



Carer Breather Fund

Impact and Learning Flash Report - Phase Two Year One (2023/24)



Background

The Carer Breather Fund is funded by University Health and Social Care North Lanarkshire to support community and voluntary sector organisations in North Lanarkshire to enhance and extend ongoing breaks and locally based supports for carers, including:

- Those providing care but who do not necessarily wish to identify with a carers' organisation
- Carers currently unknown to formal services

Many thanks to the funded projects which provided information and to the VANL staff who prepared this report.

Please see the Community Solutions website for the full Impact and Learning report for Phase Two Year One.

Outcomes

Outcomes reported are based on unique individuals



Achievements 2023-24



Awarded
£271.7k
of funding to
projects in Phase
Two Year One

Awarded funding to
11
projects, delivered by
11
CVS organisations

Supported
1193
carers and
1038
cared for people*

Delivered
3435
sessions of
73
activities

*based on unique individuals, may differ from Carer Census

Funded Projects Feedback



'We have found that the Carers Network has provided a forum for the exchange of ideas, mutual support, and meaningful network opportunities'

'We have recruited an enthusiastic and experience project worker'

'Continuous conversations are taking place with carers to reassure them that this time is just as important for their own mental and physical health'

260 people felt more connected, included and safe

178 people's health and wellbeing improved

212 people felt more informed and aware

604 carers felt more informed and aware

637 carer's health and wellbeing improved

509 carers were more able to have a life outside of caring

64 children and young people's health and wellbeing improved

96 family relationships were strengthened

96 children, young people and families became more resilient