

Crossroads Care Surrey

Together, we can help reach more of Surrey's Carers to make a life of their own outside of their caring role.

As a result of the coronavirus outbreak, many people across Surrey have been taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and need support. It can be a very challenging, exhausting and isolating experience.

As Surrey's leading charity providing respite breaks for unpaid carers, Crossroads Care Surrey is very proud of the work it does easing the strain on those who care for loved ones round-the-clock.

In 2020 alone **it helped 2,106 unpaid carers in Surrey** by regularly lending a hand with care to 1,654 loved ones so people who care can have a break and recharge both physically and emotionally. Without including the wider impact on friends and extended family, the charity helped 3,760 people.

However, there is much more to be done: it is estimated there are 119,000 unpaid carers living in Surrey and around 900 currently on the Crossroads Care Surrey waiting list.

One of the most important things for someone caring for their loved ones is ensuring they also get time to themselves – to relax, go out with friends, enjoy their hobbies or just chat without having to focus on the person they care for. This only comes with the knowledge that the person with care needs is in good, reliable, safe hands.

Carers need to be recognised earlier in their caring journey and get help and support earlier, so reducing the risk of isolation happening.

Carers also need to be appreciated for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding in their community. It is vitally important that we acknowledge the contribution carers make to their families and local communities, workplaces and society, and that they in turn get the support they need.

If you are (or know someone who is) caring for a loved one and would benefit from support, please visit our website: <https://crossroadscaresurrey.org.uk/care-home>

If you share the mission to improve the quality of life of Surrey's unpaid Carers by enabling them to take a break from caring with peace of mind and would like to donate in support of this work please visit Crossroads Care Surrey's website or contact the Charity Fundraising Officer, Peter on 01372 237164 or at peter.butterworth@crossroadscaresurrey.org.uk.

I hope, like us, you will be inspired by the feedback from the Carers we support, for example:

'I am most grateful for a three-and-a-half hours per week of respite, which enables me to recap my energy, relax and enjoy myself. It is a grateful pleasure to welcome our carer each week- for both me and my husband.'

Crossroads saved my marriage. Having a regular break, means my wife and I have special time together, away from caring for our son

'Crossroads have given me back something I thought I'd lost, which is time for me. The charity have been pivotal in helping me keep a bit of my social life, giving me time to explore my creative side and allowing those all-important moments when I've been so exhausted I needed extra time to sleep.'

I am most grateful for a three-and-a-half hours per week of respite, which enables me to recap my energy, relax and enjoy myself. It is a grateful pleasure to welcome our carer each week- for both me and my husband.

SERVICE USER

My husband and I care round-the-clock for our two young disabled children, we are always exhausted, but thanks to Crossroads we can catch up on some much needed rest

It's so important to be able to go to medical appointments on my own and then to sit alone and enjoy a cup of coffee in peace.

Thanks to Crossroads, I can have a moment just for me. I've taken up golf again and have met some new friends too.