



Carer Breather Fund



Impact and Learning Flash Report - Phase 2, Year 2 April 2024 - September 2024

This fund aims to...

This fund aims to enable community and voluntary organisations to enhance and extend regular and locally based support for carers, including:

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

At the start of this phase...

£543.3k
of funding
was awarded

11 projects
received an
average of
£49.4k

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

At the start of year 2, the projects have...

...supported
1045
unique individuals

...delivered
3374 sessions
of
77 activities

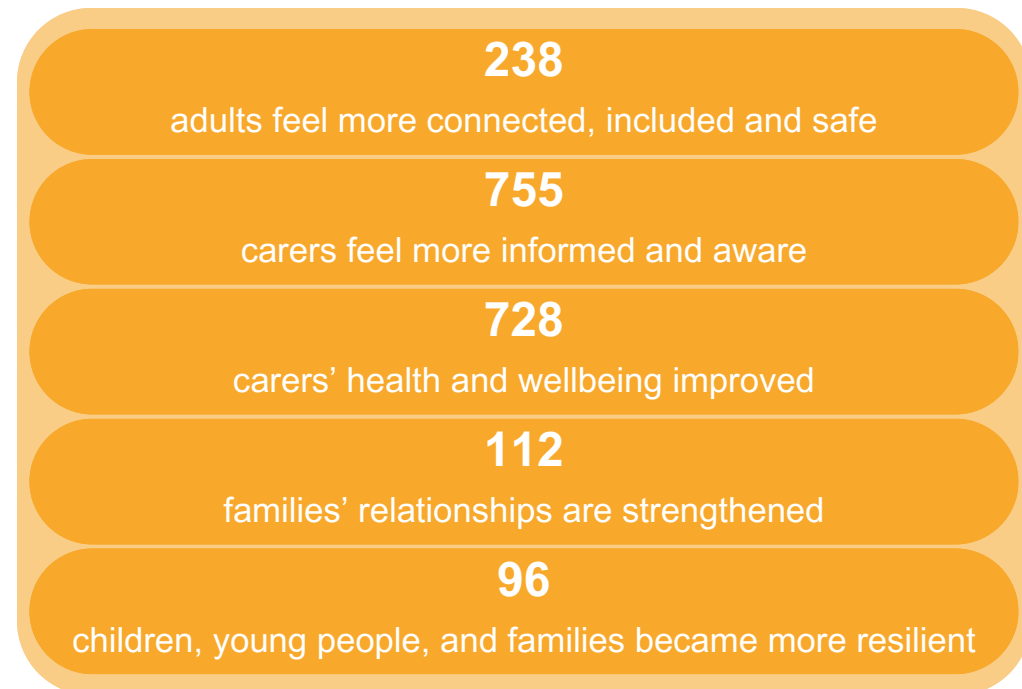
...contributed
towards
outcomes
including:
Note that not all people supported reported on community solutions outcomes

The projects have been supported by...

74
volunteers and
3,123
volunteer hours

That's as many
hours as 3.5
people working full
time every week!

Volunteer hours
equate to
£37.5k
match funding
(2024 RLW rate of £12)





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University
Health & Social Care
North Lanarkshire

VOLUNTARY
ACTION
North
Lanarkshire

NORTH LANARKSHIRE
**carers
together**

Read the reports from previous phase on
the Community Solutions website

Supported people have said...

"As a full time unpaid carer for my daughter, I feel isolated from society a lot of the time. Accessing PAMIS activities helps both of us. I also really enjoy the activities just for parents/carers. It's a great opportunity to socialise and have time to **talk to other people who are in the same position as I am**. I particularly enjoyed creative writing and pottery"

Parent Carer who attended
PAMIS Lanarkshire activities

"H had to make tough choices – balancing her mother's comfort with the reality of her reduced income. With help from the Financial Wellbeing Officer, H was granted Carer's Allowance. With the immediate **financial pressure lifted**, H now had the emotional space to **think about her own wellbeing** too"

Case study from Getting Better
Together's Caring Matters project

"It was sheer joy from start to finish. **I loved every minute** of working with the artists"

Carer participating in Bazooka
Arts therapeutic arts
programme

"The support I have received has made **such a difference to my daily life and my mental health**, I couldn't have done it on my own, I have struggled for years dealing with my children's conditions and didn't know where to turn. Now I just need to pick up the phone and I have support when I need it"

Person attending Kirkshaws
Neighbourhood Centre

Projects are particularly proud of

- The way **carers engage** with the project
- The success of **whole family activities**
- Carers being supported to **access** the **benefits** they are entitled to
- Carers being able to **learn from one another** and form their own groups
- **Partnership working**. Allowing carers to access multiple services when it is convenient for them

Projects encountered the following challenges

- Projects want to deliver more but they are restricted by **lack of capacity** and staff numbers
- Increase of **people who are at a crisis point**
- Lack of accessible venues with **changing places**
- It takes time and effort for people to be comfortable enough to engage with services
- It would be beneficial if VANL could offer **feedback on evaluation**