

# CARING FOR CARERS DURING THE PANDEMIC

## APRIL 2020 – MARCH 2021



### ADULT CARERS

5,970

**CARERS REGISTERED** with the centre and received regular information updates about Covid by email or post

3,512

**UNIQUE CARERS** accessed support during the year

3,304

new carers contacted the Centre to register and enquire about their **Covid vaccination**



> 5,000

carers were contacted by the Centre to book their **Covid vaccination**



426 carers accessed intense **one to one** emotional support



We developed a **PROGRAMME OF SUPPORT** for bereaved carers



We supported carers to access **benefits and grants** in excess of

**£240K**

1,459

**CHECK IN CALLS** were undertaken with carers who we deemed more vulnerable



4,232

requests for information, advice and support from carers to our advice line responded to

### WE DELIVERED...

55

**WELLBEING SESSIONS** with 174 attendances

109

**PEER SUPPORT GROUPS** with 448 attendances

34

**TRAINING SESSIONS** with 77 attendances

45

**SOCIAL ACTIVITIES** with 198 attendances



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## YOUNG CARERS

### 446

**YOUNG CARERS** were registered with the centre and received regular Covid news/information bulletins

### 294

**UNIQUE YOUNG CARERS** accessed support during the pandemic



### 233

**BREAKS AND ACTIVITIES SESSIONS**

were delivered to young carers with 933 attendances.

### 240

**THERAPY SESSIONS**

were delivered to 23 young carers



### 92

**SOCIAL ACTION SESSIONS**

were delivered to young carers to help them have a voice e.g. young carers wrote to their local MPs re difficulties accessing shopping and **changes were made**

### 1,013

**CHECK IN CALLS**

were made to families who were not open to family support

### 2,777

contacts with young carers accessing one to one support from a **Family Support Worker**



### 1,325

attendances at **online group sessions**

### 16

**'HEADS UP' GROUP SESSIONS**

were delivered to young carers who were struggling to build their resilience and develop strategies

We identified a **'Young Carers Lead'** in every school in North Tyneside



We provided **resource packs** to encourage young carers to engage in sessions and provide the resources they needed

