

# carers' resource

## FOLLOW

## THE

## YELLOW

## BRICK

## ROAD

## Our Impact

## 2021-22

**B**eing a carer can feel like you've been hit by a tornado, but, when your life seems like it's being turned upside down, Carers' Resource can help you find your way along the road.

**W**elcome to our Impact Report, which demonstrates the effect Carers' Resource had on the lives of unpaid carers across Bradford, Harrogate and Craven, for the year 2021-22.

Despite continuing disruption from Covid-19, we've been able to meet many more carers face to face. This has had a hugely positive effect on the wellbeing of carers, who have had a particularly tough time during the pandemic.

We've seen the fantastic impact that our groups, trips and activities can have on young and adult carers, as they receive support from our staff, volunteers, and each other. We've also assisted carers through difficult times financially, helping them access benefits and grants.

We will continue to campaign for carers' rights and for them to be recognised for the wonderful contribution they make.

—Chris Whiley, Chief Executive Officer



# CARER SUPPORT, EVENTS & GROUPS

**30,864**

Phone Calls  
and 133 video calls



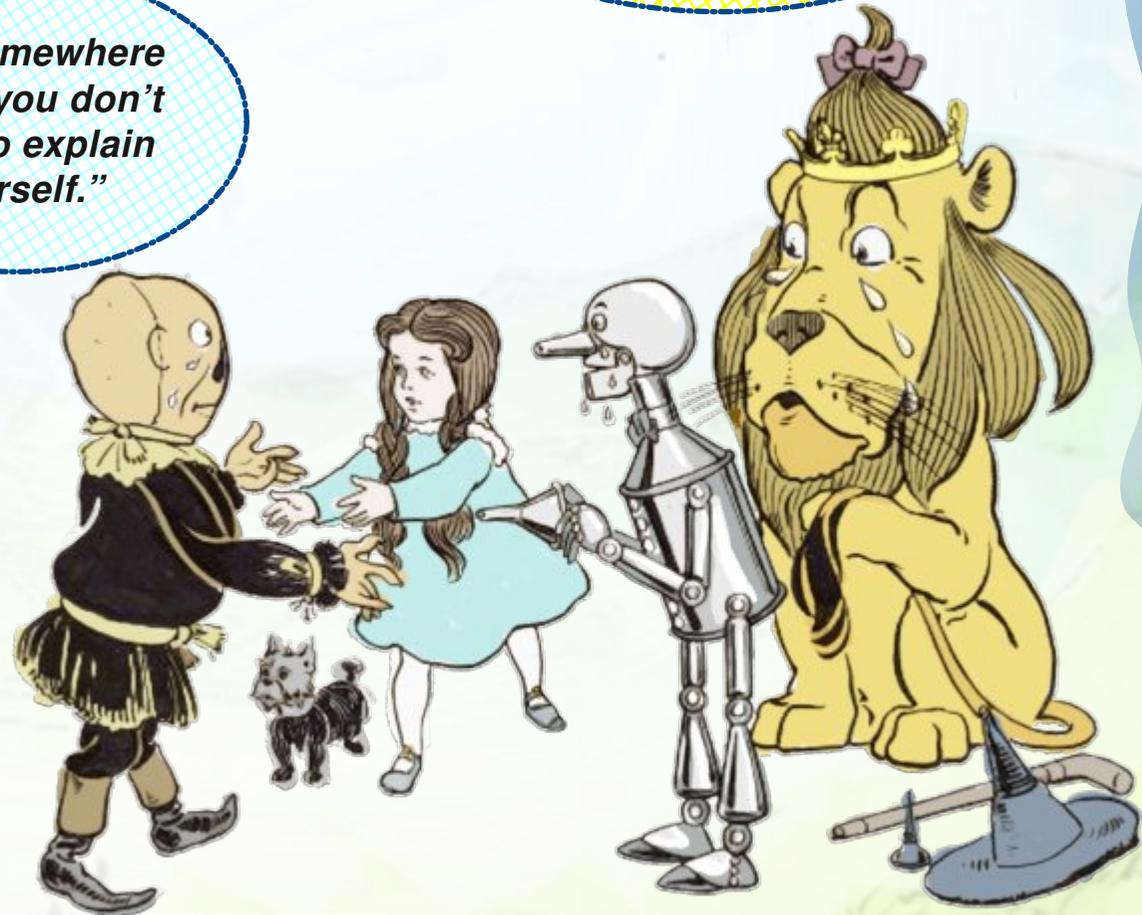
**D**espite continuing disruption from Covid-19, this year, we've been able to meet many more carers face to face.

*"It's that human connection that we've all missed over the last two years. That's why this is so lovely."*

*"It's somewhere where you don't have to explain yourself."*



**7,260**  
In-person  
appointments



# CARER SUPPORT, EVENTS & GROUPS

Our much-loved groups and activities have resumed, improving carers' health and wellbeing.

We also continued to hold virtual meet-ups including wellbeing and coffee morning sessions.

*"It was fun! I gained a lot of valuable skills, and made wonderful friends."*

**1148**  
Group and  
activity  
attendances

**80%** of carers felt better following a wellbeing session

**100%** felt less isolated after attending



# NEW SERVICES

Among the new services launched by Carers' Resource during the last year, two key ones are a counselling service for carers, and a service that focuses on supporting male carers.

## COUNSELLING SERVICE

Our new counselling service, funded by a grant from Barclays, enables us to offer counselling to carers. Since it launched in January 2022, 20 carers have been seen by the service.

## MEN CARE TOO

The 'Men Care Too' project has been launched to improve the wellbeing of male carers, giving them the chance to take part in fun activities, meet other male carers, chat, relax and support each other.

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Young Carers



# YOUNG CARERS, FAMILIES & PARENT CARERS

Young carers have been able to get out and about again, attending our youth clubs and taking part in activities and trips.

## PARENT CARER SUPPORT

The amount of support we give to parent carers has increased, with new groups being set up, including the *You are Not Alone – Child to Parent Violence Support Group*.

**464**  
Young carers  
newly  
registered for  
our service



**"Youth club is a great chance for me to socialise and get out of the house."**



**"Kayaking was a new and extraordinary experience, and I would definitely do it again!"**

**"It's a nice break for me and it means that I can just chill out and make new friends."**

**"Meeting other parents and staff from Carers' Resource has been a godsend."**



# HOME FROM HOSPITAL



a service of carers' resource

**W**e've seen even more Home from Hospital clients in their own homes this year, supporting them after their hospital stay.

Clients seen:

**1027**   **2031**

West Yorkshire   North Yorkshire

*"You were the first person to come and see me and I was so, so grateful."*

*"It's lovely that someone is there to talk to."*

*"Thank you so much for checking up on me."*

*"Just knowing that there was someone with advice and help was invaluable."*



# CARE @ CARERS' RESOURCE



*"We really appreciate everyone's amazing support through another difficult year."*

*"You have really worked hard with Dad, helping him live independently, and take charge of his life."*

*"I couldn't have coped these last 18 months without all your support."*

## CARERS' TIME OFF

Volunteers gave **4377** hours of their time, and made **2165** visits across Harrogate, Craven and Selby, to support carers getting much-needed breaks.

Our Care@ Carers' Resource team has continued to provide excellent services for people in their own homes, almost doubling the number of visits and hours of care provided, compared to the previous year.

Hours of care

**41,617**

Last year: 23,573

Number of visits

**53,386**

last year: 24,573



# BENEFITS AND GRANTS

We've helped carers access £130,000 in Carer's Wellbeing Grants, and £744,760 in benefits, plus £50,000 in Household Support Grants, along with over £15,000 in other grants.

*"This grant money will enable me to access complementary therapies, and meeting other carers is also a kind of therapy."*

*"Massive shout out to Carers' Resource who paid for some ace, much needed, new walking boots because I simply can't afford new ones."*

Many thanks to all our dedicated members of staff, volunteers and board.

Thanks also to our funders and supporters, both large and small, including:



And thank you to the amazing carers we work with, and the heart, brains and courage of each and every one of you.



*you care for them, we care for you*

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Carers' advice line: 0808 50 15 939

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