

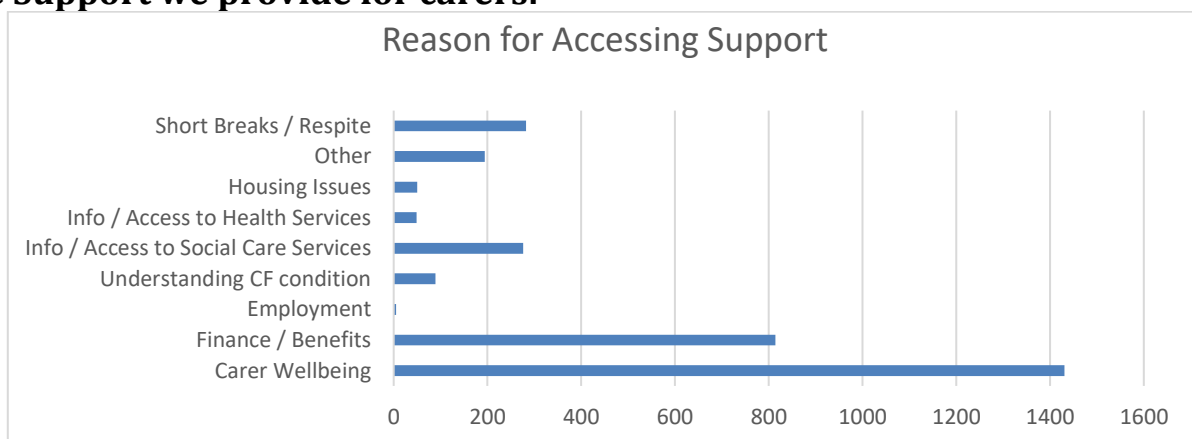
# Carers of East Lothian (CoEL) Annual Summary 2022/23



***“It has helped me deal with my Dad's dementia. So much easier with support at the end of the phone. A huge weight was lifted of my shoulders with the guidance, help and empathy.”***

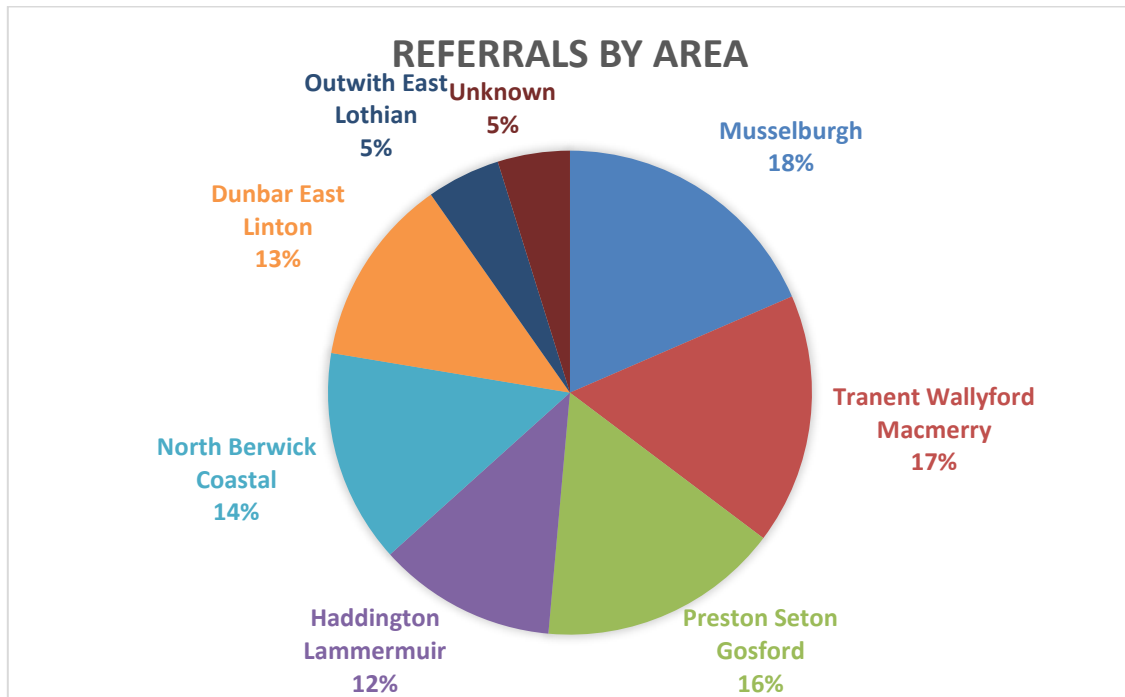
- We directly supported **1,558** individual carers over the year including **589** carers who were referred to us for the first time during the year.
- At the end of the year we were in contact with over **6,000** carers in total.
- We supported carers from across the whole of East Lothian for a wide range of reasons, with the most common being carer wellbeing, finance / benefits, short breaks / respite, and social care (10%).

## The Support we provide for carers:



Carers continue to approach us for support on a range of issues, the most common highlighted above. We offer person-centred support to carers, including:

- One to one information, advice and emotional support – for example linking an isolated parent carer with other parents or supporting a carer to complete their Adult Carer Support Plan.
- Time for Me: small grants to support Breaks from Caring – we focus on helping carers take breaks from their caring role and last year we provided grants to 273 carers through our Time for Me Fund, which is supported by both Shared Care Scotland and East Lothian Council.
- Run workshops, events and monthly support groups for Carers attended by **330** carers overall.
- Run Power of Attorney, Dementia and Financial Planning surgeries.
- Welfare Rights Service - In 2022/23 CoEL supported carers, and the people they care for, to claim over **£1,000,000** in annualised welfare benefits. We worked with just under 600 carers on benefits issues along with over 1,800 Carers accessing our specialist benefits helpline.
- Counselling Service - Our specialist counselling service offers carers the chance to explore and express the thoughts and feeling they have around their caring role, to support them to feel better able to cope. Last year, an average of 22 carers accessed this service every month.
- Carers' Panel and Strengthening Carers' Collective Voice – Our Carers' Panel has continued to meet throughout the year, and now has a total membership of over 20 carers and former carers who come together on a monthly basis to discuss relevant issues and solutions.



## The outcomes from our support for Carers

- Carers continue to tell us our support makes a real, positive difference for them; 87% of respondents said our support left them feeling more confident in their caring role, 91% said they were better able to cope with their caring role, and 87% felt they had better balance following our support.

## New projects and services

- We continued to build our Volunteer-supported services, including our new Befriending Service for carers, as well as developing our approach to training for local professionals on carers' issues and rights.
- We re-introduced a dedicated Men Who Care worker, to support male carers in both a group and one-to-one setting.
- We used significant additional funding from Shared Care Scotland, provided by Scottish Government, to completely re-develop our local Breaks from Caring scheme, launching Time for Me, a more efficient and person-centred approach to grants for carers to get a break.
- We continued our work with the Carer Positive Employer journey, this year attaining 'Exemplary' status, the highest possible level of award.

## Our financial resources

- Carers of East Lothian saw an overall increase in total income 2022/23. Expenditure increased significantly as a result of spend of reserves brought forward from the previous year and therefore there has been an overall reduction in reserves at the year end.
- You can see our full Accounts on our website here: <https://coel.org.uk/about-coel/governance-and-accounts/> or just ask us for a copy.

***"Made every day life more easier"***

***"I received the information I needed"***

***"It's gave our family hope and we feel like a weight has been lifted off us"***