



Nottinghamshire
Carers
Association

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Community Case Study

Nottinghamshire Carers Association



Carer-friendly
Organisation 2023

The Core Centre Calverton



The Solution

The CORE Centre, located in the heart of Calverton, Nottinghamshire, was established in 1994, originally under the name of Oasis, in response to needs of the Calverton community following the pit closure of 1993.

Since then, our aims have been to enhance the life of the local community through promoting free or low cost well being or educational activities and help relieve isolation and loneliness where possible.

We do this through a wide range of weekly social activities, as well as advice on health and wellbeing, finances, form filling, job application skills and computer/technology support, plus a weekly food pantry.

To begin with all staff and volunteers at The Core Centre received Carer Awareness Training in May 2022 delivered by Beth from NCA.

Then we put on a Carer's Coffee morning during Carers Week 2022. Beth from NCA and Sally from TuVida came to give advice and support to the carers in our community.

We plan to put on a regular coffee morning for carers and are in the process of getting our volunteers set up to do this.

We have TuVida leaflets on display on our front desk and have set up a new carer's information display board too.

We received the Carer Friendly Organisation Quality Mark in June 2022, and this was reviewed and renewed by Beth in May 2023.

We have quite a few new volunteers at The Core Centre now so Beth is going to come back and deliver Carer Awareness training again, for the benefit of our new members and as a refresher for those who took part last year. This will be delivered in October 2023.

Also in October 2023 we are having a large Health and Wellbeing event and we are going to have a stand all about carer support. NCA and TuVida are going to be there to offer advice and support on the day.

The Challenge

We knew that having a caring role was having a huge impact on many of the members of our community, but we were not sure how to support them or what support there was available for them.

We did not have information or support in place that was specifically aimed at carers, although we knew that many of our regulars, and the people who came in for help with forms and finances were carers themselves.

Being contacted by NCA answered many of our questions and was an ideal opportunity to add to our knowledge and understanding so that we could properly advise those that came to us for help.



"We can't wait to get started!! It will be such a fantastic support for the community".

Feedback

Staff members and volunteers said that they "definitely felt more informed about unpaid carers". They also found the training "interesting, relevant, inspiring and useful".

'We all found the training not only informative but also emotive at times – Beth was really warm and her ability to make people feel at ease helped everyone to share their own experiences.'

Sam Round (Project Manager) and
Rebecca Lord (Assistant Project Manager)

