



Information about Preston Carers Centre

WHO IS A CARER

A **Carer** is someone, who without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

A **Parent Carer** is a Carer, who without payment, provides help and support to their child (under 18 years of age) who could not manage without their help. This could be due to physical or mental illness, addiction or disability.

“ Well, we all look after our kids don't we ”

“ I don't see why they should be treated any different. I care for my children every day and you don't hear me moaning about it ”

There is a huge difference between 'being a parent' and being a Parent Carer.

A **Black & Minority Ethnic Carer (BME)** is someone of a Black & Minority Ethnic background, who without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

Some BME Carers do not speak English as their first language or indeed at all.

A **Young Carer** is a child or young person under the age of 18 carrying out significant caring tasks and assuming a level of responsibility for another person, which would normally be taken by an adult.

There are **13,086 Adult Carers in Preston** of which **2,805 care for 50 or more hours per week.**

It is estimated there are around **130 Young Carers in Preston.**

Source: 2001 Census

WHAT IS PRESTON CARERS CENTRE

Preston Carers Centre began running as an independent registered Charity (no. 1112213) in January 2006. We are the only organisation in Preston dedicated to supporting Carers and are respected in Preston and Lancashire as being the leading organisation doing so in this area. We work with over 850 Carers in the Preston area. We work with 200 BME Carers and 50 Young Carers.

Funding

The majority of Preston Carers Centre's work is funded through contracts with Lancashire County Council. We are also supported significantly by NHS Central Lancashire. As a registered charity we also have to fundraise on an ongoing basis and rely on support from a number of individuals, Charitable Trusts & Foundations, Companies, Statutory and European Sources.

In the financial year April 2010 – March 2011 Preston Carers Centre will have a turnover of over £300,000.

Supporting Carers

We support Carers to:

- Know their rights and access services available to them (including those at the Carers Centre, those provided by Lancashire County Council, those provided by NHS Central Lancashire and those provided by voluntary organisations);
- Be the most effective Carers they can be for the person they care for;
- Have a regular break from their caring role & invest time in themselves.

Adult Carers

Our Adult Carers project offers a host of information, advice, services and activities to Carers. Our diverse range of services offers something for everyone. Some Carers access all of our services whilst others will access elements specific to their personal tastes and caring situation. We support adults who care for someone with a long-term illness or disability. Our work allows Carers to gain the support and services they require to carry out their caring role to the best of their ability. This maintains the health of the person they are caring for. Further still, our work allows Carers to maintain and improve their own health and wellbeing by allowing them to take part in numerous social, recreational and learning experiences.

We work with Adult Carers in person, over the telephone and via email.

We work with Adult Carers at the Carers Centre, at their home, through their health & social workers and through a range of community venues and projects.

We work with over **850 Adult Carers** in Preston.

Our support for Adult Carers includes:

- Providing information, support and advice
- Dedicated One to One support
- Newsletters and monthly mailouts
- Website
- Monthly Carers Groups – Talk & Social, Parent Carers Support and Help Group, Carers Family Network (for Carers of adults with Learning Disabilities), Asian Carers Forum, St Catherine's Hospice Drop-In
- Drop-Ins and Specialist Advice sessions at the Carers Centre
- Activities and Events
- Courses for Carers
- Time For Me Fund & Small Groups Fund
- Emergency Planning

BME Carers

At Preston Carers Centre we pride ourselves on the fantastic work we undertake with exceptionally hard to reach Carers from BME communities. Many of the Carers we work with do not speak English as their first language. We work with over 180 BME Carers in Preston.

Whilst we sometimes work with such Carers specifically, the vast majority of our services and activities are integrated so that Young Carers or Adult Carers from BME backgrounds access the same services, outlined above, along with all of our other Carers. However, sometimes it is appropriate to provide services specifically for BME Carers in Preston, this is usually to accommodate language, religious or cultural needs and includes:

- Translation – 3 members of staff at Preston Carers Centre speak languages used by a high proportion of BME residents in Preston. We can speak 4 different languages at the centre. This allows us to communicate with Carers who cannot speak English at all or as their first language. It allows us to represent and advocate for Carers at assessments and meetings;

- Our monthly Asian Carers Forum is attended by over 20 Asian Carers every month. This is translated into relevant languages;
- Organising ESOL Courses (English for Speakers of Other Languages) and other courses, activities and events.

Young Carers

Our Young Carers Project support children and young people who care for someone in their family with a long-term illness or disability. The project provides respite activities, information and support for Young Carers, their families and friends. The project also supports and advises professional and aims to raise awareness of Young Carers in the community.

We work with Young Carers in person, over the telephone and via email. We work with Young Carers at the Carers Centre, at their home, through their school and through a range of community venues and projects. We work with over 50 Young Carers in Preston.

Our support for Young Carers includes:

- Providing information, support and advice;
- Dedicated One to One support;
- Newsletters and regular information;
- Schools Project;
- Fortnightly Social Drop-In;
- Weekly Homework Club;
- Weekly Film Club;
- Regular School Holiday Activities & Events;
- Time for Me 2 Fund.

Emergency Support for Carers Service

This is a new service to plan for and support Carers, and the person they care for, in times when an unforeseen emergency occurs preventing a Carer from providing the person they care for the care they require.

This project will benefit Carers hugely, giving them peace of mind to continue in their daily lives knowing that support will be provided to the person they care for if they are ever unable to provide it themselves for any unforeseen reason.

There are 3 main elements of this project:

- 1) Writing Contingency Plans with Carers
- 2) Holding Contingency Plans in a 24hr agency
- 3) Providing paid care where necessary in case of emergency

Preston Carers Centre delivers stage 1 of the Emergency Support for Carers service in Preston. We are responsible for writing Contingency Plans for Carers which would come in to effect if they are ever unable to carry out their Caring role for unforeseen reasons.

This service is for Carers of any age, including Young Carers.

Staffing

Preston Carers Centre's staff team has a wealth of wide ranging skills and experience. All of our members of staff have an excellent background in working with Carers and are highly respected by the Carers and professionals they work closely with every day.

Preston Carers Centre employs 12 members of staff. 8 members of staff are Carers Support Officers, offering support directly to Young Carers, Adult Carers and BME Carers in Preston.

We also use Social Work Student placements and Volunteers to increase our capacity even further.

Location

Preston Carers Centre works with Carers in the Preston area. Preston is an ageing population with significant health problems. It is within the 20% most deprived areas in the country with regards to financial, health & disability deprivation figures. Preston has higher than average numbers of residents from BME communities.

Preston Carers centre is located in the heart of the city centre, with excellent transport links for Carers wishing to visit on foot, via public transport or by car. The centre offers a place for Carers to come and access our services on an individual or group basis.

As well as hosting our own services here, we also host a number of services and activities for the benefit of Carers run by other statutory and voluntary organisations. Likewise, Preston Carers Centre takes our services and activities out into the community through use of community venues and through working in partnership with a number of statutory and community organisations and professionals.

Preston Carers Centre is housed in a building which has been refurbished with the specific aim of being used for a Carers Centre. Our Carers enjoy an excellent environment to access our services from.

National Carers Strategy

These are exciting times for Carers with the recently published National Carers Strategy setting out how the government commit to supporting Carers more closely through organisations like ours working in partnership with our local council and NHS services.

Newsletters

Further details about our activities can be found in our newsletters on our website www.prestoncarers.org.uk

Contact Details

Ben Blackman
Manager
Preston Carers Centre
28 Church Street
Preston PR1 3BQ

T: 01772 200173

E: ben@prestoncarers.org.uk

W: www.prestoncarers.org.uk

PRINCESS ROYAL TRUST FOR CARERS

Although Preston Carers Centre is an independent organisation, we are a member of the Princess Royal Trust for Carers national network of Carers Centres.

The Princess Royal Trust for Carers works to reach Carers and develop services for Carers across the country through its nationwide network of 122 Carers Centres.



The Princess Royal Trust
for Carers
Network Member



The Princess Royal Trust for Carers has an excellent Young Carers Project known as YCNet. Information about it can be found at www.youngcarers.net