

Appendix I – Adult Carers’ Engagement Report 2024

A survey for adult carers in Reading was launched on 5th June 2023.

This survey ran until 31st July 2023.

The responses from this survey, the young carers’ survey which ran alongside this and findings from 4 focus groups with adult carers in Reading have informed the development of the Joint All Age Carers’ Strategy and Action Plan for Reading, due to launch in July 2024.

Please find below the full survey responses to the Adult Carers’ Survey.

Unpaid Carers - Have your Say!

<https://consult.reading.gov.uk/dachs/carers-needs-assessment-survey-2023>

This report was created on Thursday 07 September 2023 at 10:16

The activity ran from 05/06/2023 to 31/07/2023

Responses to this survey: **75**

1: What is your postcode?

There were 75 responses to this part of the question.

2: Please tick all that apply:

There were 75 responses to this part of the question. Respondents were able to choose more than one box for this question. Below is a breakdown of responses, including where respondents selected more than one option.

Table 1 Summary of Responses to Q2

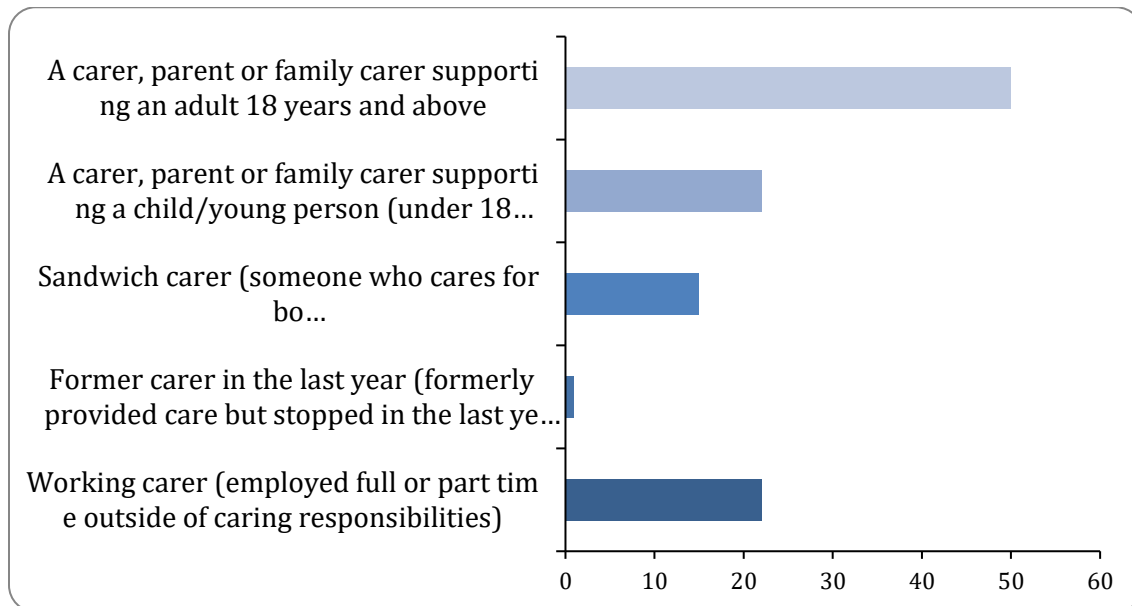


Table 2 Summary of Responses to Q2

Option	Total	Percent
A carer, parent or family carer supporting an adult 18 years and above	50	66.67%

A carer, parent or family carer supporting a child/young person (under 18 years) with additional needs	22	29.33%
Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	15	20.00%
Former carer in the last year (formerly provided care but stopped in the last year)	1	1.33%
Working carer (employed full or part time outside of caring responsibilities)	22	29.33%
Other – please state	0	0.00%
Not Answered	0	0.00%

65.3% of respondents ticked 1 box only; 34.6% of respondents ticked more than 1 box

Table 3 Detailed breakdown of all responses to Q2 including responses where multiple options were selected

Option	Total	Percent
A carer, parent or family carer supporting an adult 18 years and above	32	42.6%
A carer, parent or family carer supporting an adult 18 years and above + Working carer (employed full or part time outside of caring responsibilities)	8	10.6%
A carer, parent or family carer supporting an adult 18 years and above + Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	5	6.6%
A carer, parent or family carer supporting an adult 18 years and above + Working carer (employed full or part time outside of caring responsibilities) + Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	3	4%
A carer, parent or family carer supporting a child/young person (under 18 years) with additional needs	12	16%
A carer, parent or family carer supporting a child/young person (under 18 years) with additional needs + Working carer (employed full or part time outside of caring responsibilities)	5	6.6%
A carer, parent or family carer supporting a child/young person (under 18 years) with additional needs + Sandwich	1	1.33%

carer (someone who cares for both sick, disabled or older relatives and dependent children)		
Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	2	2.6%
Working carer (employed full or part time outside of caring responsibilities)	3	4%
Working carer (employed full or part time outside of caring responsibilities) + Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	2	2.6%
A carer, parent or family carer supporting an adult 18 years and above + A carer, parent or family carer supporting an adult 18 years and above + Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children)	1	1.33%
A carer, parent or family carer supporting an adult 18 years and above + A carer, parent or family carer supporting an adult 18 years and above + Sandwich carer (someone who cares for both sick, disabled or older relatives and dependent children) + Working carer (employed full or part time outside of caring responsibilities) + Former carer in the last year (formerly provided care but stopped in the last year)	1	1.33%
Not Answered	0	0.00%

3: How many people do you care for?

There were 75 responses to this part of the question.

Table 4 Summary of Responses to Q3

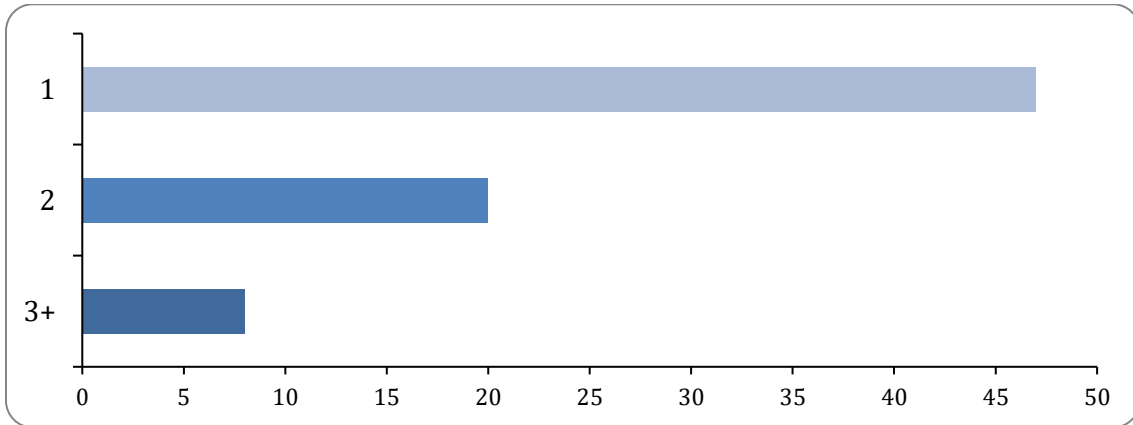


Table 5 Summary of Responses to Q3

Option	Total	Percent
1	47	62.67%
2	20	26.67%
3+	8	10.67%
Not Answered	0	0.00%

4: Tell us about the circumstances of the person/people you look after:

There were 74 responses to this part of the question.

Table 6 Summary of Responses to Q4

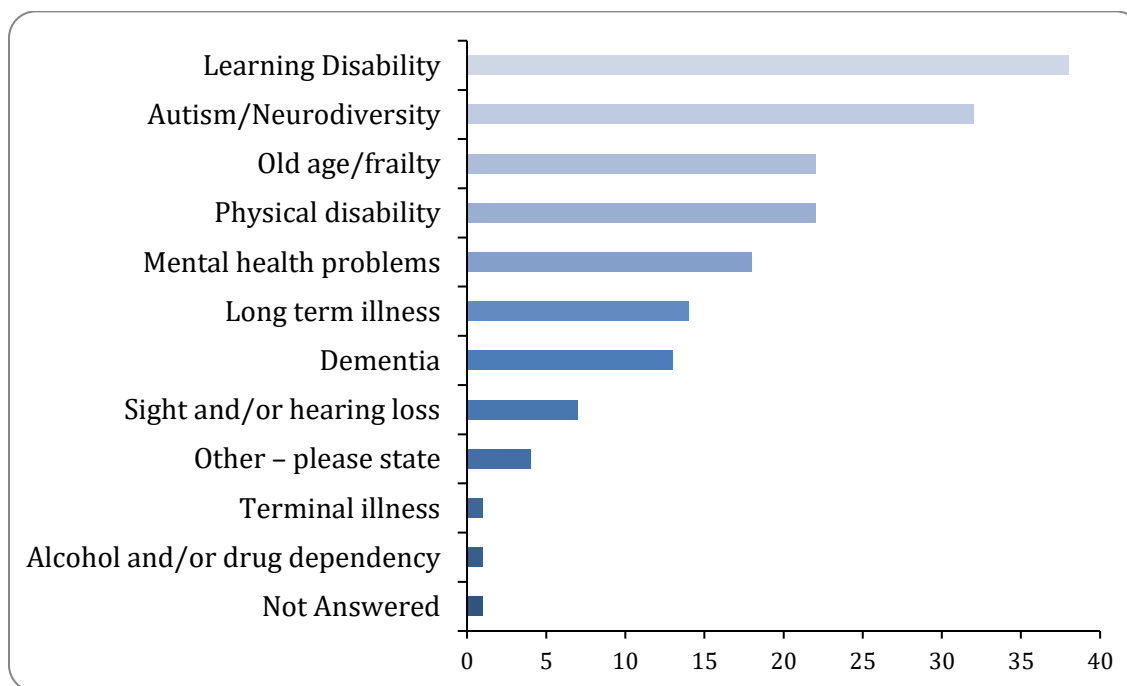


Table 7 Summary of Responses to Q4

Option	Total	Percent
Old age/frailty	22	29.33%
Dementia	13	17.33%
Terminal illness	1	1.33%
Long term illness	14	18.67%
Learning Disability	38	50.67%
Autism/Neurodiversity	32	42.67%
Mental health problems	18	24.00%
Sight and/or hearing loss	7	9.33%
Physical disability	22	29.33%
Alcohol and/or drug dependency	1	1.33%
Other – please state	4	5.33%
Not Answered	1	1.33%

Other - Please State - There were 8 responses to this part of the question. These responses included the following:

ADHD for one adult child and one complex health condition with epilepsy, learning disability and physical disability.

Memory concerns

Stroke Survivor

Diabetes, mild cognitive impairment, balance issues

Plus have my Nan once a week for the day who is poorly

Epilepsy

Arfid restricted eating disorder

Down Syndrome

5: How long have you been caring for someone (or if you are a former carer how long did you care for someone)?

There were 75 responses to this part of the question.

Table 8 Summary of Responses to Q5

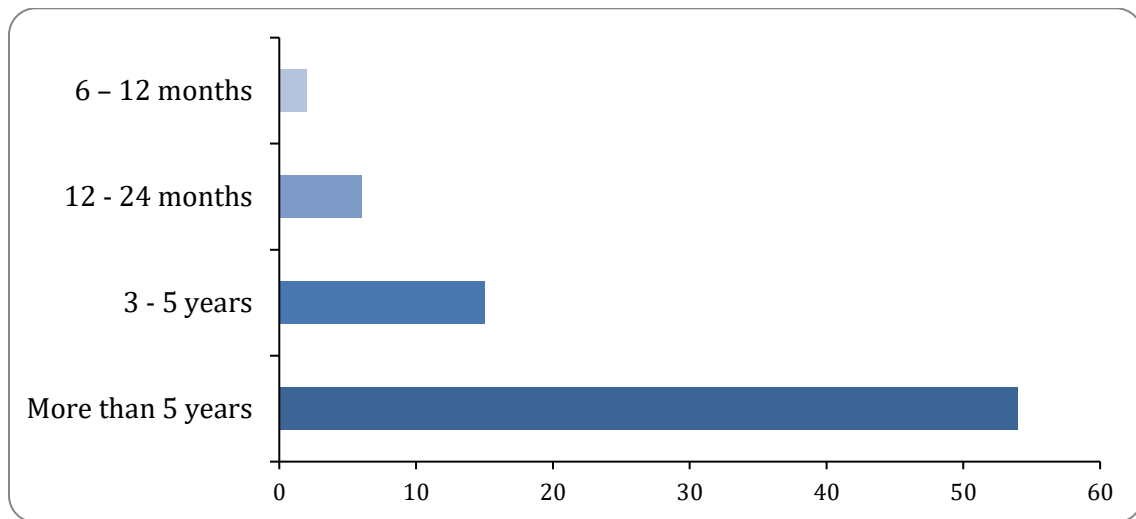


Table 9 Summary of Responses to Q5

Option	Total	Percent
Less than 6 months	0	0.00%
6 - 12 months	2	2.67%
12 - 24 months	6	8.00%
3 - 5 years	15	20.00%
More than 5 years	54	72.00%
Not Answered	0	0.00%

6: How did you first know you were a carer?

There were 69 responses to this part of the question.

Table 10 Summary of Responses to Q6

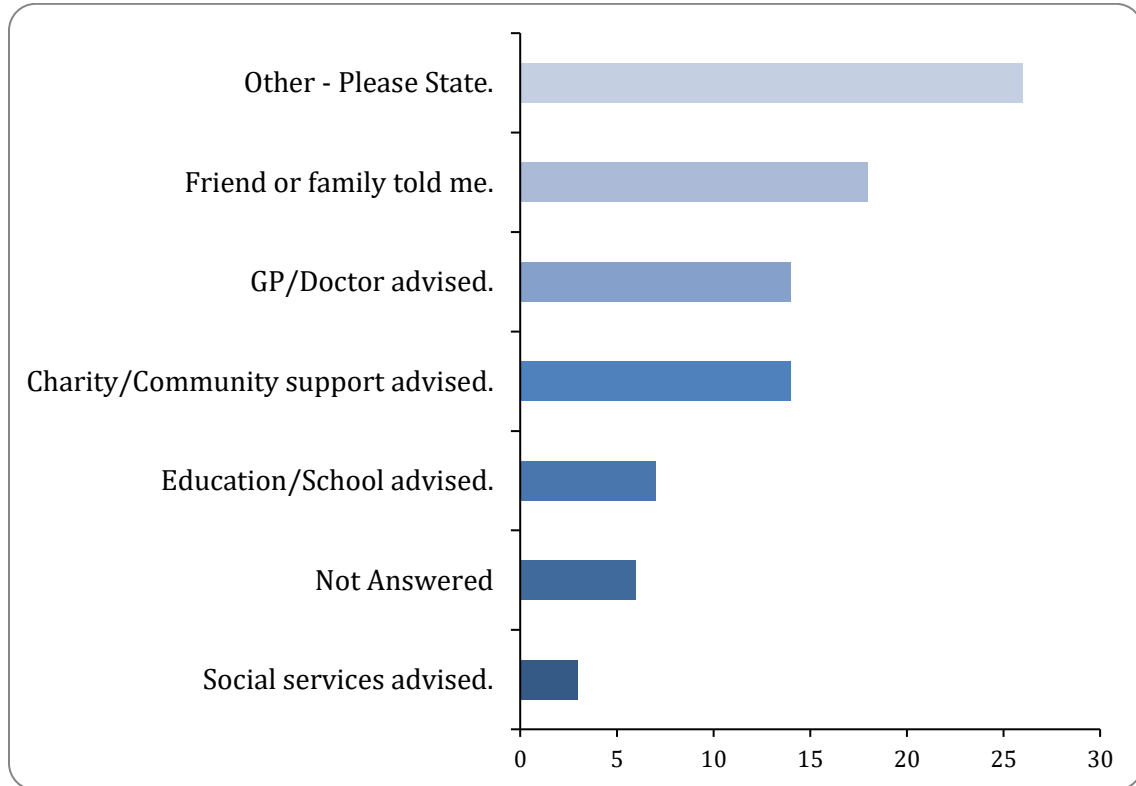


Table 11 Summary of Responses to Q6

Option	Total	Percent
GP/Doctor advised.	14	18.67%
Social services advised.	3	4.00%
Education/School advised.	7	9.33%
Friend or family told me.	18	24.00%
Charity/Community support advised.	14	18.67%
Other - Please State.	26	34.67%
Not Answered	6	8.00%

Other - Please State

There were 30 responses to this part of the question.

These responses most commonly included:

- Finding out through work, including from a staff wellbeing team and a workplace diversity survey
- Knowing from the birth or the early years of the individuals' child
- Going through the process of applying for a carers parking permit
- Whilst getting a flu vaccination
- Told by health visitor
- Many instinctively know or felt it was an obvious role/self-recognised

Full set of responses below:

- It's obvious given my caring responsibilities
- From work
- From birth my daughter has been severely disabled. She is now 49!
- My employer informed me through the staff wellbeing department
- My responsibilities for looking after family members significantly increased.
- I'm just supporting my mum
- I am aware when I got a flu jab
- He's my son
- By doing the sole care role since birth
- From their birth...more than 40 years ago
- I recognised it
- I came to my own conclusions that I am a carer because of the help that I provide to two individuals.
- I knew .
- Pretty obvious, I'm the person here 24/7 looking after my husband
- Didn't realise until I had to apply for a carers parking permit and saw this survey
- doing more than a parent does for my daughter
- When my sons were diagnosed with autism in 2010 and 2011 by Dingley children's unit nhs. Now camhs.
- I knew myself
- I realised. Partly through a workplace diversity survey which includes a question on caring responsibilities.
- Came naturally mother suffering a stroke and blindness and paralysis and dad heart surgery
- Always knew
- Health visitor
- When my son was born and diagnosed as profoundly disabled, I knew I would be a carer for the rest of his life
- I'm a mother
- It's obvious
- From birth
- I am the parent

- Mencap
- Since she was about 2 years old
- From a year old when my son was 6cm

7: How much time do you spend caring per week?

There were 75 responses to this part of the question.

Table 12 Summary of Responses to Q7

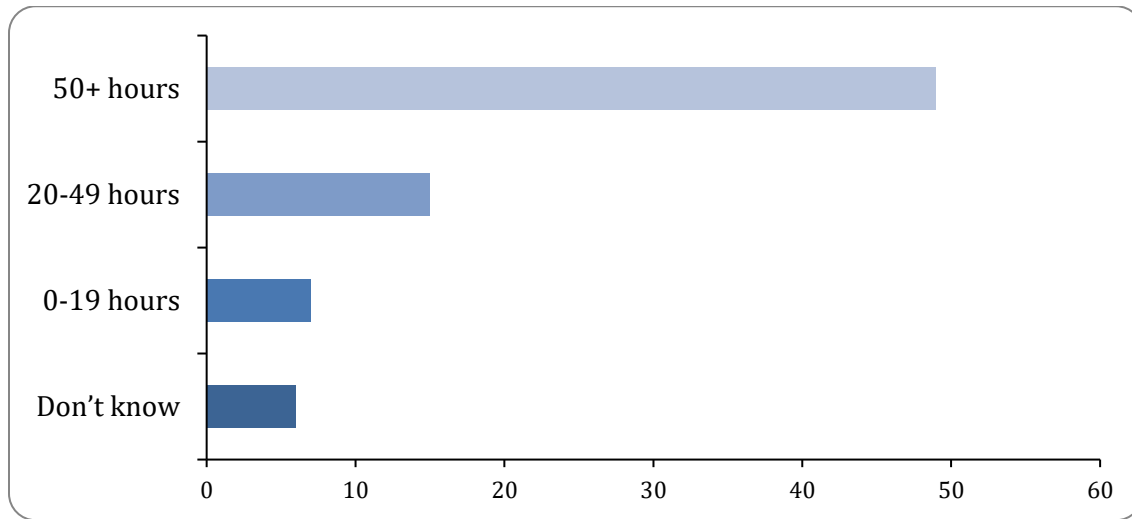


Table 13 Summary of Responses to Q7

Option	Total	Percent
0-19 hours	7	9.33%
20-49 hours	15	20.00%
50+ hours	49	65.33%
Don't know	6	8.00%
Not Answered	0	0.00%

8: Are you registered as a carer with your GP?

There were 75 responses to this part of the question.

Table 14 Summary of Responses to Q8

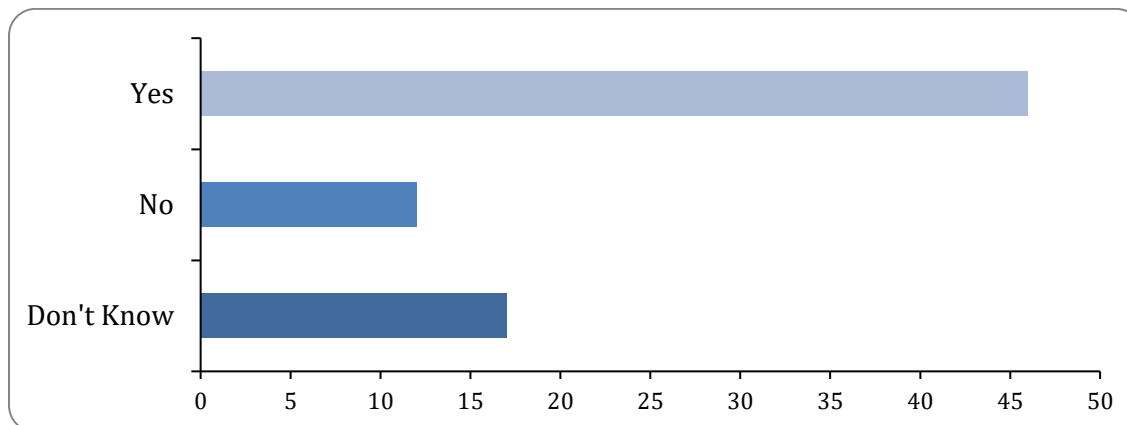


Table 15 Summary of Responses to Q8

Option	Total	Percent
Yes	46	61.33%
No	12	16.00%
Don't Know	17	22.67%
Not Answered	0	0.00%

If you answered yes, please tell us how this has made a difference, if at all:

There were 37 responses to this part of the question. These responses most commonly included:

- This made no difference at all (20 responses)
- Earlier invitation for vaccination including flu and Covid-19 vaccines (9 responses)
- GPs/practice staff are more understanding – this included examples of GPs speaking to carers over the phone in the place of their cared for person and being able to access appointments more easily (7 responses)
- Easier to manage prescriptions for the cared for person (3 responses)
- Able to access an annual health check (3 responses)

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Full set of responses below:

- Got my covid Jab earlier but nothing else to mention
- It hasn't
- Invited for covid & flu vaccine
- No benefit is there ?
- it hasn't
- Being able to manage drugs and prescriptions. Attendance allowance for the person I care for
- We are accommodated much faster than the average patient
- It doesn't benefit me and my husband . We are retired. Are doctors are very understanding we take our son to his Drs appointment.
- None
- No
- Nothing, Just get called to have the annual flu jab.
- It hasn't
- Ability to get flu jabs and also Covid vaccines
- I'm not sure it's changed anything
- Not much
- It has not helped in any way still have to wait and go through the norm to get appointments .
- Hadn't, yet
- Annual health check.
- it hasn't
- I was allowed a flu jab last year
- It hasn't so far
- better understanding from people .
- getting covid vacs etc...
- I get a flu jab.
- Not sure of any other benefits of being registered
- I was offered the Covid vaccinations at the earlier stages.
- The surgery has dispensed one of my sons adhd medication to the chemist.
- It hasn't
- Not sure.
- They are generous with appointments for my husband.
- Until the 2023 booster (for which I was not eligible) the GP has usually given me covid and flu immunisations at the same time as him.
- Nothing has changed.
- It has made absolutely no difference whatsoever
- they listen to me more and deal with things quicker some time
- Not much
- The practice has been very helpful
- Can access medications more easily
- Dr now talks to me on phone instead of insisting on speaking to [cared for]
- Have an annual health check
- No benefit with the exception of annual health check

- Not at al.. Don't even know if they have it on notes even though forms completed.

9: Do you know that as an unpaid carer you are entitled to a free carer's assessment?

There were 75 responses to this part of the question.

Table 16 Summary of Responses to Q8

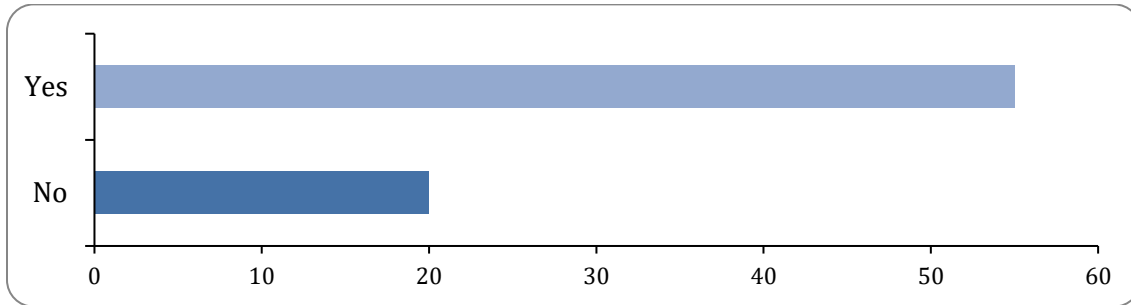


Table 17 Summary of Responses to Q8

Option	Total	Percent
Yes	55	73.33%
No	20	26.67%
Not Answered	0	0.00%

10: If yes - Have you had one?

There were 63 responses to this part of the question.

Table 18 Summary of Responses to Q10

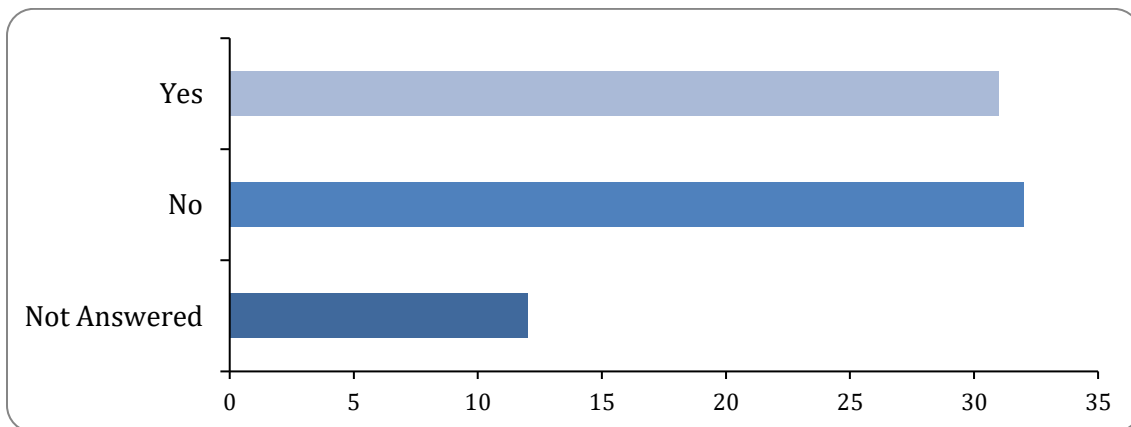


Table 19 Summary of Responses to Q10

Option	Total	Percent
Yes	31	41.33%

No	32	42.67%
Not Answered	12	16.00%

11: If you have had a carer's assessment, when was this and what was your experience of this process?

There were 37 responses to this part of the question. There were 2 positive responses:

Including:

- The process was long but thorough. It made me feel worthy and that someone does care how I am.
- Very good

Most responses detailed a negative experience with main themes including:

- The process and carers assessment itself being time consuming, frustrating and emotionally challenging
- One carer described a carers assessment as 'hard work to get little back' and this feeling was noted across many other responses
- Lack of communication with the carer around the outcome or progress of the assessment
- Delayed financial support, if any with carers waiting for nearly a year to receive this support following their carers assessment
- Many carers shared a poor experience of this process with the previous commissioned provider including the loss of paperwork and information for carers assessments which were in progress during the handover to the new commissioned provider
- Changes of policy, process or approach from Brighter Future for Children and Reading Borough Council around carers support including carers' experiences not matching information on the organisations' websites
- Lack of understanding from social care employees (for both Brighter Futures for Children and Reading Borough Council) and previous commissioned provider around the experience of carers
- Delays in formal diagnosis impact when carers are able to access formal support, leaving some carers waiting for years to receive any support as a result of diagnosis backlogs
- The process is stressful and gets harder each year, with more hoops to jump through
- A few carers noted that they have not gone through this process as they have been told, or assume themselves, that they will not receive any support anyway

Full set of responses below:

- (in) 2022
- Not a good experience would be reluctant to do another when life is extremely busy doing an assessment was time consuming and frustrating
- It is a complete and utterly shambles
- Brighter Futures has changed its policy multiple times but currently if child known to children's social care they won't even consider carers needs and say no funds available. Even though the website says different
- It's a joke really, will be interested to see what this joined up carers strategy amounts to since the LA appears to be in denial about carers needs and what the law says.
- Yes, it becomes very stressful and harder each year with more hoops to jump through
- I didn't have a carers assessment as I was told by the person doing it I wouldn't get any support anyway
- carer's assessment 8 years ago but asked me to refer my daughters for a Child in Need assessment.
- My needs were ignored. Told by my daughter's Social Worker that she couldn't understand why I couldn't cope with caring for 2 disabled children while having a serious health condition myself. Also questioned as to why I couldn't afford to pay for care on benefits. Whole process took a year and the LA had still not decided if my daughters qualified for support so I stopped the assessment.
- no benefit to me what so ever
- I have not had a carers assessment for many years
- Very good.
- As I am working full time, I haven't applied as I presumed that I wont be entitled
- Ages ago
- (in) May-23
- Haven't heard anything back
- Slow but okay
- Approximately 2 years ago.
- The experience was awful. The assessment was done by phone. The original appointment was not attended by TuVida and had to be rescheduled. The assessor had minimal knowledge of the experiences of parents to disabled children and was audibly shocked at situations I described that are actually typical experiences of my peers.
- I was very happy to see that they lost their contract for carrying out their assessments.
- Don't know when this was and
- the experience was difficult
- Several years ago.
- it was last year and social services had to re do it because the Tu Vida made an absolute mess of it.
- An unqualified person assuming that my husband has aphasia following his stroke even though he was having a conversation with her, making statements about me that were untrue

- Advised we don't meet the threshold as son only has a working diagnosis and ehcp not ready till sept 2023. Therefore, due to the backlog for diagnosis and wait for ehcp it's unlikely that any carer can access help from disability team till the child is 4-5 yrs old and due to start school.
- hard work to get a little back
- (in) 2022
- The form was long and emotionally challenging I needed help from Reading Mencap to complete it.
- It was in May 2022 when I had a Carer's Assessment which was conducted by the then TuVida.
- The process was long but thorough. It made me feel worthy and that someone does care how I am.
- Unfortunately, the assessment wasn't taken any further when Reading Mencap took over. I have spoken with them about it but I have been reluctant to have a new assessment done due to my recent illnesses. I wish the transition didn't lose those assessments that were in the process of being approved.
- I had a carers assessment through mencap but I never received a paper copy and I think that it needs to be re done, as there's no contingency plan in place.
- I had an assessment last July.
- The first was lost, it was resubmitted and I received a payment of £300 in December 2022 after lots of chasing
- Last December.
- Helped to fill in form by Communicare. Have heard nothing more
- It was awful. Done by tuvida they didn't record my information accurately after spending hours pouring my heart out. Then they lost my paperwork. Then the council said TuVida no longer do them and now we don't have one. Absolutely awful experience!
- long time ago
- lot of work for little return
- Carers assessment done September 2022 ...
- to this date have only had a letter to say assessment has been received but nothing has been done with the assessment and no further communication from Reading Borough Council!!
- It was this year. I received a grant.
- In last three months I was visited by a lady from a coo uni care organisation based in Reading. And she had gone through some questions and we had a detailed conversation about the situation and how I am feeling about the situation in regards to my wife.
- Lots of forms,
- very little help for my circumstances.
- School supported me a bit. I myself was having mental health crisis but because my child was ok. Fed and clean I was denied any support for my son or myself from local authority.
- Long doing form and still waiting since form done last year
- still waiting since done firm from last year
- The carer lead at the Hospital referred me. The application form did not recognise carers who care for more than one person.
- I got a call from the Council, asking what support I expected. I was told that Council Tax payers money was involved - made to feel I was 'on the take'. Then that a

committee had met and there was to be no support.

- I have no idea what support is even available to carers from RBC and would not contact them again to find out.
- In the past, I have been successful in receiving funds. During 2022 I submitted a Carer's Assessment in July 2022, but it wasn't until June 2023 that funds were received.
- Had one nearly a year ago but then there was a re-organisation. Still received a small grant 8 months or so later.
- By phone May 2023 -
- OK experience
- My Carer's Assessment has been completed by Mencap but has not been processed by Reading Borough Council yet

12: Does your caring role impact your ability to access paid employment?

There were 74 responses to this part of the question.

Table 20 Summary of Responses to Q12

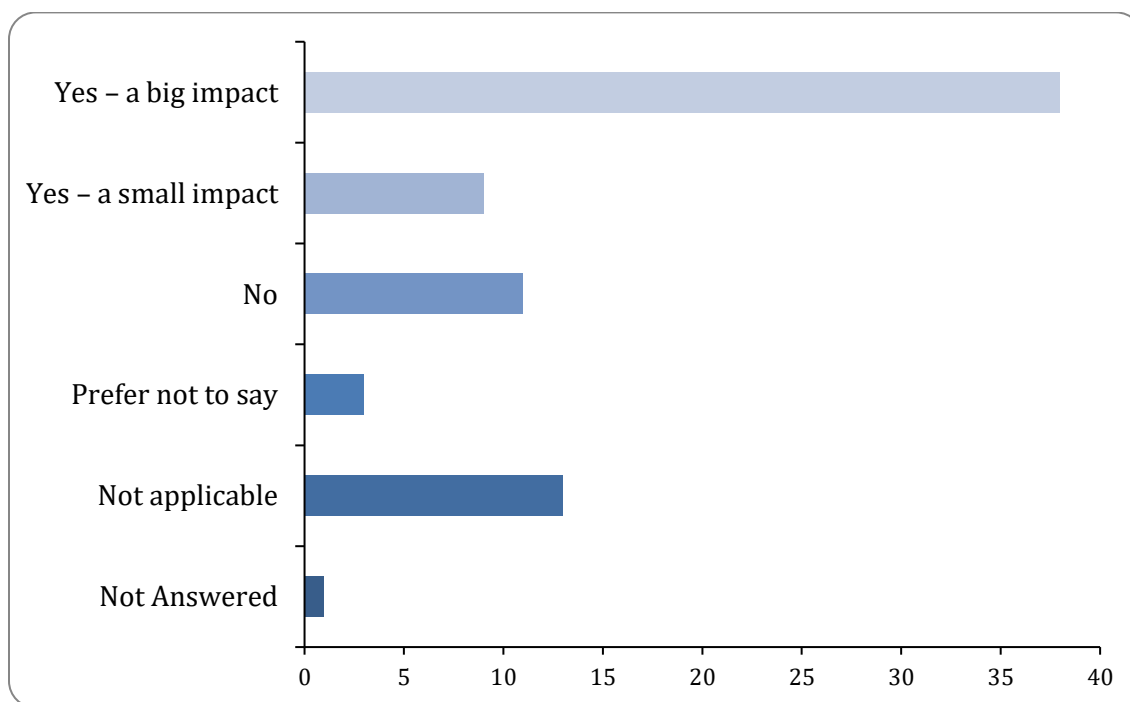


Table 21 Summary of Responses to Q12

Option	Total	Percent
Yes – a big impact	38	50.67%
Yes – a small impact	9	12.00%
No	11	14.67%
Prefer not to say	3	4.00%
Not applicable	13	17.33%
Not Answered	1	1.33%

If yes, tell us how it is impacted

There were 40 responses to this part of the question. Most responses included the following themes:

- A need to reduce working hours to be able to carry out caring role
- A need to stop working altogether to be able to carry out caring role, this included people giving up a teaching career and being a foster carer
- Unable to work away from home or full time due to caring responsibilities
- A need to become self-employed to manage work around caring responsibilities
- Lack of free childcare limiting potential employment to term time, part time hours
- Lack of respite available to allow carer to work
- Feeling like you can't leave a job when you find an employer who allows flexible working and understanding the responsibilities that come with being an unpaid carer
- A need for one parent/carer to provide unpaid care while the other parent/carer works – challenges arising after relationship breakdown including parent/carer who worked needing to give up work to take on full caring responsibilities
- Feeling unable to progress into more senior roles due to caring responsibilities
- Lack of trust to leave child with anyone else due to vulnerabilities of cared for child
- Changes in the needs of the cared for person limits carers' ability to seek employment
- Providing 24/7 care or being the sole carer means it is not possible to seek employment
- Experiencing burnout, can't afford not to work but experiences burnout every 6 months

Full set of responses below:

- my caring roles severely impact my full time work
- but my employers are very understanding and the nature of my job allows me to make up hours lost or take as annual leave.
- Being a full time carer does not leave anytime for paid employment what with hospital appointments and supporting in many ways there is no time
- Can't get the care needed, can't recruit carers, agency unavailable.
- Bffc unable or unwilling to commission provision for kids with complex needs
- Trying to find out what's available post 18, very scared looks like I will need to live forever
- I've had to give up work and now can only work part time. I feel my caring role impacts on my ability to progress into a senior role.
- Can't work full time or away from home
- I have to work for financial reasons but can only work part-time and working and caring leaves me exhausted.
- Retired now but could not have a "proper" job because I had to be there for my daughter.

- I had to reduce my hours from full time to 20hrs.
- Need my role to be very flexible and close to home therefore I had to take a significant cut in wages
- We are retired
- There are not enough flexible employment opportunities
- and I do not trust anyone to look after my child as she is very vulnerable.
- I will only work during the time she is in school.
- I am fortunate to be my own boss so can have a degree of flexibility however it had to leave teaching and reinvent my career
- It's hard to find an employer who will let me drop everything and go if one of my children needs me or I need to go to their school
- I have to ensure any employment I take on is highly flexible and my employer has a knowledge of the pressures of being a Carer.
- I can only work a certain number of hours in order to ensure I don't 'burn out'
- I could only work part time until partner worked from home, so now work full time. I live close to my work and work are understanding if I need to go home suddenly. I would not move jobs as could not work somewhere they were not flexible/near to home
- Couldn't work full time hours and effectively care for my husband and maintain my mental health
- I work part time and am disabled myself. I have to care for two individuals in particular, and if I had more work then it would be difficult for me to provide unpaid caring services.
- Only because we are both now retired. It did prevent the possibility for my wife to seek employment
- prior to retirement.
- no employer is going to accept me taking days off because my husband's needs have to come first
- My husband has mnd I cannot leave him in case he falls over, chokes etc
- Due to son's night terrors sleep disorder holding down a job is extremely difficult when I'm the sole parent for my children. Also due to how free childcare is funded I can only work term time.
- In the beginning I was working on "0" hours contract, but as her dementia progressed, and my retirement was due, I started caring full time.
- The needs of the person I look after vary so this limits my ability to seek paid employment.
- The numbers of hours spent looking after my uncle, even taking him out
- work part time school hours so I can be flexible to change days about if needed
- There is not really any child care during school holidays except ones you need to pay a lot of money for it. As a single parent I don't have the money.
- There is too much to do to look after my son. I would be very hard pressed if I had to work as well.
- I want to get back into paid work but my caring role means my availability is extremely unpredictable and inflexible. I also would earn less if I work due to tax issues. I simply can't work as I am the only person to provide care 24/7.
- I have had to reduce my working hours from full time to 8 hours a week in order to be able to fulfil my caring role
- Frequent needs, especially blood sugar monitoring and insulin, also medications for various associated health issues. My husband dislikes travelling. So it's hard to work outside the home.

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- Was a foster carer but had to resign
- lack of activities no respite during holidays, childcare Elderly parents with mental health issues going to appointments dealing with personal care etc juggling a caring role and paid employment a flexible working environment is needed to manage.
- I cannot work. I care full-time 24/7 for my son whose life depends on having 2:1 care every minute of every day and night.
- it 24/7 so no time to work
- Well I got divorced 2 years ago and previously my wife worked from home so she was at home for my son and I worked full time. Since then I've had to give up work completely to look after my son as he can't be left alone for very long.
- I am not able to do full time work. With my carers role and commitment I was able to do only part time work
- I work but hours & role limited. I burn out every 6 months. Become ill, recover, rinse repeat. I can't not afford to work. Am single parent of a child with high level of need but haven't had support from social care side. Only words. No action
- My son bmi is very low which he's medical not able to attend school he has some home tutoring but he has arfid restricted eating disorder and anxiety and sensory and anxiety separation so I'm he's full time carer
- I am regularly attending appointments for our child and meetings relating to her needs. When my Mum was alive I was performing many domestic duties for her as well as taking her to appointments and being with her in hospital.
- I am unable to work to due the caring role in looking after my son who lives with me and needs constant supervision. He only has one day a week services, the rest of the time he is with me.
- I am lucky enough not to have to work and very close to retirement age, not that I can retire from caring.

13: Does your caring role impact your ability to access education?

There were 74 responses to this part of the question.

Table 22 Summary of Responses to Q13

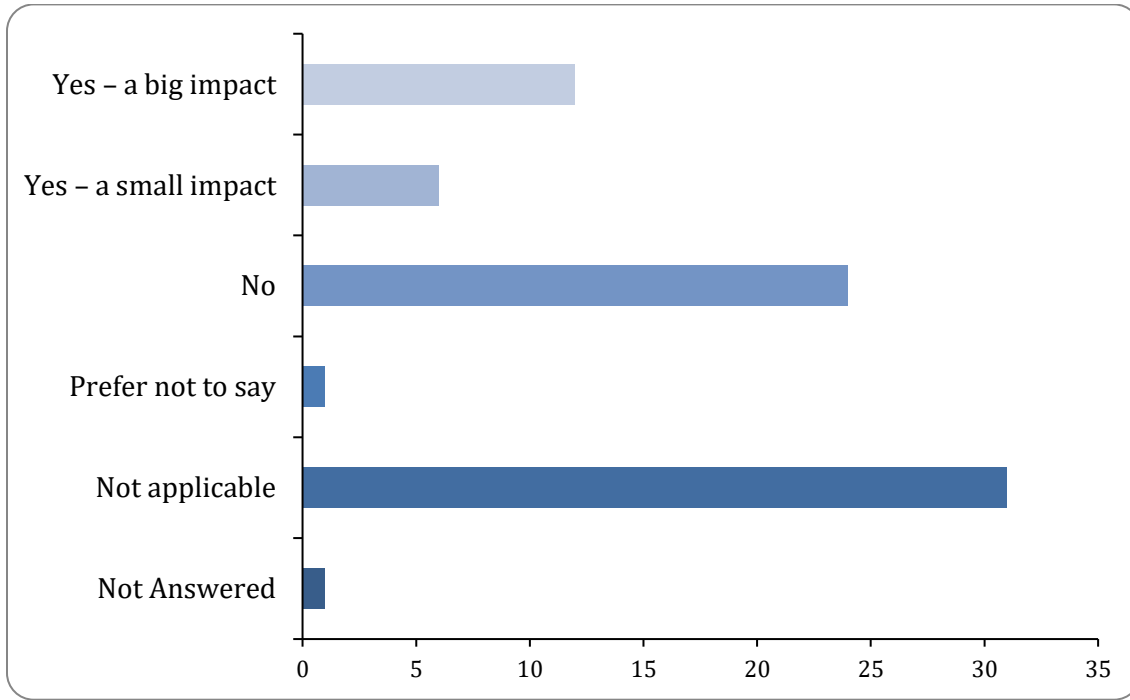


Table 23 Summary of Responses to Q13

Option	Total	Percent
Yes – a big impact	12	16.00%
Yes – a small impact	6	8.00%
No	24	32.00%
Prefer not to say	1	1.33%
Not applicable	31	41.33%
Not Answered	1	1.33%

If yes, tell us how it impacts your education

There were 11 responses to this part of the question. Most common responses included:

- A lack of time to study as a result of caring responsibilities
- It would be too stressful to add studying to the list of responsibilities
- A lack of support with childcare for children with disabilities means carer wouldn't have time to study
- Able to attend online classes but would be difficult to attend anything in person
- Unable to concentrate due to caring responsibilities

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- Interested in studying through the Open University but due to impact of caring responsibilities (non regular sleep patterns) this would be difficult. No energy, time or money to study

Full set of responses below:

- Due to the stress and lack of time due to needing to support my adult daughter I have avoided taking on any involved courses to develop my career further.
- I am able to go online and obtain some education, but it would be difficult for me to attend classes in person because of my responsibilities.
- Same as above - very little help with childcare other than the 15 hrs free per wk term time. Disabled children in early years do not receive any extra hours then any other child from low income families
- As for education, at my age education wont help much.
- It would ahve to fit in with his care.
- I am interested in studying an Open University degree or some other studies. But my caring role means non regular sleep patterns and other priorities which take precedence. I don't have the energy, time or money to study.
- I would'nt be able to study especially to concentrate i dont even have half hour to myself
- I would never have time or opportunity to study.
- Would be big impact if I wanted to retrain
- Again, I would struggle to add education or training to my overall responsibilities.
- I don't need to further my education.

14: How does your caring role impact on your own health and wellbeing?

Please select all that apply

There were 68 responses to this part of the question.

Table 24 Summary of Responses to Q14



Table 25 Summary of Responses to Q14

Option	Total	Percent
I feel fulfilled	4	5.9%
I feel happy	6	8.8%
It's rewarding	16	23.5%
It's an honour/privilege	18	27%
I'm proud to be a carer	30	44%
Indifferent	5	7.4%
I feel tired	45	66.2%
It makes me feel lonely	22	32.3%
I don't have time to myself	42	62%
I feel I am struggling	25	36.8%
I feel stressed/overwhelmed	40	58.8%
Other – please tell us more about why you feel this way.	9	13%
Not Answered	7	10.3%

Other - Please State

There were 25 responses to this part of the question.

No time for partner relationship with u18 Poor relationship with sibling with elderly care
I have my own health issues and caring for 2 adults.
Caring for a loved one is full of mixed emotions, you don't want others to do it even though it can be overwhelming. It isn't only personal care but all the added extra that was once shared, the sadness if what's lost, the happiness that you still have them, the thankfulness that you are able to rise to the challenge, the tiredness of juggling home and work, the extra cost of disabled living.
It does impact on are lives , we can't plan anything as it often doesn't work out . He is our son we love him very much. I believe it is wrong that we don't get paid because we have retired. I have had a stroke in April luckily not a bad stroke. We have a son who supports our son he goes down every night and stays with him at the weekend.
Worried about the future, where my caring needs are likely to have to increase but I can't afford to give up paid employment.
It is very challenging to juggle life, work and be a carer at the same time.
I don't have to provide any personal care, just practical day to day living. I don't mind caring for my boyfriend because I am disabled myself and like him being around.
Any decisions we make have to revolve around our daughter's welfare. Our own requirements are restricted to those occasions when we can organise respite care. Everything has to be planned in advance.
caring for my husband is having a detrimental affect on my own physical health as I have fibromyalgia and I am hypermobile
I feel frustrated with RBC - we have assisted bin collection BUT the foot waste bin is often missed. Today it says the bin wasn't out despite it clearly being in the garden and in the exact place it was collected from last time. We've even had the waste collection manager out who has apologised, phoned the team and told them it's assisted and they should come in to get it.
Being a carer puts you automatically into poverty especially as a single parent
This is how i feel at the moment because the person i care for has additional health issues which are a challenge to manage.
Up till recently i have felt it a privilege to be a carer
Feels out of touch with reality and the world. Fear of being like this forever. Don't get a break. Not even an evening or a weekend. Have not had a lie-in for 7 years! I love my kids but my life is just this. I look and feel terrible.
Feel inadequate.
Cannot often do things I enjoy: walking, theatre, travel, restaurants.
Just tiring at times especially when there's lots of meltdowns or having to fit everything in
I feel alone no support and no help, i cant access the community and i cant sleep my mental health is really taking a impact no one wants to listen to you
I feel stressed by the broken system and sheer lack of information and support. There is no support for people like us, we are just left to manage whatever life throws at us and the

thought of transitioning to adult services in the very near future is terrifying as all I've heard is bad stories that the support is even less! I'm not sure how that is possible!
I don't really see anyone anymore. I have no social life. My son doesn't like going out much so I'm sat indoors every day.
It's a struggle emotionally and financially. I contacted the carer lead at the hospital when my Mum was gravely ill as I was concerned about the amount of medical monitoring I was being asked to do for her by her GP and hospital medics. I felt I was tasked with keeping her alive. The pressure was enormous and I made a self referral for CBT. The financial pressure has been huge with our domestic power alone now costing £500 a month.
I am a person who needs a lot of time to myself
I am a mother and I care and love my son and I am more than happy to look after him for betterment and wellbeing.
While I am happy to look after my son, I do feel that I have little time for myself and finding time for health appointments and xxx are difficult.

15: What three aspects of your health and wellbeing do you worry the most about? (Please select up to three option)

There were 69 responses to this part of the question.

Table 26 Summary of Responses to Q15

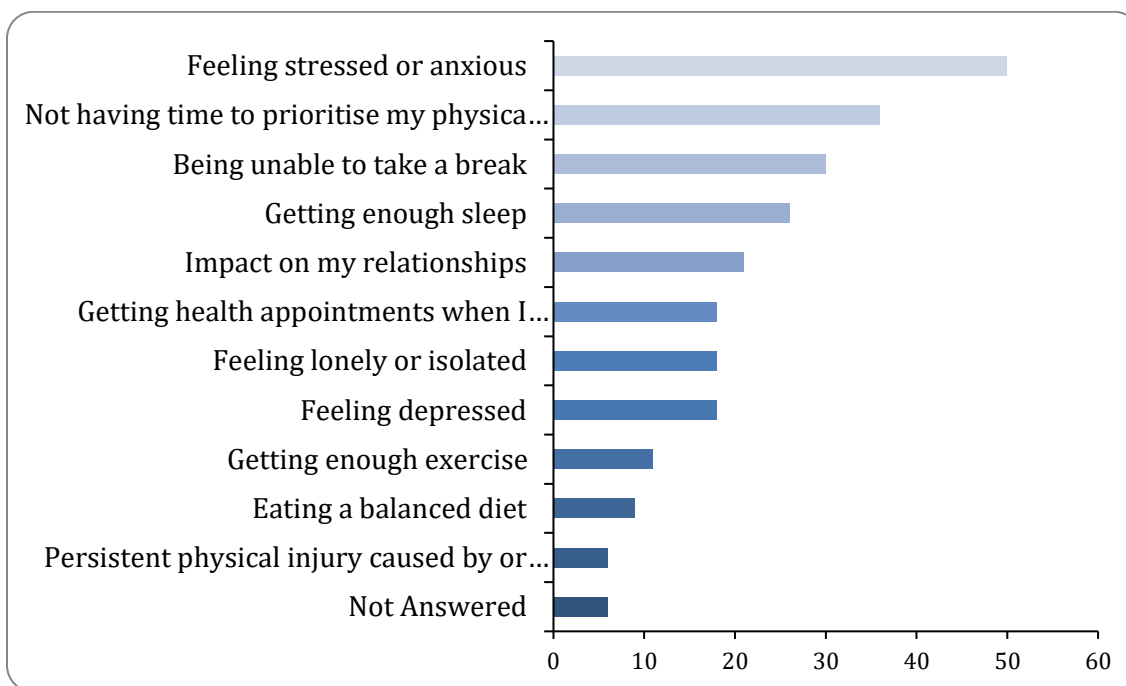


Table 27 Summary of Responses to Q15

Option	Total	Percent
Feeling stressed or anxious	50	66.67%
Getting enough exercise	11	14.67%

Eating a balanced diet	9	12.00%
Getting health appointments when I need them	18	24.00%
Not having time to prioritise my physical and mental health	36	48.00%
Being unable to take a break	30	40.00%
Persistent physical injury caused by or exacerbated by caring, such as back strain	6	8.00%
Impact on my relationships	21	28.00%
Getting enough sleep	26	34.67%
Feeling lonely or isolated	18	24.00%
Feeling depressed	18	24.00%
Not Answered	6	8.00%

16: Do you feel recognised as an individual outside of your caring role?

There were 73 responses to this part of the question.

Table 28 Summary of Responses to Q16

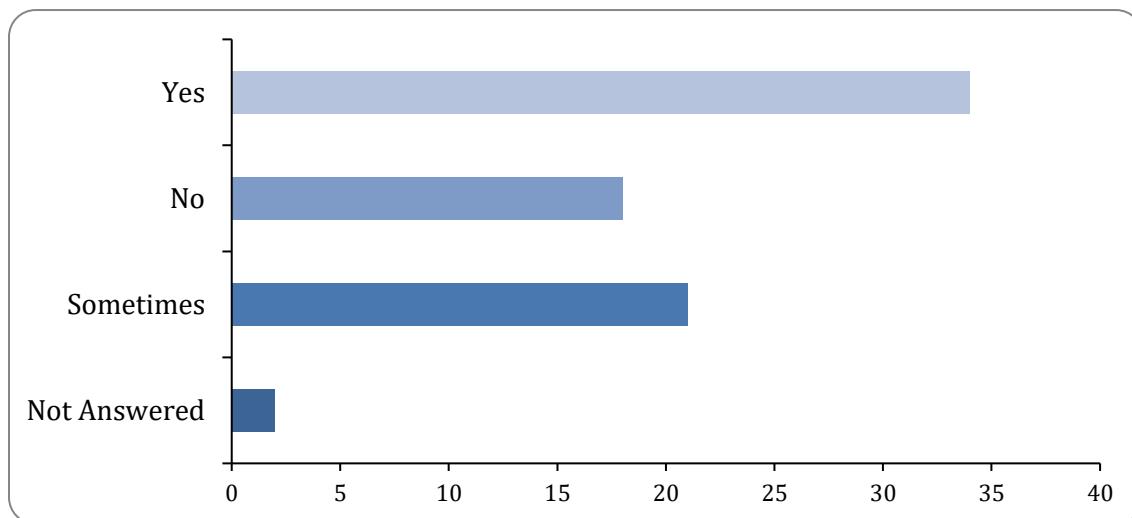


Table 29 Summary of Responses to Q16

Option	Total	Percent
Yes	34	45.33%
No	18	24.00%
Sometimes	21	28.00%
Not Answered	2	2.67%

If you have answered No or Sometimes, what would make a difference to this?

There were 24 responses to this part of the question.

Most people do not understand the implications of being a full time carer unfortunately even people who should understand don't , it's always about the person your caring for and not the person giving the care
Not by you haha I have a job and work hard to have my own life. The LA just sees me as mum and a pain in the arse as far as I can see.
Having access to support that meets the needs of my family
Having more energy and time to be myself
I am just Mum which is fine. Nothing can change this.
For people to more often ask me how I am not just how the person I am caring for is.
Having some time to myself
You just feel like your totally separated from society sometimes
Because I manage to work
I think it's very difficult to be seen outside of my caring role, simply because it dominates my life, decision making, thinking. Therefore, there will always be part of my comment/responses that mentions being a Carer and people will ask me about such things.
I have no life balance
Outdoor activities.
My mental health isn't good at the moment - I am being treated - and so it's difficult for me to answer this question
Some form of payment and better parking system outside the owners permit holders own property even with a disabled badge
If I could work or even volunteer and do something that is outside of my caring role. If I could be allowed to rest and not feel guilty about it.
More opportunity to see other family members, professional contacts, and friends.
Not sure
I don't really know
There needs to be more physical and financial support for unpaid carers. Carers allowance alone is an absolute joke when there is absolutely no way you could ever work and supplement your income. There isn't anywhere near enough suitable carers who are complex care trained to offer breaks to families like ours. I feel we are just people in a large broken system of unpaid family carers.
Having something to do with adults where I can have chats.
In environments outside my employment I'm just carer to my son. Even at work I have to excuse myself regularly to prioritise needs of my son. No support from his father or other family members
Because I'm isolated and don't have friends or relatives near by I'm always with my children as a mother and carer so I don't have a outside of my catering room things that I can't do for my self or to no people for me as a individual
More respite care
To have a bit of time to myself

17: What is most important to you to help maintain your own wellbeing?

There were 65 responses to this part of the question.

To try and relax and have time to myself without worrying about the people I care for
Regular contact even by email asking how I am and is there anything they can do to help unfortunately we are left to get on with everyday struggles
Having a job though I can't work the hours I'd like to because we don't have enough care.
time for myself, being active
Trying to balance my stress
Appreciation
Finance
Rest
Understanding about my struggles.
my wellbeing doesn't come into it, I don't have time to think about me
Other people to care for my child with disabilities
We are allowed 50 nights respite care and as we are now old it is essential.
Being well enough to continue caring. Having a job that keeps me an individual with skills that are appreciated and allows a different focus. Me time.
If the people I care for are in meaningful activities I am more relaxed.
Stop charging so much for social care charges it means I am subsidising the person I care for
I don't because we are always supporting our son .
Having a break from caring duties every so often.
Time away, short phone calls, support from family
Respite breaks
prioritise my mental and physical health, If I am not healthy, I wont be able to look after my child
Rest time
No idea
Time for myself and my personal development.
Enough rest bite time or help
Working
having time away from caring to rest
A break from it all now and again
Knowing I'm not alone and help is at hand should I need it, in the form of advice, practical support, a listening ear etc.
Having time to myself but knowing my child is still happy/having fun
To have time to go to the hairdresser's and meet up with friends
Time to get out daily into the fresh air to walk my dogs. Being stuck indoors is hard
I would like to not have to worry so much about money.
A continuation of the overnight respite we currently receive.
time to participate in things i enjoy
Friends and family sitting with my husband or taking him out so I can take a break
Being able to work part time and have time to exercise / take a break

Involvement in outdoor activities, where i can take my career with me at all times.
Having protected time for myself
Not having the stress of getting a parking ticket for dropping off shopping etc
health checks and getting time for them
To have some respite
Fun respite.
Sleep! Getting enough uninterrupted sleep. Being able to feel worthy and not like a servant all the time.
To have some time away from my caring role.
To be able to take a regular break so I can remember who I am
Interaction with others.
Having time away from my role as carer
Eating properly and not suffering financially
Getting out meeting others
Exercise classes and gym
Help and support for work. More flexible working more help to access the community
I don't really know, for my boys to be in the right school environment, for them to have all the support they need and to be thriving. And for me to have a few hours a week down time.
Time and space away from caring duties to concentrate on my own physical and mental wellbeing.
good respite services and help at home, activity for my disabled adult to go to
My sanity
I am a debetic and needs regular exercise and maintain a healthy diet which would help me to maintain and improve my health and wellness
Downtime to escape routine and feel I can leave my son where he feels physically and emotionally safe
Me time ,being able to go out buy myself being around people my age but hobbies and things that interests me socialising with people going to gym keeping my health fitness better sleep help with anxiety wellbeing
More time for exercise and self care.
Prayer time
Getting sufficient and suitable support
To have a bit of time to myself
Being able to contact someone when problems occur, e.g.RBC
I keep my balanced diet up to date and so as for my son. I am always around my son looking after him and taking care of home which makes him feel safe and happy. What more does a mother want when a child is happy and safe!
Having time to myself. Not having to take my son with me to the doctor, dentist or hairdresser as he cannot be left at home alone.
Gardening
Contact with friends and other parents in a similar position. A few minutes to myself.
Having more time to myself for self-care, exercise and rest.

18: Do you have a disability or health problem of your own which impacts on your ability to care?

There were 75 responses to this part of the question.

Table 30 Summary of Responses to Q18

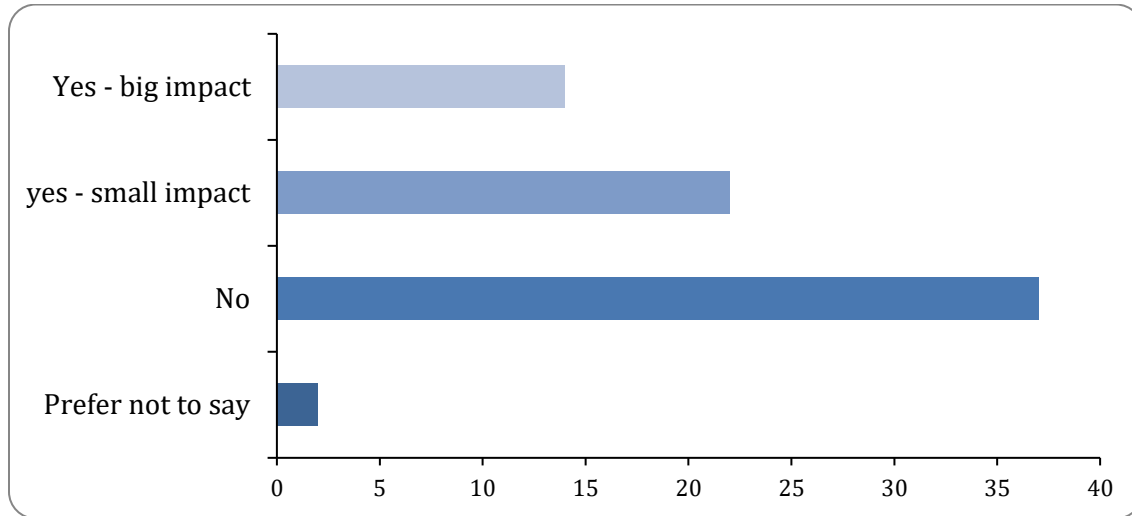


Table 31 Summary of Responses to Q18

Option	Total	Percent
Yes - big impact	14	18.67%
yes - small impact	22	29.33%
No	37	49.33%
Prefer not to say	2	2.67%
Not Answered	0	0.00%

19: If you have answered Yes – which of the following options best describe your disability or health problem? Please tick all that apply

There were 36 responses to this part of the question.

Table 32 Summary of Responses to Q19

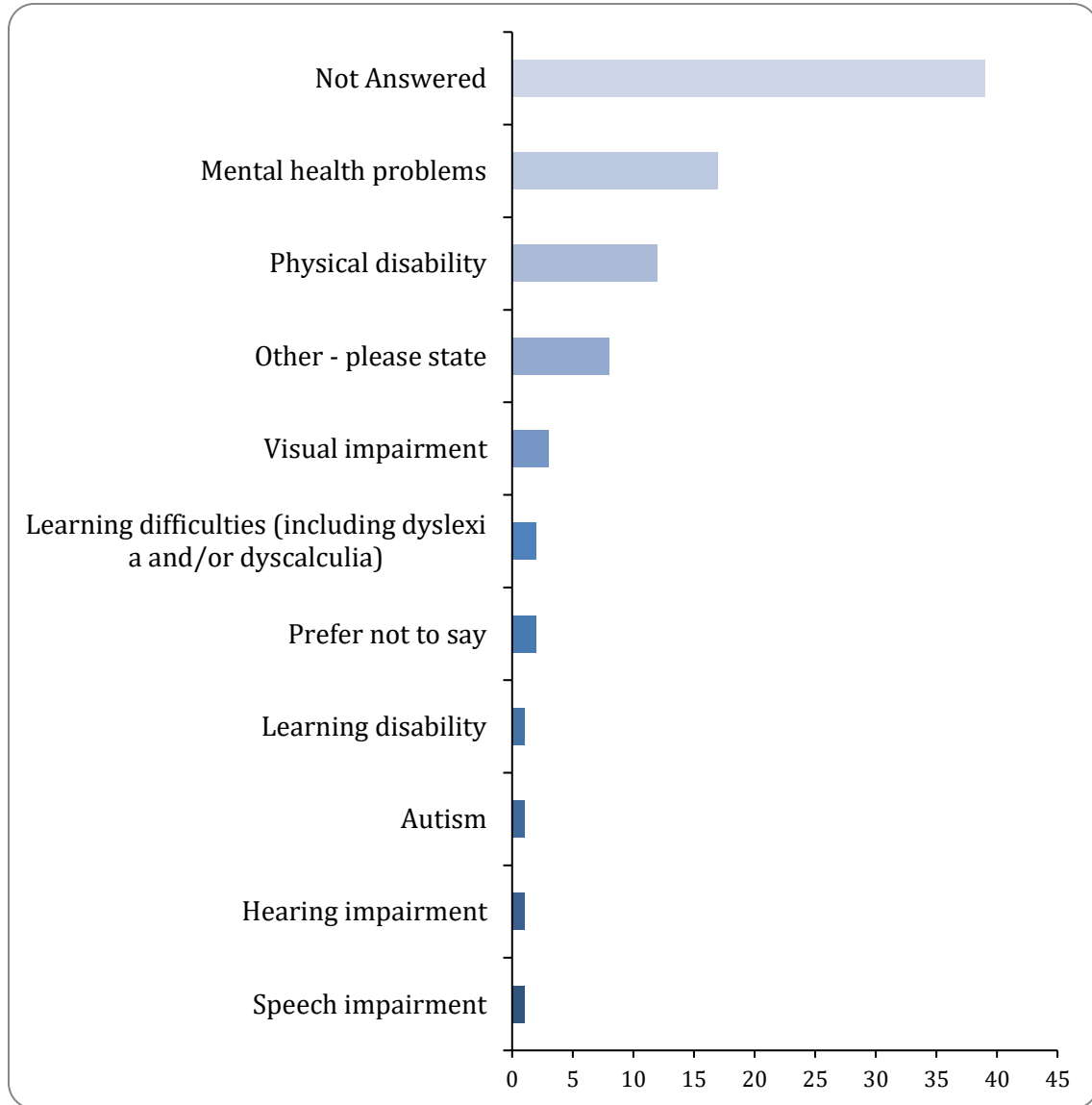


Table 33 Summary of Responses to Q19

Option	Total	Percent
Physical disability	12	16.00%
Learning disability	1	1.33%

Learning difficulties (including dyslexia and/or dyscalculia)	2	2.67%
Mental health problems	17	22.67%
Autism	1	1.33%
Visual impairment	3	4.00%
Hearing impairment	1	1.33%
Deaf/BSL user	0	0.00%
Speech impairment	1	1.33%
Prefer not to say	2	2.67%
Other - please state	8	10.67%
Not Answered	39	52.00%

Other - Please State

There were 19 responses to this part of the question. This included:

- Physical conditions including, arthritis, fibromyalgia, back pain, knee pain, osteoarthritis, Myalgic Encephalomyelitis (ME), COPD, Asthma, Angina, Diabetes, liver condition
- Mental health conditions and neurodiversities including, ADHD, anxiety and depression
- Menopause and hormonal depression

Full set of responses below:

- Arthritis in joints
- ADHD
- Liver condition
- I suffer from Asthma and COPD apart from the fact I am 76 this year and my husband 77 and have cared for my daughter for 49 years. We are now getting slower and not as agile!
- I suffer with depression due to the stress of having a son with Autism, plus had small stroke.
- Awaiting help
- Have Myalgic Encephalomyelitis and Fibromyalgia. If I have a flare there might not be anyone to care for either of us. I also have osteoarthritis of both shoulders making it difficult to fetch and carry or help my husband up
- Anxiety - unable to drive motorways and dual carriageways
- Diabetes type 2
- Asteorosis athritis.
- Mild angina.
- Depression
- Menopause, hormonal depression.
- Just have a bad knee

- back pain
- I suffer with anxiety which can be debilitating when it is bad.
- Depression, adhd and arthritis in my knee.
- Diabetes
- Affects me at times not all the time
- I have angina but not usually to the point it is a disability

20: What is one thing that could improve life for you as a carer?

There were 66 responses to this part of the question.

For more help to be available for the people I care for which would not cost too much money.
For example a carer to take them on holiday Someone to help with shopping Someone to assist with school runs if needed Someone to be more available in the home apart from 2 x 30 min care calls per day Someone to help take the people I care for to social event.
At the moment I have to do all that is required outside the 2 30 minute calls.
More respite without having to jump through hoops and justify everything to get something There is also a lack of qualified carers able to offer support for complex needs
The local authority actually doing your job properly. Making sure you have provision to meet assessed needs. Providing some confidence that you actually will commission services for young people with complex needs as I can't see anything available at the moment.
have access to some leisure activities free of charge, i.e swimming sessions etc
Respite
Carers allowance for each person not just one person and it not being income related and it being at minium wage.
More breaks - not just a couple of hours pw. I would like to have a night off and to be able to work less hours.
Understanding
practical help to care for my loved one, day centre with care, sitting service for my loved one. Time to myself, financial help.
Access to childcare options and activities for my child so I can have a break
I'm afraid I don't have an answer for this question.
Time
A break
Not to have the worry if the care doesn't get delivered, sometimes they can't support him for getting him to work that means we have to do it .
Having more time to be able to provide the care needed by family members, without having the burden of needing to be in full time employment.
Better support for the elderly
Having more time to myself
Have a suitable school for my child and therapies such as speech/OT and physio in place, easily accessible. It is very stressful as we are still waiting to find a suitable school since last few years

Better support network Improve communication with parents from Local authority Only the one who shouts will get what they want. The rest are left to figure out.
More support Not being penalised by universal credit, on uc a person can earn approximately £500+ a month without losing any but carers get £76 a week and uc take every penny of it away which is completely unfair.
Getting my needs met, health, social support, finding work
More respite time More time for me, not knowing that I will have to fight for every part of support that I may or may not receive
To be able to work part time and in a sense get away from the normal schedule and be able to talk to others
Much better social opportunities for adults with LD, offering a variety of opportunities depending upon age. A single adult social group that can include anyone from 18-80 can't possibly offer activities that would effectively cover such a large age group. Working age adults with LD need to feel they contribute to society and have a reason to get up in the morning. Just like their non-disabled peers, having no daily purpose in your life is disaster for ones self-esteem and wellbeing.
Daughter getting a Pa and being able to go out without me
Less paper work and filling in forms I would like to not have to worry about money so much.
Overnight respite and the knowledge that she would be properly cared for when we are no longer able to do so.
respite I have no idea
Access to more affordable childcare - funded all year round not just term time for early years. For school aged children more provisions for holiday clubs catering for sen - similar to haf.
Being able to access disability team and direct payments when my son needs it most at 3 yrs old- early years. Not when he's 5 and about to start school, the help is too late and holds back children in early years.
To look after my career and make sure she is happy always.
See response to question 16
The parking outside the residents home that has parking restrictions I.e permit holders. A small payment for being unable to work.
better respite services. carers more activity for a disabled adult with complex needs
More respite at affordable prices or LA to see we are worthy of some kind of help/direct payments
Better timely responses from the local authority - Reading. EVERYTHING has to be chased and chased. This is SO STRESSFUL.
Some form of relief, a back-up of me, a break.
To have someone else to step in from time to time and help me and so I can get a proper break. Eg upcoming school summer holidays .
Being able to access support
Respite care, in day centres or for longer periods.

Reading Borough Council

Ability to take a break during the day to go out and do what I want. I feel anxious if my spouse is left alone (severe mental health issues)
information on holidays for disabled people published in local press
More help
I'm not sure maybe more support or something
Help and support
To be recognised, and not have to fight for everything that my boys need.
More recognition and support to have breaks, more support to provide back up complex care carers to step in and support
respite, activity to go to ect
A car, as my son isn't comfortable on the bus.
Financial struggles
Get some free time and respite for me
Being able to have time away from my caring role
Support to meet our child's needs. We are currently on a waitlist for post adoption support with BfFC.
When my Mum was alive better support to meet her medical needs would have been appreciated. She was deeply depressed latterly and that was hard.
More individual support
More activities such as MCST, singing for the mind, coffee mornings and afternoons
Respite care
Improve communication / contact concerning LD
Helping and caring for individuals is the biggest honour and privilege for being a human. It has always brought me peace and joy taking care of my son and extending helping hands to any other individuals.
More available day services for my son.
Just having more time but I am in a better position than a lot of othes.
Better pay.

21: What has been the most valuable support you have received as a carer and why?

There were 74 responses to this part of the question.

Table 34 Summary of Responses to Q21

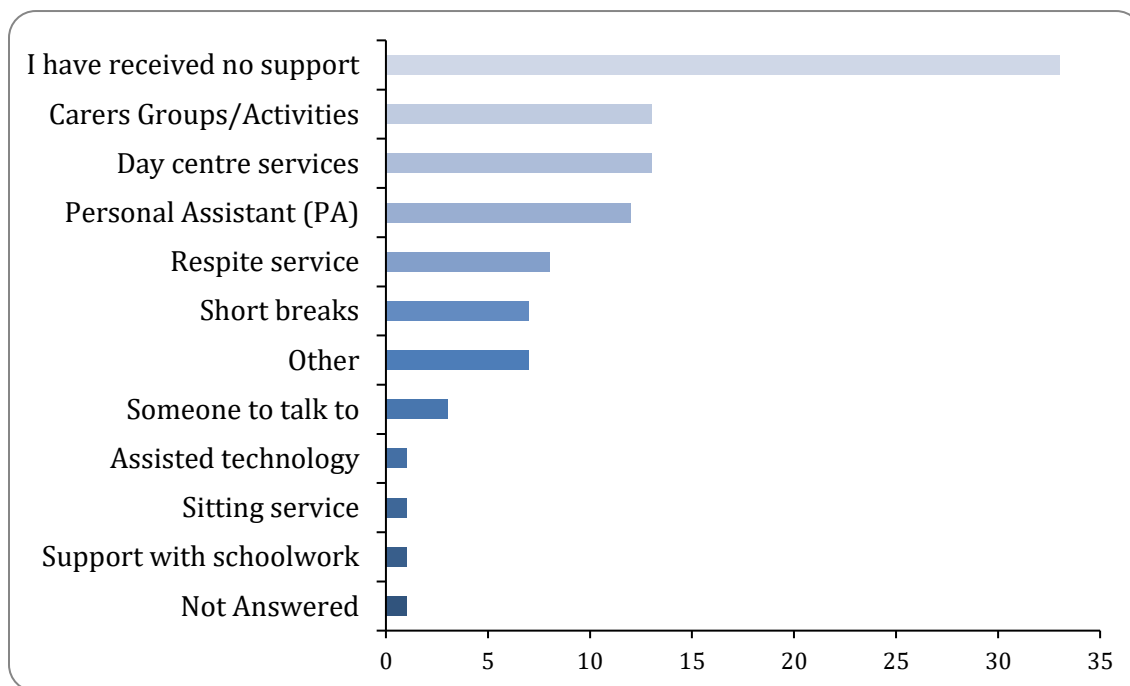


Table 35 Summary of Responses to Q21

Option	Total	Percent
Assisted technology	1	1.33%
Carers Groups/Activities	13	17.33%
Respite service	8	10.67%
Sitting service	1	1.33%
Day centre services	13	17.33%
Short breaks	7	9.33%
Support with schoolwork	1	1.33%
Someone to talk to	3	4.00%
Personal Assistant (PA)	12	16.00%
I have received no support	33	44.00%
Other	7	9.33%
Not Answered	1	1.33%

Please tell us the reasons for your answer

There were 38 responses to this part of the question.

I have not asked for any support as I did not know I was entitled to any
This being the only person to understand the situation I'm in and the only person I would trust
Because it is bloody exhausting having to provide care 15 hours a day and I can't do it any more.
I haven't been offered anything ever in 10 years
We have two days day care which gives a bit of a break and respite care is invaluable. It enables me to recharge my batteries but it comes with a lot of guilt.
Social services physio and OT assessment that offered aids to assist in daily living
Activities for the person I care for such as supported classes at new directions
Day services provided meaningful activities for the day
More sessional physical activities needed
As a carer you become isolated, you can't plan anything as it often doesn't happen because we have to support our son , being a care has great impact on our lives , we worry about what will happen when we're not hear
Don't really know what service would be of best support to me.
Na
Allows time for myself and allows special needs person to meet with their peers...which I believe is also very important
Choice is very important to my daughter and myself - being able to choose what organisation is best to support - having PAs has enabled that
Short breaks have allowed me to rest. Carers groups have allowed me to give/receive advice and share stories in a non-judgemental and understanding environment.
Currently waiting on Pa to be set up, this will be helpful
It is good to meet up with other parents of special needs sons/daughters you then hear about different things that are out there to check up on.
Day services are good for both us and our son he can meet up with other people & make friends
Our son goes away with 2 carers for a long week end that is our respite this year it will be 3 times
The above provide a break for both the carer and the cared for.
I can't access respite or direct payments despite social services identifying a need
I am at a wake up call moment, where i have realised i need a lot of support.
I am reluctant to seek support
Advice for getting the disabled badge
I have learnt more talking to other parents than from professionals. Ie what you're entitled to, free days out, clubs etc
My younger son has a PA who is a godsend because I know my son is in good hands and I can just breathe for a little while.
I was given a letter with my mums diagnosis and left to get in with it. The contact with adult

social care is appealing. They don't return calls are so unhelpful
I have had no support other than respite care by family members. That is really valuable.
Everytime i have asked for respite the process takes nearly a year and then i am told that the services are no longer available, no day centre services, no support with schoolwork, and being able to afford this is another thing
I don't receive any direct support. Nobody has ever offered anything!
But these are typically 1-2 hours and I've used to fill in for child care while I work or catch up on household chores
My sons mainstream school has paid for a home tutor so he can access he's education
As above, the response to the carers assessment was so upsetting I have no desire to even establish what might be available. I was told I could go through the assessment every year! It was so painful I would never repeat the experience. I was made to feel like I was on the take. There was no suggestion of what help the Council could provide.
My wife has greatly value memory clinic run by Age UK.
1. Interest for caree and different company 2. Respite for me
Other people in the group understand what it is like
Very limited - only Carer's strategy. LD occupied in day time, allowing carers to pursue other responsibilities. Day Services develops interest and general knowledge for LDs.
My son has one day a week at Mencap - nothing else. I know my son is safe at Mencap. He now has friends outside the family. He enjoys it.
Gives myself a break and for my daughter to meet her friends and access other opportunities.
Day Centres provide respite as does the PA and I have lots of friends in the same position I can talk to and help each other. Having support is most important and you can only get that from people who fully understand.
When they are day services there is time to do activities that would otherwise be difficult to do when they are home all day.

**22: If there was a free respite sitting service available would you want to use it?
(A sitting service is where a paid carer comes into the home to sit with the cared for person while their main family carer is away from the home for a short time)**

There were 74 responses to this part of the question.

Table 36 Summary of Responses to Q22

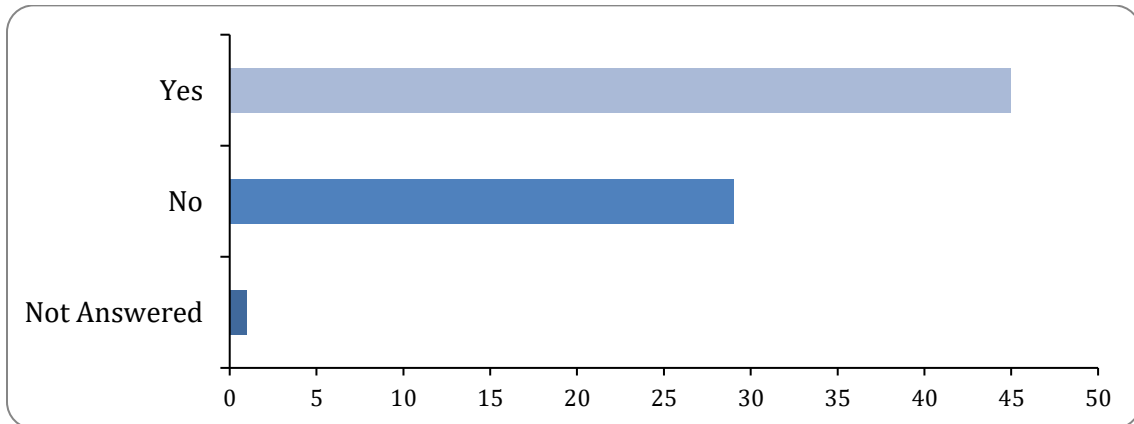


Table 37 Summary of Responses to Q22

Option	Total	Percent
Yes	45	60.00%
No	29	38.67%
Not Answered	1	1.33%

23: Would you need any such respite service to provide personal care?

There were 71 responses to this part of the question.

Table 38 Summary of Responses to Q23

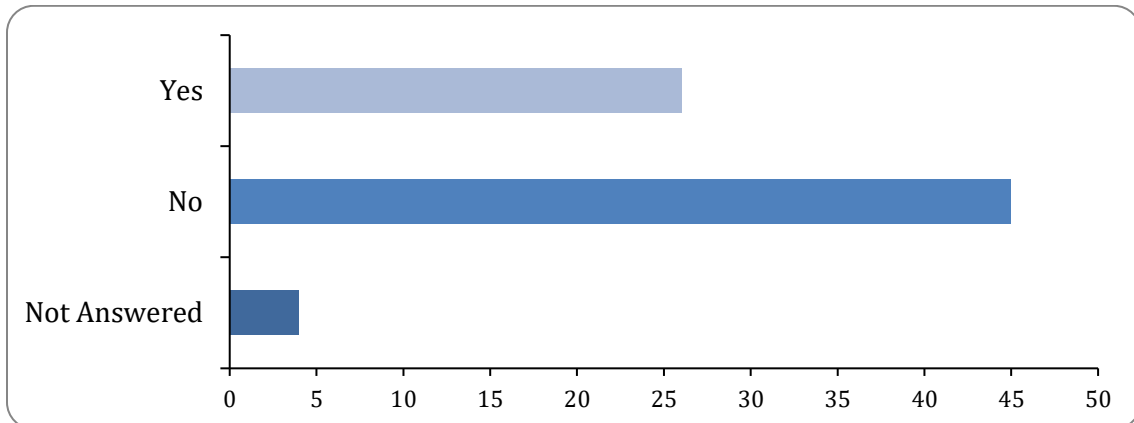


Table 39 Summary of Responses to Q23

Option	Total	Percent
Yes	26	34.67%
No	45	60.00%
Not Answered	4	5.33%

24: Would you be most likely to use this service during the day or evening or either?

There were 51 responses to this part of the question.

Table 40 Summary of Responses to Q24

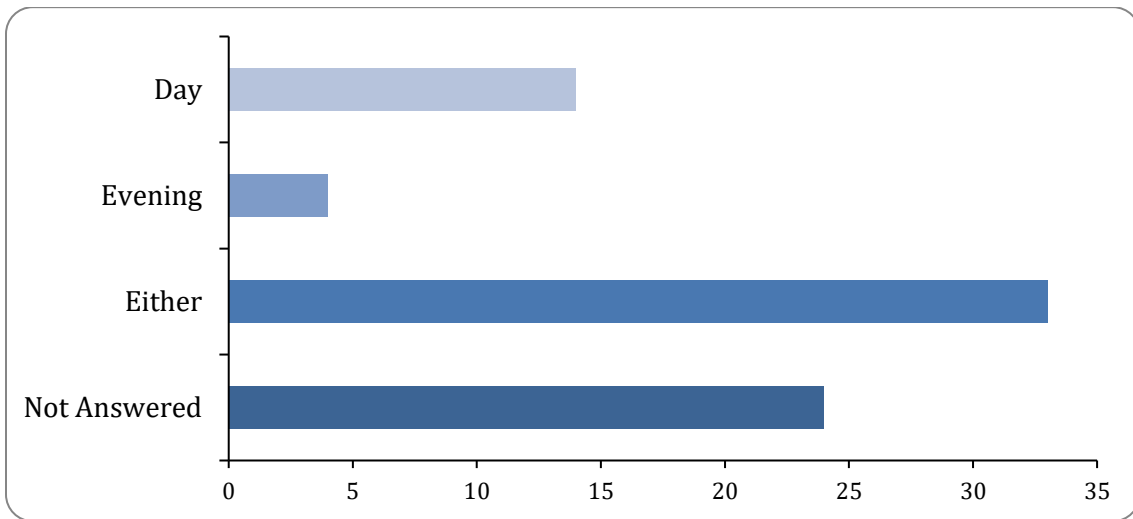


Table 41 Summary of Responses to Q24

Option	Total	Percent
Day	14	18.67%
Evening	4	5.33%
Either	33	44.00%
Not Answered	24	32.00%

25: How many hours would you be likely to need this service for?

There were 48 responses to this part of the question.

Table 42 Summary of Responses to Q25

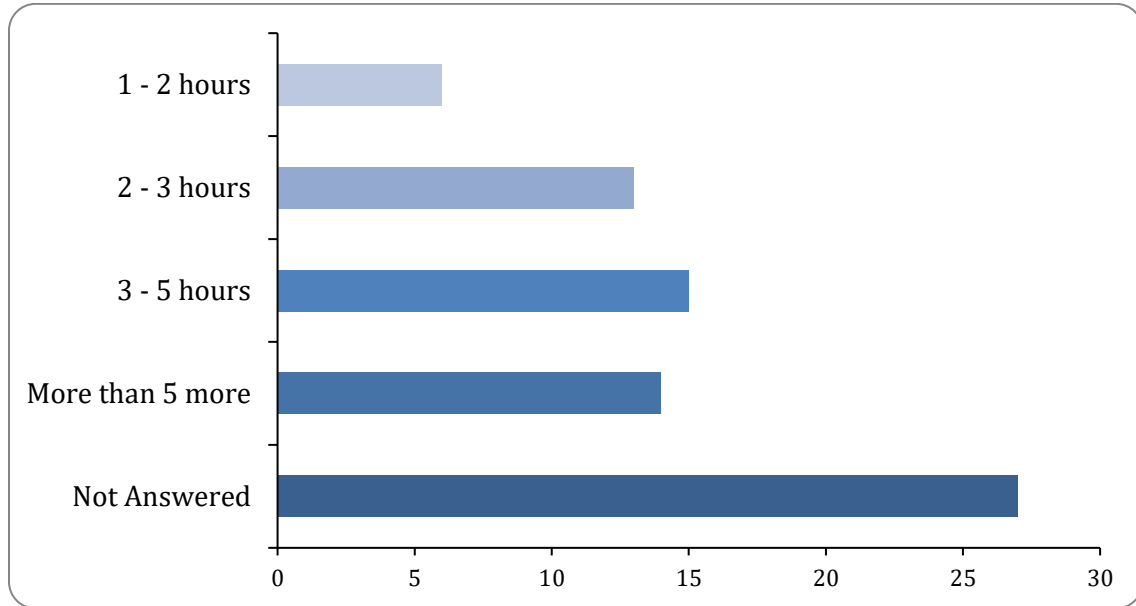


Table 43 Summary of Responses to Q25

Option	Total	Percent
1 hour	0	0.00%
1 - 2 hours	6	8.00%
2 - 3 hours	13	17.33%
3 - 5 hours	15	20.00%
More than 5 more	14	18.67%
Not Answered	27	36.00%

26: How often would you need this service?

There were 50 responses to this part of the question.

Table 44 Summary of Responses to Q26

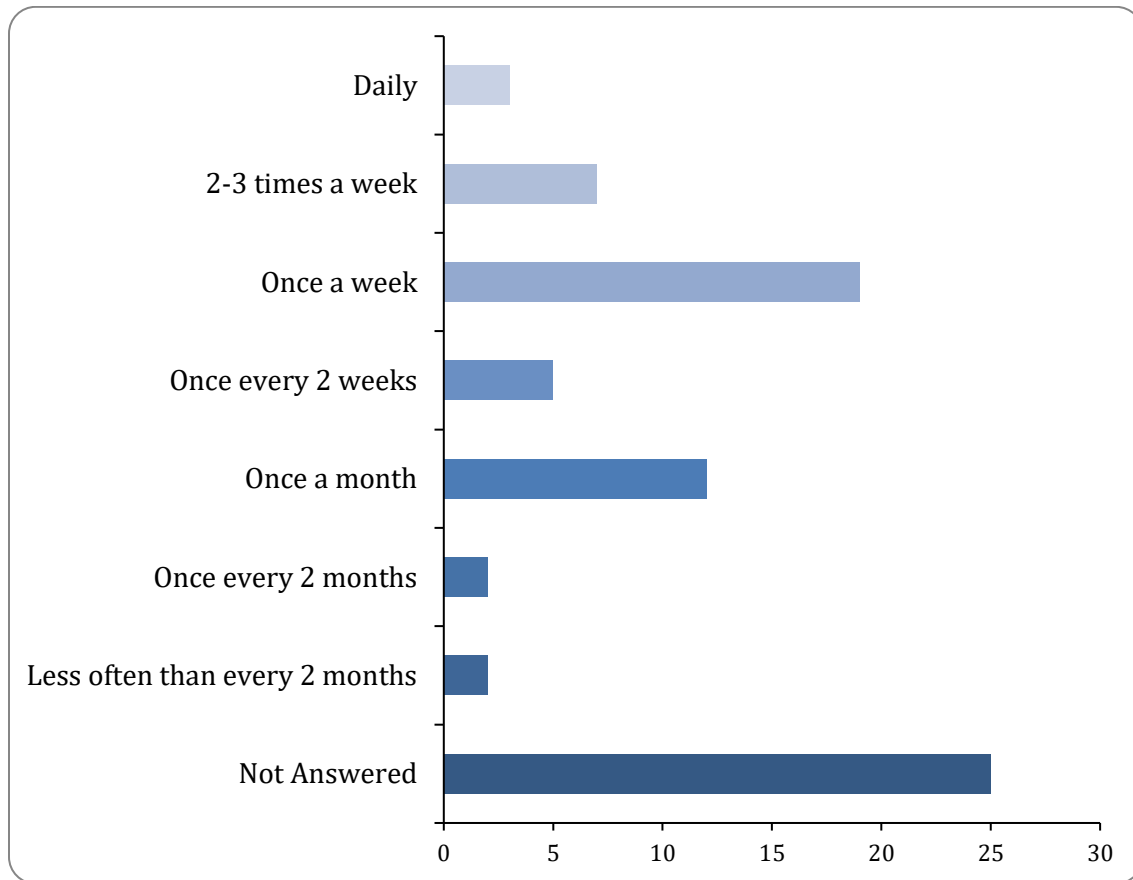


Table 45 Summary of Responses to Q26

Option	Total	Percent
Daily	3	4.00%
2-3 times a week	7	9.33%
Once a week	19	25.33%
Once every 2 weeks	5	6.67%
Once a month	12	16.00%
Once every 2 months	2	2.67%
Less often than every 2 months	2	2.67%
Not Answered	25	33.33%

27: Do you have support from or belong to any carer support organisation or/and attend any carers support groups? Please tick all that apply

There were 36 responses to this part of the question.

Table 46 Summary of Responses to Q27

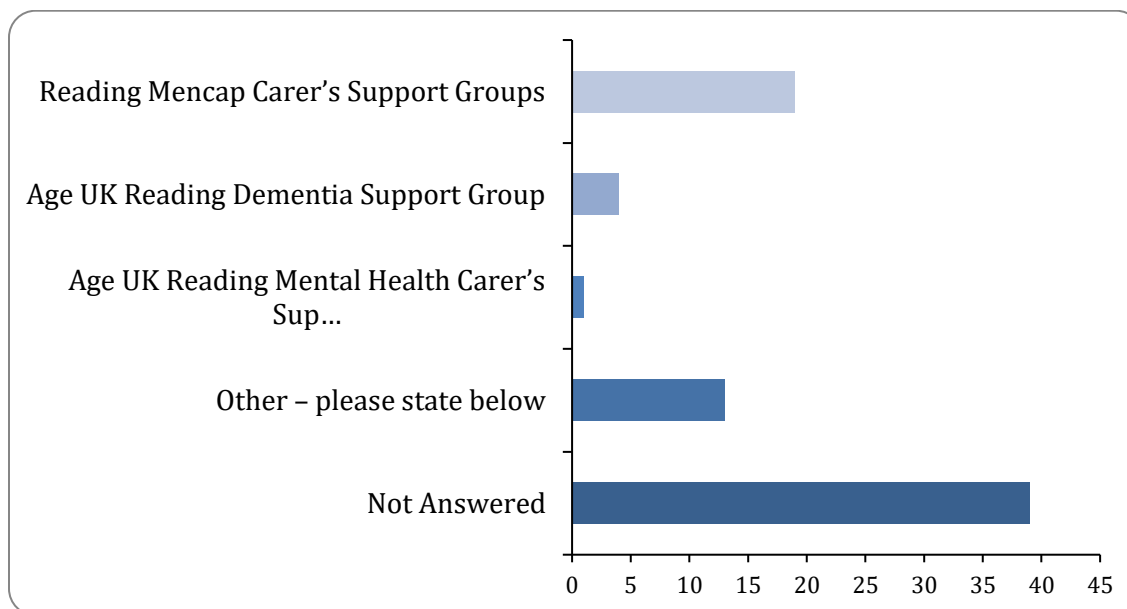


Table 47 Summary of Responses to Q27

Option	Total	Percent
Reading Mencap Carer's Support Groups	19	25.33%
Age UK Reading Dementia Support Group	4	5.33%
Age UK Reading Mental Health Carer's Support Group	1	1.33%
Change, Grow, Live, Drug & Alcohol Service Carer's Support Group	0	0.00%
Royal Berkshire Hospital Cancer Carer's Support Group	0	0.00%
Other – please state below	13	17.33%
Not Answered	39	52.00%

Other - Please State

There were 24 responses to this part of the question. The most common responses here were:

- Reading Families Forum
- Parenting Special Children
- Swings and Smiles

Reading Borough Council

- Informal support groups set up by carers themselves
- Age UK Berkshire Friendship Group
- Crisis team support group
- West Berkshire Parent and Carers Together Facebook Group
- Mencap Newbury

Full set of responses below:

- Reading Families Forum
- No
- Reading Families Forum.
- My adult daughter wants more than someone to sit with her - she wants to have fun - go to the cinema, amusement parks, restaurants, see friends.
- not applicable to my child's circumstances
- No
- None
- None
- West Berkshire parent and carers together Facebook group
- Mencap Newbury but very limited support before age 5
- Swings and smiles charity Thatcham
- Just about to join Age UK Reading Dementia support group..
- carer uk
- ASD family
- PSC
- Parenting special children, closed group for parents with special needs children/young people who have suffered domestic abuse.
- Went to a crisis team support group that lasted a limited number of weeks (maybe 6?) We carers set up our own informal group that meets once a month in someone's home
- None
- No
- None
- None because I didn't know anything existed
- I'm under mencap but that's not fir support groups this is for my sons health worker
- Age UK Berkshire friendship group
- There are none = Reading Mencap Carer's Support Groups. Attend Carers strategy only (all disabilities) no others available. Note: LD Carers Strategy was 'off shoot' of Carers Strategy, created in about 2005 and finished in 2019.
- None
- None.

28: How did you find out about the organisations/groups?

There were 41 responses to this part of the question.

Table 48 Summary of Responses to Q28

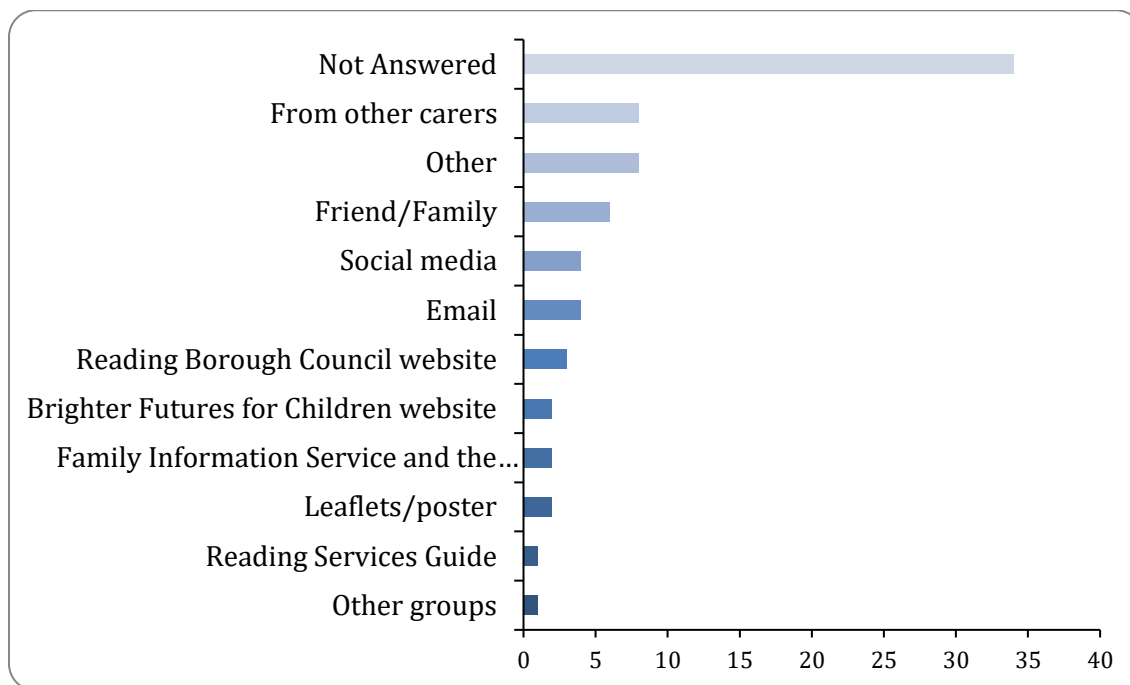


Table 49 Summary of Responses to Q28

Option	Total	Percent
Social media	4	5.33%
Email	4	5.33%
Reading Borough Council website	3	4.00%
Reading Services Guide	1	1.33%
Brighter Futures for Children website	2	2.67%
Family Information Service and the Local Offer	2	2.67%
GP practice	0	0.00%
Leaflets/poster	2	2.67%
Newsletter	0	0.00%
Friend/Family	6	8.00%
From other carers	8	10.67%
Other groups	1	1.33%
Other	8	10.67%
Not Answered	34	45.33%

Other - Please State

There were 13 responses to this part of the question. These responses included:

- Working for Reading Mencap
- Royal Berkshire Foundation Trust Carers group
- Alliance of Cohesion and Racial Equality (ACRE)

Reading Borough Council

- Googled and called in a desperate state
- Found nothing appropriate

Full set of responses:

- I worked for Reading Mencap for 20 years (part time) until I had to leave for health reasons, and they were the only ones who looked out for us during COVID.
- Carers group RBFT
- I was not aware of the groups because I did not research it.
- Through Dayna White, ACRE at Reading community meeting.
- I googled help and called in a desperate state
- None
- I don't know about any
- None
- Found nothing appropriate
- Friend/Family
- From other carers
- Not applicable.

29: How do you prefer to find out about support?

There were 68 responses to this part of the question.

Table 50 Summary of Responses to Q29

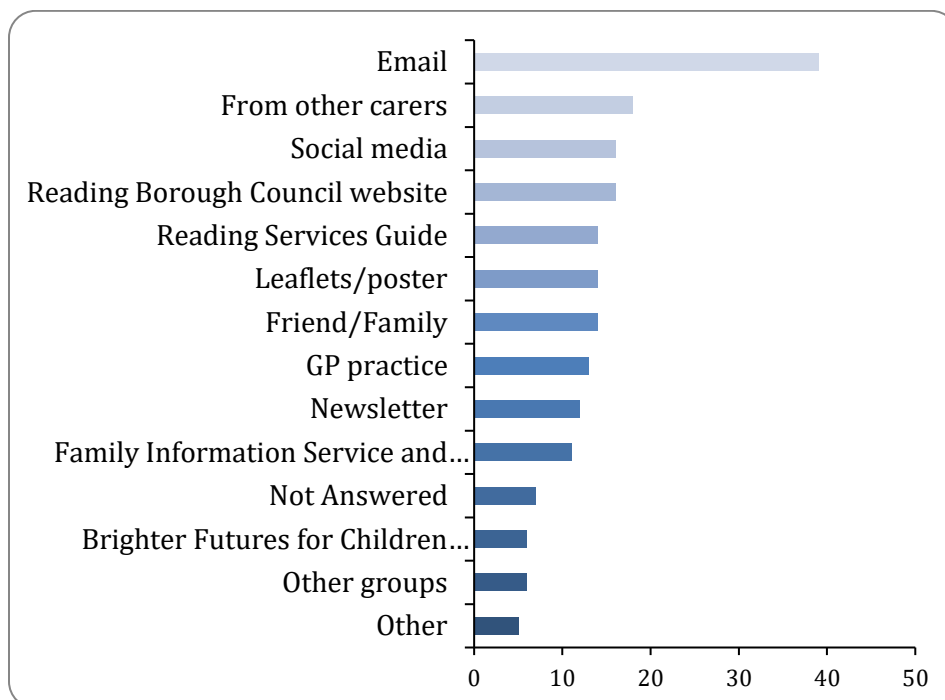


Table 51 Summary of Responses to Q29

Option	Total	Percent
Social media	16	21.33%
Email	39	52.00%
Reading Borough Council website	16	21.33%
Reading Services Guide	14	18.67%
Brighter Futures for Children website	6	8.00%
Family Information Service and the Local Offer	11	14.67%
GP practice	13	17.33%
Leaflets/poster	14	18.67%
Newsletter	12	16.00%
Friend/Family	14	18.67%
From other carers	18	24.00%
Other groups	6	8.00%
Other	5	6.67%
Not Answered	7	9.33%

Other - Please State

There were 6 responses to this part of the question. These responses included:

- The internet/Google
- Alzheimer’s Society website
- A Learning Disability meet for carers chaired by Reading Borough Council is essential

30: What support, if any, do you have in place if you find yourself in crisis?

N.B: what we mean by crisis: When an emergency, or something unexpected happens and you cannot do what you have always done for the person you care for

There were 73 responses to this part of the question. There was also a free text option for this question.

Table 52 Summary of Responses to Q30

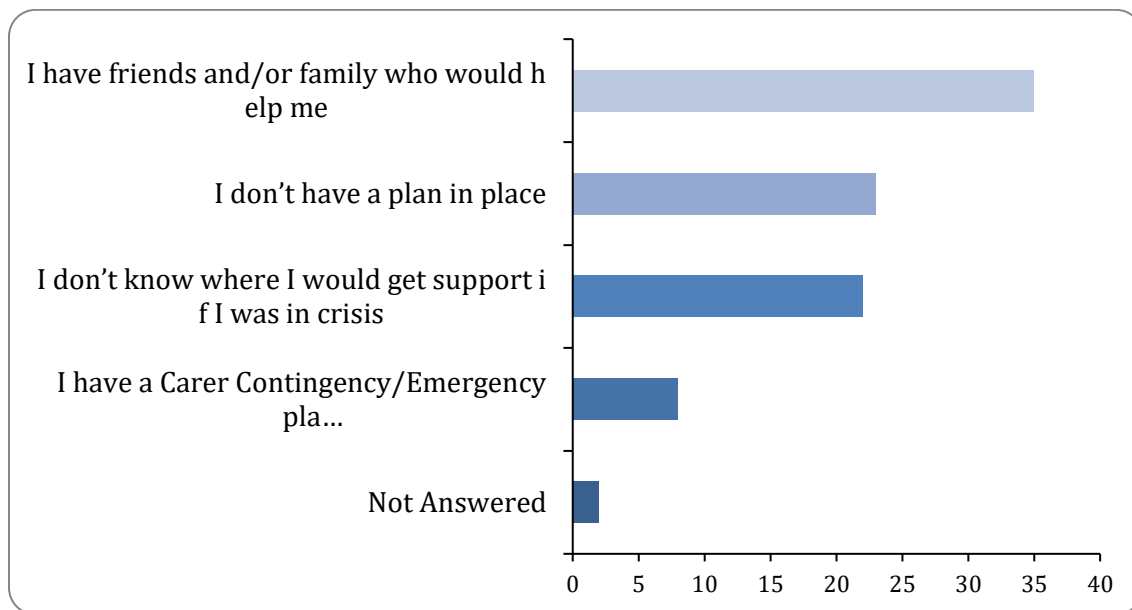


Table 53 Summary of Responses to Q30

Option	Total	Percent
I have a Carer Contingency/Emergency plan in place	8	10.67%
I have friends and/or family who would help me	35	46.67%

I don't have a plan in place	23	30.67%
I don't know where I would get support if I was in crisis	22	29.33%
Not Answered	2	2.67%

The Reading & West Berkshire Carer's Partnership can help you prepare and register an Emergency Plan and ensure it is recorded on your GP patient record to help Emergency Services know that you have an Emergency Plan if the need arises.

There were 14 free text responses to this part of the question. Main themes included:

- Family
- Cared for in supported living which offers a strong safety net
- Did not know this existed
- Interested in this and have asked children's services for this and nothing has been done
- Too much to do and health/exhaustion has meant it's been difficult to complete
- Currently in the process of creating this

Full set of responses:

- The emergency plan is a joke too.
- No one is able to help, who are you kidding?!
- My daughter needs personal care, hoisting etc, myself and my husband are the only people able to do this aside from paid carers and we can't even get the regular care we need let alone emergency assistance.
- Never heard of this
- The Social Worker, albeit some years ago, said they couldn't set up care just in case.
- not confident with it though
- I didn't know that
- My mum
- My son has a place in supported living home so that offers a strong safety net
- I'd be interested in this and have asked children services for this and nothing has been done
- How do I go about arranging an emergency plan?
- I need to do this and get the Carer's Card sorted. Just so much to do each day and I had fallen ill twice in the last two months because of exhaustion.
- I don't have a contingency plan in place.
- I had no idea anything like this existed
- I had a plan but don't think it's valid. I was in trauma and didn't engage with family support worker who did it.
- Just arranging (Carer Contingency/Emergency plan)

31: Are there any other groups or activities you would like to attend that are not currently available?

There were 29 responses to this part of the question.

I wouldn't be able to attend
free swimming sessions
Supported/discounted leisure centre membership - concessionary is only available to those with PIP/DLA and not to carers !
My daughter likes Make Sense Theatre but this is only 3 days over the 9 week college school holidays. I would like something every week for her and my daughter would like a young PA to take her out as above.
Exercises or sport activities for adults that I can attend with my disabled children.
day centre, wellbeing groups, 121 carer counselling, social and activity groups
No
Carers craft group
A Parkinson's support group for carers
Na
Yes more groups for special needs.
My son loves building
Transition to adulthood led by people with lived experience
A regular carers events are good, as well as Carers week events
I don't know of any groups that are available or where to go about finding them
Any groups supporting early years sen with particularly speech and language and OT
I will try and find activities with the existing groups.
yes more sports group,disco ect
Not enough Carer's support groups in Reading, or specific groups for Carers of autistic children for example.
More support groups for single parents age 50 plus who have teens with high needs and find life a struggle.
I would like to belong to a carers' group that keeps in touch regularly. I would like weekly music for dementia.
Not sure
The lack of groups and activities is the problem there need to be more
Any kind of support or information groups, ideally online because we have no support to have physical breaks to attend anything
music group ,sensory session for adults
Don't know.
I prefer to have peaceful break and not in a group. In life already too much running around and fighting for my sons needs. Haven't even had a chance to look at mine. Council does not respond. Go silent till you lose the will to fight. Education and social care. Health wise my son has been ok but my mental health has really suffered in last couple of years
Carer gym groups or Carer coffee meet up in the community
A regular group/meeting for LD for carers to attend, chaired by RBC.

32: What are the main challenges you face as a carer?

There were 62 responses to this part of the question.

Time
Keeping persons, I care for entertained and happy
The LA doesn't seem to understand that you have a legal duty to provide the care we've been assessed as needing. Handing out a direct payment which isn't enough money to purchase the care needed is unlawful. Failing to commission appropriate provision is also unlawful. Your attitude seems to be you will *try* to follow the law, well that's not good enough. What happens when I'm dead, who will look after my daughter then? She needs care without fail, and we don't seem to be able to get that. I am absolutely terrified about what will happen after I'm gone.
cant go away on holiday as no one to look after the elderly mother
Isolation Financial pressures Battling with professionals especially constant turnover of staff at RBC - we are on our 9 case officer in SEN EHCP team in as many years ! Why is everything such a battle - RBC does not put the needs of children with SEND as a high priority !
Exhaustion
fatigue, lack of sleep, lack of understanding by other parents and educational institutions
every day is a challenge, I don't know how I get through every day
Old age preventing me from caring.
As above and knowing the dependency will only increase as time goes on
Financial and having time for everything
Having to be there for our son , it can be very tiring he gets very anxious so we have to support him when he is struggling we do it because we care about him love him . But it is a struggle
Balancing the individual I am caring for needs with my own. Time constraints- I'd like to be able to provide more care but need to work full time for financial reasons.
Living in England caring for someone in Wales an navigating a different health system - also living 3 hours away
Not having any time to myself
Lifting mum
Not having enough support
It's hard and draining sometimes
Not having someone to talk to when you feel low and helpless.
Just always having to be available at all times
Tired of the fight for everything that my daughter needs - mainly from the local authority over the years which causes a huge amount of stress on top of the physical and emotional cost of

caring.
Finding the resources for my children to help them through life. And having to run about while my children are at school doing what I need to do so I'm there for them when they are at home
Trying not to feel overwhelmed at the idea that the happiness of those I care for ultimately depend on me.
Getting tired. Not feeling like I can just go off to do something for myself and having to always be there to get them ready and keep them going and help to keep them in a happy place which can be draining due to their mental health difficulties. Having to always pick activities that meet their needs not mine including holidays - most of time I'm fine with it but sometimes can feel a bit trapped/not free to choose what I would like to do.
Being available 24/7 for the person you care for.
Limited opportunities for getting out and about socialising and leisure activities due to the physical and mental limitations of my husband
I have to spend a lot of time cooking for one person. I have to go to handouts and get free food for another because he has had his benefits taken away.
If I am sick I cannot care for those two individuals.
Old age.
lack of support for me and the person I care for
The ability to do what is needed on a daily basis
Falling into the category of Low income / poverty
Unable to get out of this trap / cycle
Feeling isolated due to no help available when actively seeking support
There are many challenges, especially from domestic to any other home issues.
Difficulty in obtaining respite away from the home for the person i care for. Having very little time to myself - don't feel i can plan anything
Time, and an easier way to visit without having to get a residents parking ticket.
everything paper work.getting answer to help getting time
Feel alone but too proud to say you're finding it difficult.
Finding respite for myself but also to spend one on one time with my other child
Trying to get timely response from the LA
Tiredness, losing my identity, my mind, constantly worried about my cared for children and how to make ends meet. I don't see future. I see struggle and survival on a daily basis. I see guilt. I want to be thanked and rewarded for my work. I want to have a normal weekend. I have to be there 24/7 no matter what. There is no alternative.
Doing it all on my own at the age of 50. There are too many challenges I'm currently facing and have faced.
The mental strain of dementia with the repetition of acts/ conversations. Trying to keep my mum living independently without any access to professional support or guidance
Isolation, exhaustion, lack of social and intellectual stimulation. Feel alone and inadequate.
Accessing medical help for my spouse- can be exhausting going between psychiatrist and GP to get prescriptions, follow up on requests for blood pressure, various tests, etc.

Getting time away to do own thing. Easy to feel trapped and lonely
Just being non stop
Finding time for myself and my other children
Being able to juggle everything all the time
Sheer lack of support from anyone or any organisation. No emotional support, physical support or financial support
no time to your self ,lots of paper work to do ,lots of thing to chase up ,no breaks
Motivation, things to do with my son which Interest him.
No support
Not being heard. Not knowing what is out there for me as a working parent. If I have options to stop work as I'm constantly exhausted. More support, as on the outside I may appear to just be holding it together. Too much stress and pressure from all directions. A regular holistic check in would be good
Stress pressure and alot if responsibility carer long hrs for very little money for the home caring role isolation loneliness no time for myself and health lack off sleep
The isolation and absence of any support.
My own mental health is not great and now is my physical health.
<ul style="list-style-type: none">- Ability to cope with a steadily worsening condition of caree- Demands on my time and constant attention- Dealing calmly with frustrations, limitation
Lack of social interaction with other people as [cared for] not able to be left for more than one hour.
Having a RBC LD contact for queries - not social (due to other pressures)
As a mother I try and overcome any challenges that befall and I try not to let anything bring down my spirit. All I want is happiness and safety for my son, but the biggest challenge I face as a carer is when sometime my son faces some health issues but even though I try my best to hold my strength, my ability to face it, to fix it and to overcome it.
Living in West Berkshire and having a doctors in Reading and having to balance what we can and can't access.
Meeting deadlines. Challenging behaviours. Finances not being enough.

33: Do you currently connect with other carers?

There were 73 responses to this part of the question.

Table 54 Summary of Responses to Q33

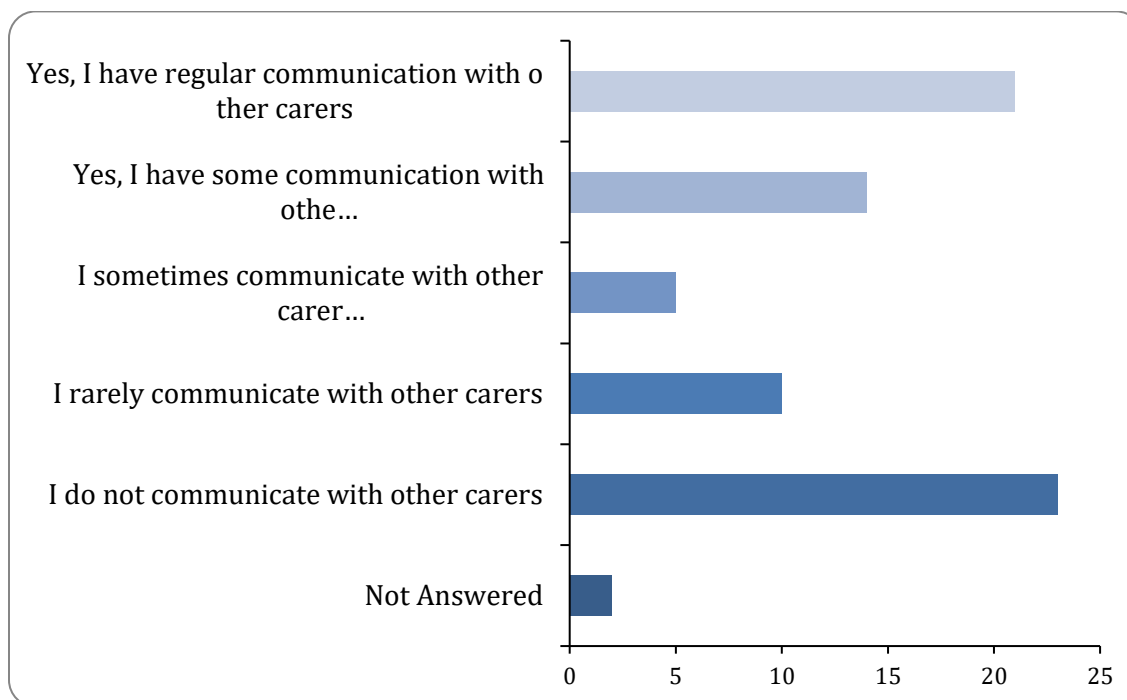


Table 55 Summary of Response to Q33

Option	Total	Percent
Yes, I have regular communication with other carers	21	28.00%
Yes, I have some communication with other carers	14	18.67%
I sometimes communicate with other carers if I have a specific issue	5	6.67%
I rarely communicate with other carers	10	13.33%
I do not communicate with other carers	23	30.67%
Not Answered	2	2.67%

34: If you said you do communicate with other carers, how do you do this?

There were 46 responses to this part of the question.

Table 56 Summary of Responses to Q34

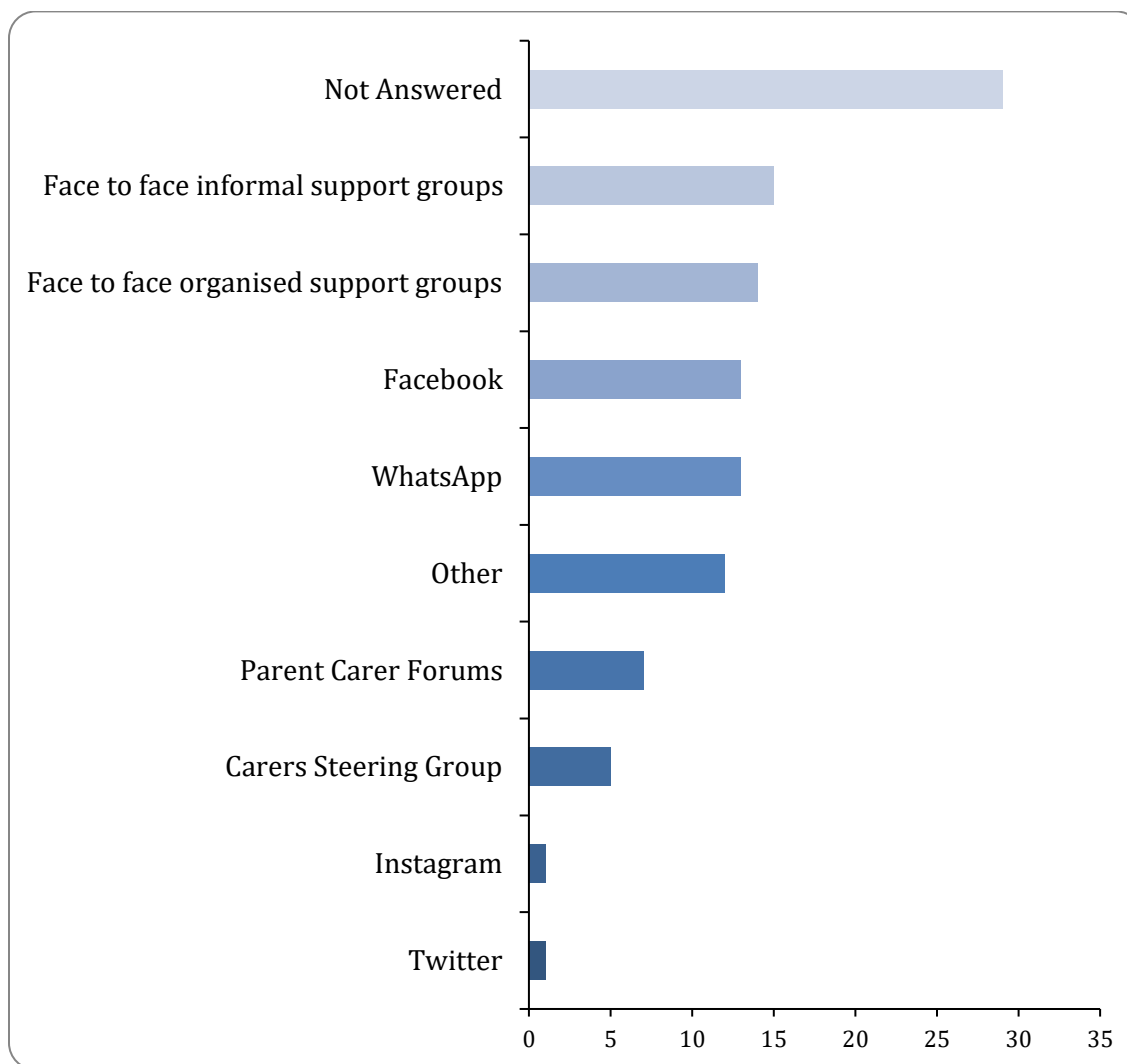


Table 57 Summary of Responses to Q34

	Total	Percent
Facebook	13	17.33%
Instagram	1	1.33%
Twitter	1	1.33%
WhatsApp	13	17.33%
Face to face organised support groups	14	18.67%
Face to face informal support groups	15	20.00%
Carers Steering Group	5	6.67%
Parent Carer Forums	7	9.33%
Other	12	16.00%

Not Answered	29	38.67%
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Other - Please State

There were 16 responses to this part of the question. This included:

- The parent group at the Avenue school
- The Parenting Special Children monthly group
- At activities for my cared for person
- Long time friends who are also carers

Full set of responses below:

- Phone when I get the Time
- Text and WhatsApp
- Face to face meetings
- A friend who also cares for her daughter.
- Phone calls
- I have a few friends who are in the same position as me care for there adults with a disability.
- Long term friends who are also disabled
- Clubs my son attends
- Friends who are carers
- Talking to other friends who are carers
- Parent group at avenue school.
- Parenting special children monthly group.
- Friends
- At activities for my son get butts if time to interact

35: If you said you do not communicate with other carers, why is this?

There were 33 responses to this part of the question.

Table 58 Summary of Responses to Q35

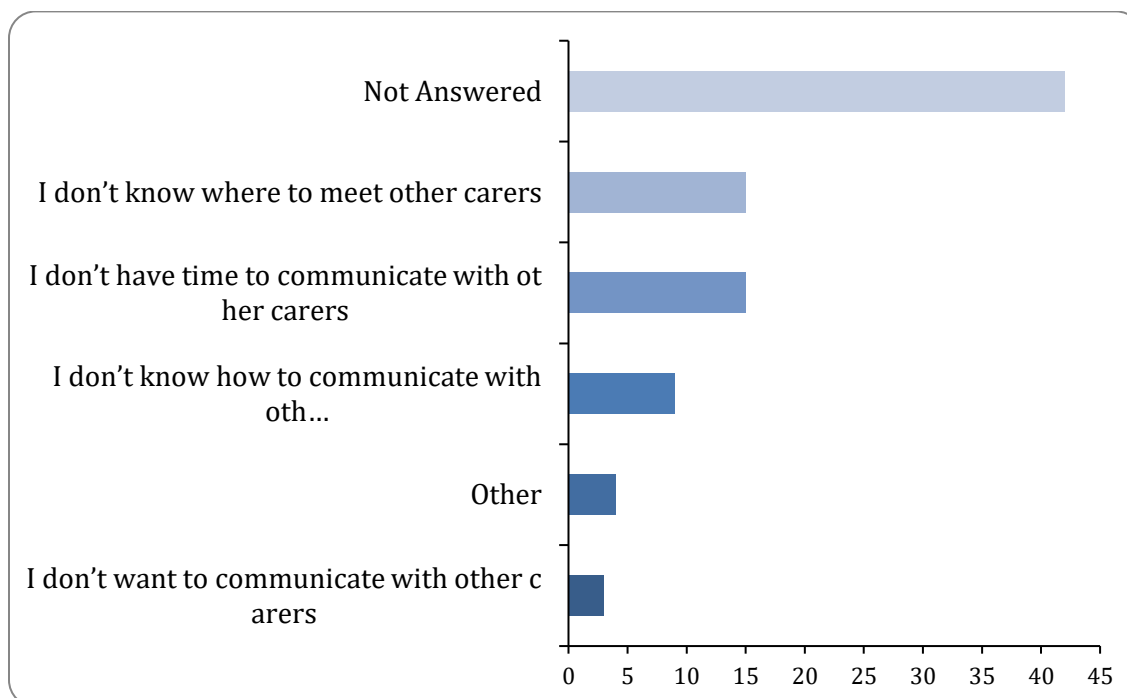


Table 59 Summary of Response to Q35

Option	Total	Percent
I don't know where to meet other carers	15	20.00%
I don't know how to communicate with other carers	9	12.00%
I don't have time to communicate with other carers	15	20.00%
I don't want to communicate with other carers	3	4.00%
Other	4	5.33%
Not Answered	42	56.00%

Other - Please State

There were 4 responses to this part of the question. These responses included:

- Lack of time
- No learning disability meetings
- Need help to be able to attend meetings
- Don't need a talking shop or encouraging

36: If you do not already communicate with other carers but would like to, what is your preferred method of communication?

There were 28 responses to this part of the question.

Table 60 Summary of Response to Q36

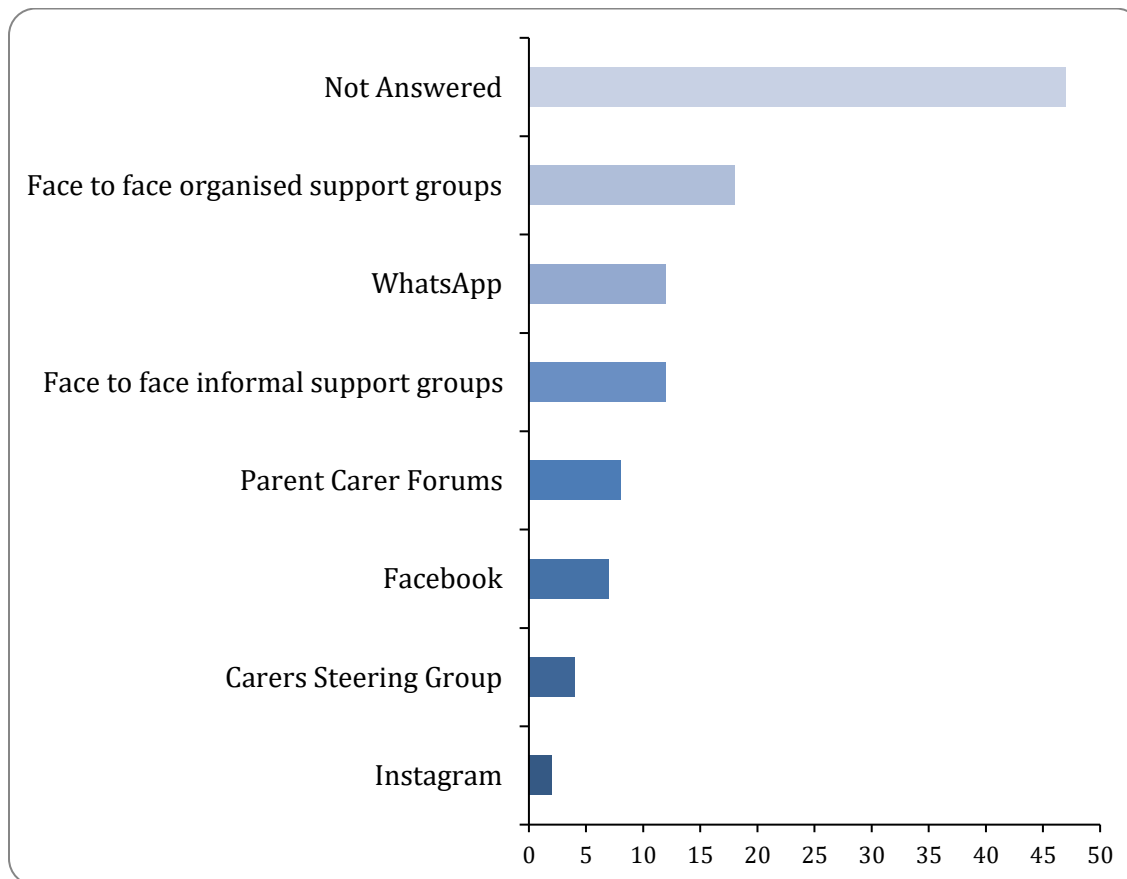


Table 61 Summary of Response to Q36

Option	Total	Percent
Facebook	7	9.33%
Instagram	2	2.67%
Twitter	0	0.00%
WhatsApp	12	16.00%
Face to face organised support groups	18	24.00%
Face to face informal support groups	12	16.00%
Carers Steering Group	4	5.33%
Parent Carer Forums	8	10.67%
Other	0	0.00%
Not Answered	47	62.67%

Other - Please State

There were 2 responses to this part of the question. Including:

Activity for parent carers and social night like Reading families forum managed with crazy kids sessions and talk for parents in the past

37: How important is it for you to connect with other carers in Reading?

There were 68 responses to this part of the question.

Table 62 Summary of Response to Q37

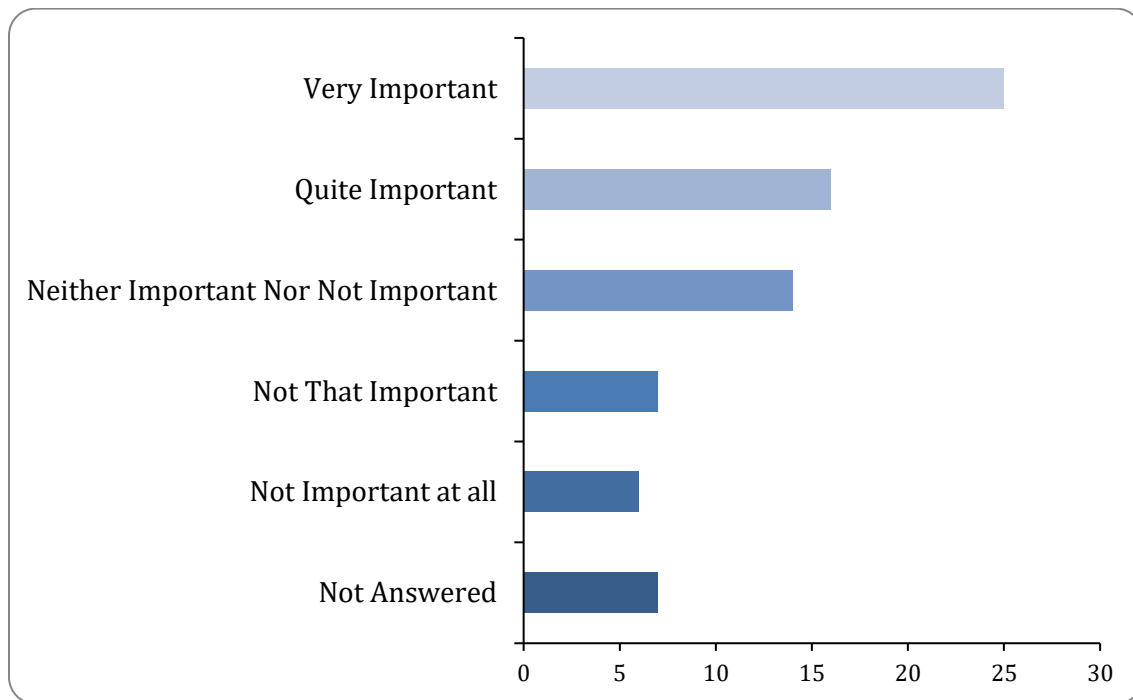


Table 63 Summary of Response to Q37

Option	Total	Percent
Very Important	25	33.33%
Quite Important	16	21.33%
Neither Important Nor Not Important	14	18.67%
Not That Important	7	9.33%
Not Important at all	6	8.00%
Not Answered	7	9.33%

Please tell us why this is important to you

Reading Borough Council

There were 30 responses to this part of the question.

Navigation
It is good to know you are not alone and to talk to people who understand.
My friend and I support each other and share ideas.
Sharing information and you know they understand how you feel with no judgment
They understand what we are going through as carers
To share experiences of accessing services, opportunity for support from someone in a similar situation who can truly appreciate the challenges of being a carer.
Share and learn
Because they understand and have a wealth of lived experience so can suggest good safe support for our families
To feel normal and know it's not just you - to feel understood. Also to share ideas/information/tips.
We need to keep up with current news.
To get enlightened and educated about the person you are caring for.
I'm in West Berkshire
No one else quite understands the position we find ourselves in and can give good advice.
Just want to feel I am not alone. Want to ask advice. Want to share. Want to be seen and appreciated.
To stop feeling so isolated and constantly worried about everything.
To get useful information and a feeling of belonging.
Shared issues - meeting others who understand. Can chat/laugh/moan about issues and give each other tips, etc
Not sure
Not sure
It's important to not feel so isolated and alone. To share ideas and support
I pass on much knowledge I have gleaned to others in conversations. But don't like large groups and not always to talk about caring responsibilities. Like to switch off from that sometimes
Because it makes you feel you're not alone and people understand your role as a carer it helps to talk and socialising helps your wellbeing give you a break so you can recharge yourself and feel better to coping in your caring role
What I would mainly like is someone I could seek regular advice from e.g. a trained Dementia advisor.
- Online websites etc.. have not added any value so far
Other carers understand the pressures of caring
To help other LD carers to and learn from LD carers experiences
As the Council lacks the ability to keep people informed and tries to hide information from carers, I need as much support from other carers that I can get.
It's important for wellbeing support and not important due to time/availability.

38: Where the person you care for has given consent: do you feel involved in the care decisions of the person you care for?

There were 68 responses to this part of the question.

Table 64 Summary of Response to Q38

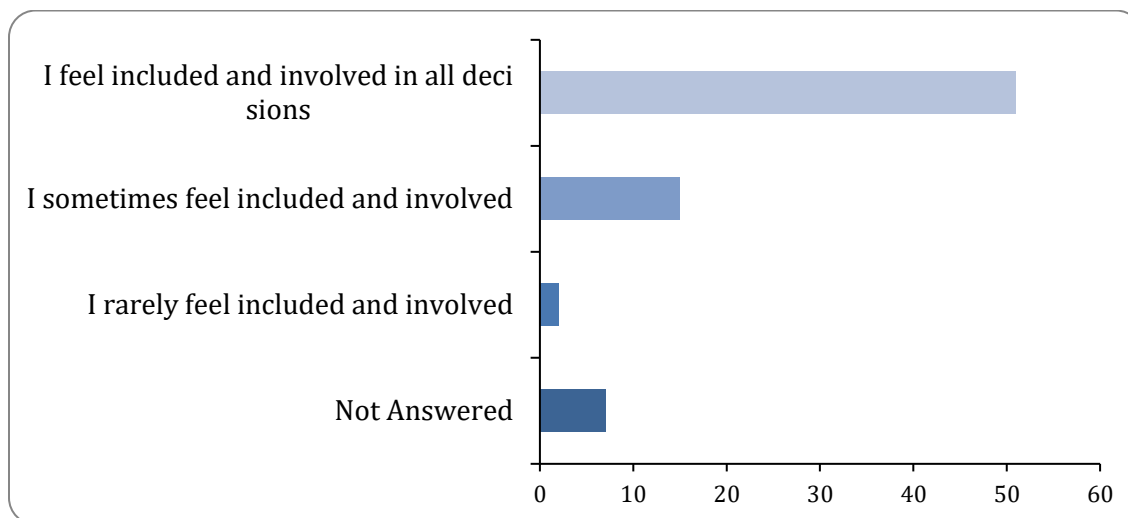


Table 65 Summary of Response to Q38

Option	Total	Percent
I feel included and involved in all decisions	51	68.00%
I sometimes feel included and involved	15	20.00%
I rarely feel included and involved	2	2.67%
I never feel included or involved	0	0.00%
Not Answered	7	9.33%

How has this impacted on your caring role? Can you explain the difference, if any, this has made to you?

There were 19 responses to this part of the question.

I don't have a choice as the persons I care for cannot make many decisions for themselves
No guidance on young people with SEND (Gillick competence)
There have been no care decisions - I have applied for a Care Act assessment for her and the form was very long and didn't really give me an opportunity to say what I wanted or what my daughter wanted.
My main concern is that very few if any social workers understand Autism.
Sometimes it can feel a bit of a burden of responsibility but I would rather be involved, so I can be as supportive as possible.
I make sure I am included but this is tiring and stressful as I don't feel her interests are at the heart of decisions it is normally first a financial decision

Reading Borough Council

I feel that my opinion and experience is valued the majority of the time. If I don't feel listened to, I know how to access support to change this.
Our son is none verbal and does not have the capability to make decisions about his care
Yes. As our daughter is unable to understand we have to be involved in all aspects of her care.
We work as a team and frequently have to remind medical professionals that there is such a thing as patient choice.
The person i care for has fluctuating capacity and this can be very frustrating. Their views change.
It's my sons so I have parental responsibilities.
All concerned understand that I am central to my husband's wellbeing.
It's made things easier (in comparison to other carers)
My son is 16 at the moment so just starting to approach transition stage, but nobody is helping me with this so currently feel very anxious and scared.
I am involved in the decisions relating to our child and am fielding a lot of professional approaches.
I did not feel involved in decisions around my mother's medical care and that was very difficult at times. I had to react to events.
I have had some advice on medication from Honeywell Unit at Prospect Park who diagnosed my wife.
For Day Services we are consulted on decisions and generally discuss/resolve problems
Enables person centered care and support.

39: Do you feel you have the opportunity to have your voice heard as a carer in Reading?

There were 72 responses to this part of the question.

Table 66 Summary of Response to Q39

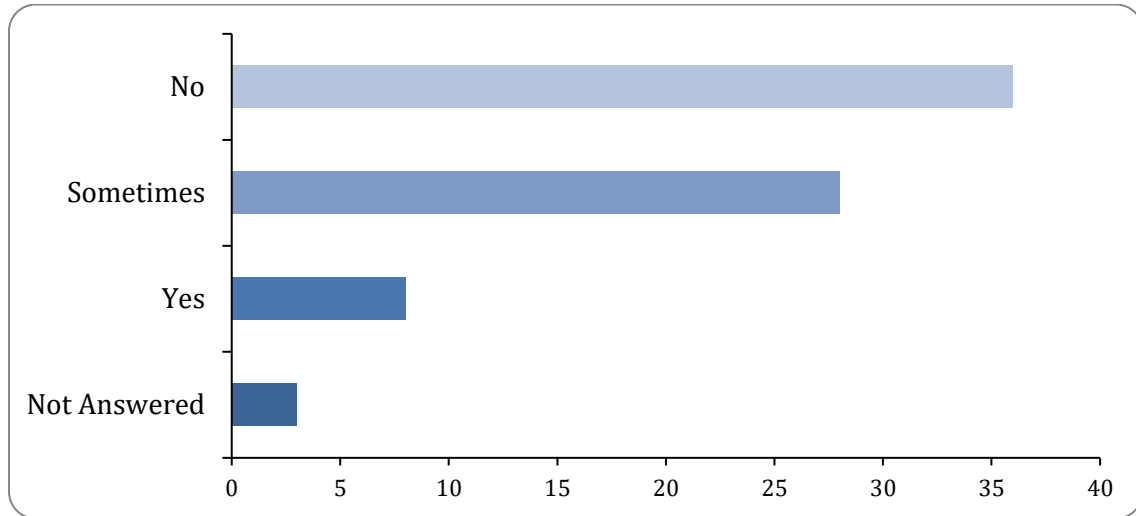


Table 67 Summary of Response to Q39

Option	Total	Percent
Yes	8	10.67%
Sometimes	28	37.33%
No	36	48.00%
Not Answered	3	4.00%

40: If you answered yes or sometimes, where do you have these opportunities?

There were 30 responses to this part of the question.

Table 68 Summary of Response to Q40

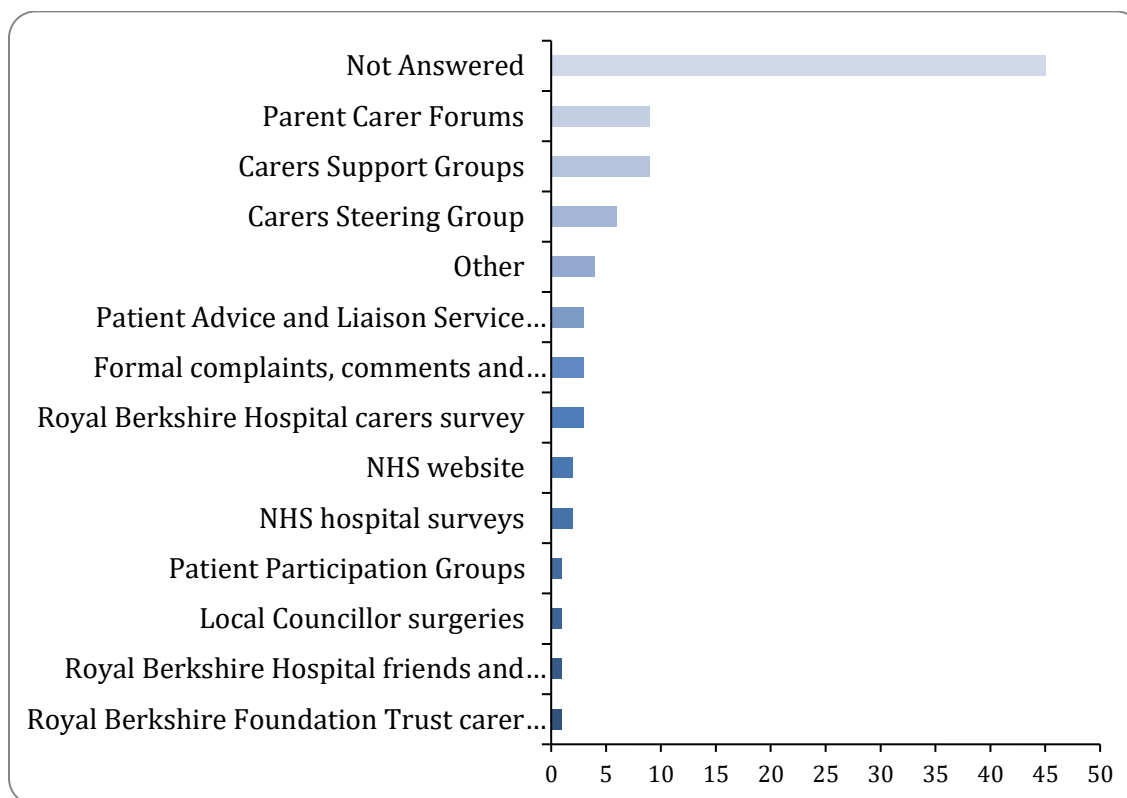


Table 69 Summary of Response to Q40

Option	Total	Percent
Carers Steering Group	6	8.00%
Parent Carer Forums	9	12.00%
Carers Support Groups	9	12.00%
Patient Advice and Liaison Service (PALS)	3	4.00%
Patient Participation Groups	1	1.33%
Formal complaints, comments and compliments procedures	3	4.00%
Local Councillor surgeries	1	1.33%
Royal Berkshire Hospital carers survey	3	4.00%
Royal Berkshire Hospital friends and family test	1	1.33%
NHS website	2	2.67%
Royal Berkshire Foundation Trust carer survey	1	1.33%
NHS hospital surveys	2	2.67%
Other	4	5.33%
Not Answered	45	60.00%

Other - Please State

There were 5 responses to this part of the question.

No and what's the point nothing changes - RBH useless in a crisis and CAMHS dangerous to children!
Reading menap are very good.
Any of the above - there are often requests for parent carers to attend but it is about capacity for parent/carers and who looks after our people with learning disabilities when we attend?
None
Ex: Governor at Royal Berks Ex: Trustee of Carers Services

41: Would you like to be more involved in opportunities to have your voice heard?

There were 69 responses to this part of the question.

Table 70 Summary of Response to Q41

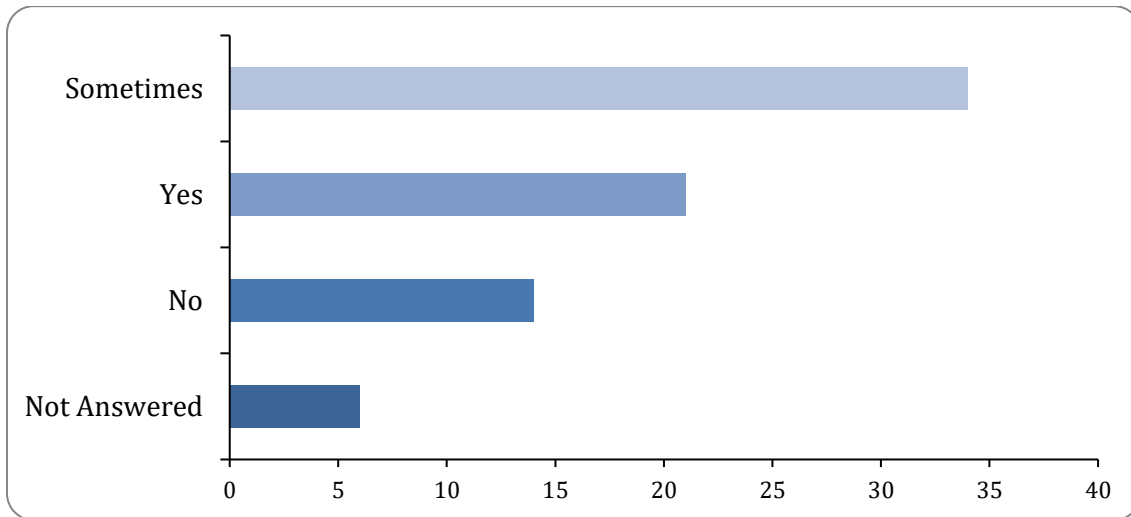


Table 71 Summary of Response to Q41

Option	Total	Percent
Yes	21	28.00%
Sometimes	34	45.33%
No	14	18.67%
Not Answered	6	8.00%

42: If you answered yes or don't know, how would you like to have your voice heard?

There were 47 responses to this part of the question.

Table 72 Summary of Response to Q42

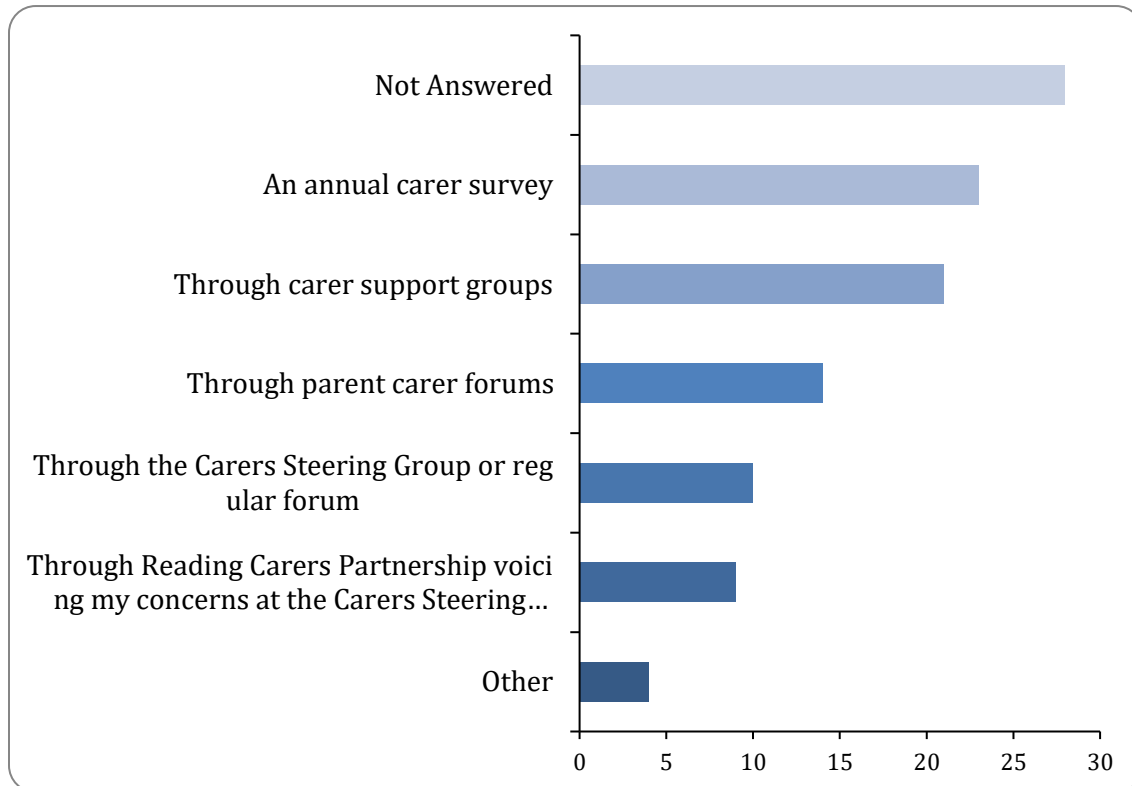


Table 73 Summary of Response to Q42

Option	Total	Percent
An annual carer survey	23	30.67%
Through the Carers Steering Group or regular forum	10	13.33%
Through parent carer forums	14	18.67%
Through carer support groups	21	28.00%
Through Reading Carers Partnership voicing my concerns at the Carers Steering Group	9	12.00%
Other	4	5.33%
Not Answered	28	37.33%

Other - Please State

There were 9 responses to this part of the question.

I have given feedback on multiple occasions but you don't listen, nothing changes due to constant changes of management. Cynic in me thinks you are going thru the motions because of the new adult social care inspection regime. HEARING carers voices means actually taking in what we say and acting accordingly, not just putting out a survey and ignoring the results
Through RBC actually taking an ethical lead on genuinely putting children first especially with EHCP processes and telling schools what they MUST do to meet equality act and because its the right thing to do and all professionals stopping gaslighting parents!
At GP practice
As above - capacity
I am not clear on what the steering group involves, but it sounds good.
Anywhere to get our voices heard and our needs met
I think those who are involved in the decision making or lack of need to be faced with parents and hear about parents/care struggles which happen on daily basis. Pressure on carers is immense and slowly accumulates as micro stressors, much more than for the average person. Helplessness especially in planning for future post 16 and if parent/caregiver was to fall ill or pass away is real worry.
Regular forums required for LD carers

43: Is there anything else you would like to tell us about that you feel is relevant to a joint Reading Unpaid Carers Strategy?

There were 18 responses to this part of the question.

Have you actually spoken to any of the VCS organisations about this strategy ? Are you working with Brighter Futures or is this adult social care going off and doing your own thing? My experience of carers services in Reading over many years has been pretty poor as you will see from my answers, I've seen many strategies and initiatives come and go and to be completely honest you need to sort out your social care services first before trying to sort out carers services If you actually followed the law, did proper assessments in a timely manner and made sure suitable provision was commissioned to meet the needs of those eligible for support in Reading, then it would be an awful lot easier to be a carer. Handing out £200 here and there or running touchy feely carers week events is just rather insulting when you are basically failing as a social care commissioner.
What is actually going to happen that's not happened in 10 years or more ?
It's important to listen to the cares as they know the person who they care for sadly this doesn't always happen
Respite and a sitting service would very beneficial
Choice is so important - a sitting service might work for some people but not all. Autistic and most people would need consistency of staff would a sitting service provide that.
Getting support right for autistic people would help everyone - same support team, well

trained (Oliver McGowan), support package based on need.
I have been a carer for my children for about 20 years now and have never been offered any type of support for any were even when I was under social services. As I was always told I don't meet the criteria
actually provide meaningful respite care
better care need to be put in place carers are killing themselves trying to care
It's a cliché but our mental wellbeing is so important because we have to be well otherwise no one can do what we do for our cared for loved ones. So often I have reached that line of no return and I am very scared that I would cross that line and then my children would have no one. But I am not run on batteries, I don't have solid suggestions but carers need their own carers!
My answer about the sitting service is somewhat random, in the sense that I would value anything, really, but the very best would be to be able to visit my daughter in London.
Should always be support I think
I feel right now the system is broken. There is no support or care given to people like us. It's a very daunting, scary place to be trying to figure everything out alone without support and information. What support there is, is so badly organised, like the carers assessment for example that it just makes the whole experience even more frustrating. Departments and organisations don't communicate well with each other and don't communicate well to carers in the community. The provisions for young carers are also really, really bad!
I know every case is different based on that every carer should receive proper support and guidance.
Connection to others is important to feel you aren't alone. Signposting for everyone for when to reach out for help and who to contact. Flags by professionals when caregiver is struggling beyond their capacity and setting up different levels of recovery plan. Even when I asked for help it was denied because my son was about to turn 18... so child services to adult. No help offered to me for me. Left me really disappointed and mistrusting of the social care set up.
The initial point of engagement - ie the carers assessment - is not fit for purpose. The form is not fit for purpose. I was told that the adult and children's services teams do not talk to each other so a fresh referral would have to be made as I was caring for 2 people. These teams need to want to actively want to support carers for any strategy to work.
Until 2020 there were 3 LD forums (and strategy) namely LD Forum, Health, and Partnership Board. These stopped due to lack of RBC support. At least one should be available for LD, specifically in order to provide opportunity to resolve problems, provide information (presentation) and meeting carers.
I would not take up the sitting service as I would prefer not to have a stranger in my house when I am not at home. I would however like my son to have more than one day a week (day) services.
No.

Demographics

44: Sex:

There were 74 responses to this part of the question.

Table 74 Summary of Response to Q44

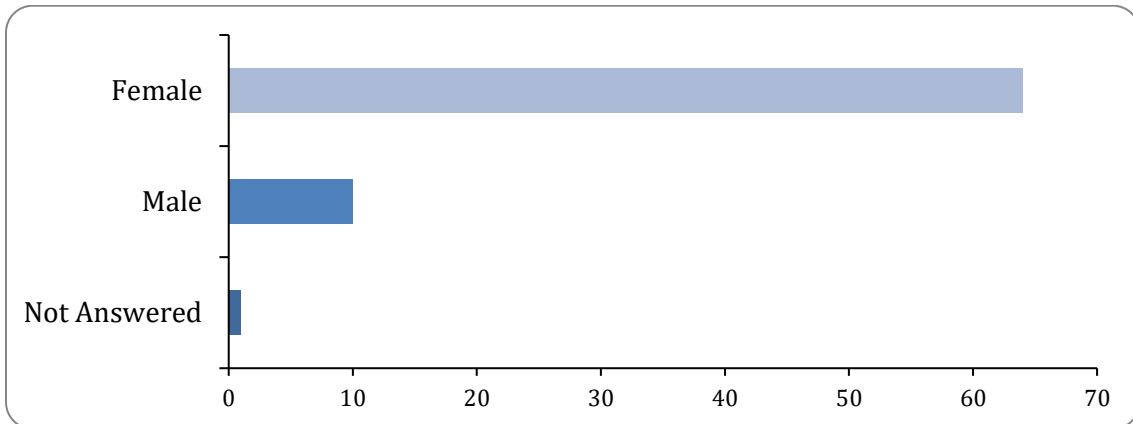


Table 75 Summary of Response to Q44

Option	Total	Percent
Male	10	13.33%
Female	64	85.33%
Not Answered	1	1.33%

45: Which age group do you belong to?

There were 74 responses to this part of the question.

Table 76 Summary of Response to Q45

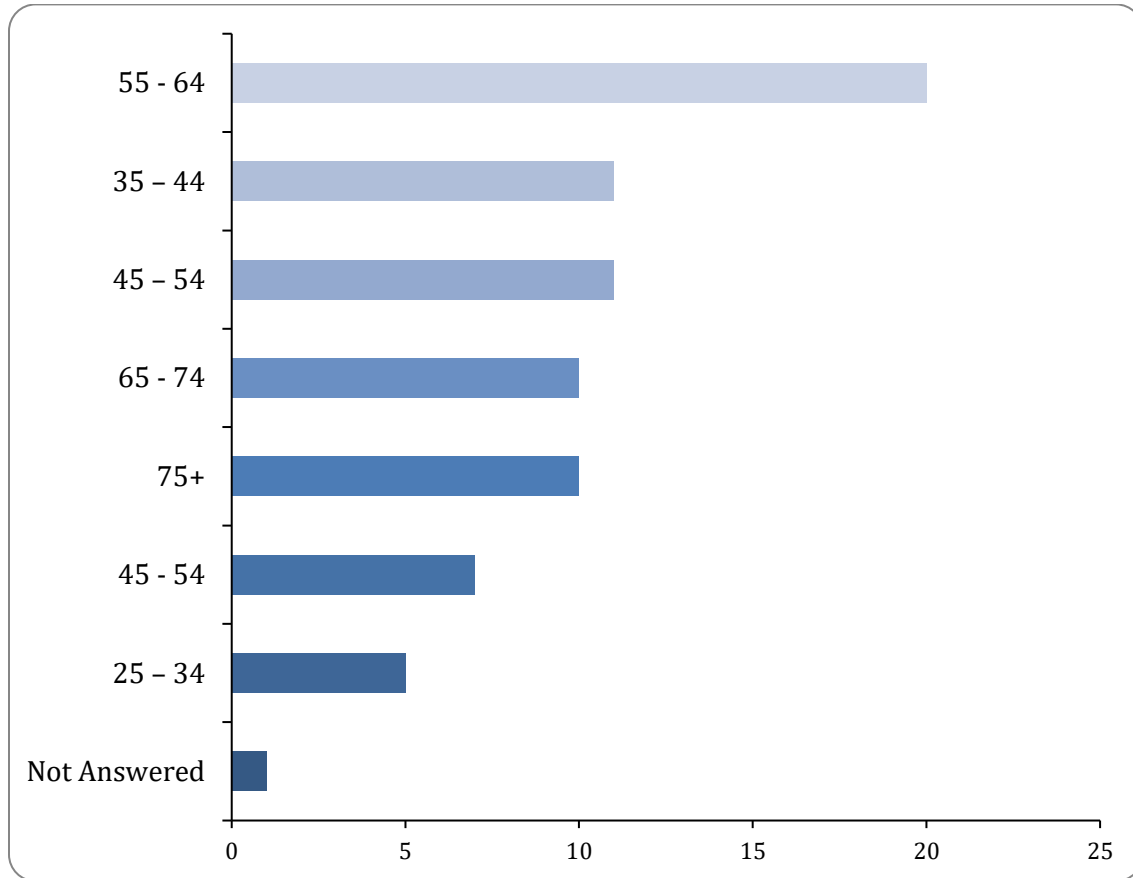


Table 77 Summary of Response to Q45

Option	Total	Percent
Under 18	0	0.00%
18 - 24	0	0.00%
25 - 34	5	6.67%
35 - 44	11	14.67%
45 - 54	7	9.33%
45 - 54	11	14.67%
55 - 64	20	26.67%
65 - 74	10	13.33%
75+	10	13.33%
Not Answered	1	1.33%

46: Which of these ethnic groups do you belong to?

There were 74 responses to this part of the question.

Table 78 Summary of Response to Q46

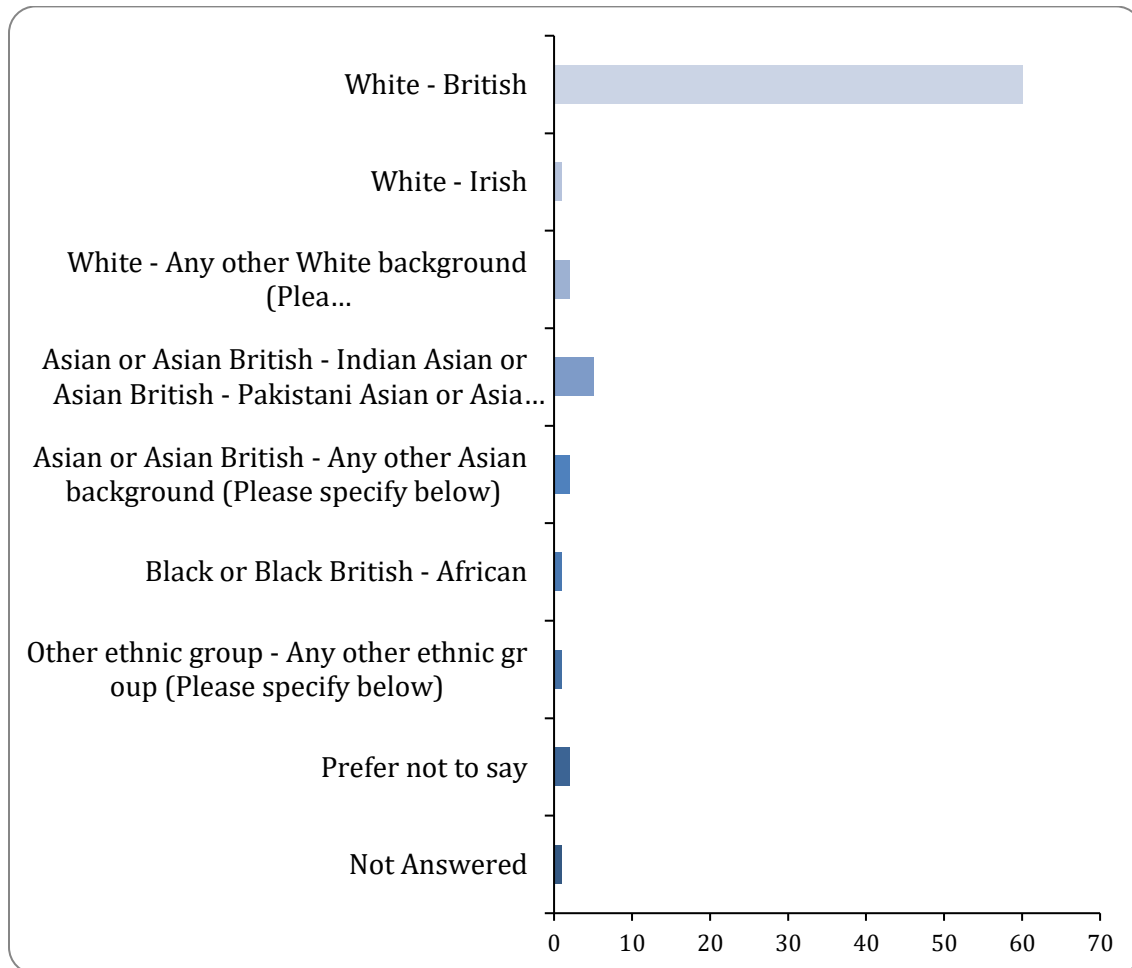


Table 79 Summary of Response to Q46

Option	Total	Percent
White - British	60	80.00%
White - Irish	1	1.33%
White - Gypsy or Irish Traveller	0	0.00%
White - Any other White background (Please specify below)	2	2.67%
Mixed - White and Black Caribbean Mixed - White & Black African Mixed - White & Asian	0	0.00%
Mixed - Any other Mixed background (Please specify below)	0	0.00%

Asian or Asian British - Indian Asian or Asian British - Pakistani Asian or Asian British - Bangladeshi Asian or Asian British - Chinese	5	6.67%
Asian or Asian British - Any other Asian background (Please specify below)	2	2.67%
Black or Black British - African	1	1.33%
Black or Black British - Caribbean	0	0.00%
Black or Black British - Any other black background (Please specify below)	0	0.00%
Other ethnic group - Arab	0	0.00%
Other ethnic group - Any other ethnic group (Please specify below)	1	1.33%
Prefer not to say	2	2.67%
Don't know	0	0.00%
Not Answered	1	1.33%

Other - Please State

There were 3 responses to this part of the question.

Kurdish from Turkey
American
Nepalese

47: What is your religion or belief?

There were 70 responses to this part of the question.

Table 80 Summary of Response to Q47

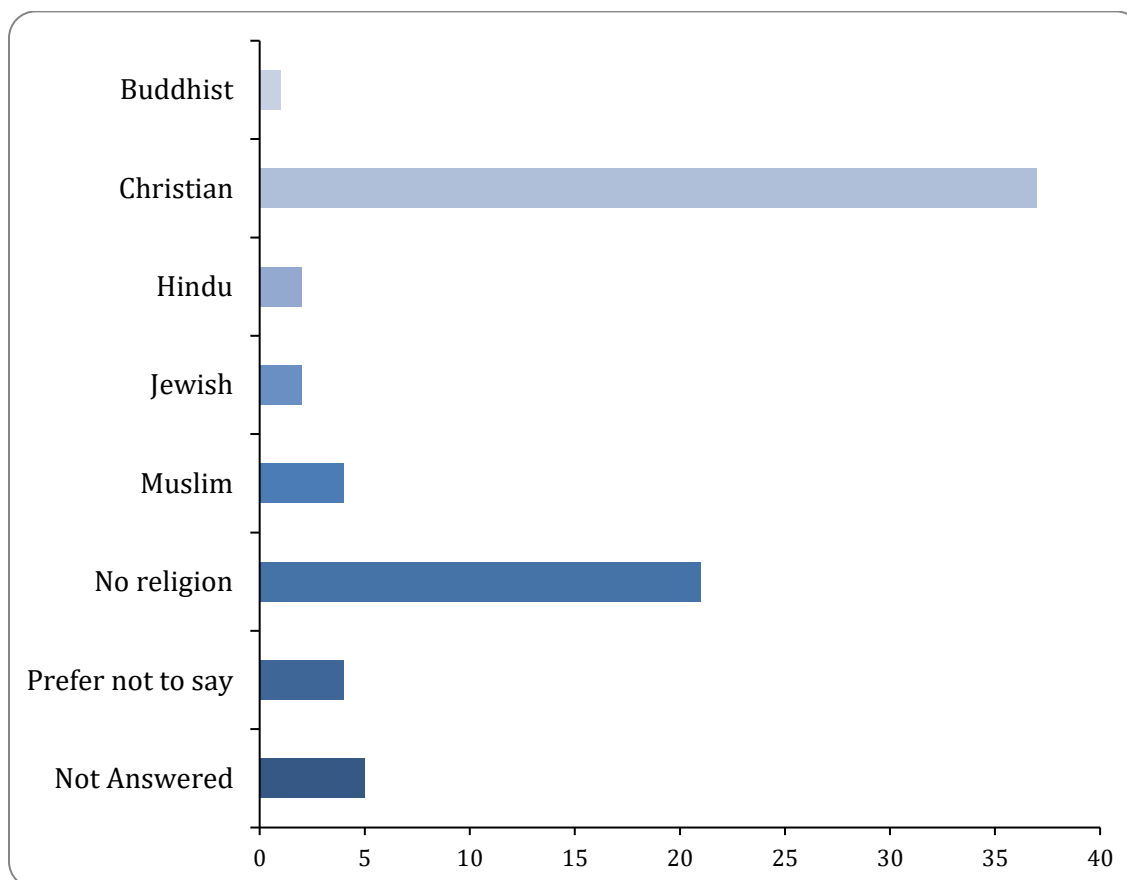


Table 81 Summary of Response to Q47

Option	Total	Percent
Buddhist	1	1.33%
Christian	37	49.33%
Hindu	2	2.67%
Jewish	2	2.67%
Muslim	4	5.33%
Sikh	0	0.00%
No religion	21	28.00%
Prefer not to say	4	5.33%
Other	0	0.00%
Not Answered	5	6.67%

48: Are you?

There were 71 responses to this part of the question.

Table 82 Summary of Response to Q48

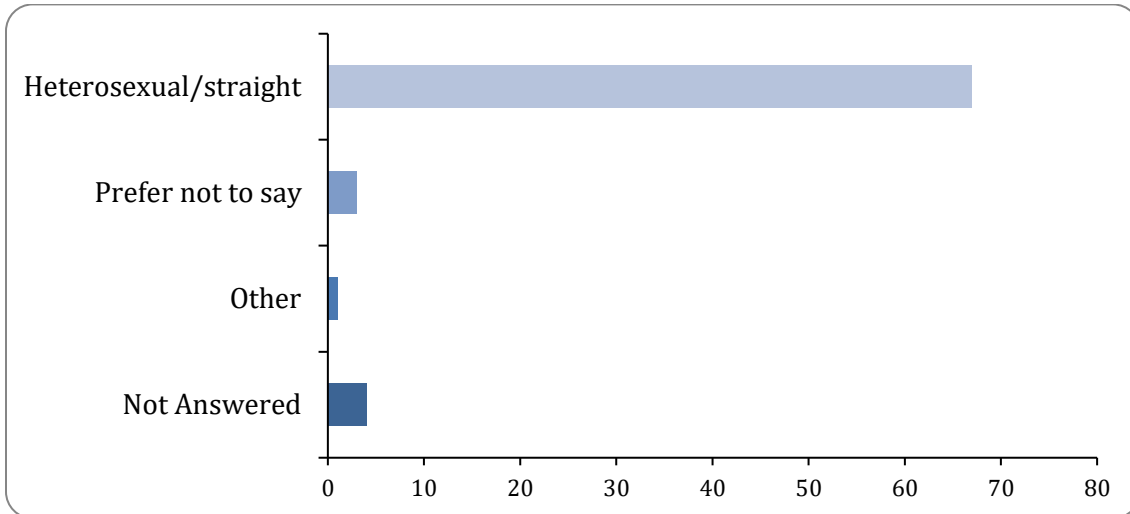


Table 83 Summary of Response to Q48

Option	Total	Percent
Heterosexual/straight	67	89.33%
Gay or lesbian	0	0.00%
Bisexual	0	0.00%
Prefer not to say	3	4.00%
Other	1	1.33%
Not Answered	4	5.33%