

THE CATENA NETWORK

CATENARY



The magazine of the Catena Network
November 2022 - "November's sky is chill
and drear, November's leaf is red and sear."
- Sir Walter Scott



CARERS RIGHTS DAY – 24TH NOVEMBER 2022 RAISING AWARENESS AND SUPPORT FOR UNPAID CARERS



If you were asked to explain unpaid carers, could you?

Carers UK's definition is - Anyone who has responsibility for care and support of relatives or friends who are older, disabled, seriously ill (physically or mentally) and unable to care for themselves.

Each year, Carers Rights Day helps to:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.



Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home. We want to empower carers with information and support, so they can feel confident asking for what they need. We also want carers to know how to challenge things when their rights are not being met.

From our experience it can take between two and five years for an unpaid Carer to recognise themselves as a Carer. We also know that Carers will wait an average of three years before asking for help or support and by that time can often be in crisis. This means Carers are missing out on support and benefits. It is estimated that unpaid Carers save the UK economy £132 billion every year. Carers deserve to be better informed and prepared to care for their family and friends

Nottinghamshire Carers Association works with employers, community organisations, professionals in education and health and social care to raise awareness of unpaid Carers, their needs and entitlements, and how to best support them.

We can work with any organisation in the County, and all our services are free of charge. We need employers, health professionals, schools and communities across Nottinghamshire to actively join us in finding “hidden” Carers; giving a clear pathway of signposting and support.

Scan the QR Code to find out more



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More about what we do

Our School Liaison Service offers support to help schools identify young carers. Raising awareness of young carers across schools and colleges is paramount so their needs are met, their welfare protected, and to ensure that young carers are not disadvantaged by their role.

- There could be as many as 1,800 young carers across Nottinghamshire.
- On average there are 6 young carers in every school across the county.
- 24% care for an adult who has a mental illness.
- 35% care for an adult with a physical disability.
- 40% care for siblings.
- 46% care for a mother with an illness.
- 48 school days a year are missed due to caring responsibilities

A young carer is someone aged between 5 and 17 providing care, assistance and support to a relative at home who has an illness, a disability, mental health Problem, drug or alcohol problems. This graphic below highlights some of the challenges and responsibilities faced in just one day by young carers.

	TO DO	REMEMBER
Morning	Get ready for school Wake siblings up and get them dressed Breakfast for all Packed lunches Mum's medication 8:30am	Take siblings to child minders Remind mum- appointment 11am Try finish History homework Get football kit out the washer Brothers - school trip letter
School	Maths Test 10:30am Text mum 10:50 reminder for appointment English test 1:30pm Young Carers 1-2-1 2:30pm	Try finish English revision- LUNCH Check in on mum after appointment Remind mum to pay council tax Remember to tell friend can't attend party - taking mum to doctors
After school	Pick up mums medication from pharmacy Pick up siblings from childminders	Plan dinner - do we need anything from the shop? Sisters school awards assembly 3pm
Evening	Make dinner- PASTA Young Carers zoom 4pm Mums medication 5pm Bath siblings Wash pots Wash PE Kits	Brothers- reading and spellings Science revision Pack sisters dance bag Make shopping list





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Our Carers in Employment Service supports and encourages organisations to become Carer Friendly Employers. The outcome of which is a better understanding of the challenges faced by those staff who are juggling their caring responsibilities alongside their employment. The importance of employers understanding these and putting in place support to ensure carers can continue to work and manage their caring responsibilities can't be overstated. **Carers UK report that 1 in 7 of the UK workforce, nearly 5 million people, are now combining caring responsibilities alongside work.**

The organisational benefits range from improved recruitment and retention, improved sickness and absences, savings on recruitment and training costs along with improved staff morale.

The accreditation is suitable for all organisations, from major employers to SMEs. Sherwood Forest Hospitals NHS Foundation Trust and Bassetlaw Action Centre are examples of two organisations who have achieved their accreditation.

Ali Pearson, People Equality, Diversity & Inclusion Lead for Sherwood Forest Hospitals NHS Foundation Trust said: **"We saw the benefits of the introduction of the Carers Passport for our patients and their Carers and decided to implement the passport for our colleagues, acknowledging that many NHS colleagues are unpaid Carers. We have done more than implement the passport to support our colleagues and have been able to achieve this with the support from Nottinghamshire Carers Association.** It is important for us to develop and maintain relationships with our community partners to ensure Sherwood Forest Hospitals is an inclusive place to work and receive outstanding care and **we wouldn't hesitate to recommend this to other businesses wishing to be Carer Friendly Employers".**

We are currently working with the East Midlands Chamber of Commerce, a regional college, GP practices, local authorities, a hospice, NHS partners who have all made a commitment to support the unpaid carers in their workforce and are working towards Carer Friendly Employer accreditation.



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Our Health Liaison Service works with GP surgeries and healthcare professionals to promote more “Carer friendly” practice within GPs practices and other frontline health services.

As part of the accreditation, we train **Carers Champions** and this training includes help to identify carers, to understand the impact of a caring role and to understand what steps to take if you identify a Carer and to be aware of the support available to carers.

The Carer Friendly Service Quality Mark was recently awarded to Primary Integrated Community Services (PICS) Social Prescribing Service ‘for their continued commitment to help support carers’.



Social Prescribing Link Workers Yvonne Gregory and Joanna Litton received the award on behalf of the teams, alongside Nicky Render from the Leadership Team and Ali Sutherland, representing the PICS Board. Our Community Engagement Service works closely with community organisations across Nottinghamshire. Our aim is to raise awareness of Carers who might use that organisation and support the staff to know how to help make their organisation Carer friendly

We have a team of Community Engagement Workers across Nottinghamshire. Some of the community organisations who have achieved our Quality Mark include Inspire Libraries, Mansfield Town Football Club, D H Lawrence Museum, and Rumbletums Café.

D H Lawrence Museum receiving their Carer Friendly Organisation Quality Mark



Carers Space Notts

Carers Space Notts is a new venture. It’s a monthly online meeting for carers, professionals and council officers to come together and work on understanding and developing services to meet carers’ needs. If you’re a Carer, or someone working with carers who’d like to hear more, [click here](#). Email: carersspacenotts@nottinghamshirecarers.co.uk Or find us on social media @carersspacenotts

All our services offer training, resources for staff and Carers, and information and guidance for signposting. We award Carer friendly Quality Marks to all organisations who are actively working to support carers.



Our aim is to make sure that Carers find their way to the right support, no matter who they talk to. We are happy to work with any organisation so please get in touch. If you’d like to find out more about any of our services, email us at: info@nottinghamshirecarers.co.uk Or check out our [website here](#).

Scan the QR Code to find out more

