

Wellbeing Impact Report

April 2022 - March 2023



Helping to reduce anxiety and boost physical and mental health.

Looking after the carer as well as the cared-for is an important part of supporting the whole family. Supporting parent carers wellbeing ensures they are better equipped to deal with life's challenges and provide the support their child / young person needs, both of which are essential in helping children and young people have the best start in life. When funding allows, we provide a variety of wellbeing opportunities to support parent carer needs.

“It felt lovely to be somewhere safe and calm, with other like minded people.”

“Getting the wellbeing box makes me feel part of a community of people, grateful that someone cares and understands how tough the summer hols can be.”

KEY FACTS



Number Of Attendees

77

Wellbeing day @ Uncle Paul's Chilli farm

26

Pamper evening with Neals Yard

12

Counselling sessions (+ additional 24 EOI)

200

Received a summer wellbeing postal box

“I absolutely enjoyed and needed this. Life at home revolves around my son and I never get a break, nor can I afford one so I'm more than grateful for this – thank you.”



Our annual survey shows that 70% of parent carers, in North Somerset, feel moderate to extreme anxiety most days, often feeling like they're barely surviving – let alone thriving.

1 in 3 families with disabled children take out loans to pay for food*

72% of Parent Carers suffer from ill mental health due to stress and isolation*

1 in 5 Parent Carers leave paid employment*

*Figures taken from contact.org.uk

Parent Carer Rating following their activity

97%

participants experienced improved anxiety

38%

average reduction in anxiety levels

Opportunities

Uncle Paul's Chilli Farm wellbeing days

Beekeeping, equine and chilli workshops, walk around the farm and beautiful surroundings at Blagdon Lake. Use of hot tubs and outdoor swimming pool. Buffet lunch and a chance to chat with other parent carers.

Counselling sessions (with accredited counsellors)

Blocks of six sessions for individual parent carers to talk through their challenges with a professional counsellor in support of their wellbeing. An opportunity requested by parent carers as we came out of the COVID pandemic providing an opportunity not otherwise possible.

Wellbeing postal boxes

A selection of items specifically for parent carers to treat themselves, pamper kits, motivational quote cards, information leaflets, relaxation sprays, eye masks, lip balms etc. Sent during holidays when Parent Carers report feeling most isolated.

Pamper / coffee evenings

Providing a mini pamper session for Parent Carers and allowing an opportunity for self reflection. A chance for Parent Carers to talk with people who understand the complications they're facing, helping reduce feelings of isolation and anxiety.

