



Bristol All Age Carers Strategy

2025 to 2030



Photo credit: Invisible Army for Carers Support

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Foreword

We are proud to present Bristol's All Age Carers Strategy 2025 to 2030.

We want Bristol to be a city where carers are identified early and feel supported and valued. Where the challenges carers face are understood and where they can do the things that matter to them. Bristol City Council's first All Age Carers Strategy represents a crucial step towards achieving this ambition.

This strategy recognises the needs of thousands of unpaid carers across our city and sets our vision and priorities for the coming years. It also brings together the work we do for young carers, young adult carers and adult carers into one place and sets out our vision for the future and the strategic priorities we will focus on.

Our three priorities have been developed from extensive engagement with carers and community organisations across the city. These priorities reflect the experiences, challenges and insights of carers in the city.

First, we are focusing on early identification of carers so they receive recognition for the work they do. This will ensure carers feel listened to, recognised and valued for their expertise and respected for the support they provide.

Second, carer conversations (previously known as carer assessments, a statutory duty of local authorities) which support carers' lives outside of their

caring roles are conducted in a timely manner. This is essential for physical and mental wellbeing and will support carers to have breaks from caring.

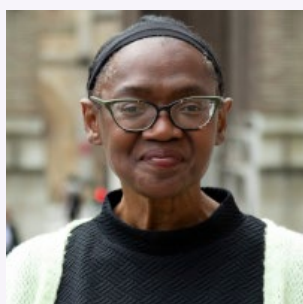
Third, providing the right information and advice at the right time in a way that is appropriate to their specific needs. This will enable carers to maximise their income and receive appropriate support.

We are realistic in knowing this strategy is only the first step. Later this year we will publish our co-produced action plan led by Bristol Carers Voice. The action plan will set out exactly what we will do within our limited resources to enable carers to live fulfilling lives and do the things that matter to them most.

Finally, we want to be clear how much we respect and value the dedication shown by carers in our city.

Caring for someone is a vital role and the level of responsibility felt by carers to care for their loved ones is often unrecognised. Caring often comes with immense personal challenges - it can be physically and emotionally demanding and it often affect a carers' health, finances, and personal lives.

Without the support and commitment of carers, many in Bristol would not have the same quality of life, and we recognise that this may have come at a cost to carers' own opportunities and experiences. Whoever you care for: "thank you".



Councillor Lorraine Francis
Chair, Adult Social Care
Committee



Councillor Christine Townsend
Chair, Children and Young
People Committee

Strategy on a Page

Vision:

Bristol is a city where people who provide care:



feel recognised and valued



with timely support



and appropriate information



enabling them to live fulfilling lives and do the things that matter to them most

Priorities:

The strategy is framed around three priorities:

1. Early identification, recognition, respecting and valuing of children, young people and adults who are in caring roles.
2. Carer conversations are timely and understand and support carers' lives outside of their caring roles, including their cultural, economic, educational, social and health and wellbeing needs.
3. All carers in Bristol can access the right information and advice at the right time, for themselves and the person they care for.

Measuring impact:

We will know we are making a difference when:

Adult carers in Bristol will have an improved quality of life and wellbeing score as measured in Survey of Adult Carers in England

More young carers are identified by both council services and partner organisations

More young carers are identified via the school census to make more informed strategic decisions.

Waiting times for carer conversations have been reduced with 100% allocated in 6 weeks

Enhanced evaluation of satisfaction with carers breaks

Improved uptake of and processing time for young carer conversations

All young carers who request a Transition Assessment receive one

Improvement in attendance rates for young carers due to additional support in education settings.

Increased traffic to online pages and resources providing information and advice to carers

Increased uptake of Carer's Emergency Card scheme

Improved satisfaction scores with relevant services measured in Survey of Adult Carers in England

Young Carers record improved outcomes in the Bristol Pupil Voice Report.

Implementation:

Our vision and priorities are underpinned by an unwavering commitment to co-production. The strategy delivery will be owned by the Bristol Carers Voice (BCV). Following the publication of this strategy, a five year action plan will be co-produced with carers, partners and voluntary and community groups, based on the vision and priorities of the strategy.

Introduction

Thank you

This strategy would not have been possible without the hundreds of carers who shared their lived experience and insights on the challenges facing them and the information and support that they need.

We are extremely grateful to every single person that attended workshops, online sessions and face-to-face events, and those who took the time to contribute to the online consultation.

Your feedback has been essential in helping this strategy reflect what matters most to carers in Bristol. It will guide the actions we take over the next five years to ensure that the support and services available truly meet the needs of those who care for others.

We hope that carers and partners across Bristol will continue to support us to develop and achieve the actions and ambitions resulting from this strategy.

Who do we mean when we talk about carers?

Bristol City Council use the King's Fund definition of an unpaid carer as "anyone who provides care, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support".¹

A young carer is a person under 18 who provides or intends to provide care for another person (unless under a contract or as voluntary work). A young carer may care for a family member or friend with an illness or disability, mental health condition or an addiction.² For the purpose of this strategy we recognise that for young adult carers, aged between 16 and 25, important transition stages of life require a transition needs assessment and we have therefore defined this group as a distinct category. Further definitions of different types of carers can be found in the glossary.

Caring is different for each individual and the circumstances they face, but includes parents supporting children with a disability, adults supporting family members with long term conditions, children and young people supporting parents and siblings and family members and friends supporting children under other arrangements such as private fostering.

Caring may carry out a range of tasks for the person they care for, including but not limited to:

- **Practical tasks:** cooking, cleaning, and shopping
- **Physical tasks:** helping someone move, get out of bed, or stay mobile
- **Emotional support:** listening to and comforting someone who is distressed
- **Mental health support:** maintaining relationships with family and friends, providing emotional support or speaking to professionals on behalf of the cared for person
- **Personal care:** assisting with dressing, bathing, or using the toilet
- **Financial management:** handling bills, budgeting, and managing benefits
- **Medication support:** collecting prescriptions, managing doses, and liaising with health professionals
- **Communication:** helping someone express their needs or navigate services

Carers make an extraordinary contribution, often putting the needs of others above their own. This strategy acknowledges that sacrifice and seeks to ensure carers are supported to maintain their own well-being and aspirations.

National data and context

Data and demographics

58% of carers are women. More women than men provide high intensity care at ages when they would expect to be in paid work ³



The age cohort with the highest proportion of people providing unpaid care is

55-59 years olds ⁴

The average young carers spend **25 hours a week** looking after loved ones ⁵



£12,000

Unpaid care of young carers and young adult carers is estimated to save national and local government around £12,000 a year per cared-for person ⁶

2.7% of the population provide **50+ hours** of care each week ⁷



£162bn

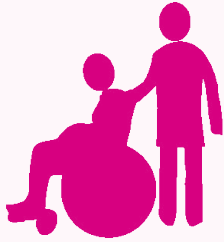
Unpaid carers contribute £162bn per year to the economy of England and Wales ⁸

There are around **5 million** carers across England and Wales ⁹



There are between **800,000 and 1 million** young carers and young carers in England and Wales ¹⁰

Impact of caring on carers



1 in 7 Around one in seven of all workers in the UK are juggling work with caring responsibilities.

1.2m unpaid carers live in poverty in the UK, with the poverty rate 50% higher amongst those who provide care compared with those who don't.



60% of carers report a long-term health condition or disability compared to half of non-carers.

Caring for others can have a significant impact on a carer's financial security. Around one in seven of all workers in the UK are juggling work with caring responsibilities.¹¹ 75% of carers in employment worry about continuing to juggle work and care.¹²

More than half of carers juggling work and care can't afford to take unpaid Carer's Leave, and 78% say access to paid leave would help them better balance work and caring responsibilities.¹³ 1.2 million unpaid carers live in poverty in the UK, with the poverty rate 50% higher amongst those who provide care compared with those who don't.¹⁴

Support via the Carer's Allowance is vital for carers who are unable to combine work with care, but it is the lowest benefit of its kind (£81.90 per week in March 2025). Carers can currently receive the Carer's Allowance if they earn less than the equivalent of 16 hours of the National Living Wage.¹⁵

Carers' health and mental and physical wellbeing is also affected by the impact of being a carer. 60% of carers report a long-term health condition or disability compared to half of non-

carers.¹⁶ Over a quarter of carers (29%) feel lonely often or always.¹⁷

The impact of being a young carer is significant. Young carers are missing on average 23 days of school per year, more than a month in total.¹⁸ Young people who provided care have also been found to be less likely to be in employment, have lower earnings from paid employment, and have poorer mental and physical health than equivalent young people who did not provide care.¹⁹

Over 45% of young adult carers have a mental health support need, with many young adult carers saying they struggle to manage their education or working life and their caring role. 29% of young adult carers had dropped out of college or university for reasons relating to their caring role.²⁰

Carer burnout is driving an increase in referrals to adult social care services.²¹ The [ADASS 2023 spring survey](#) shows an increase in referrals due to carer breakdown, one of the main drivers being carers burnout. Only 11% of carers say they have access to appropriate support including respite and carer breaks.²²

National policy context

The National Institute for Health and Care Excellence (NICE) recommends carers should receive support which includes identifying carers, carrying out carers assessments, helping carers to stay in, enter or return to work, education and training, social and community support for carers, training to provide care and support, psychological and emotional support for carers, support during changes to the caring role and during end-of-life care.²³

The Care Act 2014 enhanced the legal duties and responsibilities that local authorities had for carers and all carers are entitled to a Carers Assessment, information, support, and advice based on the appearance of need.

The Children and Families Act 2014 supports parent carers of children with SEND, requiring local authorities to assess their needs, involve them in EHCPs, provide support services, prioritise their well-being, and ensure continuity of care when children move to adult services. The Act also mandates local authorities to evaluate young carers' needs, focusing on their impact on education, health, and well-being, and preventing inappropriate or excessive care responsibilities.

This strategy aligns with and supports the implementation of policies in accordance with national legislation and government guidance. These include:

- [Human Rights Act, 1998](#)
- [Work and Families Act, 2006](#)
- [Equalities Act, 2010](#)
- [Short breaks for carers of disabled children, 2011](#)
- [Care Act, 2014](#)
- [Children and Families Act, 2014](#)
- [NHS Commitment to Carers, 2014](#)
- [SEND code of practice: 0 to 25 years, 2014](#)
- [Young Carers \(Needs Assessment\) Regulations, 2015](#)
- [Carers Action Plan 2018-2020, 2018](#)
- [White Paper People at the Heart of Care: Adult Social Care Reform, 2021](#)
- [Adult Social Care Committee: A Gloriously Ordinary Life spotlight on adult social care, 2022](#)
- [LGA guidance on Carers and safeguarding: a briefing for people who work with carers, 2022](#)

Local data and context

Local data picture

There are nearly **34,000** unpaid carers living in Bristol according to the 2021 census, although this figure is likely to be much higher given that carers often do not recognise themselves as such.²⁴



7.6% of Bristol's population aged 5 and over are unpaid carers according to the 2021 census (a decline from 9.3% in 2011)

27% of carers in Bristol provide unpaid care for more than 50 hours each week

70% of carers in Bristol are White British. The next largest ethnic demographic of carers is Black African, Black Caribbean or Black British (6.7%), Mixed and Other (6.3%) and Asian / Asian British (5.5%).



47% of children who are young carers were Non-White British, with 55% female and 45% male.



Carers over 65 account for **11%** of all carers in Bristol and are disproportionately represented in carers who provide more than 50 hours of care a week²⁵

1 in 5

Staff training to support young carers is available at only 1 in 5 schools in the city



502 children in Bristol were recorded as young carers in the 2024 School census. This is expected to be an underestimation of the true figure however, as it is estimated that there are between 3,400 and 4,800 young carers in the city.



62% Young carers engaging in commissioned services in Bristol report spending on average 62% of their time awake caring for a loved one



SEND The number of children and young people with SEND is increasing both in Bristol and nationally, with a subsequent rise in parent and family carers. The number of children in Bristol schools with an EHCP increased 18% between 2023 and 2024.

Local policy context

Bristol City Council recognise being a carer as an additional protected characteristic. All decisions by the council must be made with consideration to the potential impacts on those who provide unpaid care.

This Strategy is part of a broad range of activity supporting our shared aim to improve provision for carers, young carers and young adult carers across Bristol. The strategy aligns with:

- **Bristol Corporate Strategy 2022-2027:** The refreshed Corporate Strategy which is to be published later in 2025 will re-iterate our commitment to improve health and wellbeing for carers, taking a public health approach to tackling health inequalities.
- **Workforce Strategy:** The refreshed Workforce Strategy published later in 2025 will set out how employees of Bristol City Council who have caring responsibilities are supported by the policies, practices and culture of the organisation. It will recognise the additional needs carers may have, including accessible transport, economic and health inequalities and a lack of recognition by service providers and society.
- **Together We Can:** Bristol's Co-production Charter 'Together We Can', signed by the council and Bristol, North Somerset and South Gloucestershire Integrated Care Board, outlines how families and local area education, health and social care services will work together in Bristol. The charter pledges to integrate co-production principles into services.
- **Belonging Strategy for Children and Young People:** The Belonging Strategy recognises the importance of good mental health and wellbeing for young people, and how this can sometimes be negatively impacted by children who are young carers. The engagement for the Belonging Strategy identified trust and love as being the key issue hindering a sense of belonging within their family, community and Bristol as a whole.
- **Our Vision for Adult Social Care** in Bristol is 'Supporting people in vibrant and diverse communities to live in a place they call home, with the people they love, doing the things that matter to them'. This includes enabling people to live as independently as possible, to be listened to, make real choices about what is important and to supported to contribute to the local community.
- **Bristol Young Carers Strategy 2021-2025:** The Young Carers Strategy works to identify and recognise children and young people who are in caring roles and to provide practical services to minimise the negative effects of caring for others on young people's life outcomes. This has been critical in developing the Bristol All Age Carers Strategy 2025 to 2030 and will be incorporated into the action plan for this strategy moving forwards.
- **Bristol SEND and Inclusion Strategy 2024-2028:** The SEND and Inclusion Strategy sets out how our partnership will work to make things better for children and young people with Special Educational Needs and Disabilities.
- **Corporate Safeguarding Policy:** The policy sets out the importance of safeguarding to all staff, elected members and individuals and agencies contracted by the Council and their roles and responsibilities to safeguard children, young people and adults at risk. Carers and those they care for may be a person at risk.

Bristol City Council's own work is connected and supported by partners across the city. [The One City Plan](#) commits the city to having identified, assessed and supported all young carers in their role by taking a 'whole family approach' to reduce the impact on their health and wellbeing by 2036-2037.

Engagement: what carers told us

“All the professionals, however good they are, have head knowledge. The carers have the emotional and the heart knowledge and that affects the people they care for”

Carer in All Age Carers Strategy Engagement Session, October 2024

In Autumn 2024, we engaged with almost 200 carers of all ages from a range of backgrounds to understand what was missing from the existing strategic priorities, and how we can best support carers through our strategy and action plan.

This engagement included an online survey of 60 carers from across Bristol and strategy engagement sessions. Of those who provided a response, 2% of respondents identified as gender queer, 73% female and 24% male. 60% of those who provided a response were White British, with 27% Asian or Asian British, 11% Other White Background and 2% Mixed or multiple ethnic groups. 30% of those who provided a response identified as a disabled person, 70% of people did not identify as having a disability.

In addition to the survey, a series of in-person and online workshops were held to understand the views of carers and what should be included in this strategy. Many of the workshops were led by partners, including Young Carers Voice, Bristol Black Carers, the Chinese Community Wellbeing Service, Rethink and the Carers Support Centre.

The themes that emerged included:

- **The importance of breaks from caring**, including both longer breaks outside of the home and flexible short-term breaks in the home when needed at short notice. However, the process to arrange a break can be too complex, slow and time-consuming. This was one of the top chosen responses in the survey to what would make the biggest difference to your experience as a carer.
- **Income maximisation**, including support to access benefits and meet the rising costs of living, particularly for those who cannot work due to their caring commitments. This was also one of the top chosen responses in the survey. Whilst resource constraints limit what Bristol City Council can offer, this is a key area for signposting carers to maximise income and support jobs.
- The need for **more joined up services**, both between council services carers interact with and between different organisations. This would prevent carers from having to tell their story to multiple people, with better understanding of the impacts on carers health, social networks and financial situation.
- **Greater recognition of the challenges that carers face**, being aware of cultural sensitivities and recognising the differences in experiences between carers, such as caring for multiple people, long term versus intermittent care.
- **Access to information, support and guidance** in a way that makes services easier for carers to navigate.
- **Carers need to be seen as an expert in their situation**. From the engagement it was clear that although many carers provide round the clock support to their cared for person their experience does not always feel fully utilised by practitioners, who should involve carers in decision making and planning.

“Being a carer, you’ve got so much responsibility, yet there’s not a lot of recognition and you’re not treated the same as in NHS care and I think it’s really important to be treated the same.”

Carer in All Age Carers Strategy
Engagement Session, October 2024

In addition, specific themes emerged from conversations with young carers and young adult carers included:

- **Young carers groups are highly valued as safe spaces** for young carers to talk, interact, have fun and play games. Dedicated groups were seen as important for raising the profile of young carers and their support needs.
- **The opportunity to spend time alone**, such as gaming, catching up on sleep or listening to music, is critical to getting a break from their caring responsibilities.
- **More support and understanding from schools** and education settings is wanted, with many carers unaware of whether support at school is provided.



Photo credit: Invisible Army for Carers Support

Priorities

Each of the priorities and strategic intentions within the strategy has been shaped by what carers told us throughout the engagement, and the data and evidence both nationally and locally in Bristol.

With limited resources, it is unfortunately not possible to do everything that carers have told us is important to them, in particular financial support for carers. Some of the actions also sit outside the

control of the council. We must focus on the most urgent and important areas to maintain and improve services, and support and influence partners when actions are outside of our control.

This strategy will guide all the work we do, so that all carers can live fulfilling lives and feel recognised, valued and supported, with timely carer conversations and appropriate information.

The priorities are:

- 1.** Early identification, recognition, respecting and valuing of children, young people and adults who are in caring roles.
- 2.** Carer conversations are timely and understand and support carers' lives outside of their caring roles, including their cultural, economic, educational, social and health and wellbeing needs.
- 3.** All carers in Bristol can access the right information and advice at the right time, for themselves and the person they care for.

Our priorities are not ranked in importance and they will be equally considered throughout the lifetime of the strategy and the development and implementation of the action plan.

Underneath each of the priorities are a set of strategic ambitions. These ambitions guide the action plan development and work we do as a council over the next five years to make a difference to the lives of carers in Bristol.

Priority 1:

Early identification, recognition, respecting and valuing of children, young people and adults who are in caring roles.

Why this is a priority

Understanding who a carer is, the community they live in and who they care for is critical. We know that often people who are providing unpaid care for friends, family and children do not see themselves as a carer and are therefore unaware of what support is available and do not seek it out.

Recognition can come from different places, such as health services, schools, or self-identification through a traumatic event. In all circumstances, identifying carers is a valuable opportunity to signpost them to appropriate support and enable them to feel valued and respected. Recognition, carer conversations and ongoing support are all important opportunities to address any safeguarding concerns for both the carer and cared for person.

For young carers, school and educational settings are vital to helping them feel recognised and respected. Young carers wish for greater awareness of what being a young carer is like to help them and their experiences feel more valued.

Through our online survey, almost three quarters of respondents (73.5%) said that this priority was of very high importance to them. Practitioners working in the area were most likely to view this priority as very high importance – 100% of respondents.

Strategic ambitions

1. All interactions with carers, from first identification to ongoing support, are undertaken through a trauma-informed approach and are an opportunity to prevent abuse or neglect to both the carer and cared-for person.
2. Communities have greater awareness of carers and their needs, improving self-identification and ensuring more people have access to available support.

3. Carers in Bristol feel respected and valued as an equal partner in care for the person they care for and are asked for their expert opinions for care plans and processes.
4. Cultural barriers to accessing services are recognised and steps are taken to reduce these.
5. Council strategies, plans and decisions across all services incorporate the impact on carers and where possible include carers in engagement and decision making.
6. Carers feel that they do not have to tell their story multiple times with greater collaboration and data sharing across partners and the council.
7. Young carers receive the help they need, regardless of which service or agency they first approach and are supported by council services and partners e.g. health, community support services and education settings.
8. Increased uptake of “Young Carers in Schools” programme to improve identification and recognition within education settings.

How will we know we are making a difference?

- Adult carers in Bristol will have an improved quality of life and wellbeing score as measured in the Survey of Adult Carers in England (SACE) and Adult Social Care Outcomes Framework (ASCOF).
- More young carers are identified by both council services and partner organisations with evidence collected via education settings and support services including social care.
- More young carers are identified via the school census and LCS/EHM to build information on young carers in the city and make more informed strategic decisions.

Priority 2:

Carer conversations are timely and understand and support carers' lives outside of their caring roles, including their cultural, economic, educational, social and health and wellbeing needs.

Why this is a priority

We know that timely and supportive conversations with carers (also known as carer assessments) are critical for improving outcomes for carers. Currently however, many carers experience lengthy delays in these conversations, meaning they have already been caring for their family member or friend for months or years before they are contacted.

Carers told us that they do not always find the process of conversations about their needs takes in to account their views, decisions and experiences. High numbers of cancellations of carer conversations by families and education settings remains a challenge which young carers identified in being able to access support. Some carers also said they struggled to make time for these conversations, given the all-consuming nature of their role.

Through our online survey, almost three quarters of respondents (73.5%) said that this priority was of very high importance to them. Timely carer conversations was also most likely to be viewed as very high importance by respondents who were carers.

Supporting carers outside their role of caring is vital to our vision for carers to live fulfilling lives and do the things that matter to them most. Breaks from caring are crucial to this, as is regular support to ensure where possible that caring responsibilities are not a barrier to education and employment.

Carers of all ages identified how important formal breaks from caring away from the home is to their health and wellbeing. Young carers identified a desire for opportunities to have a break whilst at home, through informal

'me time' to catch up on sleep and do the things they enjoy, such as playing games or listening to music.

Strategic ambitions

1. All carer conversations are conducted in a timely way and identify their individual needs.
2. Carers have access to appropriate support when they need it in a way that works for them.
3. All carers are supported to continue in work or return to work should they wish to do so.
4. Carers are able to look after their own physical and mental wellbeing and understand what support is available from the council and partners.
5. Policy development and decision making on future service provision related to carers is influenced by those in caring roles including co-production with carers in all teams and educational settings.
6. Parent carers are well supported and have access to valuable peer support opportunities.
7. Opportunities to have breaks from caring, both in and out of the home, are available to all carers. Young carers can have time away from caring responsibilities to support their education and achieve their goals.
8. A dedicated offer for young adult carers with peer support is co-produced to support young adult carer's lives.

How will we know we are making a difference?

- Waiting times for carer conversations have been reduced (average time) and more carer conversations are conducted in a timely way (100% of carer conversations are allocated within six weeks).
- Enhanced evaluation of satisfaction with carers breaks, with a target set to demonstrate improved service satisfaction.
- Improved uptake of and processing time for young carer conversations.
- All young carers who request a Transition Assessment receive one between the ages of 16 and 24.
- An improvement in attendance rates for young carers due to additional support in education settings and a consistent post-16 offer for young carers and young adult carers.



Photo credit: Invisible Army for Carers Support

Priority 3:

All carers in Bristol can access the right information and advice at the right time, for themselves and the person they care for.

Why this is a priority

It is essential that carers and the person they care for are supported with the most up to date information in a way that works for them.

Advice should be available in accessible formats as widely as possible. However, we know that accessing information and advice is not always as easy as it should be. Carers told us that they do not have time to look through multiple websites, and that information can often be difficult to access.

Through our online survey, almost three quarters of respondents (73.5%) said that carers being able to access the most appropriate information and advice at the time they need it was of very high importance to them, with all respondents saying the priority was of some importance.

From the engagement it was clear that carers feel speaking to other carers is a good way to access advice and reduce loneliness, as caring can often be an isolating experience. Young carers in particular find that young carer support networks are often the best place to find advice, with a space to talk to someone that they trusted and who understood their experience essential.

Strategic ambitions

1. Information and advice for carers is consistent across the council and all organisations that support carers.
2. A single place containing all information, advice and guidance related to caring is available and easy to access as an all-life stages directory across the council and partners.
3. Information is accessible to carers in a way that is appropriate to the specific needs regarding age, gender, race, disability, culture and religious belief.

4. Carers feel less isolated and more supported through regular contact with, and information about, support services.
5. Mental health and wellbeing information and advice for carers is improved.
6. Communication between organisations working with carers is enhanced through service delivery incorporating the NHS Five Ways to Wellbeing Model²⁶.
7. Local Offer for children and young people with SEND and their parent carers is easy to use and includes relevant information around caring.

How will we know we are making a difference?

- Increased traffic to online pages and resources providing information and advice to carers with increased uptake of [Carer's Emergency Card scheme](#) enabling emergency care and discounts for adult carers.
- Improved satisfaction scores with relevant services as measured in the Survey of Adult Carers in England (SACE) and Adult Social Care Outcomes Framework (ASCOF).
- Young Carers record improved outcomes in the Bristol Pupil Voice Report.

Ownership and Implementation

This strategy is the beginning of our 5-year programme to improve support for carers in Bristol. The strategy delivery will be owned by the Bristol Carers Voice (BCV).

Following the publication of this strategy, an action plan will be co-produced with carers, partners and voluntary and community groups. The action plan will be framed around the three priorities within this strategy and developed through the All Age Carers Strategy Action Group. The actions will respond to the strategic outcomes underneath each priority area.

The All Age Carers Strategy Action Group will consist of the council, partners and carers and will meet to discuss the strategy and the actions needed to make it a reality, considering available resources. This will be supplemented by additional further work with key cohorts of carers, such as young carers and parent carers.

The action plan will be developed by the end of 2025. Once the action plan has been developed, a mid-strategy and action plan review will take place by December 2027. This will be overseen by Bristol City Council and taken to the Bristol Health and Wellbeing Board to provide oversight.

We cannot make all of the change alone. The commitment of key partners including the West of England Combined Authority (WECA) and the Bristol, North Somerset and South Gloucestershire Integrated Care Board (ICB) is crucial in supporting the strategy and action plan to drive change.

Together, we can make sure Bristol is a city where people who provide care feel recognised, valued and supported and live fulfilling lives by doing the things that matter to them most.



Glossary

Term	Meaning
Carer	Anyone who provides care, 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. Examples of unpaid carers include those supporting a relative with a long-term health condition, a friend with a mental health issue, or a parent caring for a child with special educational needs and disabilities (SEND), who may require additional support for daily activities, learning, or social inclusion.
Carer Conversations (also known as Carers Assessment)	As well as assessing the needs of the person you care for, Bristol City Council provide a carer's assessment to see what help you might need in your caring role. We have referred to these throughout the strategy as carer conversations, as the engagement with carers made clear that 'assessment' was viewed negatively by most carers. The kind of help and support you could get includes breaks from caring to give you a break, information on local support groups, help with caring and equipment to help you in your caring role.
Hidden Carers	Carers who may not recognise themselves as a carer and consequently be less likely to access support. Family relationships, cultural differences and the type of care provided can all influence whether carers are at more risk of being hidden.
Kinship Care	An arrangement where the child lives with a relative or other individual with whom they have a pre-existing relationship (eg grandparent, aunt or uncle, brother or sister or family friend).
Parent / Family Carers	Parent and family carers can provide support for their children, including grown up children if they cannot manage without their help. They can be ill, disabled or have mental health and substance misuse problems. Parent carers are recognised under UK law and are entitled to assessments and support to assist them in their caregiving role.
Partner	A partner is any organisation which Bristol City Council works regularly with, formally or informally, to achieve a shared goal. These might include West of England Mayoral Combined Authority and the Bristol, North Somerset and South Gloucestershire Integrated Care Board (ICB).
Priorities	The most important factors to focus on for Bristol City Council, based on what carers have told us and the local and national data and policy context.
Stakeholder	A stakeholder is a person, group or organisation with a vested interest, or stake, in the decision-making and activities of a business, organisation or project.
Strategic ambitions	What we hope to achieve for carers in Bristol over the next 5 years as a result of the All Age Carers Strategy.
Strategy	Outlines the vision, key priorities and ambitions for carers services in Bristol over the next 5 years.
Young Carer	A person under 18 who provides or intends to provide care for another person (unless under a contract or as voluntary work).

Reference list



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12. [Carers UK, State of Caring 2022](#)
13. [Carers UK, 2024](#)
14. [Carers UK, Poverty and financial hardship of unpaid carers in the UK, 2024](#)
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25. [JSNA, 2024](#)
26. [5 steps to mental wellbeing - NHS, 2025](#)