



A FAIR WORLD FOR CARERS

Our Strategy

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**CARERS
TRUST**



Caring is part of being human.

At some point in our lives, most of us will care for someone important to us – a parent, partner, child, friend, or family member. One day, we may need that care ourselves.

At least six million people in the UK are caring, unpaid, for a friend or family member. Many juggle countless unseen tasks each day – from personal care to cooking, managing medication, attending appointments, helping with finances, and being there when things feel overwhelming.

Caring is what holds families and communities together. It can be rewarding, but it can also come at a high cost. Too often, carers are left to carry the emotional, physical and financial strain alone, without the support they need to keep going. For many carers, it feels like everything is stacked against them.

We don't want it to be that way.

We're building a world that makes it easier, not harder, to care for a family member or friend.

No one should be disadvantaged because they care for someone.

It's time to create a fair world for carers.

A fair world for carers

We're a national charity reaching more than one million carers of all ages and backgrounds. We do this by providing practical, emotional and financial support through our local services across the UK. We're there, where and when carers need us.

We won't stop until all carers have access to a fair deal, fair care and a fair future.

This is how we're doing it:

Fair Deal: giving every carer the right support, close to home.

Fair Care: helping carers in the here and now, putting more money in their pockets and making sure they get breaks.

Fair Futures: being ambitious for carers, securing them the same opportunities as everyone else.



FAIR DEAL



**Because every carer should find
the right support, close to home.**

Carers should be able to find the support they need, on their doorstep. We work with a nationwide community of local carer services, so we can reach more carers with the right support, in the right place, at the right time.

Gary's story

Gary, 64, is a carer to his adult son, Morgan. He lives in Wales.

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My wife works full time, so I support my son Morgan throughout the day. He has cerebral palsy which affects his lower limbs, as well as hydrocephalus, autism, and hearing and vision impairment.

“When Morgan wakes, I wake, as all his needs have to be catered for. He requires personal care, his food prepared and cut up, his bedding changed (after accidents). He has constant needs during the day and at night. It's a full-on 24-7. We do the best we can.

“When you're caring, you put yourself on hold. The stress is crazy. You're constantly thinking ahead, preparing, double checking. You can't live a regular life. But you've got to keep looking for green shoots.

“Two years ago we found out about our local carers group, Credu. I met a lot of people there. **It's good to talk to other people who understand what you are going through.**

“The downside of caring is relationships suffer. You get so engrossed, you forget about yourselves. It's important to cling on to something. **That's why Credu's help is so important.**”





FAIR CARE



Because no carer should be pushed to crisis point by their caring role.

No one should be pushed into financial trouble or poor health because they care. We make sure carers can access the financial support they're entitled to, combine caring with paid work if they want, and take the breaks they need. If a carer is in crisis, our network of services can help them find emergency funding and get a break.

Ingrid's story

Ingrid, 71, cares for her husband, Kit. She lives in the Midlands.

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Kit had a knee replacement in 2023. He returned home from hospital, not able to walk, hardly able to move, and in absolute agony. Literally overnight, I had a totally different man on my hands. I was his carer. I wanted the best for him, but I didn't know where to turn for help. I felt completely alone.

“The stress had a tremendous impact on my physical health. I'm doing everything I can to stay calm – tai chi, mindfulness – but I'm so busy. There's always so much that needs to get done each day.

“The first time I called my Carers Trust local service, I was in crisis. The person who answered the phone listened and understood my situation was urgent. Thanks to Carers Trust, I now receive financial support. I receive payment for a gardener and get help in the house. I also get Carer's Allowance and Attendance Allowance. **That has lifted a huge amount of pressure from me.** When I see the money arrive in my bank account, I'm so grateful.

“People need to know that help is out there. You are not alone.”





FAIR FUTURES



Because carers deserve the same opportunities as everyone else.

Caring shouldn't limit anyone's hopes and dreams for the future. We close the education gap for carers and unlock opportunities, so everyone can build the future they want.

Ciara's story

Ciara, 16, is a carer to her mother. She lives in Scotland.



Every day I help my mum get ready in the mornings. I make her food if she needs something to eat. There are lots of things she can't do independently at home, so I help her with whatever she needs. Once school's over, I'll come home and do everything.

"My pals say I'm the mum of the group. I can see what they mean. I've had to grow up faster. Sometimes when I tell people I'm a young carer they just think I'm doing a bit of extra washing or tidying up at home. It feels like a slap in the face when people say that. Being a young carer is a lot.

People don't always understand what it's like for young carers like me, and it feels like we're living in two different worlds.

"I joined the Carers Trust Media Ambassadors Programme. It's for carers aged 16-19 from all over Scotland. **We took part in the Scottish Young Carers Festival, making videos and short films on different topics affecting young carers.** The videos were shown at the

Carers Parliament. It felt good and powerful knowing that even a small film is talking about an important topic and getting the point across."





Why local impact matters



We're a national charity with local impact. We connect and support local services for carers to create a nationwide community of help close to home. Together we fight for change.

Support rooted in local communities matters. It means carers can get help from a local service that understands how things work in their area. That practical support on their doorstep can be a lifeline, whether that's help with talking to the council or health service; support with benefits and breaks; or providing counselling.

Local carer organisations bring people together. They connect carers with others who are caring in their area, creating spaces to talk with people who really understand.

The best support should be close to home – right there when you need it.



Harrow Young Carers have really nurtured me and my talent and accepted me for who I am. It's like another family really. I just wish they were in my life earlier." **Chalukya, aged 26**



You lose friends and become quite isolated. You seek out places you feel safe as a family and accepted. One of the big things is knowing you're not the only person going through it." **David, aged 42**



Joining a carers support service [Carers Plus Yorkshire] was really important, and a very positive step for me and my wife. I feel a sense of belonging – I'd like more members of different communities to be reached and supported in this way." **Nasr, aged 71**



When I go to Richmond Carers Centre, it's so nice because we can all open up. We can embrace it together. It's lovely to see the smiles after all the experiences we're going through as carers." **Analyn, aged 45**

FAIR DEAL. FAIR CARE. FAIR FUTURES.

Every carer should find the right support, close to home.
No carer should be pushed to crisis point by their caring role.
And all carers deserve the same opportunities as everyone else.

We're building a fair world for carers.

Join us.

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