



My ref: Employer Letter

Date: 09/11/2020

Telephone: 01733 207176

**Public Health Directorate
Sand Martin House
Bittern Way
Fletton Quays
Peterborough
PE2 8TY**

Dear Sir / Madam

Re: Support for you and carers in your workforce

I am writing because COVID has highlighted that residents of Cambridgeshire and Peterborough may not be receiving the help they need to support someone they care for. Cambridgeshire County Council and Peterborough City Council are aware that residents who are caring for someone are often not aware of the support that is available.

We would like your help as employers to speak to your employees in supervision sessions and meetings to identify who is involved in looking after a family member or friend with a disability, health condition or due to substance misuse. We would also be grateful if you would be willing to share the information about support through your communication channels with your staff.

We know that looking after a family member or friend this way often has a significant impact on people, and that therefore can impact on you as their employer. But support is available.

Before the coronavirus pandemic 600 carers a day were giving up work because of their caring responsibilities and that situation has been made worse by the pandemic.

Carers UK research (Caring behind closed doors) has shown that one in five carers have either had to reduce their hours or give up work entirely because of their caring responsibilities during the coronavirus pandemic. This has a big impact on you as employers as well as the employees at what is an already challenging and uncertain time.

We are working with our partners in the voluntary sector, including Caring Together, Making Space and Centre 33, to support carers of all ages by providing information and support at this difficult time for carers. Specific information can be supplied for -

Posters for Notice Boards

Articles for Newsletters.

You may also want to sign up, or encourage employees who are carers to sign up, to get the latest news and information for carers in Caring Together's Inside news for carers ebulletin each month. See caringtogether.org/inside-news-carers.

Whether you share information by staff ebulletins, newsletters, intranet or posters we can support with this.

Our partners in the voluntary sector can receive self-referrals from your employees, and we have attached information that could go on your notice board or in a newsletter to employees to make them aware of what support they can access.

We hope we can work together to ensure that carers in your workforce get the support that they need during these challenging times. If there is anything that we can do to help your organisation to further support the carers in your workforce, do please get in touch.

Yours sincerely,

A handwritten signature in purple ink, appearing to read 'Liz Robin', is positioned below the closing text.

**Dr Liz Robin FFPH
Director of Public Health
Cambridgeshire County Council and Peterborough City Council**

Content for intranet/e-bulletins

- Is there anyone in your family with a long-term illness, disability or substance-misuse issue that you help to support or look after?
- Are you trying to juggle work with looking after them and all of your other responsibilities?
- Support is available to you as a carer through the all-age carers service delivered by three organisations on behalf of Cambridgeshire County Council and Peterborough City Council.

If you are aged 18 or over and caring for someone = Caring Together can help – www.caringtogether.org

If you are aged 18 or over and caring for someone aged 18-65 with a mental health issue = Making Space can help - <https://makingspace.co.uk/services/centres/cambridgeshire-carer-support>

If you or anyone in your house is aged under 18 and helping to care for someone = Centre 33 can help – <https://centre33.org.uk/help/caring/>