



NEWSLETTER

For Elected Representatives

New Carers Strategy



Margaret McDonald
Carers Coordinator

Did you know, Belfast Trust is working on a new plan to make life better for carers?

'Caring Together in Belfast 2023 Onwards' is still in draft and we want to hear from your constituents with caring responsibilities, to help us shape the future of our service.

Carers are people who care for someone else. Some do that for a job and get paid for it, but this plan is about carers who care for someone else and do not get paid for it. For example, a carer might give support to a friend or someone in their family with a disability. These carers are called family or unpaid carers.

We know life can be hard for many carers, that's why we are making this new plan, to give carers better support. So far we have worked with the Carer Network, but we want to know what your constituents think of it, before we put it into action.

**Did You
KNOW?**

**1 in 8 people in
Northern Ireland
provide unpaid
care**

**That's 222,200
people**

**1 in 10 carers
take 10 years
to identify
themselves
as carers**



**In Belfast,
40,200 people
identified as carers**

**That's 12% of the
Belfast population**

**We provide Carers
Assessments which
can help your
constituents identify
their needs and
support
requirements**



**WE WANT YOUR
FEEDBACK**

**Make your opinions
heard!**

**Closing date
8 September 2023**

All carers are encouraged to give us feedback on our draft 'Caring Together in Belfast 2023 Onwards' plan by completing this [questionnaire](#) or scanning the QR code below.

We welcome your constituents views in any format and will be happy to discuss feedback. We will also be hosting a series of engagement events which carers are encouraged to attend.

We want to make this engagement as inclusive as possible, so if your constituents require the questionnaire in alternative formats, in a language other than English, or if they have any queries or want to discuss any aspect of the strategy, they can *get in touch...*



028 9504 2126



CarerSuppSvcs@belfasttrust.hscni.net

SCAN ME



**What does our
Carers Service
hope to achieve
from the 5 year
plan?**

By 2028 we want carers to have access to the information and support they need - when and where they need it.

Carers should be able to have a meeting to talk about what they need - known as a 'Carers Assessment'.

We want to identify all carers in families and communities, which will help us make sure they are getting the right support.

Carers should know their rights, to help inform and support them, protecting their health and wellbeing.

Carers should also have the chance to help us make decisions about the support we provide.



**PUBLIC
LIAISON
SERVICE**

Tel: (028) 9504 5888
Email: publicliaison@belfasttrust.hscni.net



What support is currently available to carers?

Our Carer Support Service provides a range of information and support for carers, including:

- Carer Information Pack
- Carer Information List
- Events & activities to provide opportunity for relaxation, exercise, creativity & social interaction
- Carer Grants
- Complementary Therapies
- Listening ear service to provide reassurance, practical & emotional support
- Carer Counselling

Click [here](#), or visit www.belfasttrust.hscni.net/service/carers-services/ for more information.

Your constituents can sign up to the [Carer Information List](#) to be kept informed of a range of information, support, activities and updates. Take a look below at what's on in August for carers!

WHAT'S NEW!

Carer Support Programme August 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Introduction to the Carer Support Service 11.00-12.00pm *Online* Action Mental Health – Mindful Carers Week 6, 11.00-1.00pm *Agape Centre, Lisburn Road*	2 Walking Group 10.30-11.30am *Waterworks*	3	4	5
7 Yoga with Colette 10.30-11.30am *Online*	8	9	10 Tour of Botanic Palm House & Tropical Ravine 11.00-12.30pm Botanic Gardens Men's Health Programme (Introductory Session) 7.00-7.45pm *Online*	11 Parkinson's Information Session 11.00-12.00pm *Online*	12
14 Yoga with Colette 10.30-11.30am *Online*	15 Summer Cookery Demo, 11.00-1.00pm Willowfield Church Halls BT6 9DN	16 Relaxation 2.30-3.30pm *Online*	17 Men's Health Programme wk1 7.00-8.30pm *Online*	18	19
21 Yoga with Colette 10.30-11.30am *Online*	22 Caring Together in Belfast 2023 Onwards 6.30-8.30pm Arches Wellbeing and Treatment Centre 1 Westminster Avenue North, Belfast, BT4 1NS	23 Cooking with Chef Jeffers 12.00-1.00pm *Online* Caring Together in Belfast 2023 Onwards 2.00-3.30pm Girdwood Community Hub, 10 Girdwood Avenue, Belfast, BT14 6EG	24 Men's Health Programme wk2 7.00-8.30pm *Online*	25 Coffee Morning 10.30-12.00pm 2 Royal Avenue Belfast City Centre (Old Tesco Building)	26 Craft with Ciaran 2.00-5.00pm *Online*
28	29	30	31 Gardening for Wildlife 1.00-2.30pm, Ormeau Park Pavilion Ormeau Site Men's Health Programme wk3 7.00-8.30pm *Online*	To Sign up to Sessions: https://forms.office.com/e/t4v1UQUiU4 Email: CarerSuppSvc@belfasttrust.hscni.net Or Call: 02895042126	