This document provides the links referred to in the Commitment to Carers Webinar (insert webinar link)

**Slide 4-Identifying Carers**- [**Caring in a complex world: Kings Trust**](https://www.kingsfund.org.uk/insight-and-analysis/reports/unpaid-carers-caring-complex-world#:~:text=Caring%20can%20be%20a%20big%20commitment)

**Slide 5-NHS Long Term Plan-** [**NHS Long Term Plan**](https://www.longtermplan.nhs.uk/wp-content/uploads/2019/08/nhs-long-term-plan-version-1.2.pdf)

**Slide 6-NICE Guidelines-** [**NICE Guidelines NG150**](https://www.nice.org.uk/guidance/ng150)

**Slide 11-SNOMED code for unpaid carers-** [**NHS England SNOMED code for unpaid carers**](https://www.england.nhs.uk/long-read/coding-unpaid-carers-snomed-ct/#:~:text=This%20guidance%20sets%20out%20a%20recommended)

**Slide 12-Top tips for GPs for Young Carers-** [**YouTube video-Young Carers**](https://www.youtube.com/results?search_query=https%3A%2F%2Fyoutu.be%2FZzK6OY9mvBo)

**Slide 13-Carer Contingency Planning-** [**Carers UK-Help and Advice/Practical Support**](https://www.carersuk.org/help-and-advice/practical-support/creating-a-contingency-plan/)

**Slide 14-Your local Carers Services:**

* Carer Support **Cumbria** All Age Carers Support Services for both Cumberland

and Westmorland and Furness Council’s: [**Carers Support Cumbria**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carerssupportcumbria.co.uk%2F&data=05%7C01%7Csigrid.draeger%40nhs.net%7C80d45b4525a14eba523008dba8774df7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289002594611738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=E17Avr2uobXiuDgg%2BK%2BMq8IC421i7aei%2F7kVmGOUj0U%3D&reserved=0)Tel: 08443

843230

* Carer Support **Furness** All Age Carers Support Services. Adult Carers (including Parent Carers) and Young Carers [**Carer Support Furness**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcarersupportfurness.co.uk%2F&data=05%7C01%7Csigrid.draeger%40nhs.net%7C80d45b4525a14eba523008dba8774df7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289002594611738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=BYM5FGkEXCVrrANIwIkKJdoSG6I88pAeSY%2BPXZqBfYg%3D&reserved=0)Tel: 01229 822822 Email: [**admin@carersupportfurness.co.uk**](mailto:admin@carersupportfurness.co.uk)
* Carer Support **South Lakes** All Age Carer Support Services. Adult Carers (including Parent Carers) and Young Carers [Carer **Support South Lakes - Improving the lives of carers**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersupportsouthlakes.org.uk%2F&data=05%7C01%7Csigrid.draeger%40nhs.net%7C80d45b4525a14eba523008dba8774df7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289002594611738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ZtnAGmqeZ92gl985uCJWYQSS0dYj%2BAoDts1qXi2BQ1o%3D&reserved=0)Tel: 01539 815970 Email: [**admin@carersupportsouthlakes.org.uk**](mailto:admin@carersupportsouthlakes.org.uk)
* Carer Support **West Cumbria** All Age Carer Support. Adult Carers (including Parent Carers), Young Carers across the West Cumbria area (including Millom): [**Carer Support | Carer Support West Cumbria | England**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.carersupportwestcumbria.co.uk%2F&data=05%7C01%7Csigrid.draeger%40nhs.net%7C80d45b4525a14eba523008dba8774df7%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638289002594611738%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=QuU8jSr1vHaJ7xxnj0kTQTx8anaCzKnPAzja7uMPNUM%3D&reserved=0)Tel: 01900 821976 Email: [**general@carersupportwestcumbria.co.uk**](mailto:general@carersupportwestcumbria.co.uk)
* Carer Support **Carlisle & Eden,** Carlisle Office Tel: 01228 580214, Penrith Office Tel: 01768 890280 Email: [**enquiries@carlisle-eden-carers.org.uk**](mailto:enquiries@carlisle-eden-carers.org.uk)
* Rethink **Mental Illness** Carers Advocacy Service: [**lancscarersgroup@rethink.org**](mailto:lancscarersgroup@rethink.org)
* Child Action Northwest (BwD) for **Young Carers:** [**https://canw.org.uk/what-we-do/support-children-and-young-people/young-carers/**](https://canw.org.uk/what-we-do/support-children-and-young-people/young-carers/)
* Barnardo’s **Young Carer** Support LCC: [**https://www.barnardos.org.uk/what-we-do/services/lancashire-young-carers**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.barnardos.org.uk%2Fwhat-we-do%2Fservices%2Flancashire-young-carers&data=05%7C01%7Csigrid.draeger%40nhs.net%7C4d7c2594b90e4a4d3c1e08dabda5b1ab%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638030816621415535%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9ta8hKZ7CQDAFqKBjYDqV7MMQisiegBYGmUwiRVnzCg%3D&reserved=0)

**Slide 15-Carers Awareness Training Sessions:**

**N-Compass** Carers Awareness Session run by N-Compass take place on the 3rd. Tuesday of each month at 2pm on Zoom. Sessions provide an understanding of the support that is available for unpaid carers. These sessions are available for staff, students, and volunteers.  Link to join below:

[**https://us06web.zoom.us/j/97229156110?pwd=cDNxeUtsQzRNRk9kM3laOXlIeENLdz09#success**](https://us06web.zoom.us/j/97229156110?pwd=cDNxeUtsQzRNRk9kM3laOXlIeENLdz09)

Meeting ID: 972 2915 6110 Passcode: 090505

Contact: [**Colin.Bowman@lancscarers.co.uk**](mailto:Colin.Bowman@lancscarers.co.uk) **or** phone 01772 280 030

**Carer Support Cumbria** offer a virtual Carer Champion session open to anyone through the following link[**: Carer Champion - Overview (carerssupportcumbria.co.uk)**](mailto:https://www.carerssupportcumbria.co.uk/cc-course/%23/) . It covers what it means to be an unpaid carer, the rights of unpaid carers, the stresses and strains an

unpaid carer can face, how to identify if someone is a carer and information about the local Carer Support Organisations and how to make a referral.

In addition to this, face-to-face or virtual Carer Champion sessions can be arranged and delivered by the local Carer Support Organisations across Cumbria:

For the **Furness** area, contact Furness Carers: [**admin@furnesscarers.co.uk**](mailto:admin@furnesscarers.co.uk)

For the **South Lakeland** area, contact Carer Support South Lakes: [**admin@carersupportsouthlakes.co.uk**](mailto:admin@carersupportsouthlakes.co.uk)

For the **West Cumbria** area **(including Millom)**: [**general@carersupportwestcumbria.co.uk**](mailto:general@carersupportwestcumbria.co.uk)

For the **Carlisle & Eden** area: [**enquiries@carlisle-eden-carers.org.uk**](mailto:enquiries@carlisle-eden-carers.org.uk)

**Slide 16-Resources Carers and Safeguarding-** [**Local Government Association-Carers and safeguarding**](https://www.local.gov.uk/parliament/briefings-and-responses/carers-and-safeguarding-briefing-people-who-work-carers)

**Slide 17- Resources:**

**Quality markers for general practice:** NHS England have worked in partnership with Carers Trust, Carers UK, The Children’s Society, and the Care Quality Commission (CQC) to develop the quality markers for GP practices, based on what carers have said matters most to them. [**NHS England » Supporting carers in general practice: a framework of quality markers**](https://www.england.nhs.uk/publication/supporting-carers-in-general-practice-a-framework-of-quality-markers/). To hear from GP colleagues in West Yorkshire and Harrogate about their use of Quality Markers see here: [**https://youtu.be/6p2vsRlWJkk**](https://youtu.be/6p2vsRlWJkk)

**Young Carer**[**Top Tips for general practice**](https://www.england.nhs.uk/blog/young-carers-action-day-how-can-you-support-young-carers/)

**NICE Guidelines (NG150)** [**NICE Guidance, Supporting Adult Carers**](https://www.nice.org.uk/guidance/NG150)

**Futures platform Commitment to Carers** - Future NHS Collaboration Platform, plethora of information relating to carers. If you do not have an account with NHS Future yet, follow the instructions at the link and request access by emailing [**england.nhsthinkcarer@nhs.net**](mailto:england.nhsthinkcarer@nhs.net)

**Health and Care Act 2022** Public involvement extended to carers and representatives (1.10) In its responsibilities for public involvement and consultation under section 13Q of the National Health Service Act 2006, NHS England has a duty to consult individuals to whom services are being or may be provided, in the planning and development of commissioning arrangements for those services.

[**State of Caring Survey 2023 - The impact of caring on: finances | Carers UK**](https://www.carersuk.org/reports/state-of-caring-survey-2023-the-impact-of-caring-on-finances/)

[**Adult Carers Report 2023: “We aren't unsung Heroe’s”**](https://carers.org/campaigning-for-change/adult-carer-survey-report-2023)