

Firstly may I introduce myself as a recent member of our Patient Participation group, Governor on Norfolk Community Health and Care NHS Trust and as our representative on the Northern Sector Carers' Council. I have particular interest and responsibilities in the wellbeing of carers and older people and work closely with North Norfolk Older Peoples Forum. I am keen to learn of issues and ideas from folk and presently am committed to improving the lives of those who provide unpaid and often unrecognised care within North Norfolk through my work with Think Carer.

## **THINK CARER**

The review of Winterbourne and the reports of the Mid Staffordshire Inquiry both highlighted the importance of clear and honest communications with families and the involvement of family carers and friends in order to improve and maintain the quality of care and support to vulnerable people.

The 2011 Census<sup>6</sup> found that 5.4 million people in England were providing unpaid care with over a third providing 20 or more hours care a week, an increase of 5% on 2001 figures.

It is clear from the Census that the general health of carers deteriorates incrementally with the increasing hours of care provided. 5.2% of carers reported their own health as 'not good' and this rose to almost 16% among those caring for more than 50 hours a week.

### **Why we are here.**

We met as members of the Carer's Council's Northern Group keen to work together. We represented small carer groups and campaigners living in North Norfolk.

It is vitally important to us that we continue to gather information about carers' experiences and to seek their views on how support can be improved for them and the people they care for and that we inform and engage our community.

***Think Carer North Norfolk Seeks to ensure carers of all ages are actively involved in developing local level community partnerships, networks, resources so that we can keep up the momentum of improving support for carers.***

### **We aim to improve the lives of carers by providing:**

- The dissemination of information to the community on carers and their needs
- The building of resources, networks and partnerships .
- The organisation of events and outings for carers living within North Norfolk
- Fundraising to achieve our goals

**Do please contact me should you wish to support Think Carer by sharing your experiences and ideas, helping raise funds or need to discuss a Trust issue such as home care. We really need our community's involvement if we are to make a difference.**

**Contact: Mary Russell**

**01263 761419**

**granvillewhite@btinternet.com**