

MECC Factsheet: Carers

Key messages

- A carer is a person who looks after or supports someone else who needs help with their day-to-day life because of issues such as their age, a long-term illness, disability, mental health or substance misuse. Each caring situation is unique and every carer has different needs and priorities.
- It is vital to identify and support carers appropriately to ensure that they can continue with their caring role without it adversely affecting the own health and wellbeing.

Why is it important?

- Carers can suffer from increased stress, social isolation, financial hardship, ill-health and reduced personal time.
- On average, 5.2% of carers in the 2011 Census reported having poor health, compared to 4.2% of non-carers.
- There also appeared to be a correlation between the amount of care provided and health, with carers who provided 50 hours or more care a week being over two times more likely to report poor health than those providing 1 to 19 hours of care.

The picture in Barnet

- In 2011, 32,256 residents classified themselves as a carer.
- The majority of carers are aged 25 to 49 years old.
- Only 5,500 carers are registered with the Council's commissioned lead provider for carers support services in the Borough, indicating a significant proportion that remain hidden to the Council.

Other important messages to consider

- Being a young carer can impact on a young person's childhood and can have a detrimental impact on educational attainment, health and emotional wellbeing, and the ability to make friends and have a social life.

Signposting to local services and online support

Barnet Carers Centre

Offers information and advice about how to access assessments and emotional and practical support for all informal carers who live or work in the London Borough of Barnet.

- <http://www.barnetcarers.org>

Carers in Barnet

The council provides information and advice about how to access assessments, telecare and other practical support and services that may be helpful.

- <https://www.barnet.gov.uk/citizen-home/adult-social-care/carers-in-barnet.html>
- Social Care Direct - 020 8359 5000, socialcaredirect@barnet.gov.uk

Barnet Citizens Advice Bureau – offers specialist information, advice and advocacy on care and support

- <http://barnetcab.org.uk/care-and-support/>
- Telephone Helpline:- 0300 456 8365 (Monday – Friday 9:30 am – 4:00 pm and until 7.30pm on Wednesdays)

Supporting Carers to remain in work

Barnet have taken up an ‘umbrella’ membership which enables SME businesses (those employing up to around 250 staff) to also access resources through the Employers for Carers Scheme for free – this is in addition to the access allowed to our own internal staff.

For SME’s to join the scheme they should visit www.employersforcarers.org and use the membership code #EFC1588 to register.

The EFC site provides info on:

- **Supporting working carers – a carer’s guide**
- **Supporting carers in your workforce – an employer’s guide**
- **Supporting carers in your workforce – a manager’s handbook**
- **A guide to requesting flexible working**
- **Practical resources (e.g. model policies, good practise examples, case studies, information on key workplace issues including FAQs and top tips)**

Some people with a high level of need require support from a healthcare professional. They can be directed to their GP or Social Care Direct (020 8359 5000; socialcaredirect@barnet.gov.uk; 07506 693707 for text messages; 020 8359 2000 for urgent out of hours queries) as appropriate.

For anyone with caring responsibilities who lives or works in the borough, Barnet Carers Centre can offer advice, information, emotional and practical support. They can be contacted on the following numbers: 020 8343 9698; 020 8432 2092 (Barnet Young Carers and Siblings); 020 8432 2091 (Community Home & Support Services) or via email admin@barnetcarers.org.

