Over A Brew Session

Carers Emotional and
Psychological
Wellbeing
3rd March 2025







Introduction

This March 2025 Over a Brew session was a follow-up to the September 2024 session, focusing particularly on the Emotional and Psychological Wellbeing of Carers. A mixed group of practitioners and people with lived experience of caring attended from around the region. Around 40
people attended
the session to
share ideas,
insights and
views... Over a
Brew

CURAT**RS
OF CHANGE

We started by asking people to briefly describe their roles and to say how they would spend a half-day at leisure. We then did a Feelings exercise, asking people to describe how they'd felt when they'd had a good experience of getting something they needed, and then conversely, when an experience was more negative, how that had made them feel.

We then played recordings of Carers expressing how they felt about their caring role, and we asked people what may have resonated, and what they might learn. After a short break we split into small groups to continue our discussions and then fed back into the main room.

Overall Learning...



What do carers need to improve their emotional and psychological wellbeing?

1.

- Getting services right for the people carers are caring for including telling carers what they and their loved ones should expect from services, rooted in the Care Act.
- Carer support workers need to understand how the system works

 for everyone - carers and the people they care for - adults and children - so they can walk the walk with carers

2.

- Carers breaks need to be coproduced and personalized.
 Linked to this, how could carers direct payments help?
 This seems vital for emotional/psychological wellbeing.
- Carers want to be valued for their knowledge of the people they care for.

3.

- There need to be ways for carers to have people who will listen to them
 maybe in a talking therapy sort of way but also peer support with people who 'get it'.
- Carers want to be respected and listened to as equal partners by professionals.
- Carers want to have their rights upheld, it's not all about money.

Themes that emerged...



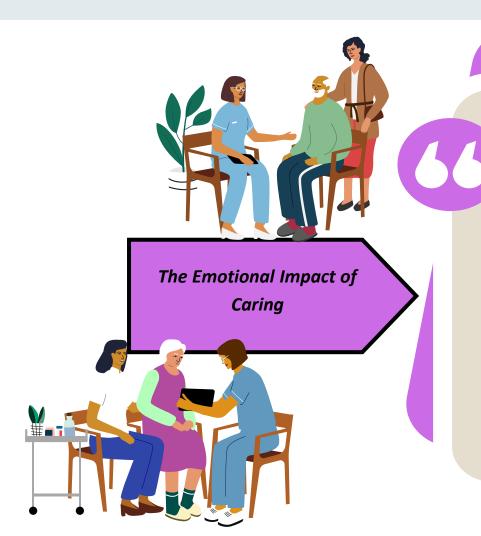


- I've had some professionals join a meeting with camera off and never met us, discussing life decisions
- Why do professionals not respect my expertise? I don't expect them to be an expert in rare neurological conditions
- CARE Can Anyone Really Empathise?
- I am seen as "Just" a parent so sad and frustrating
- nobody has the job to listen to this (what is needed, what could be done to change things)
- We are advocates but not treated as such; often feeling not listened to.



Themes that emerged...





- No one has ever asked me how it feels for me to be a carer
- Powerless
- broken by the system
- Loss of identity
- family carers put themselves way down the importance list
- The absolute fear of what will happen to our daughter when we die
- It can be a very lonely existence but 'meetings' like this are invaluable to share thoughts and feelings to hopefully instigate change.

Themes that emerged...





- We all agreed best support and info came from other family carers.
- As families going into meetings there is so much at stake which isn't understood; we talked about living in fear of the here and now and the future.
- We are all just trying to do our best, yet wading, invisibly through treacle with all the admin and bureaucracy
- The importance of speaking with carers away from the cared for so they can speak more openly.



Final Reflections



I thought we'd hear about finding practical solutions today, but actually people want empathy and human to human conversations

I am also hearing that people want recognition for the expertise they bring to the table.



Our conversations today have gone deeper than any "carer service" meeting I've been to!

Feedback about the session



Thank you for today.
It's been really
interesting hearing
from such likeminded
folk. So much
resonated with me.





great work as always



Thank you for the invite, It was great to get to know all of you and learn so many stories.



Thank you so much for today. It has been so helpful.



thanks for a really thoughtful meeting



