

The First Issue

Welcome to the first e-bulletin for working carers.

I hope you enjoy this first edition and find it interesting. It will evolve and grow based on feedback and as we progress with working with local employers and different events in the year.

The e-bulletins will consist of information about services and events which may be of interest to yourself, tips and tricks as well as news that may be relevant to you.

Telephone Information Service

Every Saturday morning between 9am-12noon, I will be running a information service for carers that struggle to contact us Monday to Friday.

It is a confidential service to provide information on all aspects of care. It could be that you are now starting to do tasks such as the shopping and collection of prescriptions for your mother or you have been juggling work and care for years. Whatever your circumstances, it may be worth finding out what support we can provide for you.

We can help you to access a range of services to support YOU as a carer:

- Basic benefits information
- Health and social care services
- Opportunities to talk about your caring role
- A visit from a West Cumbria Carers support worker



Tel: 01900 821976
Saturday 9am - 12 noon

Alternatively you can email me when it suits you (please be aware that I work part-time so it may take a couple of days to reply depending on when the email is sent).

HannahBlake@westcumbriacarers.co.uk

Introduction

My name is Hannah Blake and I am the working & Caring support worker.



My role is to provide additional specialist services for carers who are in employment.

This includes a telephone information service on a Saturday morning, 9am-12noon.

I will also be working with local employers to provide information and support to enable them to

more effectively identify and support their staff who have a caring role. I will be attending different events and working with colleagues to ensure we can spread the message about what West Cumbria Carers can do for working carers.

My aim is to use technology to it's full potential to connect with people in different ways such as social media, website, and email. I always want to hear from you, about what would be beneficial for you please give me a ring or email.

Office hours: Thursday and Friday 10am-4:30pm and Saturday morning 9am-12noon with the telephone information service.

You can call me on 01900 821 976 or email;

hannahblake@westcumbriacarers.co.uk

Working and Caring Information online

There is now a section of our website just for working and caring. <http://www.westcumbriacarers.co.uk/services-support/adult-carers/working-caring/>

It covers information such as benefits, carer's rights in the workplace as well as additional information for carers and local employers about processes such as applying for flexible work.

'Topic of the week' provides interesting news, hints and tips from myself covering subjects such as smart phone apps, my personal story of being a working carer.

Facts about Working Carers

There has been a number of research papers about the subject of working and caring in recent years. We know that working and caring has always existed but more research enables businesses and organisations to understand the situation better. Below is information from two research pieces. What do you think? Does this sound familiar?

Prepared to Care: Exploring the impact of caring on people's lives: produced by nine charities for Carers Week 2013.

This study highlights that the impact of caring on a person's current and future employment prospects can be damaging; often leading to financial loss and wider emotional difficulties. Of 2,115 carers surveyed across the UK:

- 45% had given up work because of caring responsibilities
- 42% had reduced their working hours
- 34% felt that caring had impacted negatively on their chance of promotion
- 60% had reduced incomes
- 63% were unprepared for the impact that caring had on their career

Caring & Isolation in the Workplace, March 2015

Employers for Carers and Carers UK have undertaken targeted research into the impact of caring as a cause of isolation in the workplace. A survey of 1,041 carers highlighted the following:

- 7 in 10 working carers (71%) have felt lonely or isolated in the workplace as a result of their caring responsibilities
- Over four out of ten (43%) working carers felt that colleagues and managers did not understand the impact of caring and 38% had not felt comfortable talking about their caring responsibilities at work
- Many working carers are at breaking point; a staggering third (32%) were caring for 50 plus hours a week, comprising over half (53%) of the carers who felt lonely or isolated in the workplace most of the time
- Nearly a quarter (23%) of carers received no support from their employer
- The top priority for workplace support was improved and consistent manager awareness of caring issues (37%) and more flexible/special leave arrangements (again 37%)
- The top priority for support outside the workplace (identified by 50% of carers) was for more, better quality or more suitable support from care services followed by more or better quality support from GP and other health professionals (43%)
- More than seven in ten carers (72%) said they would be less stressed if these issues were addressed and six in ten (60%) said that they would feel that someone understood their situation
- Over half (56%) of the carers who had given up work to care highlighted the stress of juggling work and care and a third (34%) the lack of suitable care services

FACEBOOK

We are now on Facebook and we are hoping you can like our page -

<https://www.facebook.com/westcumbriacarers>

Everyday we are posting news, details about carers events we have organised as well as our fundraising.

We also post links to interesting additions to our website including my 'topic of the week' covering news, tips and tricks for working carers.



We hope you find our new newsletter for working carers, helpful and interesting.

If you have something you would like to be included in the next edition, please email hannahblake@westcumbriacarers.co.uk



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Find out more about our services, visit
www.westcumbriacarers.co.uk

Follow us on Twitter [@wcumbriacarers](https://twitter.com/wcumbriacarers)