

Caring for Carers – Bradford District and Craven Carers Strategy 2024-2029



This is the easy read summary of Caring for Carers – Bradford District and Craven Carers Strategy 2024-2029

You can find the full version at <https://www.bradford.gov.uk/adult-social-care/carers/bradford-district-and-craven-carers-strategy/>

A strategy is like a plan. It sets out all the things we are going to do.



A carer is anyone who looks after a family member, partner or friend because of their:

- Illness
- Frailty (Old age)
- Disability
- Mental health problem
- Addiction (drugs or alcohol)



A carer can be an adult or a child.

The person they are caring for could not cope without their support.



Carers don't get paid for the work they do.

They might get welfare benefits though.



There are lots of adult and young carers in the Bradford District and Craven.

Many of them have jobs as well as being a carer for family or friends.

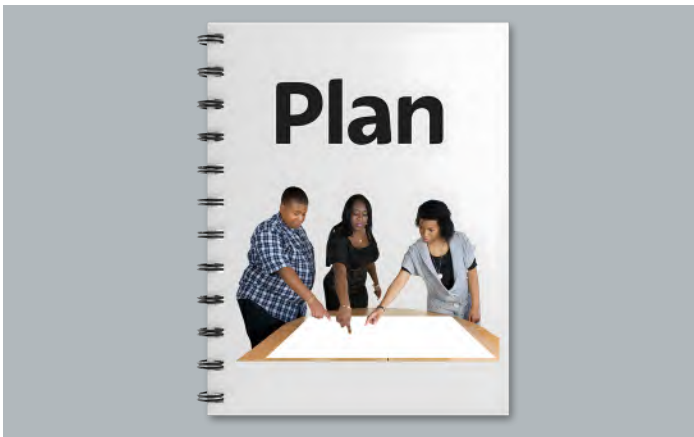


We know unpaid carers give the best care to their family or friends.

This is because they understand their needs and wishes.



We need to make sure that we can support carers in the valuable support they provide.



We will use this plan to help us deliver our work to make sure we support unpaid carers.



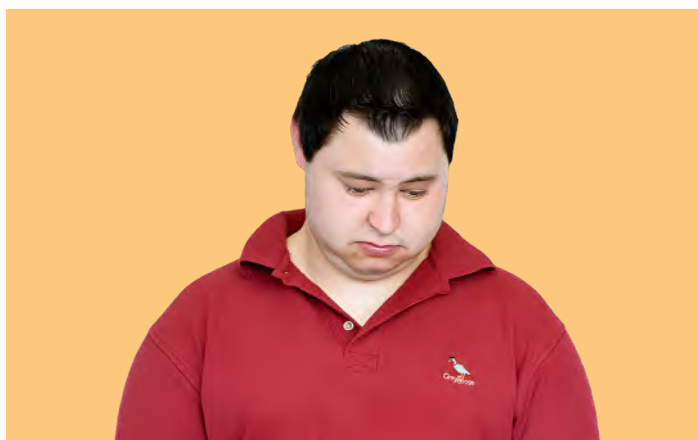
The plan will also help us to know if carers feel they are being supported well.

Our message to carers



We know that many people might not think of themselves as a carer. We want to be there to support you.

This plan sets out our commitment to carers all across the Bradford District and Craven.



We know that lots of carers don't feel supported. It is important for us to make that better.



This plan is based on what carers have told us. We have sent out surveys and held focus groups.

We looked at national research and data.



There is more information about what we were told in this link:

<https://www.bradford.gov.uk/adult-social-care/carers/bradford-district-and-craven-carers-strategy/>

We have 9 priorities in our plan. These are the things that we think are most important for us to work on.



Priority 1

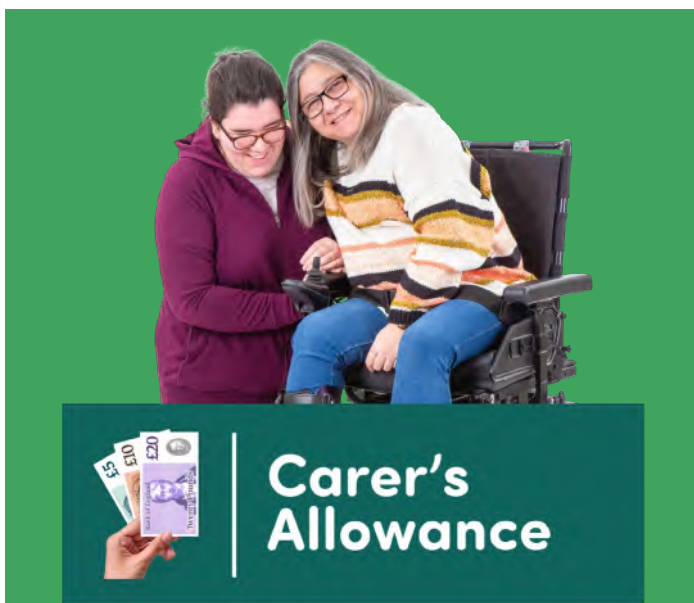
We will identify more carers as some people don't recognise that what they do is caring.



Priority 2

We will focus on giving the right support at the right time.

This will help to make sure it meets people needs.



Priority 3

We will make sure carers are supported in lots of different ways.

This could be support with getting benefits, moving the person they care for safely, mental health support and so on.



Priority 4

We will work to make sure carers can have a break from the person they are caring for by providing respite care.



Priority 5

We will make sure that carers are listened to by professionals and asked for their views.



Priority 6

We will give clear and easy to understand information on benefits and other types of financial support.



Priority 7

We will offer clear information on carers rights and getting a carers assessment.



Priority 8

We will do our best to make sure that professionals and services are working together.



Priority 9

We will support carers who also have paid jobs or are self-employed.



Next steps

This plan has been developed with input from adult, parent and young carers.

We also spoke to staff from the health, social care and the voluntary sector.

It has given us the chance to further understand the needs of carers across our district.



We will continue to work to support carers better by focussing on the areas that carers have told us are important.

To make real changes we will need all those people working together. We will now make a detailed delivery plan to carry out our actions.

Easy read version produced by:



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What support is available?



Access to a digital resource by Carers UK to help all carers living in or supporting someone in West Yorkshire to manage their caring responsibilities.

You can use this link to take you to their website
<https://carersdigital.org/login/>



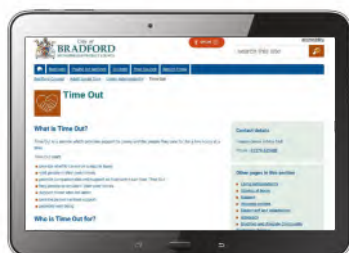
The Community Directory on Connect to Support has details of local community groups that offer activities and support.

You can use this link to get details of these groups
https://bradford.connecttosupport.org/s4s/WhereILive/Council?pageId=4686&Search=*



Social workers can help adult carers by providing an assessment of their needs and offering advice, information and suitable support to help them in their role as carer.

There is a service called Time Out which provides support to adult carers by spending time with the person they care for whilst the carer takes a break for a few hours at a time once a week typically. This time can be between 7am and midnight and includes weekends. To receive this service there will need talk to a Social Worker.



You can use this link for more information
<https://www.bradford.gov.uk/adult-social-care/living-independently/time-out/>

To discuss either of the above you can use this online form or phone the Independence Advice Hub on 01274 435400: Monday to Thursday: 8.30am to 5pm, Friday: 8.30am to 4.30pm



An Adult Carers Service across Bradford District and Craven, run by Carers' Resource open to all carers.

They can help with:

- Practical care and support
- Access to a Wellbeing Review and to a small carer wellbeing grant where appropriate
- Support to plan for emergencies
- Help for working carers and parent carers
- Support & training in using a computer at home or in the community, with a small number of devices available to loan



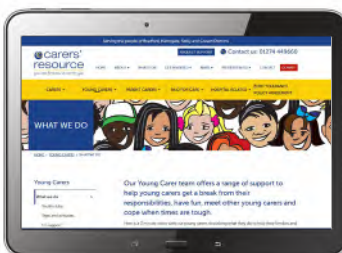
You can use this link for more information

<https://www.carersresource.org/>

or tel: 0808 5015939

Our Young Carer team offers a range of support to help young carers get a break from their responsibilities, have fun, meet other young carers and cope when times are tough.

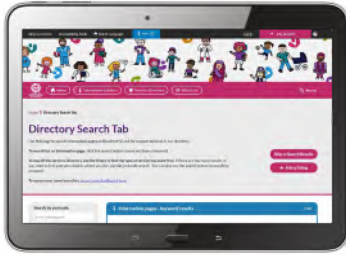
- Youth clubs
- Trips and activities
- One to one support



You can use this link for more information

<https://www.carersresource.org/young-carers/how-we-help/>

or tel: 0808 5015939



For information on support available to young carers you can use the following link:

<https://fyi.bradford.gov.uk/directory-search-page/?searchTab=servicesSearchTab&templateId=3890906f-6892-4a53-a62e-aefd00a8d8dc&sortOption=Rank%3Basc&pageNumber=1&pageSize=15&distance=1609>

Directory Search Page | Bradford Families and Young Persons

Also young carers are welcome at any of the Children and Families Trust Family Hubs.

You can use this link for more information



<https://fyi.bradford.gov.uk/familyhubsandstartforlife/what-is-family-hubs-and-start-for-life/family-hubs/>

Young Carers and their families can pop into their local family hub during opening hours and ask to speak to one of our navigators or phone to speak to our friendly staff who will be able to help.

Bradford East: 01274 437523
Bradford West: 01274 436700
Bradford South: 01274 434940
Keighley/Shipley: 01535 618005

Family Navigators will be able to support Young Carers and their families to get information and advice, and support to access family support services if their needs are more complex and/ or talk to a social worker if there are any safeguarding worries.



Challenging
Disabling Barriers

A respite service run by Equality Together called Holibreaks+.

This is a one stop shop providing innovative opportunities for all unpaid carers and people with identified social care needs to take a break and take part in activities. The service is open six days a week including one late evening and Saturday mornings.



Or call 01274 594173

Making Space supports carers of people facing mental health challenges. They offer the following types of help:



- Emotional support
- Advice and guidance to assist you as a carer
- Supporting carers to enjoy life outside of their caring role
- Signposting carers to other services and organisations
- Providing information about mental health conditions, treatments and local services

Supporting carers to communicate with mental health services

You can use this link for more information

<https://www.makingspace.co.uk/support-for-carers/bradford-and-airedale-carer-support-service>

Or tel: 07843 268 115

