



ANNUAL REVIEW | APRIL 22 - MARCH 23

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Our Chair's report

Welcome to the 2023 Annual Report. Of course following on from the difficulties everyone experienced during the pandemic we were hopeful for better times to come. However, the cost of living crisis and the war in Ukraine among other things, and its impact on the world, have left people in the UK, and particularly carers, feeling the stresses of modern life even more acutely than ever before. This means that at Borders Carers Centre we have seen a continually increasing demand for our services, which means that carers out there not only have everyday worries to contend with but also the additional stress of looking after a loved one. "How can I afford to heat the home?". "Where am I going to get time away from caring?". "Where can I find support to help me through this?" That is hopefully where the Borders Carers Centre and staff come in.

We have a dedicated staff team in Galashiels from the admin staff (Sanchia, Jackie and Chloe), Carers Liaison (Laura, Lynn, Joanne, Catriona, Angela) Palliative Hospital Liaison (Heather), Young Adult and Parent Carers (Andrea), plus a strong Management team (Lynn, Kirsty and Debbie), and an information and training officer (Debbie) as well as a committed and experienced team of volunteer Trustees on our Board.

So on behalf of the Board of Directors I would like to say thank you and pay tribute to the hard work and dedication of all our staff at this challenging time. Having moved to a mainly remote working model during and after the pandemic, we have found that this has worked well for most people. We do most of our contact now through telephone and internet face to face. However, where it is necessary and for the benefit of the carer we still undertake home visits on occasion.

New staff members, Jo and Chloe with blankets for carers



Our Chair's report (cont'd)

As I have already mentioned we are experiencing year on year increases in the demand for our services. So as well as the day to day carers support work that we do, we also try to organise a number of other informative and interesting events or activities for carers.

We held a Platinum Jubilee Garden party attended by a good number of carers, as well as a Parent Carer Sharing event. There have been several legal clinics in conjunction with McKean Gardner Solicitors and we continue to offer direct referral to a free counselling service. Some carers were able to take part in a Peebles retreat and we also facilitated a well-attended Christmas lunch for carers. All these activities aim to provide support and advice to carers in the Scottish Borders as well as a bit of social interaction and fun where possible.

We are very pleased to have started a Dementia Carers hub in the BGH in partnership with the Dementia Nurse consultant, Alzheimer Scotland and the Social Work department. This has been welcomed by people caring for relatives or friends with dementia and we hope will go from strength to strength.

Thanks to our main funders NHS Borders and Scottish Borders Council with whom we continue to work in partnership through the integrated services structures, as well as our other voluntary organisation partners we work alongside to support carers and their families.

I am as always amazed at the great job that unpaid carers do for their family, friends and loved ones. Community Care services would collapse under the strain without these people, a point we raise often at meetings with social care and health services staff, and I am very proud of the role that the Borders Carers Centre plays in supporting the people who work so hard to support their loved ones in the community.

Linda Jackson





Caring for carers in the Scottish Borders

The Borders Carers Centre is an independent expert charity dedicated to supporting young adult and adult carers in the Scottish Borders since 1995. Through engagement in a Carers Support Plan, carers are recognised, enabled and sustained in their caring role, as well as supported to have a life outside caring. In addition to emotional and practical help, the Carers Centre offers intensive support whilst going through hospital admissions, discharge and palliative care and beyond, as well as access to support groups, workshops, funding, counselling, therapies, respite, and advocacy. Carers tell us repeatedly that our holistic approach, which places carers at the centre of everything we do, really does make a positive difference to their lives. We hope that this year, if nothing else, has proven that we will always strive to continue to deliver a robust service, even when faced with enormous challenges and that we firmly believe in the importance of recognising, listening to and valuing all carers throughout the Scottish Borders.

Our Mission Statement

The Borders Carers Centre are the independent expert charity supporting adult carers in the Scottish Borders. Via the Adult Carers Support Plan, carers are recognised, enabled and sustained in their caring role, as well as supported to have a life outside caring.



Jubilee Garden Party



QUEEN'S PLATINUM PARTY We had a wonderful celebration

Particular thanks must go to Gala Men's Shed who did a wonderful job of cutting out the Queens Head and her Corgi shapes which we transformed in to lasting works of art and also to the team at Farne Salmon & Trout Ltd who did a great job of tidying our overgrown garden and creating some fantastic furniture for all the carers to sit on and enjoy the sun.

*"I've had the best day!
Thank you so much!"*



CARING & SHARING

Priorities for Parent Carers

Participants were asked to select areas that they felt needed to be prioritised by those involved in the design and delivery of services for children and young people with additional support needs in the Scottish Borders



respite

Access to respite support

communication

improve

improved accessibility of commissioned services

pathways

improved pathways for parent carers and young people

education

pre-diagnosis support and more local services

PARENT CARER CARING & SHARING EVENT

Off the back of our successful "A Change is as Good as a Rest" event last year, we hosted a new event aimed specifically at parent carers, looking at the areas of respite, transitions, education, diagnosis, access to services etc.

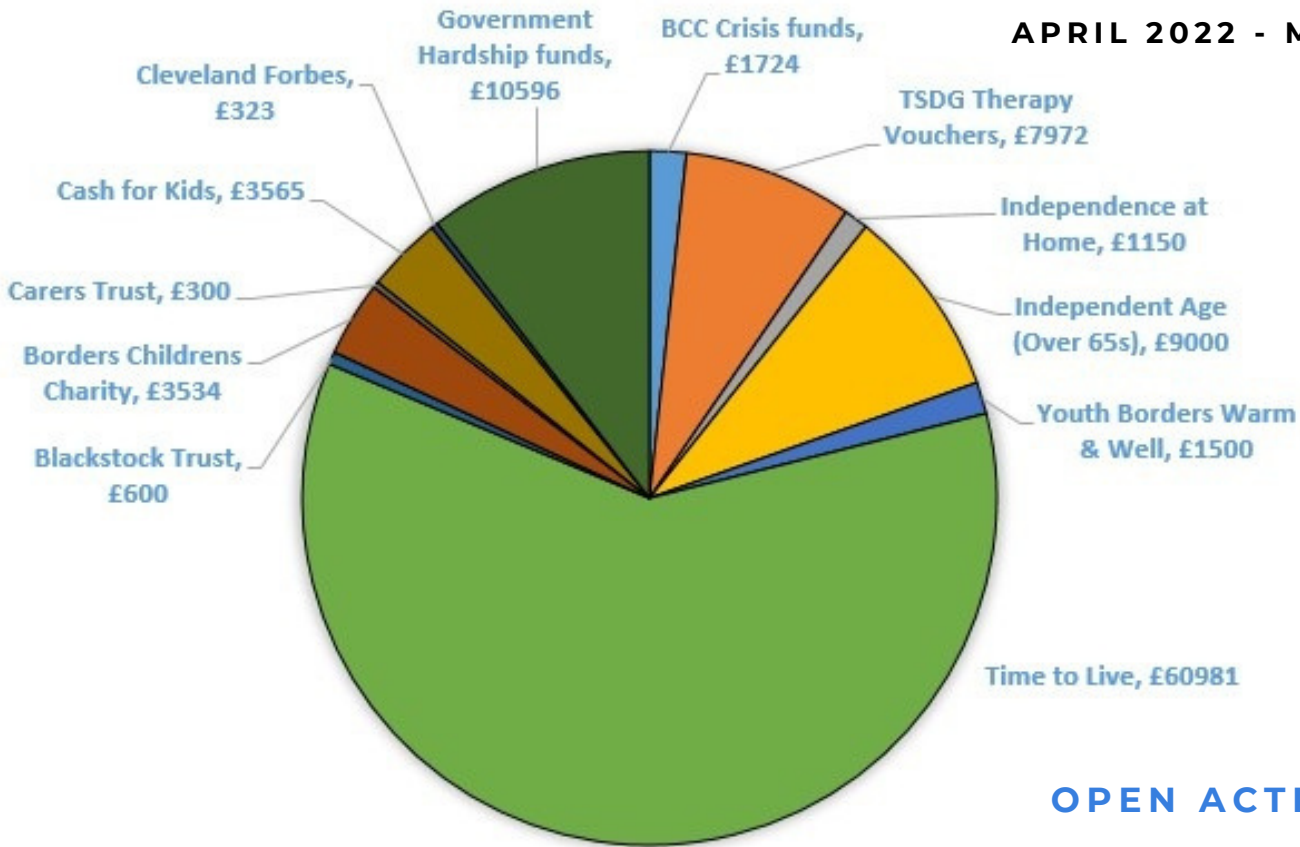
This was an opportunity to come together to discuss and explore: -

- What is working well for parent carers within the Scottish Borders Council area?
- What improvements are needed to improve the lives of parent carers and the cared for?
- What needs to be prioritised locally?



STATISTICS

APRIL 2022 - MARCH 2023



OPEN ACTIVE CASES

2916

EXTRA SUPPORT FOR CARERS

CARERS SUPPORT PLANS OFFERED

860

CARERS SUPPORT PLANS COMPLETED

677

New Referrals

No of unpaid carers referred for support



Total of new referrals received during each year continues to grow

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