

Gateshead Carers



Annual Report 2023



OUR YEAR OF SUPPORT IN NUMBERS

2023 has been yet another busy year for Gateshead Carers. Below you can find more information on the amount of support we've provided to unpaid carers across the borough.

567 Carers accessed support for the first time

1480 Carers accessed 1-2-1 support

2435 Individual pieces of support work carried out

82 Carer groups and activity sessions

18 BAME language communities supported

11 Caldew House holiday home breaks


229 Carers referred for a hotel break via CareFree

715 Carer Wellbeing Fund grants provided to carers

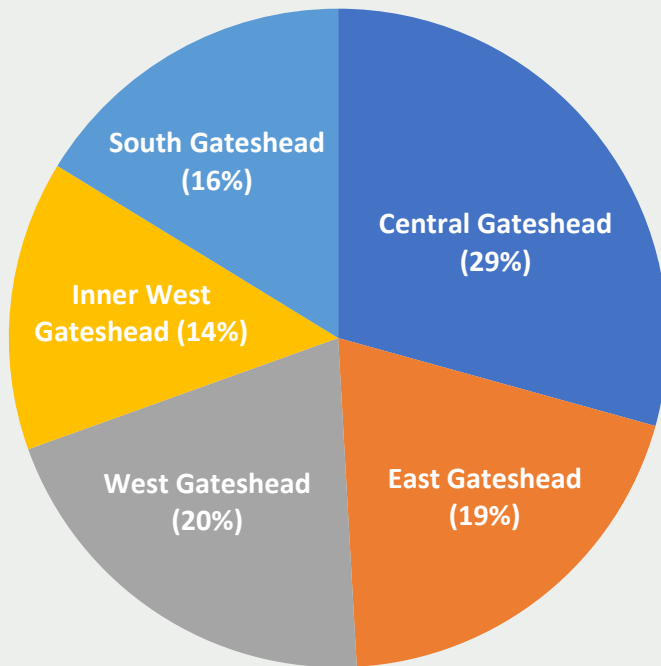
£610,795 Benefits achieved for carers

£16,035 Grant funding achieved for carers

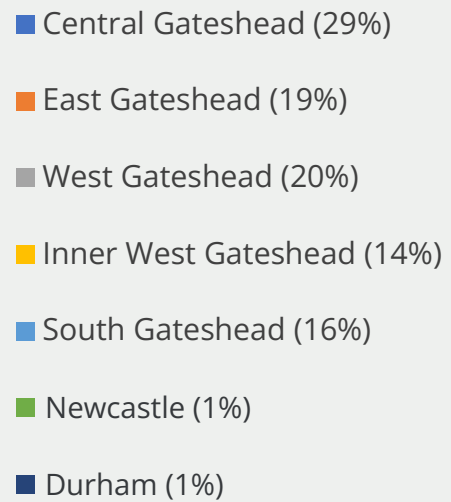


 Carers Papercraft Workshop - November 2023

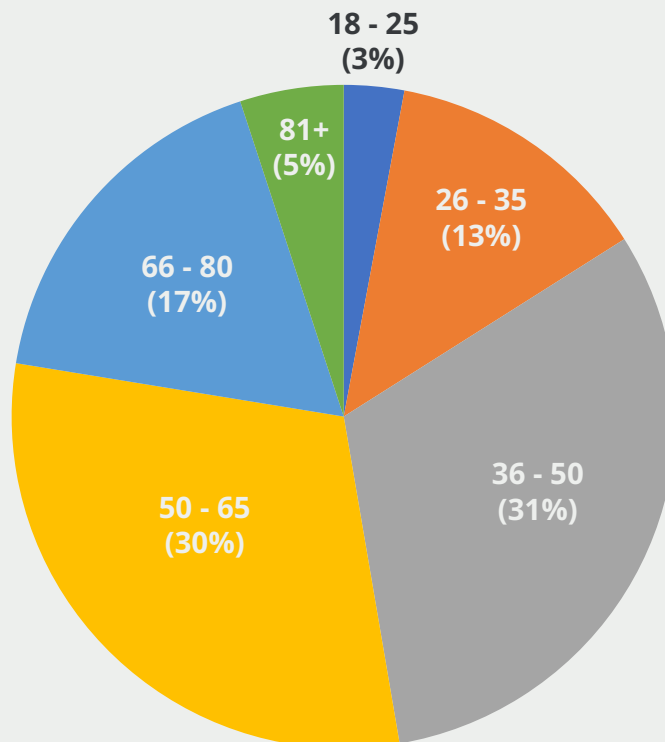
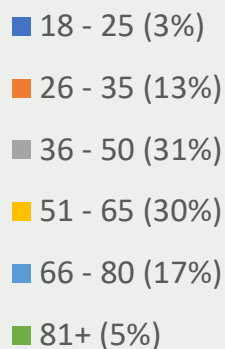
THE PEOPLE WE'VE SUPPORTED



Location of Carers



Age of Carers

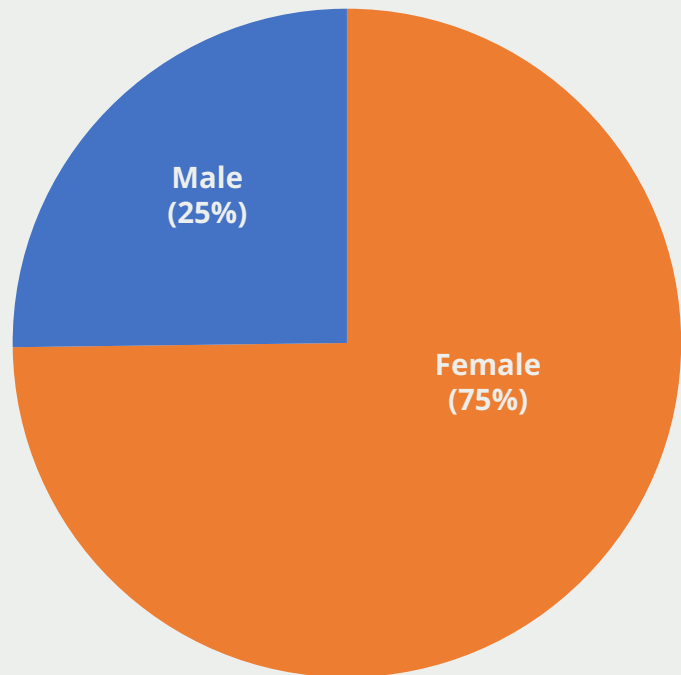


THE PEOPLE WE'VE SUPPORTED

Gender of Carers

Female (75%)

Male (25%)

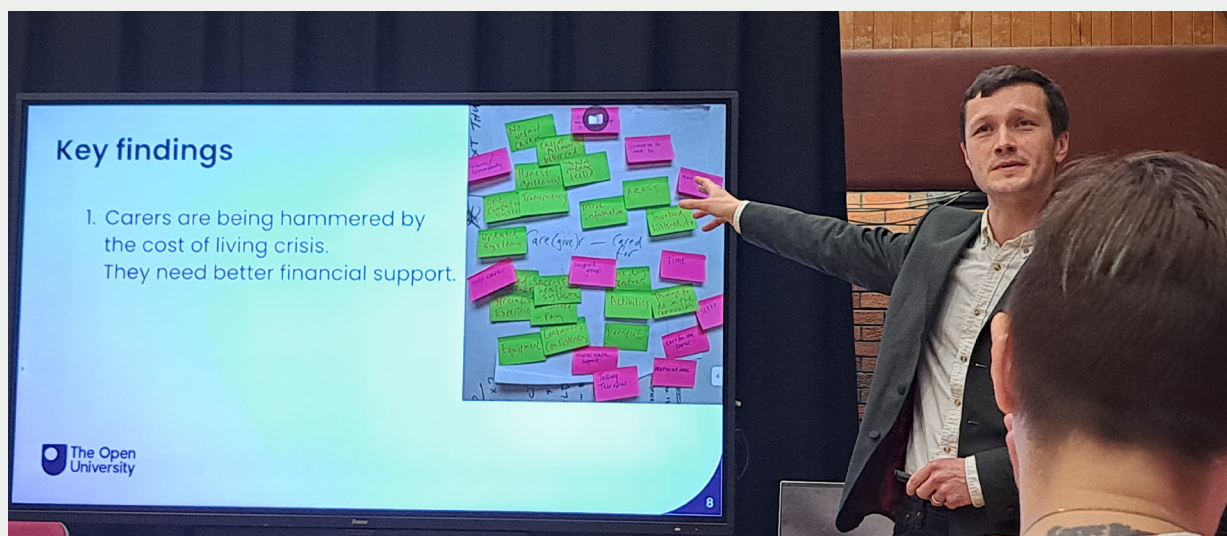



📷 A special donation from the Lodge of Industry No. 48 - April 2023

THE PEOPLE BEING CARED FOR

8 most common conditions or disabilities of the cared for person in 2023;

1. Long Standing Illness (HIV, Cancer, MS, Parkinsons, etc.)
2. Mental Health Condition (Depression, Schizophrenia, etc.)
3. Social / Communication Impairment (Autism, etc.)
4. Specific Learning Difficulty (ADHD, Dyspraxia, etc.)
5. Physical Impairment / Mobility Issues
6. Substance Misuse (Drugs, Alcohol, etc.)
7. Learning Disability
8. Sensory Impairment (Blind, Deaf, Vision Impairment, etc.)



 Dan Taylor Giving Care in Gateshead Report Launch Event - June 2023

OUR IMPACT ON THE LIVES OF CARERS

After coming to us for support, carers reported that their...

Mental health has improved by 47%.

Self-confident had increased by 42%.

Ability to cope with the demands of their caring role had improved by 34%.

Confidence in accessing short breaks has increased by 65%.

Debt management skills had improved by 61%.

Coping mechanisms to manage excessive caring roles had improved by 57%.

Ability to achieve their personal goals as increased by 45%.

Healthy eating habits has improved by 30%.

Amount of physical exercise had increased by 32%.

Feelings of social isolation have reduced by 35%.

Smoking and alcohol usage reduced by 43%.

Ability to access education and training had improved by 32%.

OUR DIGITAL IMPACT IN 2023

933 "Care to Know" Newsletter subscribers signed up

48,000 Website page views

12,000 Individual website users

19,000 People reached on social media (all platforms)

331 Online external referrals

356 Online self referrals

100 Individual live chat cases

Stay up to date by following us on Facebook and Twitter.

  @GatesheadCarers



 Crafting Stall at our Party in the Park - June 2023