



Carers
Hub
Lambeth

About Carers Hub



Background information

Carers' Hub plays a vital role in Lambeth, supporting the many unpaid carers across the borough. Our work stems from the fact carers often go about their roles despite the toll it might take on their own wellbeing, often having to make sacrifices that hamper their own ability to lead a normal life. Whether financial, educational or otherwise, we seek to limit the challenges that carers face. We achieve this through four core workstreams:

1. raising awareness of carers,
2. influencing local policy through community engagement activities,
3. improving carer wellbeing and
4. connecting carers to each other and to support and training opportunities through our services.

We are a small but dynamic team led by a diverse and skilled board which includes trustees with experience of fundraising, charity management, finance, caring, and academic research into local provision of health and care services. Our leadership team is supported by a dedicated and talented team who work hard to improve life for carers in Lambeth.



'It's been invaluable and has helped me come out of my shell. I was feeling anxious and isolated but now I feel I have a place where I can be more open about myself as there are others just like me.'

Our History



Our mission is to improve carers' lives in Lambeth through quality services and community engagement.

Carers' Hub Lambeth is an independent local charity based in Brixton. Our work stems from the fact carers often go about their roles despite the toll it might take on their own wellbeing, often having to make sacrifices that hamper their own ability to lead a normal life. Whether financial, educational or otherwise, we seek to limit the challenges that carers face in two key ways: by working with carers directly, and by influencing the local services and policies that affect them.

How many carers are there?

According to the Census 2021 there are an estimated 5 million unpaid carers in the UK, but Carers UK estimates that the number of unpaid carers has risen to 10.6 million (Carers UK, Carers Week 2022 research report). This means that 1 in 5 adults in the UK are currently providing care!

Young people are taking on caring roles too. The Children's Society says there are approximately 800,000 young carers in the UK, of which:

- 27% of young carers aged 11-15 miss school
- 39% said nobody at their school is aware of their caring responsibilities
- 1 in 3 young carers have a mental health issue

Here **in Lambeth** the 2021 census found that there are over **18,000** unpaid carers living in our borough, with almost half these carers supporting people for over 20 hours a week.

The contribution of carers

Our health and social care system relies on carers, and saves the UK economy £193 billion a year according to Carers UK. Despite the huge contribution of carers, many carers feel undervalued.



'I would feel cut off without Carers' Hub, it is a reliable, safe place to meet others who get it' Young Adult Carer

The impact of caring on carers

Caring can impact on all aspects of carers' lives. These statistics from Carers UK State of Caring 2022 report give a snapshot of the wide variety of issues facing carers:



Money worries

25% of carers are cutting back on essentials like food or heating and 63% are extremely worried about managing their monthly costs



Cost of living

77% said that the rising cost of living is one of the main challenges they'll face in the coming year



Poor health

60% of carers report a long-term health condition or disability compared to 50% non-carers



Me time

41% of carers haven't taken a break from their caring role in the last year.



Education & career

75% of carers worry about continuing to juggle work and care.



Managing stress

Although carers are providing many hours of support to the person they care for, few are taking a break from caring, resulting in tiredness and, in some cases, exhaustion and burn-out.



Support & services

61% said they were uncertain about what practical support they might be able to access in the next 12 months



Mental health & wellbeing

30% of carers said their mental health was bad or very bad.

Carers' Hub Lambeth has four key objectives.



Improve Wellbeing

Caring for a loved one, family member, friend or neighbour, can have a significant impact on all aspects of a carer's own life. Through peer support groups and one-to-one appointments, our dedicated and passionate team work with carers aged 5 and up to help overcome challenges around managing at home, finances, caring with confidence, education and employment, physical health and emotional wellbeing.



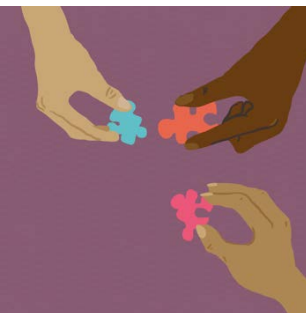
Increase Connections

There is a lot of support on offer in Lambeth, but these things can be difficult to find. We're here to fill those gaps. We provide information on training courses, local services and help carers build connections with each other and their community. We help professionals to connect too through our Carers Collaborative Network.



Raise Awareness

We believe caring is everybody's business. We work hard to raise awareness through outreach in the community, GP practices and local hospitals, presentations to schools and social work teams, through partnership working and our involvement with the Lambeth Carers' Strategy.



Influence

We believe that the development of local policy, practice and services that affect carers should take carers' experiences into account. For this reason, we host a range of workshops and forums for carers to make their voices heard throughout the year. Our Carers' Strategy Development Manager plays a key role in the development and delivery of the Lambeth Carers' Strategy

Our core services

Young Carers



Our young carers team works with children from the age of 5 upwards, undertaking the young carers assessments and offering support and information to young carers and their families.

Adventure, friendship and support are super-important for young carers, so we split our work into four areas:

- 1) We organise a mixture of exciting activities throughout the year
- 2) We run monthly young carers groups – a space to relax and have fun
- 3) We provide a listening ear and relevant help to young carers and their families
- 4) We run dedicated projects working with schools to support young carers with their education

Young Adult Carers

A young adult carer is someone aged 15-21 who cares, unpaid, for a friend or family member who has an illness, disability, mental health problem or addiction. Some caring roles are big, others small. Either way, we're here to help. We know that friendship, support and trying new things can provide the boost that young adult carers need, so we split our work into three areas:

- 1) We provide tailored 1-2-1 support
- 2) We organise a mixture of fun activities throughout the year
- 3) We run a monthly young adult carers group



Adult Carers includes, carers for dementia, learning disabilities and mental health



An adult carer is someone aged 18 who cares, unpaid, for a friend or family member who has an illness, disability, mental health problem or addiction.

- 1) We provide tailored 1-2-1 support, whether that relates to finances, day-to-day tasks or something different.
 - 2) We run peer support groups for carers to share their experience of caring, make friends, and develop new skills.
- Different carers face different challenges, and that's why our

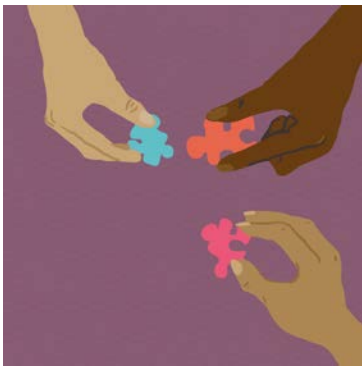
groups are specialised. We run groups tailored to dementia, mental health and learning disability carers.

3) We host a variety of information sessions, learning opportunities, wellbeing and social activities throughout the year.

4) We deliver first aid training and provide free legal clinics through our partnerships.

5) And if we can't help, we'll do our best to link carers with someone that can through up-to-date information, signposting and referrals.

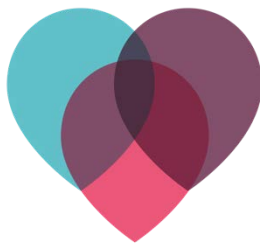
Carers Strategy



Carers' Hub Lambeth sees the Carers Strategy as a vital opportunity to raise awareness of carers and improve carer support in our borough. Through our Carers Strategy Development Manager post, we're working with the Carers Collaborative Strategy Group (CCSG) to help realise the carers strategy. The CCSG is currently undertaking a refresh of the Lambeth Carers Strategy, ensuring we learn from the insights of local carers, community members and professionals.

How we're involved

- Carers' Hub Lambeth plays a key role in delivering the strategy's priorities including leading the development of the **Lambeth Carers Card**
- We host and coordinate the **Carers Collaborative Network**
- The **Carers Strategy Development Manager**, is based at Carers' Hub Lambeth. Helping us to connect the work of the carers strategy more closely with carers and our partners working in the community.
- We coordinate the **Carers Collaborative Strategy Group**, and are working together with fellow members to drive forward the Carers Strategy in Lambeth.



Carers Hub Lambeth is a registered charity: 1182120
And a registered company, limited by guarantee: 11403363