

Who Really Cares?

Who Really Cares? is our podcast for unpaid carers. We interview carers, people who work for us and professionals as we explore to what it means to be a carer and what issues they regularly face.





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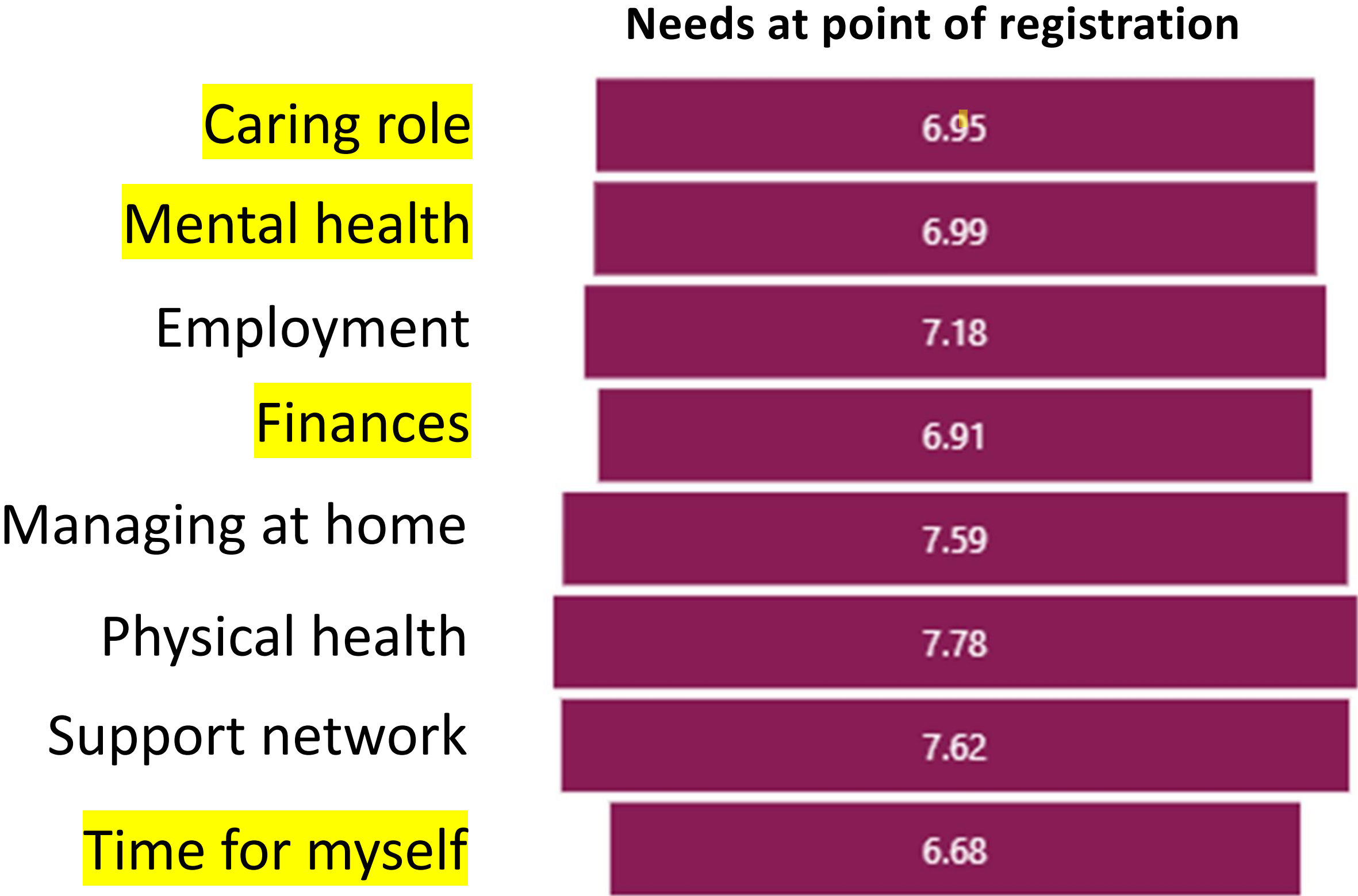
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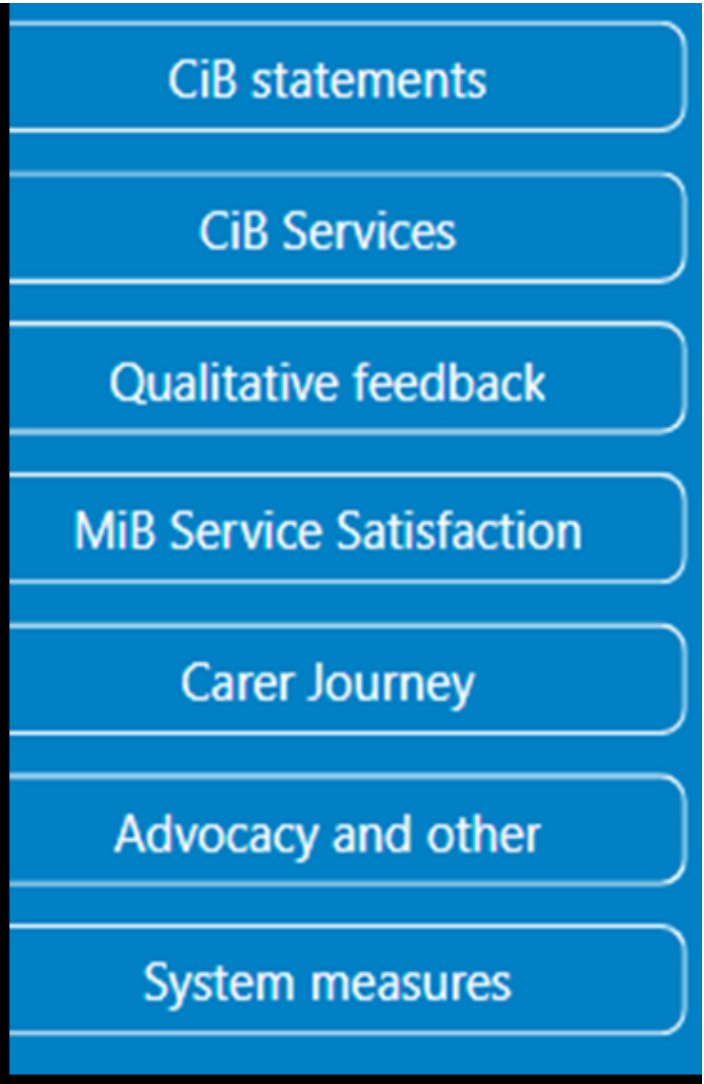
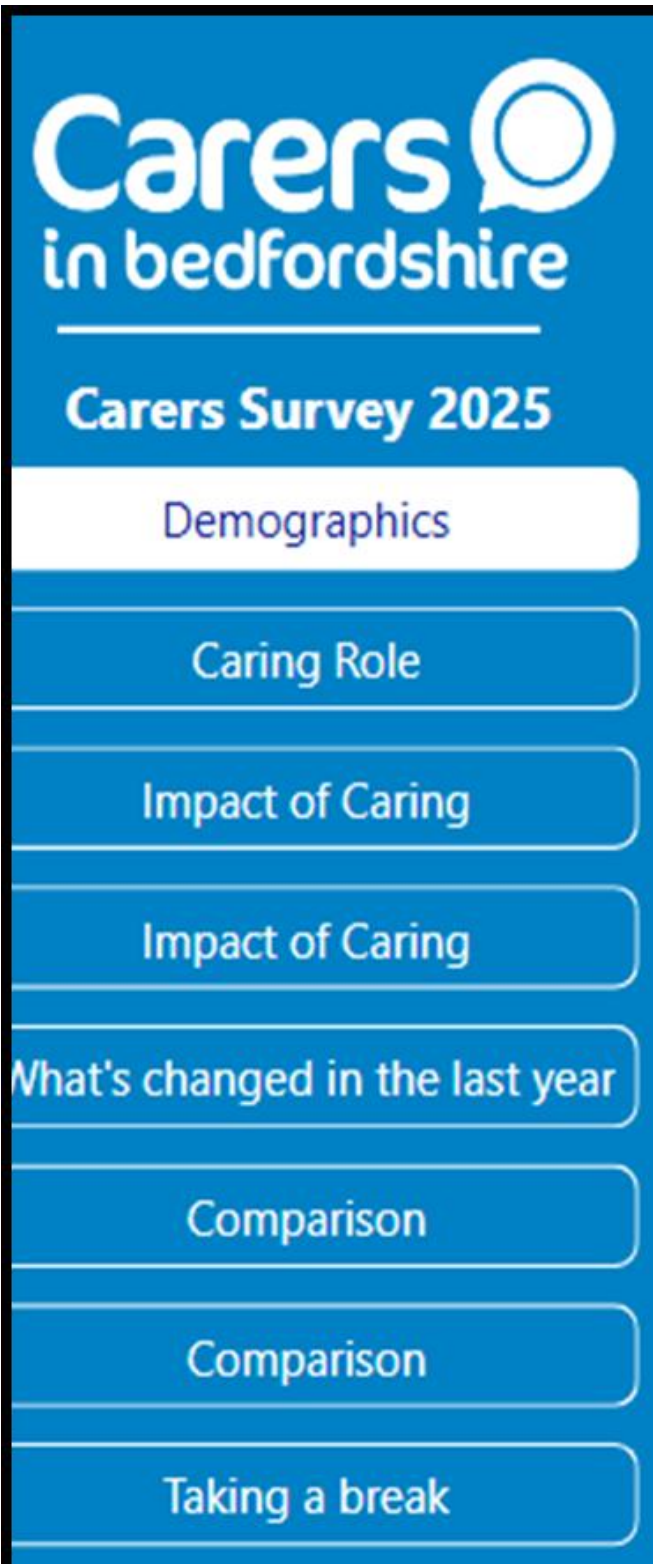
Most people will have caring responsibilities at some point in their lives.

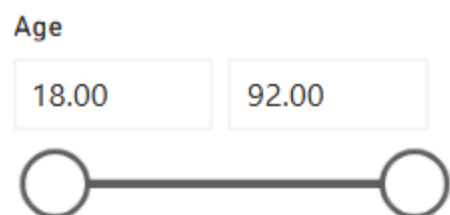
- More than 5 million people (9% of the population aged 5 and older) in England and Wales were providing unpaid care in 2021.
- 60% of carers were older than 50
- 60% of carers were women
- One in seven people in the workplace in the UK are juggling work and care

There are several types of state support for carers

- In 2021, only 8% of carers in England approached their local authority for help
- Only 1 in 4 of them ended up receiving direct support.
- Caring comes with additional costs that can have a significant impact on carers' finances and many carers suffer financial hardship.
- 44% of working-age adults who are caring for 35 hours or more a week are in poverty.







Where do you live?

☐ Bedford Borough

☐ Central Bedfordshire

Ethnicity

All

Gender

☐ Female

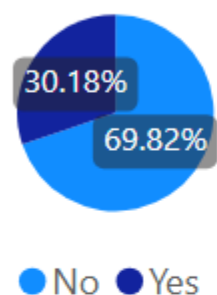
☐ Male

☐ Prefer not to say

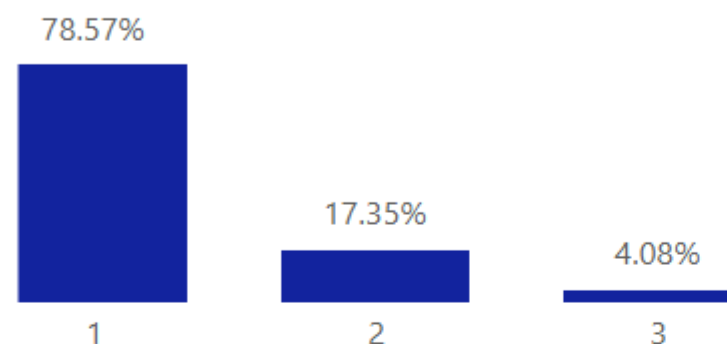
No. of respondents

687

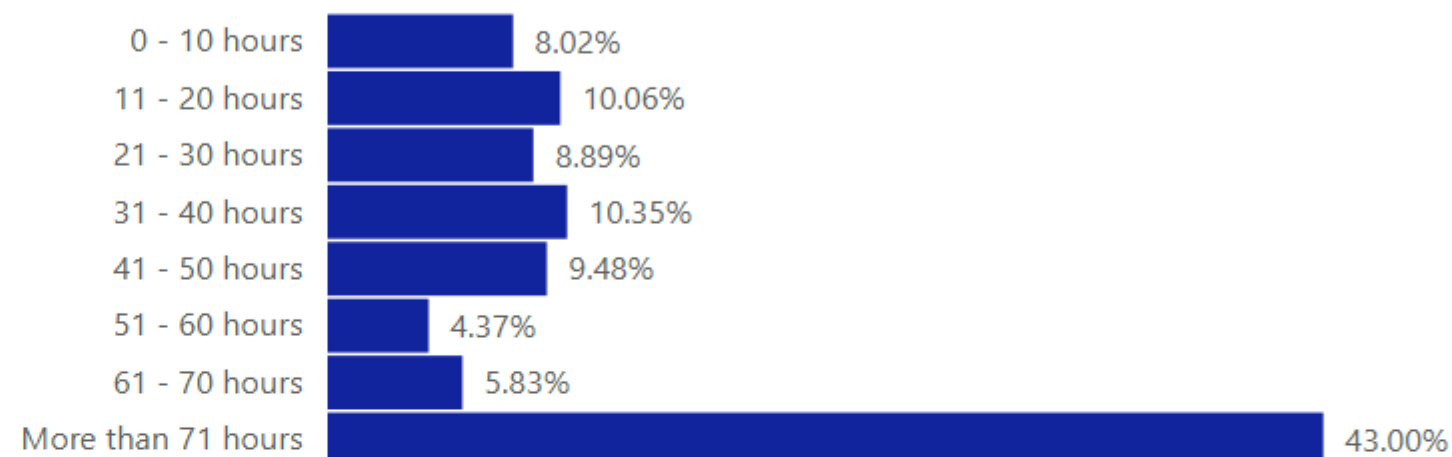
Do you have a disability?



How many people do you care for?

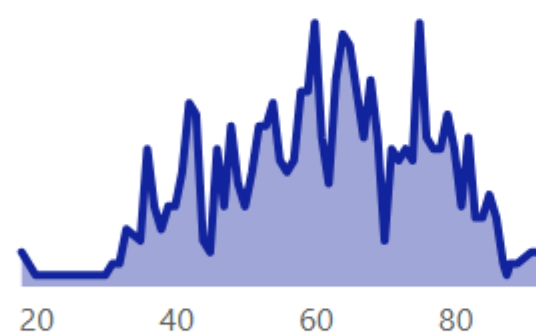


How many hours do you care a week?

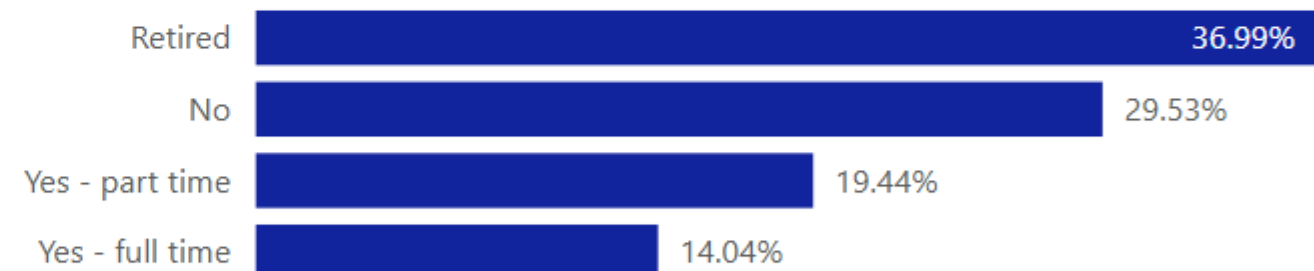


Ethnicity	Percentage
White	91.46%
Asian or Asian British	3.09%
Black, Black British, Caribbean or African	2.06%
Prefer not to say	1.77%
Mixed or multiple ethnic groups	1.18%
Other ethnic group	0.44%
Total	100.00%

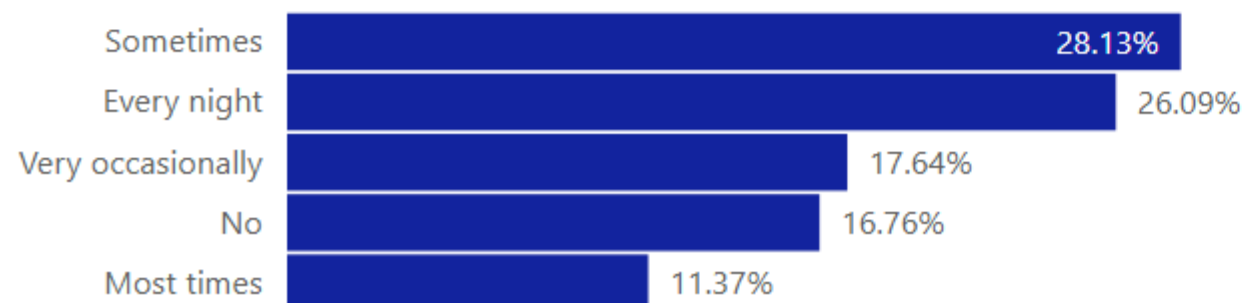
Age



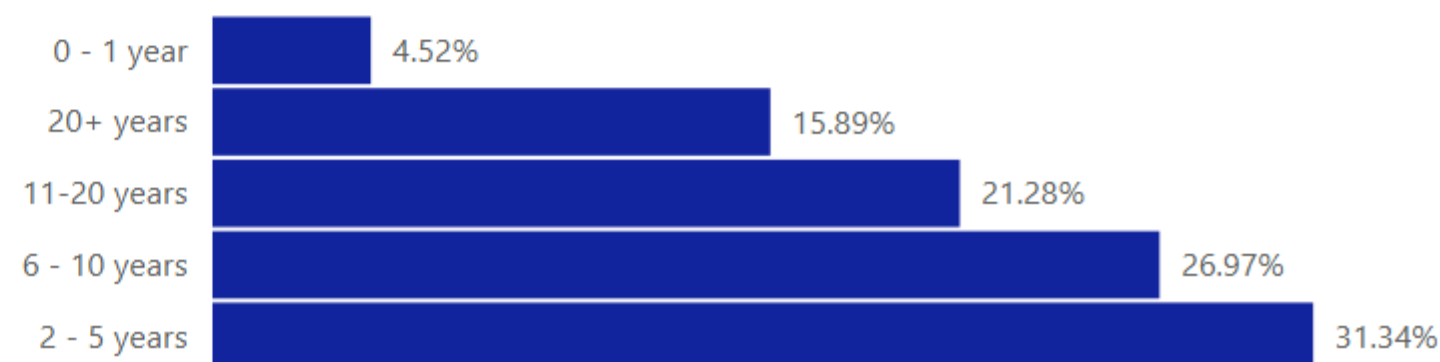
Are you currently working?



Do you provide care during the night?



How many years have you been caring?



Carers expressed feelings of resentment, powerlessness, and emotional fatigue

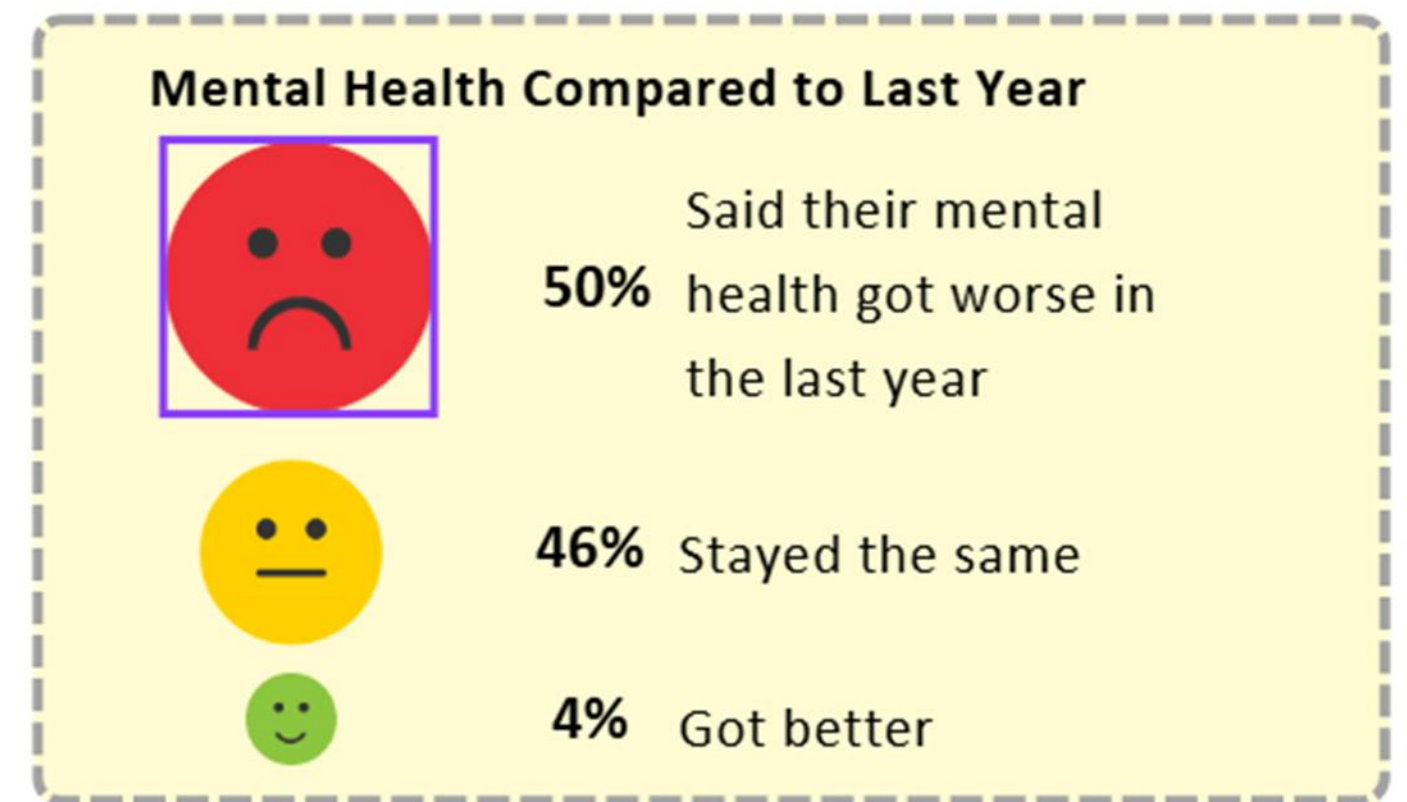
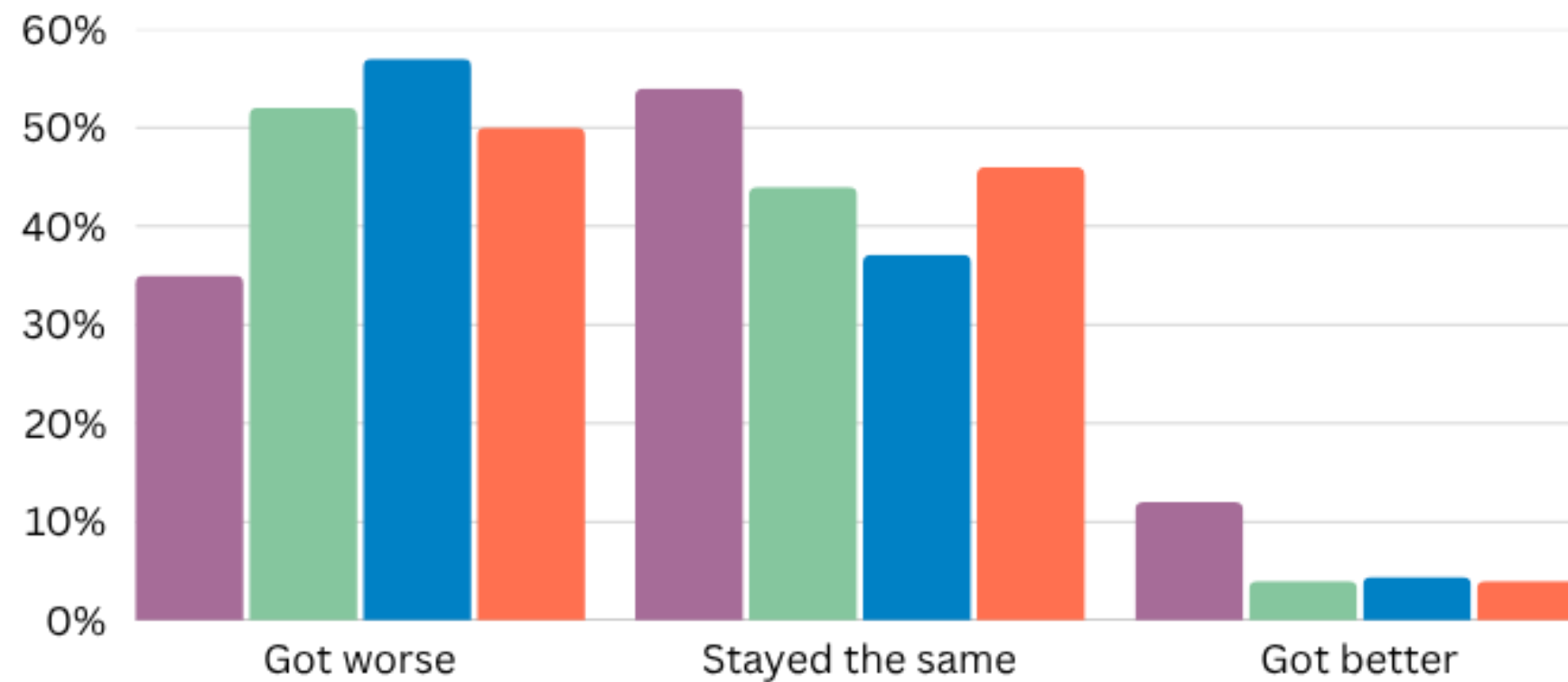
Caring roles often lead to mental health decline, isolation, and reduced life control.

Some carers feel 'forced' into the role and unsupported by systems around them.

*I don't want the
responsibility.
I resent the toll it's going
to take on me*

*My life is no longer my
own... I am just a middle-
man piecing together
support*

How has your mental health changed over the last year?



Pending benefit changes causing concern

Carers under the age of 65 report poorer financial health

As prices rise our lives are increasingly getting more difficult and expensive. We are managing to keep our roof over our head, but have nothing more



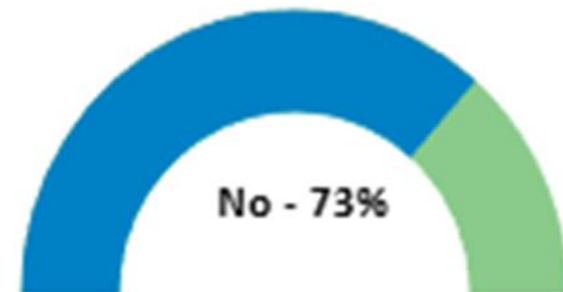
I have had to reduce my working hours to relieve stress related to caring role and being the only wage earner

Never getting a break



of carers didn't know how to get financial assistant for a short break.

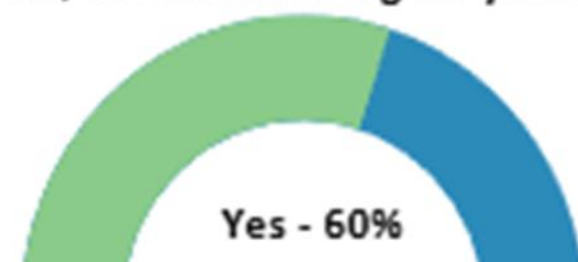
Do current day care centre or community services meet your needs for respite?



Do you feel you can take an overnight break at a time that suits you?



Do you feel you can get a regular time (2-4 hours) away from your caring role, to do something for yourself?



Breaks are often informal, infrequent, or absent altogether

Barriers include: cost, unavailability of suitable services, and lack of trust in providers

Carers often only feel they can take a break when a family member steps in

Carers expressed the need for more accessible and affordable respite care option

*I have carer vouchers
that allow me to
spend 6 hours every
Thursday shopping or
doing my own thing
every Thursday*

*I've not had an evening
out or a date in 12 years.
I forgot what a personal
life looks like..*

*I'm exhausted. If I don't get
more help I shall be another
statistic on the NHS*

I have a Respite Carer from AgeUK. She spends two, 3-hour periods each week.

I get the same carer, she has become my best friend. She is an Angel. Without her I would not be able to keep caring for my lovely wife.

She allows me some 'me' time, does some household tasks & raises my spirits with her sunny personality.

I am lucky to have respite care vouchers to pay for this service. I am blessed.

Emotional Strain High levels of stress, anxiety, and burnout due to complex care needs.

Lack of Respite Limited access to breaks; majority feel overwhelmed.

Under-Recognition Minimal engagement in care planning; few receive Carer's Assessments.

Financial Impact Reduced income from leaving work or cutting hours.

Social Isolation Stigma and caregiving demands lead to loneliness.

Health Consequences Elevated risk of physical and mental health decline.



Ray's Story



[Link to video Ray's story](#)

What impact has caring had on Ray?

How do you think those caring for someone with a Serious Mental Illness struggle, compared to other conditions?

Jamie* a 33-year-old man has arrived in the middle of the night at his mothers' home.

He was very aggressive, he was unaware at times who his mother was, he was hallucinating.

This is the first time this has happened, and Mum felt scared and unsafe.

*not his real name

1.- In an ideal world what should happen next... for both Jamie and his Mum?

(10 Minutes)

2.- Being aware of service gaps, what do you think a more realistic timeline for Jamie and his Mum? And what impact would this have had on Mum?

(10 Minutes)

3.- Focus on the risks that may have presented in their journey? How do you feel this impacted the Carer specifically?

(10 Minutes)



How we can help professionals

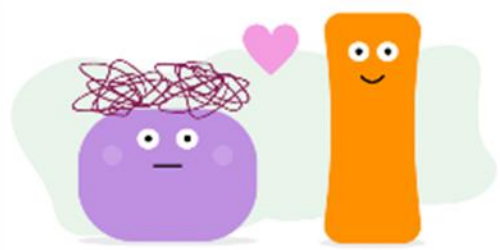
Caring with Confidence (Serious Mental Illness)

Build your skills and confidence in providing care. This course equips you with essential techniques and knowledge for effective caregiving.

Enroll for free

Course curriculum

Caring With Confidence	▼
Module 1- Self Care	▼
Module 2- Accessing Healthcare	▼
Module 3 Support for You	▼
Module 4: Legal Information	▼
Module 5: Caring for Someone with a Serious Mental Illness	▼



About this course

- Free
- 39 lessons
- 0.5 hours of video content

[Carers in Bedfordshire](#)

We offer free courses for professionals and carers. From 'supporting Carers in the workplace' to 'Caring with Confidence.'

Take the leap and show that you as an employer understand, make our training mandatory!

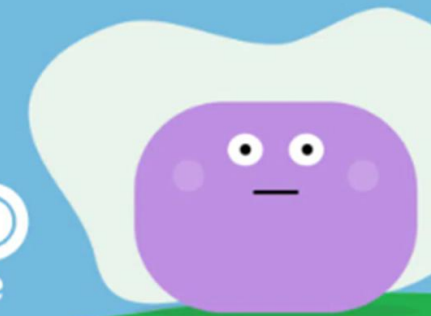
Who Really Cares?

The Silent Army Podcast

Unpaid carers in England and Wales save the government a staggering £162 billion a year.

Brought to you by

Carers
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Online Event



7:00 pm - 8:00 pm

Caring for someone
with Mental Health
or Addiction
Difficulties



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