

Carers Jersey Impact Report

2022



We kicked off 2022 with a Government Update on 16th February at the Royal Yacht Hotel. Government Ministers, Media, and charity partners were invited to learn about the 3-year action plan that carers had developed in December 2021. Much PR coverage on this boded well for the coming year's activity.

During Carers Week we launched our TV Campaign generously sponsored by our corporate partner Le Masurier. Advertising is nigh on impossible to measure but we had significant feedback about these ads promoting our 2022 message 'I'm just looking after mum'. We continually struggle with the fact that carers don't see themselves as carers. 11 new members were recruited from this campaign which was liked and shared on our website and all social media platforms and a roadside banner at Rouge Bouillon.



In June we were fortunate to host our Tea Party at Government House. 100 carers had a wonderful time in the beautiful marquee giving a chance to catch up, learn more about our activities and enjoy the entertainment provided from the Ukulele band.

We are thrilled to announce that Dr Kyd, our new Lt Governor's wife has accepted our invitation to become patron so we look forward to continuing our vital relationship with Government House.

Our Dare to Care Brunches, as requested by carers in the action plan were launched in June. Starting small we are delighted to see these events grow each time and becoming a monthly event that is looked forward to by many. The Chief Minister, Deputy Kristina Moore attended our December brunch event which just shows how far we have come ensuring Jersey Carers voices are heard!

Recharger Day now in its 5th year (2 under our stewardship) took place on 16th October welcoming 70 carers and young carers for a full day of R&R once again kindly sponsored by Le Masurier.

The Dare to Care survey was launched in October. Promoted through our charity partners, on social media, and roadside banners at Rouge Bouillon and St Paul's Church. The results were collated and presented to Government, Media and Partners on 12th January. A huge thank you once again to Le Masurier for suggesting the idea of a 'significant respite package' as a prize draw to encourage busy carers to find the time to complete the survey. More on the survey coming soon.

With government update events and the creation of a quarterly government update newsletter, we feel we are definitely 'top of mind' with the new government's agenda in line with our objectives.



“Thank you so much for inviting me to this amazing day. Memories from today will keep me going for months.”



Dare to Care
Brunch for carers and loved ones

Special Guest, Chief Minister, Kristina Moore

11am till 1pm
Wednesday 21st December

Holme Grown Farm Shop
La Rue au Long, Grouville

Standard English or Vegetarian options £7.35 each
RSVP contact@carersjersey.je

Partners: Dementia Jersey, Mind, St John Ambulance, EYECAN, Les Amis, MS, Jersey Employment, Jersey Carers, Jersey Hospice, Jersey Red Cross, Jersey Stroke Association, Jersey Alzheimer's Society, Jersey Cancer Society, Jersey Diabetes Society, Jersey Heart Foundation, Jersey Multiple Sclerosis Society, Jersey Parkinson's Society, Jersey Prostate Cancer Society, Jersey Sickle Cell Society, Jersey Spina Society, Jersey Thrombosis Society, Jersey Ulcer Society, Jersey Wound Care Society, Jersey Young Carers, Jersey Young People's Mental Health, Jersey Young People's Substance Use, Jersey Young People's Tinnitus, Jersey Young People's Vision, Jersey Young People's Hearing, Jersey Young People's Deafness, Jersey Young People's Learning Disabilities, Jersey Young People's Autism, Jersey Young People's ADHD, Jersey Young People's Anxiety, Jersey Young People's Depression, Jersey Young People's Bipolar, Jersey Young People's Schizophrenia, Jersey Young People's Personality Disorder, Jersey Young People's Borderline Personality Disorder, Jersey Young People's Narcissistic Personality Disorder, Jersey Young People's Antisocial Personality Disorder, Jersey Young People's Borderline Intellectual Functioning, Jersey Young People's Intellectual Disability, Jersey Young People's Autism Spectrum Disorder, Jersey Young People's Attention Deficit Hyperactivity Disorder, Jersey Young People's Conduct Disorder, Jersey Young People's Oppositional Defiant Disorder, Jersey Young People's Major Depressive Disorder, Jersey Young People's Generalized Anxiety Disorder, Jersey Young People's Social Anxiety Disorder, Jersey Young People's Specific Phobia, Jersey Young People's Agoraphobia, Jersey Young People's Panic Disorder, Jersey Young People's Obsessive Compulsive Disorder, Jersey Young People's Tourette Syndrome, Jersey Young People's Tic Disorder, Jersey Young People's Enuresis, Jersey Young People's Encopresis, Jersey Young People's Attention Deficit Disorder, Jersey Young People's Conduct Disorder, Jersey Young People's Oppositional Defiant Disorder, Jersey Young People's Major Depressive Disorder, Jersey Young People's Generalized Anxiety Disorder, Jersey Young People's Social Anxiety Disorder, Jersey Young People's Specific Phobia, Jersey Young People's Agoraphobia, Jersey Young People's Panic Disorder, Jersey Young People's Obsessive Compulsive Disorder, Jersey Young People's Tourette Syndrome, Jersey Young People's Tic Disorder, Jersey Young People's Enuresis, Jersey Young People's Encopresis.

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Dare to Care
Carers Jersey

9am till 11.30am
Thursday 12th January 2023

St Paul's Centre, Dumaresq Street
St Helier

RSVP contact@carersjersey.je

Government/Media Update

Partners: Dementia Jersey, Mind, St John Ambulance, EYECAN, Les Amis, MS, Jersey Employment, Jersey Carers, Jersey Hospice, Jersey Red Cross, Jersey Stroke Association, Jersey Alzheimer's Society, Jersey Cancer Society, Jersey Diabetes Society, Jersey Heart Foundation, Jersey Multiple Sclerosis Society, Jersey Parkinson's Society, Jersey Prostate Cancer Society, Jersey Sickle Cell Society, Jersey Ulcer Society, Jersey Wound Care Society, Jersey Young Carers, Jersey Young People's Mental Health, Jersey Young People's Substance Use, Jersey Young People's Tinnitus, Jersey Young People's Vision, Jersey Young People's Hearing, Jersey Young People's Deafness, Jersey Young People's Learning Disabilities, Jersey Young People's Autism, Jersey Young People's ADHD, Jersey Young People's Anxiety, Jersey Young People's Depression, Jersey Young People's Bipolar, Jersey Young People's Schizophrenia, Jersey Young People's Personality Disorder, Jersey Young People's Borderline Personality Disorder, Jersey Young People's Narcissistic Personality Disorder, Jersey Young People's Antisocial Personality Disorder, Jersey Young People's Borderline Intellectual Functioning, Jersey Young People's Intellectual Disability, Jersey Young People's Autism Spectrum Disorder, Jersey Young People's Attention Deficit Hyperactivity Disorder, Jersey Young People's Conduct Disorder, Jersey Young People's Oppositional Defiant Disorder, Jersey Young People's Major Depressive Disorder, Jersey Young People's Generalized Anxiety Disorder, Jersey Young People's Social Anxiety Disorder, Jersey Young People's Specific Phobia, Jersey Young People's Agoraphobia, Jersey Young People's Panic Disorder, Jersey Young People's Obsessive Compulsive Disorder, Jersey Young People's Tourette Syndrome, Jersey Young People's Tic Disorder, Jersey Young People's Enuresis, Jersey Young People's Encopresis.

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I'm just looking after mum

Are you looking after someone? We're here to support you. Free membership. Join today.

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Subsequent to our very positive meeting with the Chief Minister in November, a Minister for Carers from within the department will be announced in 2023, achieving another objective from Year One of the Carers Action Plan.

We hit the ground running in 2023 with our government/media update that took place at St Paul’s Centre on 12th January. Keynote speaker Professor Luke Clements (Professor of Law and Social Justice, Leeds University), provided invaluable insight to carer’s issues nationally and internationally.

We are working with our partners on our 2023 campaign ‘You’ve got the Power!’ This will educate and encourage all carers to be aware of how to go about putting Power of Attorney in place. This will help safeguard the cared-for person and ensure the carer is able to assist their loved one in all matters should the need arise.

We are working on a Job Description for a Carer Ambassador. This will be an independent consultancy led role managed by Carers Jersey. We are investigating funding options for this role. The role will be taken by a carer/ex-carer who completely understands the nuances of caring. The role will be a catalyst for communications with the government and take on a trouble shooter capacity for carers who are struggling with the system.

“Just to thank you so much for inviting me yesterday. I had a lovely time. The lunch and singing and goody bag and meeting everyone.

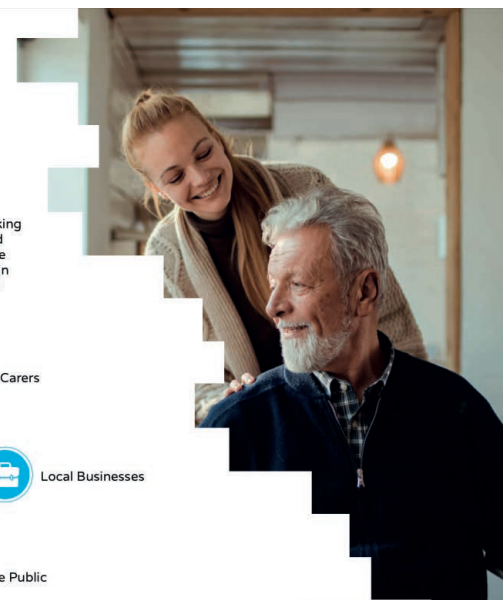
Joan and I have done laughter yoga this morning. It's great way to start the day and I'm doing tapping whenever I feel the need. I might be able to get Joan to do some tapping also. It was all a breath of fresh air.”

Geraldine

Road Map to support Carers in Jersey

Strengths, gaps and deliverables were identified through partnership working with key stakeholders from Carers, Carers Jersey, charities and politicians.

From this, actions were developed using collaborative working groups of multiple stakeholders, and deliverables identified and agreed over a three-year period. Key stakeholders were identified to ensure that the action plan was owned which in turn will ensure deliverable results. These stakeholders and their engagement and support is key to enabling action.





“Please pass on my love and thanks to all dementia Jersey advisers for a fabulous day on Sunday. I caught up with and met some beautiful people.”

Ann

“Thanks again for providing the lovely day we had yesterday. I particularly liked the tapping and I can see it would diffuse stress and we all need help with that.”

Enid

We are delighted to be participating in Mind’s pop up hub at the St Helier Parish Hall, where carers can find our branding and information on how to join and what we do to give carers a voice in Jersey. We are also in discussions with The Salvation Army to perhaps have an unmanned Hub there of information.

We are talking to Citizens Advice Bureau, a manned office to see if we can put some information about Carers Jersey there too.

Thank you to the Jersey Community Foundation for their support also throughout 2022. It has been invaluable and we are proud to be one of their beneficiaries.

Thank you to Jayson for creating our beautiful Christmas Greeting for 2022. A gifted artist, both Jayson and Mimi his wife and carer are staunch supporters of all our endeavours. Thank you so much.



Dare to Care

A 'Carer' can be anyone - a child, a parent, a friend or a relative and can also be any age, from the very young to the more mature in our community.

It's welcomed from the Government Health and Life Opportunity Survey (DASH) there are 5000 adult carers and 500 young carers in Jersey. One of the challenges we face is getting people to acknowledge that they are themselves, carers. Inspired by Margaret Baylis, MBE, Chief of Jersey Association of Carers Inc (Carers Jersey).

"People will often say, 'I'm not a carer, I just try to help my Mum, Dad or Grand' a few times a week, on a bit of shopping, bring them to work. Sometimes carers have home care help but they are still the predominant carer with all the responsibilities that brings. Caring may also be a 24/7 responsibility."

The impact on carers.
As our population ages, we will see more and more people 'not working' after their wives, husbands, or parents. Many carers say they get satisfaction from their caring role. However, 51% say it increases their stress levels and many say caring can make them feel worn out and exhausted.

Understanding caring roles can have a wide-ranging impact on individuals in a number of areas of their lives including physical/mental health, education, employment, financial and relationships with family and friends.

Who are Carers Jersey?
Many charities have a carer community with specialised help and general support. Carers Jersey is the umbrella organisation for individuals and organisations able and willing to support all carers in Jersey and lobby on their behalf.

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Our events
Last year, Carers Jersey took over Pothanger Quay, a La Mairie initiative, providing a day of R&R for over 70 carers from the different charities at the Royal Yacht Hotel. Coffee, Croissants, teas, treats, laughing songs, EFT Tap it Better followed by a lovely lunch and entertainment from young local talent provided an oasis for carers to get together and have fun.

Raising awareness in Jersey
Do watch out for our TV campaign to raise awareness and reach out to all Islanders caring for someone in Jersey to let them know we are here to help. This campaign would not have been possible without the generosity of our inaugural corporate partner, Le Masurier.

Save the Date
Come to the 'Dare to Care' Morning of the Carers at 11 AM on the 15th of November 2023 at the Pothanger Quay.

Are you looking after someone? We're here to support you. Free membership. Join today.