspired to get involved with the 64 Million Artists challenge in June, fancy trying your hand at drawing with help from our friends at the Cartoon Museum, or expressing yourself via songwriting, there's something for everyone.


This year we are holding our Annual General Meeting (AGM) on Wednesday 18 October, separately from our Members' Conference. I'm looking forward to seeing as many of you as possible; you can find details and Notice of the AGM on page 16.

Best wishes,


Helen

Our mission is to make life better for carers:

We give expert advice, information and support 

We connect carers so no one has to care alone 

We campaign together for lasting change 

We innovate to find new ways to reach and support carers. 

CARERS UK HELPLINE

T 0808 808 7777

Opening hours:
Monday-Friday, 9am-6pm

E advice@carersuk.org

KEEP IN TOUCH

Carers UK
20 Great Dover Street,
London SE1 4LX
T 020 7378 4999
E info@carersuk.org
carersuk.org

Carers Scotland
T 0141 445 3070
E info@carerscotland.org
carerscotland.org

Carers Wales
T 029 2081 1370
E info@carerswales.org
carerswales.org

Carers Northern Ireland
T 028 9043 9843
E info@carersni.org
carersni.org

In this issue...



Photography competition



NI and Scotland Summits



Why employers want your skills

Take part in our essential research into caring



Our annual State of Caring survey is the UK's most comprehensive research into the lives and experiences of carers.

It helps us to paint a picture of what life is like for carers at the moment, the challenges carers might be facing, and the impact caring has on finances, health and wellbeing. The survey results are vital for our policy and campaigning work, and we use them to ensure that carers' voices are heard and that carers get the support they need.

Last year, we used your responses to campaign for a Carer's Leave Bill, giving employees the right to take five of days unpaid Carer's Leave, and this has now passed Committee Stage in the House of Lords. We also used your responses to inform the work of our newly created Carer Poverty Coalition, to respond to government consultations, and to brief MPs in Parliament. Your responses about the cost of living were mentioned by the leader of the Liberal Democrats in Prime Minister's Questions. In addition, your responses were featured on BBC news and Sky news, as well as local BBC



radio, and in newspapers including *Evening Standard*, *Independent*, and *Daily Express*.

Last year we received our highest ever number of responses for State of Caring, with over 13,000 current and former carers telling us about their experiences of caring. This year's survey opens in mid-June, so look out for more information about how you can take part in the survey coming soon!

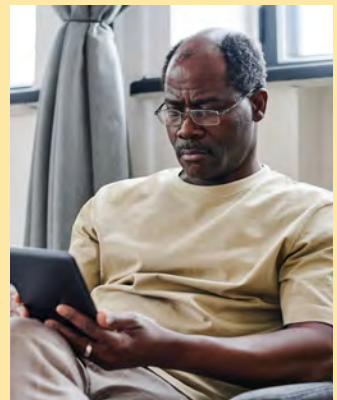
Carers Wales Policy Forum

Are you a carer in Wales? Join the new online Carers Wales Policy Forum on Thursday 27 July, from 10-11am.

You'll be able to discuss policy developments and topical issues related to carers in Wales with the Carers Wales Policy Team, receive policy updates from Carers Wales staff and plan the way forward for carers.

To register or to find out more, please contact Carers Wales' Policy Officer Jake Smith by email:

jake.smith@carerswales.org



Capture the world of caring with our photography competition

We're holding a Carers UK members-only photography competition this summer on capturing the world of caring. Whether you're a photography whizz or simply enjoy taking a few snaps with your phone, we'd love to see your photos!

Entries will be judged by photographer Becky Mursell, who will be running free online photography workshops during June to help inspire you and improve your skills. You don't need to take photos of the person you care for if you don't want to – simply take a photo that you feel captures the world of caring, whether that's your own world, or a reflection of what's going on in society.

The deadline to enter is **Friday 14 July, 5pm.**



To find out more and how to enter visit carersuk.org/photography-competition

Me Time: free online support in Wales

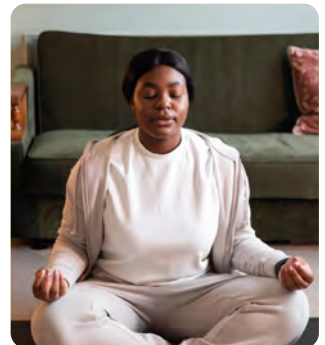
Our Me Time sessions in Wales are a series of online activities to support your wellbeing.

Activities range from practical advice on carers' rights and caring, to emotional and physical wellbeing sessions like mindfulness and dance, and creative opportunities like crafting and cooking. Sessions are open to carers across the UK. You can find all our sessions online:

carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions

As part of Carers Week, we are holding a wellbeing morning on Saturday 10 June.

There are two sessions for carers to enjoy: Mind, Body and Mood at 10am, followed by Healthy Relationships at 11.30am.



Find more information about our wellbeing morning sessions and how to book on our MeTime page for June: carersuk.org/wales/help-and-advice/your-health-and-wellbeing/me-time-sessions/june-sessions/

Countdown to Carers Week 2023



This year Carers Week is taking place on 5-11 June with the theme 'Recognising and supporting carers in the community'.

What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the huge contribution that carers make to their families and communities on a daily basis. It's also a time to help those who may not think of themselves as carers to identify themselves and understand what support is available.

How to get involved with Carers Week

Get involved online

If you've taken part in Carers Week before, you'll notice some new features this year on our website at carersweek.org!

You can also take part in our upcoming Carers Week 2023 campaign, and help spread the word about Carers Week on social media – follow us on Twitter, Instagram and Facebook for the latest updates.

Join Carers UK for online Carers Week sessions

To kick off Carers Week, we're holding a special Care for a Cuppa chat where Laura Bennett, Head of Policy and Public Affairs at Carers UK, will talk through key findings from our upcoming Carers Week research on identification and support for carers. There will be time to share any questions and thoughts you have on the topics covered, followed by our usual Care for a Cuppa session where you can chat about your caring situation. Book now at carersuk.org/cuppa

We're also running online Share and Learn sessions throughout the week, including a mindfulness taster session, book readings and discussions, and a panel discussion about caring while in employment. Find out more and book to attend at carersuk.org/share-and-learn

Take part in activities in your local area or online

Carers Week is brought to life by individuals, groups and organisations coming together from around the UK to run events and activities which support, inform and celebrate carers.

To find in-person Carers Week activities in your area, or virtual activities online, visit carersweek.org/activities

Download or print Carers Week resources

Show your support for Carers Week on social media and in your community by sharing our Carers Week resources!

You can download graphics to post on your social media to help raise awareness of Carers Week online.

We also have posters you can print off and put up on noticeboards to help spread the word in your organisation or local area.

Check them out: carersweek.org/resources-and-downloads



5-11 June
carersweek.org

Access support 24/7 with Carers Connect

You may have seen that our forum has changed to Carers Connect. It's still the same supportive online community for carers, but is now much more modern, reliable, and easier to use.



As a Carers UK member, you have free access to Carers Connect. Just like our previous forum, Carers Connect offers a safe online space where you can chat with other carers and find mutual support whenever you need it.

If you've used our old forum, you may need to reset your password. We will email you about your login details.

How to use Carers Connect

You can log into Carers Connect by visiting forum.carersuk.org

If you're new to Carers Connect, it would be lovely if you could say hello. Click on New to Carers Connect and introduce yourself.

To post, click on New topic with the plus sign, type in

your message with a title, then click the blue + Create topic button. You can add a tag with a relevant topic eg autism, dementia, etc, so other members can find your post more easily.

You can also like posts to show support, or share a link to a post or topic by clicking on the chain icon.

Keeping safe

When using Carers Connect, we suggest you don't post identifying information about yourself, such as your full name or where you live. Our friendly moderators monitor the discussions to help keep everyone safe on our forum. If you spot anything that concerns you, you can click the flag icon to alert our moderators.

New website

You may have also seen our updated website, with a new look, lots of extra information and an improved search function. You can now find information relevant to your UK nation by using our nation selector at the top of the page (in the top corner menu on mobile). If you haven't already, take a look: carersuk.org

You can still find all our printed resources on our shop by visiting shopcarersuk.org or calling 01933 221 781 (open weekdays, 9am-5pm).

Local government elections in Northern Ireland

On 18 May, elections were held for Northern Ireland's 11 local councils. With party representatives and candidates knocking on tens of thousands of doors in the run up to polling day, the election provided an important opportunity to put the challenges facing unpaid carers on the agenda.



There are over 220,000 unpaid carers in Northern Ireland, which means 1 in 10 people in each council area are providing unpaid care for an ill or disabled family member. Too many unpaid carers don't get the help they need from their local councils to look after themselves and maintain a good quality of life while caring.

1 in 10 people in Northern Ireland are providing unpaid care.

This election, we called on all candidates and parties contesting the election to support the following key pledges:

- Deliver bespoke cost of living or hardship grants for people providing unpaid care.
- Introduce concessionary rates for council leisure services for unpaid carers.
- Implement carer-friendly workplace policies and support for council staff with unpaid caring roles.

We were pleased to see the pledges reflected in some of the manifestos published by local parties.

In the months ahead, we will be working to hold the newly elected councillors to their pledges – with a campaigning programme to ensure the needs of unpaid carers stay on the agenda of every local council throughout Northern Ireland.

Keep an eye on our website for updates: carersni.org

Northern Ireland Carers Summit

Our Carers NI team held our annual NI Carers Summit on 20 March – with unpaid carers, political representatives, government officials, health and social stakeholders and more joining in Belfast and online for an engaging day of debate on the unpaid caring landscape.



Along with our staff, the Summit included contributions from senior representatives of the Department of Health, European advocacy network EuroCarers, academia and

other expert speakers, with discussions among the conference delegates to map out priority areas for a future Carers Strategy for Northern Ireland. The key themes and findings

from the Summit will now be sent in a report to the Department of Health to influence the development of a new strategic policy direction for unpaid carers in Northern Ireland.

Scotland Carers Summit

On 16 March, the Carers Scotland team held the Scotland Carers Summit at COSLA Conference Centre in Edinburgh (and online!)



Highlights included former carer Nancy Hamilton speaking powerfully about her experiences of caring for her husband and life after caring, and Kevin Stewart MSP, Minister for Mental Wellbeing and Social Care, talking about Scotland's new Carers Strategy. We also heard from Julie Orr

and Elizabeth McDowell from Leuchie House, who shared their insights on how technology can enable greater independent living, and Cruse Scotland gave a really useful contribution about their services which support people of all ages experiencing bereavement and grief.

To help inform our work going forward, we also held discussion sessions to gather carers' views on developing and re-establishing social connections and what can help, particularly when caring ends, as well as developing employability support.

New and updated resources from Carers UK



When you're caring for someone, it's important to have the right information. We have lots of guides and resources to help you find what you need.

Animated information videos

Our new animated video series covers the basics of what you need to know as a carer, from claiming benefits such as Carer's Allowance, Personal Independence Payment and Universal Credit, to requesting a carer's assessment. All videos are also available with British Sign Language (BSL) translation. We're continuing to add more topics, so keep an eye out for more videos.

You can watch the series on our YouTube channel: visit [youtube.com/@carersuk557](https://www.youtube.com/@carersuk557) and look for the 'Animated Information Videos' playlist.



Looking after someone guide

The go-to guide for anyone caring for family or friends has been updated for 2023-24 – and it has a new look! Available for all UK nations and in Welsh, *Looking after someone* provides a helpful overview of everything you need to know when you're caring for someone, from your rights to practical tips and financial support options.



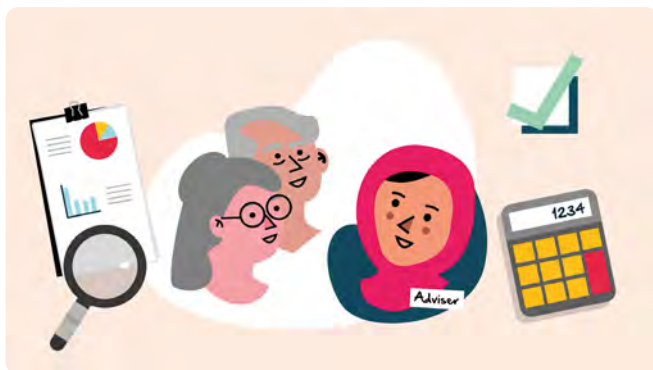
Copies of the guide can be downloaded from [carersuk.org/las](https://www.carersuk.org/las). You can also order printed copies from our online shop www.shopcarersuk.org/ or call 01933 221 781.

Updated factsheets

If you're not sure what financial help is out there, our factsheets are here to help. Updated for 2023-24, you'll find detailed information about what benefits you or the person you care for may be eligible for. We've also updated other useful topics, including:

- understanding how assessments can help with caring
- finding out how to arrange a break
- looking at ways to save money with Council Tax
- preparing for someone coming out of hospital.

Updated for 2023-24, you'll find detailed information about what benefits you or the person you care for may be eligible for



You can find all our factsheets and guides on our website: carersuk.org/help-and-advice/guides-and-tools/our-factsheets/

Guides that can help you feel heard

All too often, you can feel as though your needs and rights as a carer are not being listened to.

To help, we have designed *Being heard* guides for each UK nation, that help you assert your rights and achieve the outcomes you're seeking with health and social care professionals.

As well as supporting you with your advocacy needs, they provide step-by-step guidance on what to do when things go wrong and you need to make a

complaint or seek further assistance with your situation.

You can order a printed copy by calling 01933 221 781 (there may be a small fee to cover postage) or you can download a copy from our website: carersuk.org/self-advocacy

Carers Wales will also be producing a guide this summer to help LGBTQ+ carers understand their rights, so please keep an eye on your emails for more information.



Kausar's story: "As their carer, I became a mother to my brothers"

Kausar Iqbal moved to the UK from Pakistan at a young age and has been a carer for her brothers since she was a child. Kausar spoke to *Caring* about her journey as a sibling carer.



“ I was born in Pakistan in 1962 and came to England when I was four years old. I had a lot of fun growing up in Pakistan but coming to England was a great adventure.

My caring journey started the day my brother, Saeed, was born in 1969 and this changed everything in our lives. He was born with Microcephaly, a condition where the baby's head is

smaller than expected, which can occur because the baby's brain hasn't developed properly during pregnancy or has stopped growing after they are born.

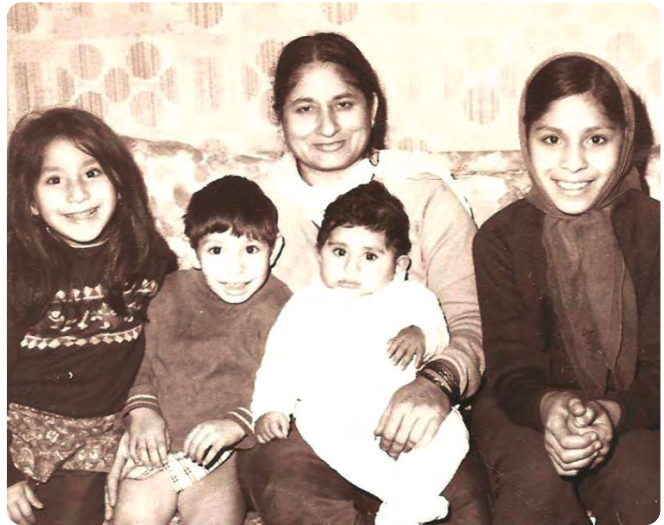
“My parents struggled to cope and, without realising it, at eight years old I became a sibling carer.”

My parents struggled to cope and, without realising it, at eight years old I became a sibling carer. All I wanted was to please my parents and take away some of their burden. I tried not to make any demands for their attention, but I also felt invisible to them.

I assumed my caring role from a young age, playing with my younger siblings, feeding them, changing their nappies and seeing to their every need. As a family we did not receive any financial help as my parents didn't know what support was available.

I grew up quickly and looked after myself, but I struggled to juggle schoolwork and home life. If I went to the library or played with friends, my three siblings came with me. Picture me at 12 years old responsible for two children and my disabled brother, Saeed, in the buggy. I missed out on so much.

When I was 15, Mum was expecting again so my father took me out of education and we travelled



to Pakistan. I was angry; I did not want to leave at such a vital time in my education. When my brother Irfan was born, I knew straight away that he also had Microcephaly. The Pakistan experience was challenging. The community came to stare at my brother, which hurt me, as I discovered that my own people could be so cruel.

“As a family we did not receive any financial help as my parents didn't know what support was available...”

I grew up quickly and looked after myself, but I struggled to juggle schoolwork and home life.”

This is when I realised that disabled people are not valued.

At 22 years old I was so happy when my parents arranged my marriage to my first cousin. At last, no more caring! Or so I thought. I still supported Mum and cared for my brothers during evenings and at weekends to give her a break. Only I could see the day-to-day difficulties she faced with minimal support.

I encouraged Mum to allow Saeed to move into care. At that time there weren't person-centred care plans, nor were his needs and wishes considered. It felt as if Saeed was plucked from his home and placed into the first available residential home. As a family we were naive and trusted the care system.

This is caring

Saeed was so unhappy; he stopped eating, didn't allow personal care and showed challenging behaviour. This is not what we expected or wanted for him. We made regular visits, but it broke our hearts to see him. He was not the Saeed we knew and loved.

My husband couldn't bear it any longer and said we had to get Saeed out of there; he asked me if Saeed could come and live with us. I told him how much responsibility I had from a young age and that I didn't want that life anymore, but I didn't like seeing my brother in distress. I made it clear that it would be extremely hard to take on this responsibility and I couldn't do it on my own. He said he would support me and share the responsibility, so Saeed came to live with us. Six months later Irfan's future was being decided and my husband and I didn't want him to go through the same process, so he moved in with us too.

These decisions changed our lives. It felt like all my hopes and dreams were diminished. I was working full time as a nursery officer and had two young children. Trying to juggle work, family and caring for two young men with learning disabilities, challenging behaviour,



“These decisions changed our lives. It felt like all my hopes and dreams were diminished.”

epilepsy and elements of autism was very hard. My brothers' care plan said they needed constant one-to-one support, yet here I was doing it all on my own. Putting the right care package in place and

building a good routine took years of work, but my priority was my brothers having a happy and meaningful life. The only support I received was two weeks of respite when my third child was born, after

which I returned to work for six months before realising it was too much, so I made the difficult decision to give up work.

My family were demanding of my time and always criticised me. My father didn't want me to be a carer as he felt that it was my mum's responsibility. My community stereotyped me saying 'she gets a lot of money and social services help her with everything'.

"I returned to work for six months before realising it was too much, so I made the difficult decision to give up work."

This made me determined to show everyone that my brothers do have a place in society and are beautiful human beings, which cannot be measured by money.

By 2003 the health of both of my parents had deteriorated. My father had to wear a breathing mask and take an oxygen tank everywhere he went. I worried how I would explain to my brothers should anything happen to him. Would they understand? When my dad passed away, I had no time to mourn for him as my worry was how my brothers would take his loss. At the funeral, family and friends ignored my brothers and didn't even convey their condolences to them. This hurt so much.

"It is very hard as a sibling to let go of the strong bond that ties us together for life."

Mum died from bowel cancer and after witnessing both of my parents' deaths I have decided that my brothers should live independently of me. But it would need to be in the right supported living environment for them, where their cultural and religious needs will be met, and close enough for me and my children to pop over and give a helping hand. I know it's the right thing to do but it is very hard as a sibling to let go of the strong bond that ties us together for life.

Caring has been stressful and fatiguing. There have been many crises and the lack of extended family and professional support has, at times, left me at breaking point. But being a lifelong carer has also led to many positive experiences and opportunities for me to grow and develop. I recently discovered Sibs (www.sibs.org.uk), who are a charity for siblings of disabled children and adults, and they have helped me recognise myself and be proud to be a sibling carer.

As their carer, I became a mother to my brothers. I am looking forward to becoming their sister again.



Carers UK AGM 2023

This year we'll be holding our Annual General Meeting (AGM) separately from our Members' Conference. There will be an opportunity to hear an update on some areas of our work immediately after the AGM.



As Carers UK membership continues to grow, it feels appropriate to hold a separate AGM that will give us more time to share our governance items with you. There will be an opportunity to hear an update on some areas of our work immediately after the AGM.

The AGM is where we give an account to our membership of the previous financial year and reflect on our year-end position in the present climate. There will be a Q&A session after the financial presentation with our Chair, Treasurer, Chief Executive and Finance and Resources Director, where you can ask questions or comment on what you have heard. This is an opportunity to feed into our governance and, as a carer-led Board, it's important to us that Trustees represent our membership and govern accordingly.

This AGM will be on Wednesday 18 October from 10.30-11.30am and will be held online. By continuing to hold our AGM online, we hope to encourage as many members as possible to take part.

Voting by proxy

As with the last three years of holding our AGM online, this year we're asking you again to vote on our key governance issues by proxy; this allows us to count votes ahead of the AGM rather than during the meeting.

Voting by proxy means you give your votes to someone else to vote for you, in the way you've chosen. Votes are usually given to our Chair or Vice Chair as best practice.

We're asking members to vote on the usual matters of AGM minutes from 2022, reappointing and remunerating our auditors, adopting our 2023 annual accounts and to approve trustee appointments made by the Board.

Booking and proxy voting will be available via our website from August. If you would prefer paper copies of our booking and voting forms, please email us at governance@carersuk.org and we'll post these out to you when the system is live. We look forward to welcoming you!

Update on our next Members' Conference

We're delighted to announce that we will be holding a hybrid Members' Conference in March 2024, supported by Regina Blitz. Members will be able to attend either in person or online. We'll be sharing more information on the conference in due course.

Notice of the Annual General Meeting (AGM)



The Annual General Meeting of the members of Carers UK will be held **online again** this year on **Wednesday 18 October 2023**. An electronic link and instructions on how to join the meeting will be sent to you at a later date.

The agenda for the meeting will be:

1. welcome and Chair's opening remarks
2. to receive the Minutes of the Annual General Meeting held on 13 October 2022
3. to receive the Trustees' Annual Report and audited accounts for the financial year ending 31 March 2023
4. to appoint auditors for the financial year ending 31 March 2024 and authorise the Board to set their remuneration
5. to approve the Trustees appointed by the Board:
 - I. Saran Evans
 - II. Visala James.

The date of this notice is 30 May 2023 by order of the Board.

A handwritten signature in black ink that reads "Marie Magimay".

Marie Magimay,
Company Secretary

The registered office of the Company is 20 Great Dover Street, London SE1 4LX.
Company number: 864097

A member of the company who is entitled to vote at the AGM is entitled to appoint a proxy to vote instead on their behalf. Proxy voting will be available on Carers UK's website or by requesting a paper form from governance@carersuk.org

[carersuk.org](https://www.carersuk.org)

Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307) and a company limited by guarantee registered in England & Wales (864097).
Registered office: 20 Great Dover Street, London SE1 4LX

“I know what tomorrow is, it’s exactly like today”

Singer songwriter Matt Hill shares how songwriting can help carers tell their story

“ Songwriting is a great way to express yourself and tell a story. As listeners we interact with songs in a different way than we do with prose or poetry. In the past few years I’ve written songs inside prisons, in homeless day centres, on the streets, in care homes and in schools.

I was delighted when Carers UK asked me if I would do some songwriting sessions with carers via Zoom. Caring is a subject close to my heart; not only has it touched my own life and family but I also worked at Carers UK for 17 years!

Over three sessions we learned about some of the principles of songwriting such as the importance of economy and engaging the senses. For the song ‘[Exactly like today](#)’ we each wrote about our day-to-day surroundings and routines. By painting a picture of the tiny details of a home, the listener is able to imagine what our character’s life is like. We wanted to capture something of the repetitive routines of being a carer. Everyone who was at the session had some of their lyrics included in the final version making this song a true collaboration.

”

Exactly like today

Written by Avril, Catherine, Maz,
Tommy, Vicky and Matt.

*A stack of coasters on the stairs
Some books in dusty nooks
A glasses case, a wheelchair
A pile of washing up
A jigsaw, some laxatives
A milky cup of tea
I know what tomorrow is
It's exactly like today*

*Today was meds, I made the beds
I did the blankets, logs and coal
I put the ironing board back behind
the door
I put the Hoover in the hall
A glucose pen, a mobile alarm
A safe to hold a key
I know what tomorrow is
It's exactly like today*

[Bridge]

*I know what tomorrow's like
I know what it's going to be
I know what tomorrow is
It's exactly like today*

*Paddington Bear, recliner chair
A hoist above a bed
Volunteers come once a month
And paint your nails red
But I am here every day
I rarely get away
I know what tomorrow is
It's exactly like today*

Have a go at songwriting yourself with these exercises

Pass the time with rhyme

The great songwriter Ian Dury had a song called Reasons to be Cheerful Pt. 3 in which he wrote rhyming triplets of things that made him cheerful. My favourite was "The juice of a carrot, the smile of a parrot, a little drop of claret".

Exercise:

Write some of your own 'reasons to be cheerful' using three short lines that all rhyme.

Examples –

- drinking a coke, telling a joke, having a soak
- nice cup of tea, a day by the sea, something that's free.

Write your own version of a popular song

A good way to practise lyrics is to rewrite a song you know well. Try and follow the same rhythm, rhymes and pace of the original words.

Exercise:

Rewrite the song Amazing Grace and imagine that Grace is a person. Maybe she's an extraordinary carer, or base her on someone you admire, or imagine she has superpowers:

*"Amazing Grace she never stops
Her superpowers glow
From dawn to dusk and then some more
She's always on the go"*

About Matt

Matt Hill is a singer songwriter in the americana/folk storytelling tradition. His songs have been played on BBC Radio 6 Music and Radio 4, he's performed at Glastonbury Festival, and he even sang one of his songs on BBC1's antiques show 'Flog It'!

Thank you to our volunteers!

thank you

1-7 June 2023 is Volunteers' Week, and we'd like to say a huge thank you to our 450 volunteers for all they do to make life better for carers.

How our volunteers help carers

- They are a brilliant source of knowledge, sharing their valuable caring experience and insights to influence how we support carers.
- They shout out about caring on their social media, helping their friends and followers find out where to get information and extra help.
- They spread the word in their local area, contacting nearby organisations and putting up posters and leaflets about Carers UK.
- They reach out to colleagues, raising awareness and helping them find out where to get support in their caring role.

These are just a few examples of how our volunteers make a difference, and we really appreciate everything they do.

What our volunteers say about volunteering

"I have been so well supported and encouraged even through challenges. I feel like part of the team, and I know that the Carers UK team are genuinely working to act in the volunteers' best interests to help develop us individually and for the purpose of the volunteering work that we are doing."

"It gives me a purpose and is something close to my heart."

"I think Carers UK is an amazing charity. The people that run it and work for it are all so well qualified, so generous and thoughtful in how they manage volunteers, and willing to listen to suggestions and ideas. I have yet to come across a Carers UK employee (or volunteer in fact) who is not especially nice and sympathetic. And, of course, the work that Carers UK does is vital."

How you can volunteer

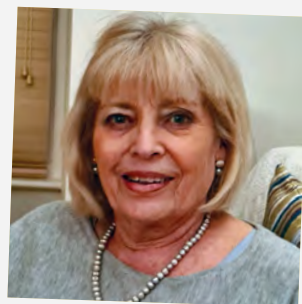
Whether you have a small amount of time to spare, or you can give time regularly, we'd love you to volunteer with us.

To find out more about how you can get involved, visit carersuk.org/volunteer, email volunteering@carersuk.org or call 020 7378 4997.



Helen's volunteering story

Helen Dowse volunteers for Carers UK as an Online Awareness Raiser. Here she describes what that position involves and how volunteering helped her recognise her own role as an unpaid carer.



“My name is Helen Dowse and I am an Online Awareness Raiser for Carers UK. I track Carers UK on Twitter and share posts to my local network. I hope I am providing information to carers that comes from a reliable source and that they find it helpful. I would recommend it if you have time. It gets the information out there that is current, up to date and accurate and is beneficial to carers.

I also volunteer for a number of other organisations in Salisbury, one of which is Salisbury NHS Foundation Trust.

While I was volunteering at the hospital, I found I was being asked all sorts of things by patients' family

“Being able to signpost carers to sites such as Carers UK where they will find accurate and up to date information is so important.”

members – what the difference was between the GP, the hospital, the community, social services, the council, etc. However, information was very difficult to find as the health and social care sector is so very complex. That's why being able to signpost carers to sites such as Carers UK where they will find accurate and up to date information is so important.

As I started to find out what support was available, I came to realise that the family members were also unpaid carers. I also realised that I had supported my parents towards the end of their lives in the role of unpaid carer and not just daughter.

As a consequence, I took over running the Carers Café at the hospital and have been invited to talk to various groups of staff to raise their awareness of involving unpaid carers in patient care. I often start my sessions by asking the

“I came to realise that the family members were also unpaid carers. I also realised that I had supported my parents towards the end of their lives in the role of unpaid carer and not just daughter.”

staff if any of them are a carer in addition to their jobs. It is interesting that that they often say at the end of the talk that they hadn't realised they were unpaid carers too!

I like to tell them how so very valuable the knowledge of the carer is while the patient is in hospital, as they are very often experts in the care of the patient. A short conversation with the carer can be very helpful and often makes the experience so much easier for everyone. ”

How caring can affect your relationships – and what you can do about it



In February, Dee Holmes from the charity Relate joined us to lead a Share and Learn session about the relationship difficulties carers may face. Here, we share some of Dee's tips along with our own guidance.

Our close personal relationships can always be challenging. Due to the nature of caring, you may face additional and specific issues; whether that's between you and the person you're caring for or with other relatives or friends. People seek support in managing their relationships for all sorts of reasons beyond the stereotype of couples seeking relationship counselling that is perpetuated by film and TV shows. Reasons can include:

- work/life balance gets out of sync
- family life stresses take their toll
- different parenting styles
- other stresses emerge (eg debt, addictions)
- life events (marriage, becoming parents, retirement)
- impact of negative behaviours (eg excessive alcohol, gambling)
- and many more... this is not an exhaustive list as no two relationships are the same!

Some common issues that arise most often in caring relationships include feelings of resentment and guilt, which can be challenging for both the carer and the person they are looking after.

Other challenges might be:

- change in the relationship dynamic when you become a carer
- loss of previous boundaries
- dependency and loss of freedom
- difficulty with others' reactions if a disability or illness is hidden, such as chronic pain and or a mental health problem
- feelings of frustration/tension
- loss of what was before
- feeling unappreciated
- effect on relationship with others
- disagreements with other carers or the person being cared for over care
- dealing with complex emotions
- loss of self identity
- lack of time
- loneliness and isolation for both the carer and the person being cared for.

“Common issues...include feelings of resentment and guilt, which can be challenging for both the carer and the person they are looking after.”

“Communication is at the heart of all relationships. For many people, communication breakdown is one of the main reasons they decide to seek support in their relationship.”

Some issues are specific to certain caring situations.

Caring for a parent

- Siblings may not all be taking an equal share of responsibility in looking after someone.
- Grief and resentment might be expressed by a parent who may feel frustrated by the sense of a role reversal where you are looking after them.
- A parent may be more resistant to accepting change from you as the child with the perceived prospect of losing independence.
- You might slip back into a parent/child dynamic despite a change in roles.

Caring for a child

- Complex emotions: loss, feeling trapped or responsible.
- Could be long term and daunting.
- Effect on relationships with others: partner, other children, etc.

Caring for a partner

- Loss of intimate relationship.
- Loss of sense of an equal partnership.
- Taking care of other family members alone.
- The possibility that you may no longer be able to go out as a ‘couple’.
- Loss of plans and expectations.
- Possible control issues.

Communication

Communication is at the heart of all relationships. For many people, communication breakdown is one of the main reasons they decide to seek support in their relationship.

What exactly is communication?

It can be described as the ways in which we connect to other people, and the ways we communicate or connect with others can have a major impact on our lives. Good communication can be a delicate balance of making the time, finding the right environment, sharing the experience, and using open body language.

Some things that may help in all relationships:

- Clear communication.
- Being open about difficult feelings you’re experiencing.
- Being aware of each other’s triggers.
- Knowing when to talk and when to listen.
- Setting and respecting boundaries.
- Taking time to be alone when needed and giving each other space.
- Talking to others in similar situations.

Continued...



Help and advice

Some things to consider in specific caring relationships:

Caring for children

- Acknowledging what is the 'extra' expectation on you as a parent carer.
- It's more difficult to talk as equals as you are the 'adult', the parent, so try to talk to the child on their level.

Caring for a partner

- Learning to accept and adapt regarding changes to an intimate relationship.
- Learning about each other's love languages can help shed some light on how best to show affection.
- Grieving the loss of plans and expectations of your future together.
- Is control an issue? When someone's mental or physical health declines, a partner who has been in control can feel that loss and may become more controlling.

Caring for a parent

- It's important to think about your family dynamic and history.
- Remember you can set your own boundaries.



How to seek help with relationships

Relate is the largest provider of relationship support in England and Wales and provides a range of support online or in person: www.relate.org.uk

Relate NI is available to those in Northern Ireland: www.relateni.org, and Relationships Scotland work across Scotland: www.relationships-scotland.org.uk

If you think your relationship may have become controlling or abusive, Women's Aid: www.womensaid.org.uk or Respect: www.respect.uk.net can be useful sources of support.



Find more information and guidance on common issues faced in caring relationships on our website. carersuk.org/help-and-advice/your-health-and-wellbeing/your-relationships

TENA shines light on family carers in the UK



TENA's new #NoLoveLikeIt campaign is shining a light on the different realities of caregiving by showing the lives of real-life carers, which many of us will become at some point in our lives.



Hearing the stories of carers

Life does change when you're told that you've got a disabled daughter... but as time has gone on, it's made us stronger as a family.



- Andrew

5.7 million people in the UK care for a loved one, and new research from TENA reveals that while caregiving is becoming more common, society has yet to recognise the scale and contribution of family carers.

Over two fifths of people (44%) don't think there is any support available for people looking after a loved one, and 46% admit that they don't know where to get support if they became a carer.

With over 60 years' experience of supporting carers, TENA understands the reality of caregiving. Dealing with incontinence is just one of the challenges.

Family carers experience many other physically, mentally, and emotionally demanding situations.

Carers do an amazing job, and TENA wants to do everything to support them. TENA's new campaign #NoLoveLikeIt, in proud partnership with Carers UK, aims to recognise what caring for a loved one really is like, so carers can get the support they need.

Because there can be no joy like it, no pain like it and ultimately #NoLoveLikeIt.



You've got to just keep rolling up and riding the waves of this tsunami each and every day, no matter what gets thrown at you.

- Simone

TENA supporting carers:

- TENA Carers Facebook page, a community for trusted advice and meaningful support
- TENA ProSkin range: Quality absorbant and skincare products
- TENA Family Care App: To make the tasks and responsibilities for family caring easier
- TENA SmartCare Change Indicator: Improves the quality of life for family carers and their loved ones, by reducing the need for manual checks and preventing leakages

Visit [TENA.co.uk/familycarer](https://www.tena.co.uk/familycarer) for more

Why employers want your skills

Former carer, Caroline Toll, discusses how carers develop and use essential management skills every day that can be transferred into the workplace when applying for jobs, volunteering opportunities or any other roles.



“As a carer you are using and improving vital project management skills that are highly sought after by employers.”



Caroline cared for her husband for five years after he had a stroke. She has been heavily involved with carer organisations in her home county of Somerset for over 24 years, and also used to train managers in people skills.

“Organising a routine can feel like an uphill struggle when the situation can change from minute to minute. However, having a basic structure to a day or week can be an achievement in keeping a sort of normality to life.

As a carer you are using and improving vital project management skills that are highly sought after by employers. Here are just a few that unpaid carers use every day.

Setting goals

Having a reasonable aim of how you would like the situation you are in to be, without putting an unrealistic expectation on yourself or others, demonstrates your ability to set priorities and targets.

Being flexible

Flexibility is being able to respond when the situation changes. Sound familiar? Your adaptability and resilience are key to this and rely on your abilities in forward planning and contingency planning.

Assertiveness and communication

Being assertive is extremely useful – that means being persistent without becoming aggressive and making sure that your voice is heard both at home and with professionals. They need your information to do their jobs well. After all, you know the person you care for better than they ever will. This is known as being an ‘expert by experience’ and demonstrates your powers of negotiation and communication.

Delegation

To ask for and get help can be difficult if you feel that it is giving up on a responsibility, but in most cases it is essential for you to have breaks. Sometimes it is welcomed by the person you are caring for, sometimes refused. Professional and other assistance, when you can get it, can really help in areas such as working with the person you care for, cleaning the house, mending and fixing things, doing some gardening and helping with transport. Having some sort of timetable is important if you are organising paid carers, other professionals, friends and your own breaks, once again utilising your strengths in time management.



“Professional and other assistance... can really help in areas such as working with the person you care for.”

Managing a budget

Budgeting can be daunting, particularly if you are having to find out about sources of financial help, official and other. However, the chances are that you have the financial management abilities to manage money, and keeping an eye on the balance of income and outgoings will be part of life.



Looking after yourself

This brings me to the all-important topic of self care. If you don't look after yourself – firstly, you may not be able to continue to care, and secondly, you and the person you care for will not benefit from the continuing quality of your caring. We all have our limitations and facing them and working with them is better than reaching crisis point.

That was one of my hardest learning experiences, particularly when I simply had to put my husband into a care home. I had genuinely done all I was able to, in spite of promising him at the beginning of his stroke that I would not do that.

I was not getting reasonable sleep, which could have been dangerous for us both.

Let's face it, none of us is perfect or has limitless resources, but our career management skills are vital to ensuring the best outcome for both you and the person you care for.

So, these are my thoughts which, I hope, may help boost your self confidence and be useful if you are applying for paid work.

The list of skills is not complete but hopefully you can now say to a prospective boss 'I've taken time off to look after [whoever]' while underlining the skills involved in caring.

Good luck!



Find out more

You can find out more about returning to work and the range of skills that you have to offer a potential employer on the Carers UK website: [carersuk.org/help-and-advice/work-and-career/thinking-of-returning-to-work](https://www.carersuk.org/help-and-advice/work-and-career/thinking-of-returning-to-work)

How you got active with us this April

Carers Active April returned this year – our second ever month supporting you to get active in whatever way works for you.



Over 1,700 carers took part in Carers Active April 2023! From joining our weekly live online sessions, which included Nordic Walk Fit and seated boxing, or our virtual Healthathon event, to taking part in the Move Into Spring challenge, there were loads of ways to get involved and connect with other carers.

If you took part in Carers Active April – whether you joined us online or were active in your own time at home, outside or at your local leisure centre – we'd like to say a huge thank you and congratulations to you for getting active alongside your caring role!

Organisations across the UK got involved too, running a wide range of activities from walks to Qigong to yoga, Pilates and line dancing! And leisure providers Better and Everyone Active supported the campaign online and in their local centres.

Carers who took part in Carers Active April told us...

"It was fun – I am physically very active in my caring role and therefore caring can be a chore. But Carers Active [April] made me realise and remember that exercise can be fun as well. Sometimes just doing something enjoyable is being active in its own right! Exercise should not be a chore."

"I couldn't do anything when looking after mum but as she's in a nursing home now I joined a gym because I was lonely. I had fallen out of love with exercise but the Move into Spring challenge made me go and I am much happier again."

"I feel relieved that I am getting into the habit of building more and more exercise into my day as this will contribute to my overall health and act as a limiter to my developing a myriad of health conditions."



"Lovely to try something with a group of people who understand."

Get Active

Visit the Carers Active Hub at carersuk.org/carers-active-hub to sign up to the Carers Active mailing list. You'll receive monthly emails filled with top tips and resources for getting active, as well as inspiring stories from other carers and updates ahead of Carers Active April 2024! On the Hub, you'll also find recordings of online sessions from Carers Active April 2023 and the Healthathon event in the 'Carers Active session recordings' section.

Run Sheryl, run!

Sheryl shares her experience training and fundraising for the London Marathon.

“My name’s Sheryl, and this year I’ve taken on the London Marathon for Carers UK!

Way back in the early summer of 2022, a friend sent me a picture of a Carers UK magazine article shouting out to runners who may have been unlucky trying to get a ballot place for the marathon. I went for it and emailed them directly, whilst still entering the ballot anyway. I was unlucky in securing a place via the ballot draw, but fortunately for me, Carers UK offered me a place!

The friend I mentioned is a fabulous unpaid carer to her partner who has MS, so it struck a chord straight away. Not only my friend though; my amazing mum, a retired palliative care nurse, also looked after my grandma, in her last few years, checking in, being there with her, having coffee, daily, supporting with appointments and care when needed.

“I was unlucky in securing a place via the ballot, but fortunately for me, Carers UK offered me a place.”

So, there began my challenge. I’d done the virtual marathon before, so I knew I could run 26.2 miles, but there’s nothing quite like starting the 16-week training program all over again! And not only that, but with the added challenge of fundraising. Social media has been key. I set up an Instagram page where I posted regular updates, including ‘Sunday Runday’ video blogs and lots of pictures.

I also held a Family Fun Day fundraiser event! This was a huge success, and my friends and family were massive in supporting, donating prizes, baking amazing cakes, giving their time, finding gazebos and manning stalls. The local community as well were so generous in donating tea, coffee, hot chocolate, sausages, hot dog buns, sweets and prizes! We had twelve stallholders, an ice cream van, a massive tombola, refreshments, cakes, games on the field... it was a brilliant event, even if I do say so myself.

At the time of writing this, I’m into week 16 of the training plan, and race day is Sunday.



“I’m super proud of what I’ve achieved”

I’m ready, as ready as I’ll ever be, excited and a bit nervous. But I know I can do it, and I’m super proud of what I’ve achieved. My husband and boys will be with me and hopefully I will see them cheering me on. I can’t wait. It’s going to be a good day! ”

Since we spoke to Sheryl for this article, she powered through all 26.2 miles of the iconic London Marathon in four hours, raising over £3,100! Well done Sheryl!

Are you up for a challenge?

Applications to run in the London Marathon 2024 for Carers UK are now open! Visit our website to find out more:

carersuk.org/get-involved/take-part-in-an-event/running/tcs-london-marathon-2024

Much ado about caring

When Simon started receiving calls in India from his uncle David, who was living alone in England, it started a caring story that is being shared in the exceptional documentary, *Much Ado About Dying*. Simon sat down with us to talk us through looking after David and how the film came about.



What were you doing prior to hearing that your uncle David needed you to care for him?

I was being a filmmaker in India and David kept phoning me up and having incredibly long phone calls with me, which made me realise that he was lonely and not coping very well,

even though he had various people helping him. A friend of mine who I had asked to go and visit David a couple of times a week told me that I should come back.

She thought David did not have long to live and was worried that David had an unhealthy relationship with one of his visitors.

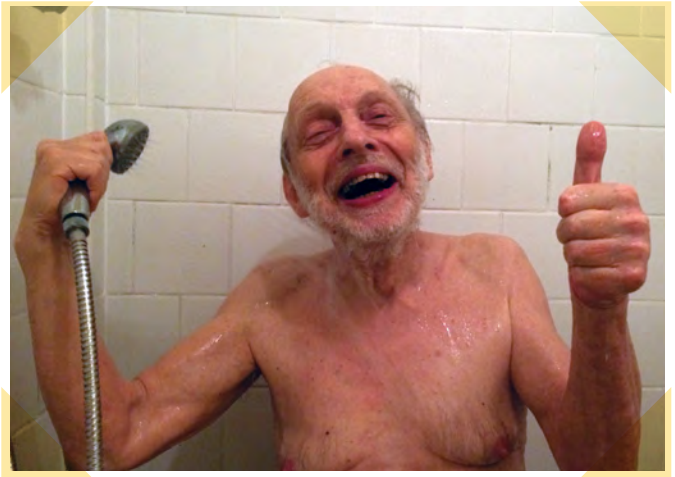
“A friend of mine who I had asked to go and visit David a couple of times a week told me that I should come back.”

That's a major life-changing decision for you to return to London. What were the initial challenges that you faced in terms of supporting David – and how did that change over time?

I initially thought that I could come back to London and sort out all the problems and then go back to India. I had no idea that the caring would go on for five years. Initially I was trying to unravel all the messy knots that existed because David had not been able to stay on top of things. David was a hoarder and there were piles of books, papers, clothes, dodgy electrical heaters, burnt out sockets. I met with a lot of resistance from David, who thought I was a bossy nephew! We also had fun and laughed a lot, but he always wanted to chat for ages. I would think that I had sorted out a problem – such as organising a nurse to come regularly, but then something unforeseen would happen.

How did you balance sorting things out for David alongside taking care of yourself?

Caring for David just took up so much of my brain space and time. It was much more consuming than caring for myself – trying to get the right shopping, trying to sort out the passwords on the telly because he had fiddled



“I think that caring is one of the most useful and rewarding things that you can do in the world.”

with them, dealing with doctors' surgeries, utility companies, his friends. The physical and emotional strain just made me incredibly tired, and I think it took a long time to recover. There are also positive experiences as well. I think that caring is one of the most useful and rewarding things that you can do in the world. It's just a shame that it is not remunerated in the same way as a useless job like being a hedge fund manager.

“The physical and emotional strain just made me incredibly tired, and I think it took a long time to recover.”

So much of suddenly caring for someone can come a surprise; is there one thing you wished you'd known from the beginning?

When I started looking after David, I thought that I should always try and do exactly what he wanted. And although we should give the people we care for as much agency in their lives as we can, there are times when they might want to do things which are against their own best interests. I wish that I had had more confidence in trusting my own intuition. For example, Uncle David kept saying that there was no way that he would go into a care home. But, when circumstances forced him to do so, he was very happy there.

This is caring

Did you access any support and was it useful?

The best support that I had was from an LGBT+ support group for the over 50s, called Opening Doors. They provided LGBT+ befrienders to come and talk to David once a week. It was exciting for him to be taken outside the shrunk-down world of the home where he was housebound. It gave me an opportunity to get on and do the practical things because I knew that he had other people to talk to.

What made you pick up your camera and film this time with your uncle?

It was Uncle David who asked me to bring the camera along. Because he was an actor, he never felt more alive than when he was performing. He loved coming up with little witticisms; close to his death he would say, "Dying is like going on a wonderful holiday, but without the bother of having to pack."



If this film could bring about one change in relation to the services that are available, what would you want that to be?

I think that the worst thing was that all these services – doctors, nurses, social workers did not have enough time to assess David's needs properly or to provide the care that was needed.

You only get 10 minutes with a GP. I hope that the film will make politicians realise that they cannot continue to cut resources – on the contrary we need more funding so that family carers can be supported.

"I hope that the film will make politicians realise that they cannot continue to cut resources – on the contrary we need more funding so that family carers can be supported."

You've been showing the film at various festivals – what has been the audience response and what conversations has it started with other carers?

Seeing my experience of caring for Uncle David on screen has been cathartic for many carers. One woman stopped me in the street in Amsterdam and gave me a big hug, saying, "When people ask me at a dinner party what I do for a living and I tell them that I'm looking after my mum, they tap me on the shoulder and say, 'Well done – good for you' and then turn to talk to the person on the other side.



Watch

Much Ado About Dying will have its UK premiere at the [Sheffield Documentary Film Festival](#) in June 2023 and we hope that further screenings will be announced for later this year. You can watch the trailer at vimeo.com/764751858/11be356616

Carers Connect Q&A

Question 1

“ My mum is supplied with incontinence pads via the incontinence service. I have worked out that we get an allowance of three to last her all day and night. Based on her being bed bound and a high risk of pressure sores, has anyone ever challenged this figure and requested more? I changed her seven times yesterday. ”

Reply from the forum...

“We get them for my partner and when they “assessed his need” (over the phone!) they went through how bad his situation is and decided that one heavy duty at night and two during the day is sufficient. That was based on what we were buying. However, the night one they supplied was totally inadequate and I rang to ask if they could review it due to the problems and I was pleasantly surprised when they said they would send through some more samples of different types so we could see if they were better.

With the ‘new lot’ the only problem was sizing. I said we were using two a night on average and they said, ‘OK we can increase the supply’. Mind you that was after I pointed out I was changing the bed at least once a day and had bed pads in place as well (we buy them ourselves from Age UK – cheapest I have found).”



Question 2

“ I don’t want to visit mum because I am tired and emotional and that will not help her, but feel guilty that I’ve not seen her for over a week. Just need to chat to anyone who understands this. ”

Reply from the forum...

“I definitely understand how you feel! There were times I really didn’t want to visit my very much loved and missed husband when he was in a nursing home. I found it heartbreaking to see the shell of a once very upright, smart man.

You have no need to feel guilty for not visiting for a week. You know your mother is being cared for, and obviously you need a break. Take your time out, guilt free as much as possible. No one on the forum will judge you for needing some respite.”

Talk 24/7 to carers who understand at: carersuk.org/forum

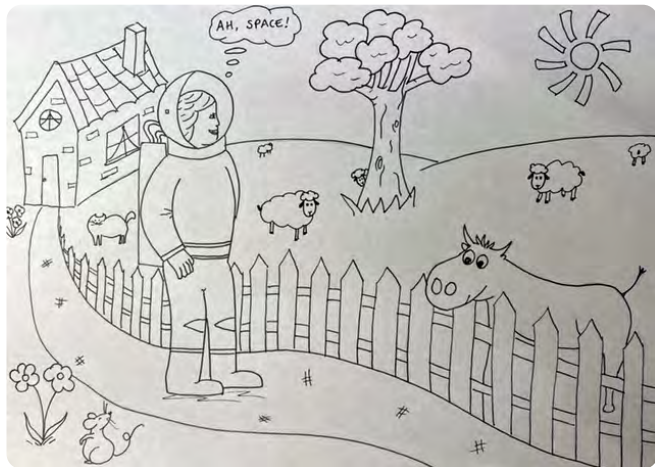
If you need information or support, our Helpline is available on 0808 808 7777 from Monday to Friday, 9am – 6pm or you can email advice@carersuk.org

Being quick on the draw

This spring, we ran cartoon workshops with carers, led by Steve from the Cartoon Museum. Here are some of the images carers created during the sessions.

Steve, who ran these workshops, said:

“These weekly online cartoon workshops aimed to provide a 90-minute island of fun for carers across the UK. We examined how to draw the heads and bodies of a variety of characters, how to draw simple backgrounds, and eventually drew the types of funny cartoons and comic strips that you might see in magazines such as *Private Eye*; we also had fun drawing caricatures of famous people. More importantly than drawing funny stuff, it was an opportunity for people to connect with others, sharing their work on camera and reminiscing about favourite cartoons from years gone by.”



How carers found the workshops

“The workshop was really excellent. It’s an innovative idea for Carers UK to run this workshop and ideal for carers since it gives us a new skill and interest, taking our minds off our caring challenges. Steve’s presentation was highly informative, accessible, and entertaining. I felt that I learnt a lot and it gave me confidence with trying out this new skill.”

It was a marvellous opportunity to find out more about cartoons and drawing generally.”



Want to learn more?

No matter your level of drawing or cartooning experience, there’s lots of ways to get started.

Visit the Cartoon Museum’s resource page for exercises and inspiration: cartoonmuseum.org/learning-resources



64 million artists can't be wrong!

Our friends at the charity 64 Million Artists believe that everyone is creative – and that we can all make positive change in our lives and the world around us when we activate and celebrate that creativity, in whatever form that might be.



That's why we're really excited to be working with them to take over their weekly creative challenges, starting on Monday 5 June (the first day of Carers Week) and running throughout the month.

Earlier this year their team hosted a workshop with a group of unpaid carers where they took part in some creative exercises, generating ideas on what our four weekly challenges could look like. They also discussed what kind of creative resource would be useful and adaptable to them and to other carers throughout the UK. We're really grateful to everyone who took part, helping make sure that carers themselves were co-creating both the challenges and the resources that will be available on both the Carers UK site and from 64millionartists.com. And as a big thank you for giving up their time, everyone who took part was offered a

special thank you gift from the 64 Million Artists team.

We haven't seen the challenges ourselves yet, but we'll all be ready to take part each week, being inspired by what the team of carers came up with. And it will be great to know that all of 64 Million Artists many fans and followers will be receiving messages about what it's like being a carer, and the information and support that's available from Carers UK. We'll also be joining their Creativity Champions network to make sure they think about unpaid carers in all they do in the future.



Get involved!

If you're feeling inspired, be sure to hear about each weekly challenge throughout June by checking out our social media posts, visiting our website or signing up for all the 64 Million Artists challenges throughout the year. And if you'd like to get involved in projects that help us better understand the needs of carers, why not join our Insight Volunteers group?

For more information, visit carersuk.org/get-involved/volunteer-with-us/insight-volunteer

A photograph of an elderly man with glasses sitting in a wheelchair, wearing a blue jacket. A woman with short grey hair, wearing a blue patterned blouse, stands behind him, pointing at a document he is holding. They are both smiling and looking at the document together. The background shows a window with blinds and a framed picture on the wall.

Leave a lasting gift for carers

We are asking you to help us fight for the rights of carers. With a gift in your will we can continue to support carers long into the future.

We are offering to pay for a limited number of free, no obligation wills to be written for supporters and members aged 55 and over through the National Free Wills Network.



To find out more contact legacy@carersuk.org