

Date: 06.06.16

Communications Department

Tel: 01225 826282

ruh-tr.communicationteam@nhs.net

www.ruh.nhs.uk

Media Release

Carers Week at the RUH

This week (6 – 12 June) is Carers Week and the Royal United Hospital, (RUH) Bath is highlighting the valuable role carers play and how they can get support to make caring a little easier.

Sharon Manhi, Lead for Patient and Carer Experience, RUH said:

“Becoming a carer for the first time can be a stressful and daunting experience. Ensuring carers have access to the support and services available to them is vital. This is one of the reasons why we’ve worked closely with BaNES Carers’ Centre and Carers Support Wiltshire to establish a Carers Hub at the RUH, where a team of specially trained volunteers can give people advice on what help is available to them in their caring role.”

On Tuesday, Carer Centre colleagues will be visiting wards to talk to patients, visitors and staff on how people can identify themselves, or a family member/ friend as a carer and what support is on offer.

Highlighting what support is available, Emma Tucker, BaNES Carers’ Centre said:

“We are a local charity which helps people who are looking after someone who is disabled, has a long term illness or other additional needs. We offer expert advice, respite/breaks from caring, emotional support and understanding. All our services are free, and we will make sure carers get the right help, advice and support.”

Ends

Notes to editor:

- A carer can be anyone, of any age, who provides unpaid help to family or friends who would not be able to manage without their support. This could be caring for a relative, parent, child, partner or friend who is frail, has a physical or mental illness, disability or problem with drugs or alcohol. A carer is not employed to provide this help, but does so to improve the quality of life for another person. Many carers struggle alone and do not realise the help that is available to them.
- BaNES Carers’ Centre is an independent carers’ charity and is the leading provider of support, advice, and breaks away from caring for the 20,000 people who are carers in Bath and North East Somerset. The Centre provides a wide range of free services to carers throughout the area and



manages projects to actively seek out "hidden carers" to access help, support and services. The Carers' Centre is a network member of Carers Trust.

- Carer Support Wiltshire is a registered charity that offers support, information, advice and break opportunities to people looking after family members and friends across Wiltshire. There are an estimated 47,608 people caring across the county. Carer Support Wiltshire is a member of the Carers Trust. Find out more at www.carersinwiltshire.co.uk
- Carers Week is an annual campaign to raise awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK.