



Trustee

Recruitment Pack

Message from the Chair

John McLean, OBE

Dear Candidate,

Thank you for your interest in becoming a Trustee representing Welsh interests on the UK Board of Carers Trust.

Since becoming Chair last year, I have had the privilege of learning about and engaging with our staff team and our 138 Network Partners across the UK. I have been impressed by the dedication and enormous passion they have in fulfilling our vision, which is to make unpaid carers count and to give them access to the help they need to live their lives.

We offer specialist services for carers of all ages and conditions with a range of individually tailored support and group activities. We do this in the UK through a wide network of locally based partners. We are able to provide grants, offer support for carers in their homes and in the wider community with information, emotional support, practical help and access to much needed breaks.

As you will appreciate, the mission of the Trust is far reaching. With a growing population of over 7 million unpaid carers within the UK and a challenging financial environment, we have to become more innovative in our approach, more agile in our execution, more inclusive in harnessing the talents of our partners and more vociferous in our advocacy for unpaid carers.

Following a refresh of our Trustee board, my fellow Trustees and I wish to appoint a Welsh Trustee who has the vision, commitment and passion to enable Carers Trust to really make a difference to the lives of unpaid carers. To complement the skills of the other Trustees, we are looking for someone who has skills and experience in HR and a knowledge of behavioural and cultural change.

Carers Trust is about to embark on an exciting time in its development and the new Welsh Trustee will be able to draw on our resources, which include:

- Our President, Her Royal Highness The Princess Royal who is an active champion for the charity;
- Our 138 Network Partners who are dedicated to making a difference to the lives of unpaid carers;
- The Welsh Government is the main funder of our work in Wales, while other donors include the Shaw Foundation, the Waterloo Foundation, and our generous individual donors and supporters. We are also supported through our developing corporate relationships including a two-year charity partnership with the Jehu Group;
- Our terrific staff team (58) in Cardiff, Glasgow, London and Rugby;
- A strong balance sheet and reserves;
- Committed fellow Board members and a Senior Management Team who wish to create a momentum for change for the lives of unpaid carers.

I hope the above gives a flavour of the Trust and the opportunity which exists to help the substantial number of unpaid carers in the UK. If this role excites you, I look forward to hearing from you with your application.

Kind regards,



John McLean OBE,
Chair, Carers Trust



Delivering a better future for the UK's carers

With seven million unpaid carers in the UK today (an estimated one in ten people), declining central Government funding and increasingly cash-strapped local authority resources, the services The Carers Trust Network provides have never been more needed. Building on our expertise with policy makers and Governments and 138 Network Partners, we are well positioned to champion the cause of caring. With a presence in over 77% of local authority areas, we have the reach and expertise to tackle one of the UK's biggest challenges.

The public and carers themselves struggle with the concept of being a carer. It's a little understood term, yet three in five of us are likely to become carers at some point in our lives. A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

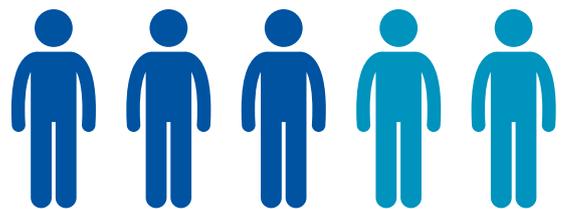
Anyone could be a carer – a 15-year-old girl looking after a parent with an alcohol problem, a 40-year-old man caring for his partner who has terminal cancer, or an 80-year-old woman looking after her husband who has Alzheimer's disease.

Carers provide a huge quantity of care across a wide range of conditions as well as completing practical tasks, nursing tasks and giving emotional support and friendship.

Carers Trust works to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for someone who is ill, frail, disabled or has mental health or addiction problems. With our Network Partners, we aim to ensure that quality assured information, advice and practical support are available to all carers across the UK.



SEVEN MILLION 
unpaid carers in the UK today.



THREE IN FIVE of us are likely to become carers at some point in our lives.



of **LOCAL AUTHORITY AREAS** have a Carers Trust presence.

The Wales context

Delivering for Wales' carers

Carers Trust Wales is the leading charity for carer support in Wales, working in partnership with local Network Partners to provide advice information and support directly to carers.

We are living in exciting times for carers in Wales. The Social Services and Wellbeing (Wales) Act 2014 means new rights for carers of all ages but with this constantly changing landscape come a number of challenges. The vision of Carers Trust Wales is a world where the role and contribution of unpaid carers of all ages is recognised and that they have access to the quality support services they need to live their own lives. We work closely with Welsh Government, other statutory bodies including local health boards and local authorities and third sector organisations to make sure that happens.

We run national programmes to raise awareness of carers and their issues, and help professionals in education, health and social work to identify and support carers, especially young carers, carers in education and carers of people with dementia. With a strong focus on supporting carers and carers services to have their voices heard, we work to create a national platform to raise awareness about the amazing contributions made by carers and the importance of supporting them well. We are ambitious and successful in our approaches to shaping and informing the development of policy, guidance, legislation and commissioning practices.

Our Wales Committee is in place to help shape and inform our strategic priorities. We have brought together a group of highly qualified and skilled individuals who can help us to ensure the charity is managed well and delivers excellent outcomes for carers across Wales. This involves setting direction, monitoring performance and complying with statutory and regulatory requirements.



Carers provide
96%
of care in our
communities
across Wales

According to the 2011 census, in almost every category, Wales has the highest proportion of carers in the UK – including the highest proportion of older carers, young carers and of carers providing over

50 HOURS OF CARE A WEEK 

68.8% **OF OLDER CARERS** say that being a carer has an adverse effect on their mental health

A flavour of the work we do in Wales

Working with Government

As the leading organisation for carers and carers services in Wales we maintain a strong relationship with Welsh Government informing and driving the national agenda.

We are a founding member of the Ministerial Advisory Group for Carers and we are leading the development of a national Engagement and Accountability Group which enables carers to directly challenge and influence Government.

Using a rigorous, evidence-based, approach we have developed a range of publications and research reports on behalf of Welsh Government setting out high-level principles for service design, development and delivery and the tools to support putting these approaches into practice.

We lead on the delivery of Welsh Government's flagship national ID card scheme for Young Carers in Wales. To ensure successful implementation we're bringing together local authorities, local health boards, professional bodies and carers services to agree shared protocols and guidance.



Influencing change and listening to carers' voices

We have been instrumental in the establishment of a national inquiry into the support available for carers which has been undertaken by the Health, Social Care and Sport Committee of the National Assembly for Wales.

To maximise impact, we have brought together a range of stakeholders, including carers, to deliver powerful joint evidence. This included a private event with the Committee for young carers and the chance for 3 young carers to participate in a formal evidence session.

Our vibrant national Youth Council have launched their own campaign #SupportNotSympathy which has the gained support of Assembly Members and other key figures.

We have been appointed as a partner organisation of the Welsh Youth Parliament enabling two members of the Youth Council to sit as members sharing their campaign on a national platform.





Education

We work closely with the Department for Education to improve the experiences and outcomes of carers in education. We are delivering against the recommendations in Estyn's recently published thematic review by working with education consortia to deliver sector-leading resources to support schools and colleges to identify and support more young carers.

We delivered our Going Higher programme for universities in Wales resulting in them all adopting carer friendly policies. Through this partnership work we have hosted national conferences on carers in education attracting speakers including internationally recognised academics, the Children's Commissioner for Wales and Estyn. We have also developed a toolkit to support colleges in Wales to ensure more carers are able to enjoy and succeed at college.

Triangle of Care for people with dementia

We have published resources to support carers of people with dementia including a bilingual Triangle of Care publication focused specifically on carers of people with dementia. This year, we will be launching an advice booklet for carers of people with dementia, holding listening events with carers of people with dementia and facilitating multidisciplinary meetings to hear from and support professionals working in this field.

Fundraising

We work hard to raise the funds we need to exist with a wide range of partners across Wales. Our current Charity Partnership with Jehu construction is providing much needed funds to support our work – but also developing meaningful advice and information for Jehu staff and contractors about supporting carers in their communities.



Person specification

We are looking for:

- Someone who has an understanding and empathy for our cause. You may be a carer, or have been a carer at some point in your life.
- Someone who can play a key role in the continued growth and success of Carers Trust.
- Someone who can give commitment of around 15 days per year to attend meetings in London and Wales, awaydays and visits to our Network Partners.
- Someone who can bring skills to complement those of our other Board members. We are looking for a professional with experience of and skills in HR including an understanding of behavioural and cultural change. However, this is not essential and we would consider applicants from other backgrounds.
- Someone who has an understanding of the specific challenges facing carers and carers services in Wales, ideally including a knowledge of the legislative and commissioning landscape.
- Ideally someone who has previous experience of third sector governance, or has experience of being a Board member in another sector.



How to apply

If you are interested in learning more about this exciting opportunity please contact Alexandra Nita on 0300 772 9702 or anita@carers.org

Applications should be sent by email to wales@carers.org and must be received by **12 noon on 10 December 2019**.

Your application should comprise of a CV and a supporting letter (not more than two pages of A4) addressing why you are interested in this position.

If you would like to discuss this opportunity further, please contact Simon Hatch, Director of Wales shatch@carers.org or John McLean, Chair of Trustees, who can be contacted via Alexandra Nita on 0300 772 9702.

First stage interviews will be held in **Cardiff, 18 December**.

Second stage interviews will be held in London.



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870).

Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, Unit 101, 164–180 Union Street, London SE1 0LH.

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