



About Carers' Resource and the carers we work with

Charity Carers' Resource gives emotional and practical support to around 16,000 unpaid carers across the Bradford district, Harrogate and Skipton District.

We are still giving free emotional and practical support during lockdown to both children and adult carers by phone and video-calling technology.

A carer is anyone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability.

A young carer is anyone under the age of 18 who looks after a parent or sibling who has a physical or mental illness, a disability or who misuses drugs or alcohol.

Three in five people will be unpaid carers at some point in their lives and the value of the contribution made by them in the UK is estimated to be £132bn a year – roughly the same as the NHS budget.

Carers' Resource can help any carer, whether they have just started to care for another person or whether they have been doing it for years, whether the cared-for person lives with them or not, whether they care for just a few hours a week or round-the-clock, and whether they have £1 or £1m in their bank account.

Carers can be put in touch with us by a GP or other professional, or they can contact us themselves at www.carersresource.org/contact or 01274 449660, 01423 500555, or 01756 700888.

Young carers can be put in touch with us by a family member, teacher, GP or other professional, or they can contact us themselves at <https://youngcarersresource.org/> or or 01274 449660, 01423 500555, or 01756 700888.

We deal with, or advise on, many and varied situations and staff are trained to help via one-to-one discussions, form-filling, information about who else can help, advice about employment and training, planning for emergencies, and advice on maintaining wellbeing so carers can carry on caring. We usually also run groups and events - such as crafts, radio production, lunch clubs, relaxation classes, confidence building, IT sessions and trips - for carers to socialise and support one another in a

relaxed setting. We have moved some of our regular groups online and we also keep people updated on our Facebook, Twitter and YouTube social media channels and on our website www.carersresource.org. Our young carer teams also have pages on Facebook and Instagram.

Sign up for our quarterly Choices newsletter at www.carersresource.org/contact/choices-subscription-and-other-mailings/ or ask to be subscribed to the paper version when you call.

We also have a not-for-profit regulated paid-for care service called Care@ Carers' Resource, and several projects - including one that supports working carers, and others that work with hospital patients and their families. We really are on the front line supporting vulnerable people and our colleagues in the NHS and in social care.

Adult carer facts

- Anyone can become a carer at any time. Carers come from all walks of life.
- The caring role can be instant, i.e. the result of a car accident or a stroke, or it can creep up on someone, such as when an elderly parent becomes frail.
- Some caring situations can be lifelong, eg if a child is born with disabilities.
- 1.4 million people provide more than 50 hours of unpaid care per week.
- There are around 4.87 million carers in the UK who are juggling work and caring responsibilities – amounting to one in seven of all workers. In a recent report The State of Caring 2019, 38% of carers said they had to give up work to care for a loved one and a further 18% had reduced their working hours.
- There are more than seven million carers in the UK. By 2030, this number will increase by 3.4 million.
- Men are almost as likely as women to be carers – 42% of carers are men.
- 39% of carers responding to The State of Caring 2019 survey said they were struggling to make ends meet financially, and 47% of these carers coped by cutting back on essentials such as food and heating.
- According to the NHS Information Centre Survey for Carers in Households: Most carers (40%) care for their parents or parents-in-law Over a quarter (26%) care for their spouse or partner. People caring for disabled children under 18 account for 8% of carers and 5% of carers are looking after adult children. A further 4% care for their grandparents and 7% care for another relative. Whilst the majority care for relatives, one in ten carers (9%) care for a friend or neighbour.

Young carer facts

- One in 12 children is a young carer, according to estimates by Dearden & Becker. Based on the 2011 census figures, the number of young carers in Yorkshire and the Humber therefore works out at just under 85,000.

- Based on the above statistics, we estimate there are 11,500 young carers in the Bradford district.
- Anyone can become a carer at any time. Carers come from all walks of life.
- Because so much of young carers' time is taken up with caring, they may not have time to play, go to after-school activities or socialise with their peers. They can become isolated and, without support, young carers can get tired, anxious and lonely.
- Young carers are more likely to be bullied than their peers. A quarter (26%) of young carers surveyed by the University of Nottingham and Carers Trust in 2013 said they were bullied at school specifically because of their caring role.
- Young carers have significantly lower educational attainment at GCSE level, the equivalent to nine grades lower overall than their peers (i.e. the difference between nine B's and nine C's), The Children's Society found in 2013.