

Carers Wellbeing Day 2019 - Impact Report

Carers Wellbeing Day is hosted annually by Richmond Carers Centre during national Carers Week to give local carers an opportunity to have a break from their caring role and take some time to focus on their own health and wellbeing. Carers Week exists to raise public awareness of the existence and challenges of caring, and to acknowledge the contribution made by carers throughout the UK. Promoting wellbeing is a statutory principle of the **Care Act 2014** and by supporting carers with events like the Carers Wellbeing Day we can support the Care Act's aims of **preventing, reducing and delaying** the need for care and support.



This year's event, supported by Richmond Parish Lands Charity, offered carers the opportunity to enjoy up to two wellbeing workshops from a selection of 12. At the Information Marketplace, 21 local organisations exhibited, all eager to chat to carers, answer any questions about their work and how they support carers. There were also appointments available for on-the-day NHS health checks, delivered by local pharmacists, and carers were invited to indulge in a free hand-massage.

Here are a selection of carers' comments about their experience of Carers Wellbeing Day 2019

I thought I knew all about carers and available support, but I learned so much more

I consider myself very fortunate to have this carers support in Richmond

It's good to have a special event like this, to meet carers and some of the providers of services in Richmond. I'm glad Richmond Carers Centre continues this vital work

Attending the Carers Wellbeing Day inspires you to keep going and reassures you that you are NOT the only one out there

Always excellent support and information

Carers Wellbeing Day 2019 – 12.07.19

Richmond Carers Centre is a company limited by guarantee and is a registered charity.
Charity No. 1092459. Registered in England. Company number 4412793

What do carers want to see at future events?

A market stall for LGBT+ carers and workshop

A dietician workshop

A little more about help for those with neurological conditions such as MS and Parkinson's

A market stall from LBRUT's voluntary care groups. They have a lot to offer carers - transport, excursions, befriending, men's/ladies' clubs, etc.

Caring at a distance and a tour of York House

And this is what professionals had to say

It was well organised, professionally run, quick to respond to any problems but all done with a 'light touch'. It was a good size – large enough to give it critical mass – small enough to have more intimate conversions, and the scale of the event provided much opportunity for networking with other organisations. Thanks for involving us

I really enjoyed the day. I thought everything was so carefully considered and smooth running. I thought the activities put on for carers sounded delightful. I enjoyed seeing colleagues and past clients, and had a few useful conversations

Congratulations on such a great event last week. It was a pleasure to run the workshop with my GP colleague – we really did enjoy it. It was also so useful for me as a local doctor to walk around the Carers Marketplace and get to know more about all the great services available

From our experience, we found the event to be a totally worthwhile one, and the feedback we received from the carers who took up the health checks was that they found them to be immensely useful

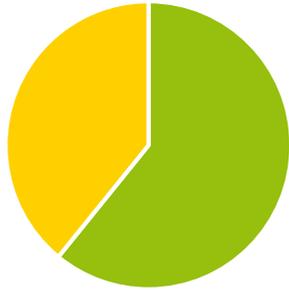
We met some lovely people who were really passionate about supporting carers and it was great to see how much support is available out there. We found lots of opportunities for partnership working, which is really exciting, and would provide lots of potential new benefits for our carers. Your team were all very relaxed and super supportive and approachable so thank you for this

We made some great new links and our new Pathways project got two new referrals today as a result.

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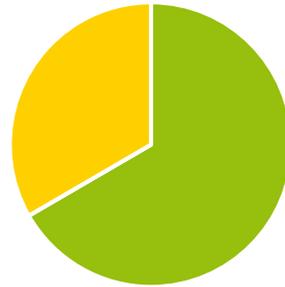
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I feel recognised and valued as a carer



- Strongly agree ■ Agree
- Disagree ■ Strongly disagree
- Not sure ■ Not relevant

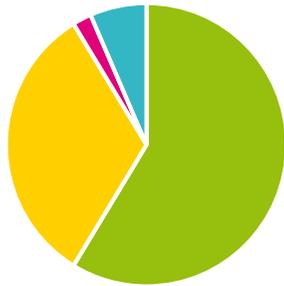
I feel I have been treated with dignity and respect



- Strongly agree ■ Agree
- Disagree ■ Strongly disagree
- Not sure ■ Not relevant

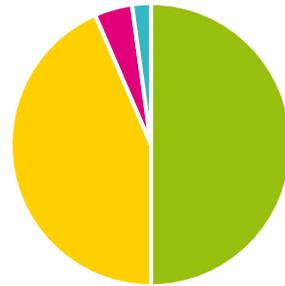
We asked attending carers to tell us how they felt the Wellbeing Day had benefitted them by rating a series of outcome statements.

I feel better able to get the help I need when I need it



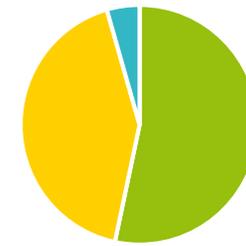
- Strongly agree ■ Agree
- Disagree ■ Strongly disagree
- Not sure ■ Not relevant

I feel I know what support is available to carers



- Strongly agree ■ Agree
- Disagree ■ Strongly disagree
- Not sure ■ Not relevant

I feel I have been supported to maintain/improve my own health and wellbeing



- Strongly agree ■ Agree
- Disagree ■ Strongly disagree
- Not sure ■ Not relevant

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100%

Of responding carers rated the event overall as EXCELLENT or GOOD

97.8%

Of responding carers rated information received as EXCELLENT or GOOD

96.5%

Of responding carers who attended a workshop rated the workshop as EXCELLENT or GOOD