

Carers in Hertfordshire

Roma Mills

Policy and Engagement
Manager



www.carersinherts.org.uk

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 a child or an adult - ill, disabled, frail or affected by serious addictions.



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A Bit of history



1965 – National Council for the Single Woman and her dependents (Rev Mary Webster)

1967 – Dependent Relative Allowance

1976 – Invalid Care Allowance– now Carers Allowance (single people only)

1981 – Association of Carers (Judith Oliver)

1982 – National Council for Carers and their Elderly Dependents and The Association of Carers



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A Bit of History



1986 – married people entitled to Invalid Carers Allowance (Jackie Drake)

1988 – Carers National Association now Carers UK

1988 Carers (Recognition and Services) Act

2004 Carers (Equal Opportunities) Act

2008 Pension Rights

2010 Equality Act

2014 Care Act

2023 Carers Leave Act



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What do we know about carers?

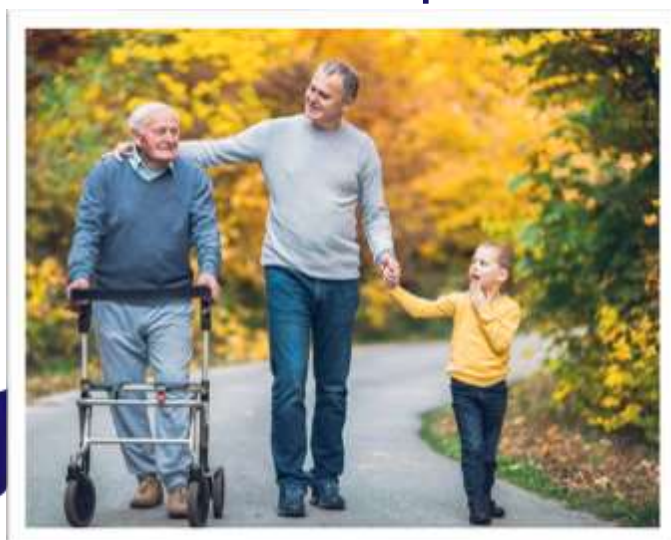
- There are around 7million carers in the UK.
- And around 800,000 young carers
- Three in five people will be carers at some point in their lives in the UK.
- 40% of carers are men
- Unpaid carers save the government £162bn pa



What's the situation in Hertfordshire?



- There are about 93,000 adult carers in the county.
- Nearly 52,000 spend 1 – 19 hours caring
- Over 19,000 spend 20 – 49 hours caring
- More than 24,000 spend over 50 hours caring
- There are an estimated 4,000 young carers in the county
- The value of unpaid care in Hertfordshire is £2 billion



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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.



Reaching carers



- We have over 45,000 carers registered on our database and 3,162 young carers
- Of these 6,259 are parent carers of disabled children or young people (not including CAMHS)
- Over 50% of new carers were self-referrals
- We welcome referrals from partners both voluntary and statutory sectors – health and social care



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Our work



As a Hertfordshire charity we offer free support for carers to help 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.

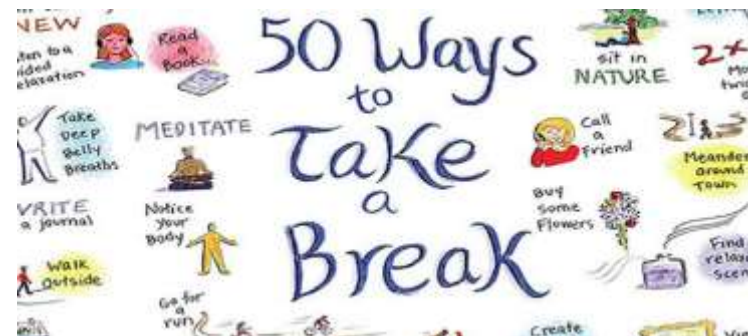


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Some of our services.....



Discount Card



Make a Difference



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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.”



Having a say

It is important carers, have a say on the services that they and the people they care for use.

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



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Young Carers Service



- Whole family support through home visits
- Support to access other services, such as mentoring, groups, and counselling
- Transition support for young carers
- Young Carers Conference
- Fun activities with other young carers



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

www.carersinherts.org.uk

The Red House
119 Fore Street
Hertford
SG14 1AX



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