

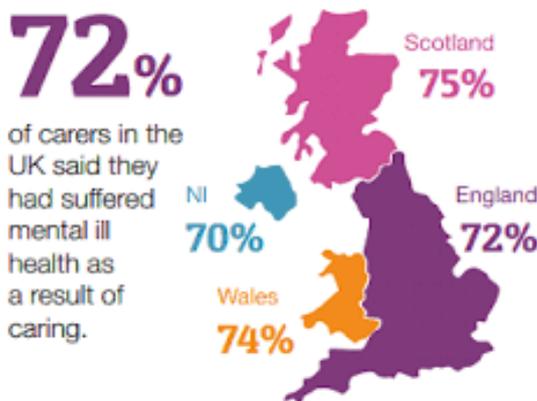
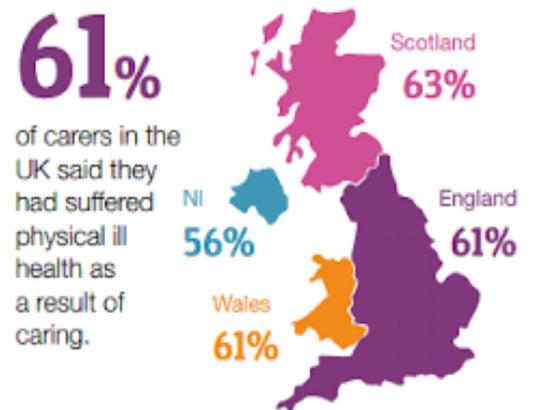


Carer Locality Lead GP Bulletin Coalfields Area

.The Impact of Caring on Health and Wellbeing

The support provided by carers with the UK is worth an estimated £132 billion per year, that is more than the NHS's annual budget in England. Caring can take its toll on families both physically and emotionally. The NHS and Social Care are relying more and more on families to provide care however we hear more and more that carers feel little attention is given to them in terms of being identified, valued or supported.

Within all GP practices across the city we have Carer Leads, their role is to raise the awareness of carers and the impact caring can have throughout your practice as well monitoring the carers register. Do you know who your carer lead is within your practice ?



Working together with your practice staff and your carer lead we aim to identify more family members who have a caring role, including young carers. We acknowledge a lot of people don't identify themselves as carers and are often embarrassed to do so because of the stigma associated with some mental health conditions. Looking at the statistics from the 2011 census (see below) we can see there are 5,632 people who identified themselves as carers, I believe this number to be much higher.

Coalfields area statistics

Coalfields								
2011 ward	Provides 1 to 19 hours unpaid care a week		Provides 20 to 49 hours unpaid care a week		Provides 50 or more hours unpaid care a week		Total	
	Number	%	Number	%	Number	%	Number	%
Copt Hill	808	14.3%	195	3.5%	420	7.5%	1,423	25.3%
Hetton	718	12.7%	191	3.4%	442	7.8%	1,351	24.0%
Houghton	720	12.8%	211	3.7%	436	7.7%	1,367	24.3%
Shiney Row	836	14.8%	218	3.9%	437	7.8%	1,491	26.5%
Total	3,082	54.7%	815	14.5%	1,735	30.8%	5,632	100.0%

Key Coalfields Carer Statistics:

- 5,632 Carers in the Coalfield area (Actual number likely to be much higher)
- 1,281 carers active within our organisation.
- 957 Adult Carers
- 187 Parents Carers
- 135 Young Carers.

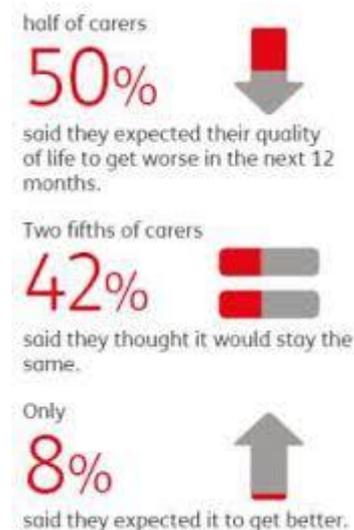
So what can we do to identify more families who have a caring role:

- Talk to people, find out their circumstances you don't have to use the word carer.
- Listen to their story you might be able to identify a caring role that they may not recognise.
- Raise awareness within your practice, have a notice board, ensure leaflets and information is on display.
- Ask questions and make families and staff aware of the support available.
- Speak with your carer lead, what can you do within your practice to make a difference to identify families who have a caring role.

As we know caring can have a detrimental impact on individuals health and wellbeing, therefore it is essential to support individuals who have a caring role to look after themselves, so they continue to care.

We need to change the statistics round and have 50% of carers to expect their quality of life to get better and 8% to get worse.

It was Carers Rights day on the 30th November and we held our annual Caring for Carers Awards. We had 2 people nominated from the Coalfields, Pam Boal from Herrington Medical Group and Valley View Care Home. Pam for her care and compassion showed to a patient who has dementia and Valley View for the care, keeping family updated and creating a 'home' for their loved one. Congratulations to those who were nominated and remember its never too early to nominate those carers who go the extra mile in 2019.



Self-Care week was a busy time within the carers centre, we reached out to lots of organisations in raising the importance of looking after yourself and how caring can often prevent this from happening. So it is important to encourage carers to have their health checks and flu jabs and I am working with the carer leads to see how we can get more carers having their health checks and look after their own self-care.



Leading up to Christmas we have our naughty elf Ebenezer promoting his own 'Elf Care' He been learning about dementia and how to help carers care for them-evles !!

And finally I hope you all have a very merry Christmas and a happy new year.



Debbie Ainscow, Carer Locality Lead (Coalfields)



Keep in touch with the important news for Carers in Sunderland



@sunderlandcarerscentre



@sunderlandcarer



www.sunderlandcarers.co.uk



0191 549 3768



contactus@sunderlandcarers.co.uk