

Gateshead Carers



Annual Report 2021



Supporting Adult Unpaid Carers in Gateshead since 1996

OUR YEAR IN NUMBERS

2021 celebrates our 25th year of supporting unpaid adult carers across Gateshead. In this report, you will find out how much of an impact we have had on Gateshead's caring community over the past year.

Thank you to the unpaid carers, volunteers, donors, and local organisations in Gateshead who have all supported us through 2021.



care to join
us?

Gateshead Carers
8 - 9 Gladstone Terrace, NE8 4DY
Tel: 0191 4900121 | gatesheadcarers.com
Registered Charity No. 1118942

SUPPORTING CARERS IN 2021

583	CARERS ACCESSED SUPPORT FOR THE FIRST TIME
1385	CARERS ACCESSED 1-2-1 SUPPORT
2,046	INDIVIDUAL PIECES OF SUPPORT WORK CARRIED OUT
163	CARER GROUPS & ACTIVITY SESSIONS
19	BAME LANGUAGE COMMUNITIES SUPPORTED
£60,350	BENEFITS ACHIEVED FOR CARERS
£133,600	FUNDING PROVIDED TO CARERS VIA THE CARER WELLBEING FUND
£13,335	GRANT FUNDING ACHIEVED FOR CARERS

OUR IMPACT ON THE LIVES OF CARERS

AFTER COMING TO US, CARERS REPORTED...

THEIR MENTAL HEALTH IMPROVED BY 44%

THEY FELT 44% MORE SELF-CONFIDENT

THEY ARE 41% MORE ABLE TO COPE WITH THE DEMANDS OF THEIR CARING ROLE

THEY ARE NOW 77% MORE CONFIDENT IN ACCESSING SHORT BREAKS

THERE WAS AN IMPROVEMENT OF 33% IN MANAGING DEBT

THEIR BUDGETING SKILLS HAVE IMPROVED BY 19%

THEIR RELATIONSHIPS WITH OTHERS HAS IMPROVED BY 28%

THEY FELT A 60% IMPROVEMENT IN COPING WITH EXCESSIVE CARING ROLES

A 49% IMPROVEMENT IN ACHIEVING THEIR PERSONAL GOALS

THEIR DIET HAD IMPROVED BY 23%

THEY SAW A 23% IMPROVEMENT IN THE AMOUNT OF PHYSICAL EXERCISE

THEY FELT 28% LESS SOCIALLY ISOLATED

THEIR SMOKING AND ALCOHOL USAGE REDUCED BY 18%

THEY FELT 14% MORE ABLE TO ACCESS EDUCATION AND TRAINING

THEY SAW A 26% IMPROVEMENT IN ACCESSING BENEFITS

OUR DIGITAL IMPACT

1367 NEWSLETTER SUBSCRIBERS SIGNED UP

64,171 WEBSITE PAGE VIEWS

22,768 INDIVIDUAL WEBSITE USERS

137,900+ PEOPLE REACHED ON SOCIAL MEDIA
(ALL PLATFORMS)

153 ONLINE EXTERNAL REFERRALS

101 ONLINE SELF REFERRALS

180 INDIVIDUAL LIVE CHAT CASES



FEEDBACK FROM CARERS

“Gateshead Carers really do care for the carer and support them through all their life challenges.”

“Gateshead Carers have helped me a lot, and it's great that I've been able to access the wellbeing fund through them, as this helped me to start driving lessons, so I can get my disabled son out and about. Thank you Carers.”

“Speaking to Gateshead Carers has given me peace of mind that I am not alone and that there is someone on the end of the phone who understands what I am going through.”

“I'm glad I was given your number to contact you. I wouldn't have known where to start. I'm new to all of this and cannot thank you enough.”

GET IN TOUCH

Gateshead Carers Association

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A Network Partner of

**CARERS
TRUST**

The logo for Carers Trust features the words "CARERS" and "TRUST" in a bold, dark blue, sans-serif font, stacked vertically. A horizontal blue brushstroke underline is positioned beneath the word "TRUST".

Charity No. 1118942 | Company No. 6133161