Workshop 2b: 
Supporting carers and family members 

Michael Shann and Tara Galloway
Michael Shann – Head of Membership and Volunteering, Carers UK

Tara Galloway – Head of Stroke Support, Stroke Association
Agenda

• Carers UK overview (Michael Shann)
• Your carer’s experiences
• Stroke Association’s carer support (Tara Galloway)
• Small group discussions
• Q&A
Carers UK’s vision is for a society where carers feel respected, valued and supported.
Shaping that society means taking action NOW.

Battling for greater understanding and support for carers in our society.

Being there for carers with information and advice, right from the start.

Building our network of carer friendly employers to inspire change.
We’re here.

43,000 members across the UK (4,000 in the North West of England)

700 volunteers reaching, connecting and supporting carers

15,000 people engage with us on Facebook each month.

55,500 now follow us on Twitter.

128 organisations are members of Employers for Carers

“

The great thing is that now I’m in a position to offer encouragement and understanding to other carers, and that feels good.

”
We’re here.

21,399 enquiries handled by our Adviceline

1,011,947 people accessed help & information online

7,286 carers and former carers responded to our State of Caring survey 2017
A growing community of campaigners, volunteers, supporters, donors and fundraisers

2012: 10,000 members
2014: 16,000 members
2017: 40,000 members
2021: 60,000 members
How do members get involved?

Advice, information & support
Forum
Social media
Research & campaigns
Creative writing & photography
Voting / approving trustees
Events & local groups
Awareness raising
Fundraising
Volunteering
How do Carers UK members get involved?
www.carersuk.org
‘Caring magazine reassures me that I am not alone and I really enjoy reading about the experiences and hearing stories from other carers. The stories are inspirational and the magazine is great. Thank you.’
Our online community, the Forum

‘This forum never fails to get me through on the days I'm struggling.’

‘Thank you all for your post I feel overwhelmed with kindness and support. I finally feel like phew I'm not alone.’
Our 5th Creative Writing Competition is now open for entries

- Over 2,500 poems and stories submitted since 2014
- 4 anthologies produced
- 2 celebration events held
- Photography competition introduced in 2017

‘Well done on another lovely creative writing competition. It is such a great event for us all to get close to the real emotions of other carers.’
I can’t do this

Kate Maher

I can’t do this
She thinks,
As she does it.

I can’t bear this
She thinks,
As she bears it.

I hate this
She thinks,
Even as
She continues
To Love.
What does being a member of Carers UK mean to you?

‘I love being a member of Carers UK and find the forum a godsend to unload my problems with people who totally understand.’

‘HUGE thanks to the highly professional team at Carers UK. You enable our voice to be heard.’

‘I'm usually reasonably self sufficient - but it's good to know you're always there if needed.’

‘I really appreciate Carers UK as it helps me when I feel so alone and isolated’

‘I enjoy being a local awareness volunteer and insight volunteer for Carers UK’
Your carer’s experiences
Stroke Association’s carer support

Tara Galloway,
Head of Stroke Support
Our portfolio

Community Support
Voluntary Groups

Universal Support
MSG/Helpline/Website

Commissioned services

SRS Core

Emotional Support
Post Stroke Review – stand alone
Communication Support
Moving Forward After Stroke
Digital Stroke Support
Caring and you

Universal Support
MSG/Helpline/Website
Stroke Recovery Service

• A holistic assessment of need and regular reviews
• A tailored recovery plan
• Key worker support
• Representation and advocacy
• Peer and soc
Caring and You

Five week programme covering:

• where to go for support and advice
• the hidden effects of stroke
• practical tips on caring with confidence
• looking after your own health and well-being.
Universal Support

• My Stroke Guide
• Stroke Helpline
• Website
Community Support

Stroke Association Voluntary Groups

• Self-funded and volunteer-led

• Run and supported by people affected by stroke, supported by Stroke Association staff

• Provide long-term peer support for carers and stroke survivors in the local community
For more information
Helpline: 0303 3033 100
Website: stroke.org.uk
Group discussions

Share knowledge and experience of support and resources available, and coping strategies.

• What have you found most useful?
• What do you continue to find challenging?
• What advice, hints and tips would you share with others?
Group discussions

Examples:

- Accessing respite care
- Accessing benefits
- Accessing information, support and advice
- Looking after yourself
thank you