



Charity helps support carers on campus

May, 2015

Carers' Resource has joined forces with the University of Bradford to offer first-class support to any carers among its staff and student body.

The Bradford-based charity, which runs an integrated carers service for unpaid carers, is working with the University to make sure anyone 'on campus' who looks after someone is offered extra support – and knows where to find it.

The project is part of the university's Sustain – Health and Wellbeing Programme which involves encouraging employees and students to look after themselves, and to make the most of services available to help them stay healthy.

And as part of the partnership, the Carers' Resource will be on campus to raise awareness and speak to staff and students in the atrium on Wednesday, June 10, 11am to 3pm, as part of Carers Week (June 8 to 14).

Members of the charity's CReate service – Carers' Resource employment advice and training enterprise – will be on hand to talk about the diverse range of support they offer including one-to-one mentoring, personal development, career guidance and advice for those juggling work and caring, as well as other projects services provided by Carers' Resource.

Stella Elson, Carers' Resource Service Manager at the Shipley-based office, said: "We are delighted to be working with the university to help them recognise and support the needs or issues of carers among their student body or staff.

"It's also important that carers are recognised so they can be supported in their work and education so they can have a positive experience of caring, and continue to flourish in their job or studies.

"Caring for a relative or friend can be extremely demanding, and at times all consuming, but if the right support is there from the outset solutions and help can be in place to help avert a crisis."

Liz Horgan, HR Business Manager at the University of Bradford, said: "The university takes the wellbeing of its staff and students very seriously and we realise there will be a number of carers within our 1800 employees and approximately 10,000 students.

"That said, some may not recognise themselves as such, or will not be aware of the services available to them. To help support everyone on campus we are pleased to be working with Carers' Resource which provides a variety of services and information to help make the lives of carers more manageable.

“This working relationship supports our new Sustain - Health and Wellbeing Programme which we launched at the beginning of the year to help promote healthy lifestyles to all staff and students.

“We have an area of our website dedicated to this, which includes tips on self-help, staying healthy and details about various services, including counselling and physio, as well as a section for carers which also links to the Carers’ Resource website.”

For more details about the Carers’ Resource and support on offer to carers contact (01274) 449660, visit carersresource.org or follow on Twitter @CarersResource