

## Background Information (vDecember 2021)

Sutton Carers' Centre is an independent Charitable Company as well as an active Network Partner with *Carers Trust* (formerly *Princess Royal Trust for Carers*), one of the first Carers Centre in the UK, founded about 30 years ago.

A Carer is someone, who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without this help. This could be due to disability, physical or mental illness, or substance misuse issues. Carers also can be children or young people who help care for a parent or sibling. Carers often juggle work, school or other commitments alongside their caring roles.

Sutton Carers' Centre provides advice, information, support and time out to Carers living and/or working in the London Borough of Sutton. There are likely to be c21 000 Adult and Young Carers in the Borough.

The Vision of Sutton Carers Centre is of communities in which every carer is recognised and respected as an individual and can get the support they need and assurance that they are not alone.

### *Our Mission Statement*

The mission of Sutton Carers Centre is to support carers (and their families) to improve their health, wellbeing and quality of life by:

- Reaching out to every carer in the London Borough of Sutton
- Helping each carer to understand their rights and get their voice heard
- Working with and for each carer, respecting and responding to their individual skills, experience and choices

### *Our Values*

- Respect: for carers and their individual views and skills, for staff and volunteers and for those with whom we work in partnership.
- Sensitivity: valuing difference and contributions from all, working together as a creative, harmonious team.
- Delivery: committed to quality support and making change happen in a planned professional and appropriate manner.

The Centre is governed by a Board of Trustees and Directors and employs or hosts the following staff:

- Chief Executive (35 hours p/w)
- Director of Services (25 hours p/w)
- Office Manager (35 hours p/w)
- Finance, Payroll and HR Consultant (c14 hours p/w)
- Communications & Carers' Digital Involvement (35 hours p/w)
- Board Support Manager (c3 hours per week)
- Adult Carers – Information and Advice Service Manager (28 hours p/w)
- Adult Carers – Information, Advice & Support Worker (28 hours p/w)
- Adult Carers – Information, Advice & Support Worker (17.5 hours p/w)
- Adult Carers – Information, Advice & Support Worker (21 hours p/w)
- Adult Carers – Information and Advice Worker (14 hours p/w)

- Adult Carers – Information and Advice Worker (9 hours p/w)
- Adult Carers – Preventative Support Service Manager (35 hours p/w)
- Adult Carers Senior Support and Development (incl. Mental Health) (35 hours p/w)
- Carers Wellbeing Navigator – (35 hours p/w)
- End of Life Care Specialist – (35 hours p/w)
- Young Carers Service Manager (35 hours p/w)
- Young Carers Senior Support and Development Worker (Education) (35 hours p/w)
- Young Carers Support Worker (35 hours p/w)
- Young Carers Support Worker ((incl Mental Health) 21 hours p/w)
- Young Carers Information Worker (4 hours p/w)
- Citizen's Advice Sutton Senior Advice Workers, Psychological Therapists, various Sessional workers, Student Social Workers, Nurses and Drama Therapists
- A large team of about 50 volunteers supporting the work of the Centre

Services provided by SCC, both Centre and community-based, in and out of normal office hours, by telephone, face-to-face or via email/online, include:

- Specialist advice, information, support, training and advocacy regarding all issues affecting Carers, including income maximisation and benefits advice in conjunction with the Citizen's Advice Sutton
- Individual, family and group psychological therapies and emotional support including peer support and self-development opportunities
- Complementary therapies
- Social activities and short-term breaks
- Specialist support for Mental Health Carers and Young Carers
- Regular newsletters and information bulletins for both Adult and Young Carers

As the main Carer-led organisation for Sutton, Carers' Centre staff represent Carers on strategic and planning groups whilst actively encouraging and supporting Carers to be involved in decision-making processes as well as community life. Currently, we support and host Sutton Carers Forum as well as being one of three organisations appointed to represent the Voluntary and Community sector on the Sutton Systems Leadership Group and local Integrated Care Partnership Board.

Our principal funding includes contracts for Adult Carers Support funded by the London Borough of Sutton and our local Clinical Commissioning Group. Additional contracts with the Council include Information and Advice (part of 'ALPS' - *Advice Link in Partnership Sutton*, a partnership led by Citizen Advice Sutton with Age UK Sutton and other partners), and Young Carers Support. Alongside BBC Children in Need funding to extend our Young Carers services in schools, City Bridge Foundation to extend Advice and Information to Adult Carers, and Lloyds Bank Foundation support for the sustainability of our charity, we also receive funding from the local Mental Health Trust *Uplift* Wellbeing Services, many private donors, community groups, churches and charitable trusts (Co-op iWill programme, Jack Petchey Foundation and others). We are a founding member of *Sutton Together*, a consortium of local VCS organisations.

**Main funders:**

