

# Carers in Hertfordshire

Maria Kiely

Involvement and Development  
Worker



# Who is a carer?



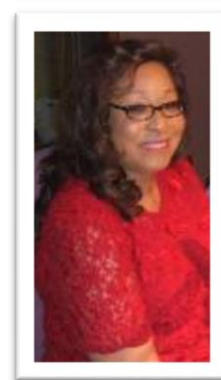
A carer is **anyone** who gives unpaid support to someone who couldn't manage without them. The person receiving care could be ill, disabled, frail or misuse drugs or alcohol.



[www.carersinherts.org.uk](http://www.carersinherts.org.uk)

# What do we know about carers?

- There are around 7million carers in the UK.
- And around 800,000 young carers
- Three in five people will be carers at some point in their lives in the UK.
- 40% of carers are men
- 1 in 7 carers juggle work and caring.



# What's the situation in Hertfordshire?



- There are about 114,000 carers in the county and 4,000 young carers
- Nearly 78,000 spend 1 – 19 hours caring
- Over 13,000 spend 20 – 49 hours caring
- More than 22,000 spend over 50 hours caring
- The value of unpaid care in Hertfordshire is £2 billion



[www.carersinherthertfordshire.org.uk](http://www.carersinherthertfordshire.org.uk)



# Some relevant facts

- Three in five carers have given up work or reduced their hours to care
- 39% of carers are struggling financially
- 83% of carers say that caring has a negative impact on their physical health and 87% on their mental health (87%).
- 39% of carers have put off medical treatment because of caring.



# And what about young carers?



- Young carers have significantly lower attainment at GCSE level, they perform the equivalent to nine grades lower than their peers (The Children's Society, 2013)
- Young carers are more likely than the national average to be not in education, employment or training (NEET) between the ages of 16 and 19
- Around one in 20 misses school because of their caring responsibilities
- Young Carers are 1.5 times more likely than their peers to have special educational needs or a disability



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# Our work



As a Hertfordshire charity we offer free support for carers to support them to continue caring if they want to. We want:

- To make caring visible so carers are identified and supported earlier in their caring life
- Carers to feel confident and in control
- Carers to be recognised and appreciated for the contributions they make
- Carers to have a stronger voice in the system.



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# Some of our services.....



## Discount Card



## Local HUBS



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# Planning caring

Caring takes a lot of time and energy. It can be confusing, pressurised and hard to know where to turn.

We'll give carers the information to help to plan their caring – from advice on benefits and local services to looking after their health – so they feel confident and in control and have the right support to continue caring if they want to.



# Having a break

Caring is often a full time role, which makes it hard to have any time to yourself, pursue a hobby or have a social life. Without these things you can feel isolated and it might be hard to cope.

A significant break means different things for different people. It could be a couple of hours a week, an evening out or a short holiday.

Whatever it is, we're here to help.



# Time for themselves



We also run a range of free workshops, courses and events. From information that will support you to care to opportunities to learn a new skill or take up a hobby, these are a chance to do something different, meet other carers and have some time for themselves.

“One of the hardest things about being a carer is the sense of isolation. The biggest benefit of the course was meeting people in similar situations. Having that circle of friends is invaluable.”



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# Having a say

It is important carers, have a say on the services that they and their loved ones use.

By joining together with other carers, we can give them a stronger voice in the system, both locally and nationally.



# Young Carers Service



- Whole family support through home visits,
- Support to access other services, such as mentoring, groups, and counselling
- Support young carers age 16-18 with transitions when they will continue to care age 18+, through a transition assessment



[www.careersinertfordshire.org.uk](http://www.careersinertfordshire.org.uk)



# Young Carers Service



- Opportunities to meet other young carers – Residential trips & other activities for example skiing
- Young Carers Conference
- Young Carers Council & Youth Executive  
Example: key messages for health professionals
- YC in Schools Ambassador programme



# When caring ends



We work with a team of bereavement volunteers to provide support for carers during this difficult time.

They offer telephone support and a support group to help carers share experience with others and find their own way to cope and move forward.



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# Get in touch



**Tel: 01992 586969**

**[contact@carersinherts.org.uk](mailto:contact@carersinherts.org.uk)**

**[www.carersinherts.org.uk](http://www.carersinherts.org.uk)**

The Red House  
119 Fore Street  
Hertford  
SG14 1AX



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