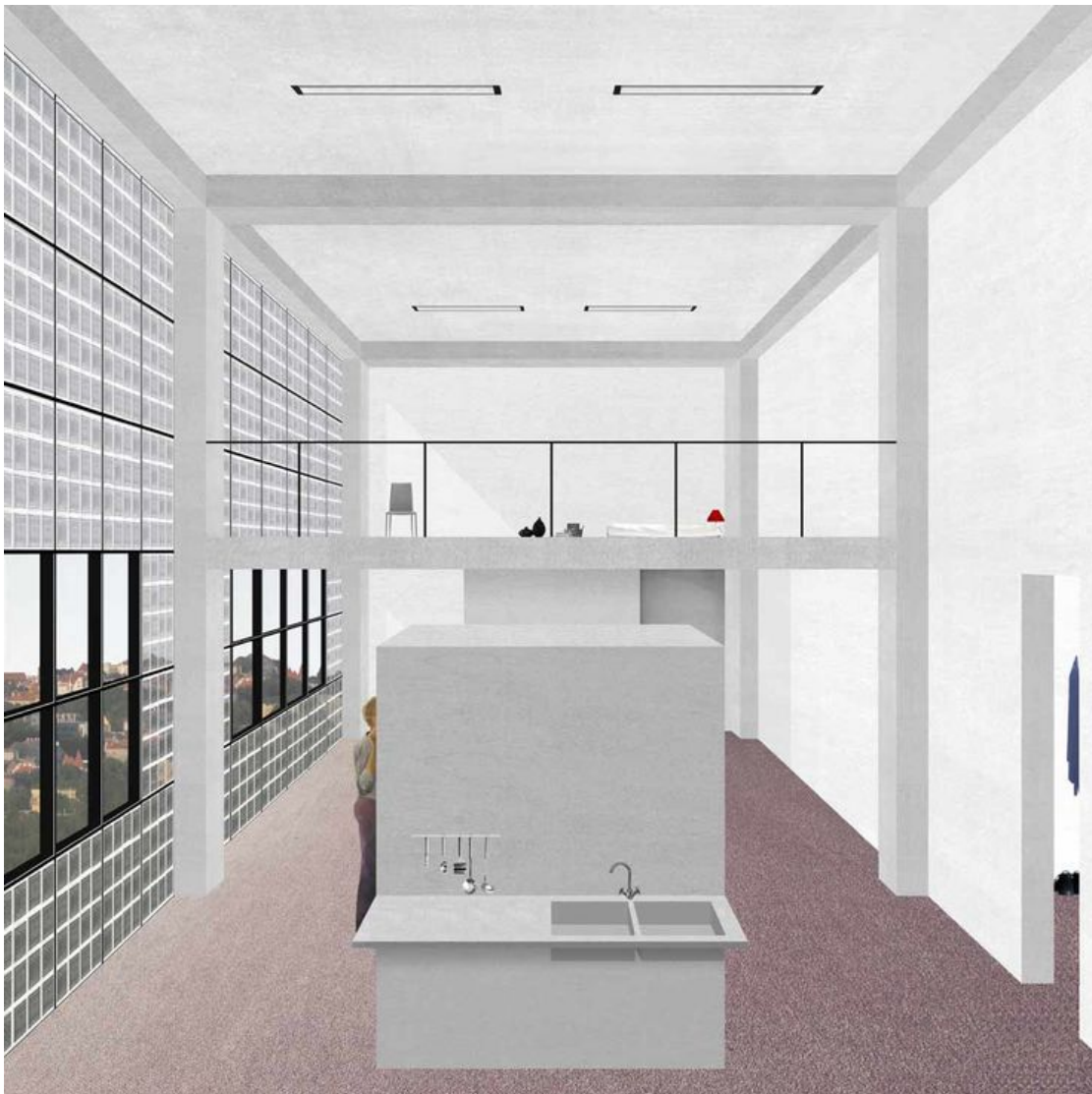


National Union of Carers
-Developing a Resource Hub for Carers

Proposal for a New Site Dedicated to Carers and their Families

Request for Funding for £450,000 for a dedicated site for the National Union of Carers project



PROPOSAL FOR A DEDICATED BUILDING TO ACT AS A FOCAL POINT FOR CARERS IN ENGLAND AND WALES

Reference and Administration

The National Union of Carers is a not for profit company limited by guarantee, registered at Companies House.



you must know about National Union of Carers

1. We are managed by volunteers and always need funding to sustain and grow our services
2. We have witnessed a steady increase in the number of people who use our services, yet we still do not have the resources to cater for the number of people who need our advice and support
3. For every pound we receive from donors, we put back nearly £10 into the local community. For example, by improving well-being and health, we save the public services a great deal of money- this contribution often goes unnoticed
4. We act as a vital bridge and listening ear for families who have disabled children and adults and whose needs are not always understood by mainstream services
5. We work across all ages, creeds and backgrounds of people- we genuinely practice equal opportunities
6. We currently receive little support from local and national funders, despite growing need
7. For many of our beneficiaries, we are a vital service that provides much needed assistance
8. There is a need for a national voice for carers
9. We are more than just a community group or social enterprise, we are a vital cog of friendship for our beneficiaries
10. We put smiles on people's faces when they find solutions after much searching around elsewhere

Aims, Objectives and Activities

Using the existing framework and facilities of the proposed National Union of Carers Centre we wish to provide a holiday club for disabled children and their families, including their siblings and carers and a national hub and centre for carers- a voice for them, and a place they can access if they need help or advice.

The holiday club would be open during the school holidays and would allow children to enjoy their holidays within a fun, stimulating environment.

Ideas:

- Increase confidence
- Increase active participation and exercise
- Help to build good relations and family support
- Carer break and something s for carer to do
- Increase family interaction and understand disability
- Organise activities that require problem solving, co operation and communication
- Talks and information from guest speakers to help carers
- A listening ear, positive thinking and attitude, wellbeing
- Focus on Arts (visit theatre, picture house- probably never visited)

Who can access:

- Young and adult carers
- Outreach and advertising

Delivery of service:

- Staff- manager/ organiser of project
- CRB registered care staff and volunteers will deliver the service
- Organise groups
- Family support element
- Organised activities and programmes

Projects:

Arts:

- Theatre, role play and independence
- Dance
- Visit to theatre or picture house, or museum.
- Art gallery

Family support:

- Counselling and listening sessions
- Learning and understanding opportunities about disabilities
- Working together as a family

Activities:

- Organised activity plan
- Sessions
- National Resource for Carers
- One Stop Shop
- Place for breaks

The Hub will also wish to provide a holiday club for disabled children and their families, including their siblings and carers.

The holiday club would be open during the school holidays and would allow children to enjoy their holidays within a fun, stimulating environment.

We would provide:

- Organised activities that require problem solving, co-operation and communication
- Carer breaks and activities for the carers
- Talks and information from guest speakers to help carers
- Focus on Arts (visit theatre, picture house- probably never visited)

Increase confidence

- Increase family interaction and understand disability
- Help to build good relations and family support
- A listening ear, positive thinking and attitude, wellbeing

The Need for a national carer's forum and umbrella and a community hub for carers

The project is needed during the holidays as carers often have children to look after as well as the person they care for 24 x 7, this is when they are more likely to get angry and frustrated as they have responsibilities and duties to attend to as well as the demands of the children, who understandably want to do something interesting.

We want to be there to help break the cycle of boredom, which can lead to some children going off on their own getting into trouble with neighbours or worse the police, adding more stress to the family homelife.

If we can run this project and open up new activities to some of these vulnerable people or give them a break and relief from their duties enabling them either to attend and take part in the sessions or just to have some

peace and quiet, their quality of life is improved.

There is no other provision like this in the area.

1 in 8 adults (around 6.5 million people) are carers

By 2037, it's anticipated that the number of carers will increase to 9 million.

Every day another 6,000 people take on a caring responsibility – that equals over 2 million people each year.

58% of carers are women and 42% are men.

Over 1 million people care for more than one person.

Carers save the economy £132 billion per year, an average of £19,336 per carer

Over 3 million people juggle care with work, however the significant demands of caring mean that 1 in 5 carers are forced to give up work altogether.

Carer's Allowance is the main carer's benefit and is £62.10 for a minimum of 35 hours, equivalent to £1.77 per hour – far short of the national minimum wage of £6.70 per hour.

People providing high levels of care are twice as likely to be permanently sick or disabled

625,000 people suffer mental and physical ill health as a direct consequence of the stress and physical demands of caring.

Over 1.3 million people provide over 50 hours of care per week.

That's 1 in 8 adults who care, unpaid, for family and friends. Within our lifetime, there will be 9 million carers.

Our loved ones are living longer with illness or disability, and more and more of us are looking after them. Whether round-the-clock or for a few hours a week, in our own home or for someone at the other end of a motorway – caring can have a huge effect on us, our lives and our plans.

Caring is such an important part of life. It's simply part of being human. Carers are holding families together, enabling loved ones to get the most out of life, making an enormous contribution to society and saving the economy billions of pounds.

Yet many of us are stretched to the limit – juggling care with work and family life, or even struggling with poor health ourselves. We often find it

difficult to make ends meet if we're unable to work or if we've reduced our working hours to care.

Every day 6,000 people become carers. Many don't know how or where to get help. It can be frightening and very lonely.

For some it's sudden: someone you love is taken ill or has an accident, your child is born with a disability. For others, caring creeps up unnoticed: your parents can't manage on their own any longer, your partner's health gets gradually worse.

Looking after someone can be tough, but you're not on your own. National Union of Carers is here to listen, to give you expert information and advice that's tailored to your situation, to champion your rights and support you in finding new ways to manage at home, at work, or wherever you are. We're here to make life better for carers.

What will the National Union of Carers do?

Caring will affect us all at some point in our lives. We'll be here for you when that happens. With your help, we can be there for the 6,000 people who start looking after someone each day.

Phone-icon

We will give expert advice, information and support.

Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated.

We're here to make sure that no matter how complicated your query or your experience, you don't have to care alone.

Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.

We connect carers so no-one has to care alone.

Every day 6,000 people become carers. It can be bewildering if you don't know where to turn for help and support.

Through our carers' groups and volunteers we're reaching out in local communities throughout the UK and online.

If you're new to caring, we want to make sure you get the right support from the start.

We campaign together for lasting change.

We're at the forefront of the carers' movement, bringing carers together to have a voice and deliver lasting change.

We'll keep campaigning until we can all look after loved ones without putting our own lives on hold.

We innovate to find new ways to reach and support carers.

Our expertise and insight drawn from carers' experiences helps us find better ways to support carers.

We work with local authorities and other organisations to improve services for carers throughout the UK

Request for a Dedicated Site

The National Union of Carers is seeking funding for a dedicated site which will:

Service as a hub for carers nationally

Become a resource centre

Become an advice line and centre

Produce fact sheets

Support Professionals

Offer practical support

Offer financial support

Offer a holiday section with accommodation so carers can take a break

Use regular accommodation as a means to generate income as a social enterprise to help sustain the hub

Total Costs Estimates:

Purchase- £350,000 to £600,000

Refurbishment- £250,000

Staffing- £70,000

Equipment and furniture- £50,000

Marketing and PR= £20,000

Transport- £30,000