

Here at Calderdale and Huddersfield NHS Foundation Trust (CHFT), we understand how vital unpaid carers are to the health and wellbeing of their loved ones.

Carers UK defines an unpaid carer as anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction, and cannot cope without their support.

We train our teams at CHFT to help identify unpaid carers, so they can offer lanyards and identification cards, which help identify them to our wider staff. We have heard from carers that this can support them to be more easily involved (with consent / permission from the person being cared for) in their care and decisions about their care.

I am an unpaid carer. How can CHFT support me?

We want to support you as a carer in balancing your own health and wellbeing with your caring responsibilities. There is no expectation from us here at CHFT, but we will support you to visit outside of usual visiting times, and we have beds available if you want to stay overnight. Light refreshments (often a hot drink and sandwich) will be available when you are spending significant periods of time within our hospital.

We are committed to working in partnership with carers. This often means involvement in planning, shaping, and assisting with the care of the person being cared for. Whilst the carer lanyards do not automatically provide unlimited free parking, those who meet the car parking concession requirements can receive free parking. Please speak to the Nurse in Charge of the area for support with this. If you travel by other means, you may be able to receive support with other transport costs. Please see Healthcare Travel Costs Scheme (HTCS) - NHS (www.nhs.uk) or visit the General Office within our hospital for support.

Other support for carers

We know that our partner agencies are the experts in supporting you to reach the wealth of resources available to support carers locally. This includes supporting you to with a carer's assessment which is a chance to discuss your needs, and signpost you to a range of local services which can make a huge difference.



Our experts in supporting Calderdale based carers are Making Space Calderdale. See their website www.makingspace.co.uk or call 01422 369101



For Kirklees based carers, please contact by telephone 0300 0120231 or online at www.carerscount.org.uk

Our colleagues at CHFT will be happy to help you make a referral. Please do not hesitate to ask if this is your preference.

We are thankful for the support unpaid carers provide. Should you require any further information, wish to provide feedback, or support us in developing or improving services for carers, we would really like to hear from you. Please email us at patientexperience@chft.nhs.uk or call 07825 054782.