



## PRESS RELEASE

### **Carers Guernsey Announces Major Changes in 2024**

Carers Guernsey is an independent charity dedicated to supporting those in the Bailiwick who care for a friend or family member who is ill, frail, disabled, or has mental ill health. In the lead up to Carers Week 2024, taking place between 10-16 June, Carers Guernsey is excited to announce significant developments within the charity as it looks to the future. Firstly, Carers Guernsey is delighted to announce the appointment of Ellie Lawrence as its Chair, marking a new era for Carers Guernsey. Ellie brings a wealth of experience as a business owner and non-executive director. Her leadership heralds a new phase of strategic growth for Carers Guernsey, ambitiously aimed at reaching as many carers as possible to ensure they are well-informed and supported. Ellie succeeds Peter Harwood, whose valued contribution will continue as he remains the committee's political lead.

Carers Guernsey was established in 2018 and the charity is dedicated to addressing the increasing need for support among the islands' residents who balance work, personal lives, and extensive caring responsibilities. Many carers do not recognise themselves as such and often neglect their own needs. The charity's mission is to change this narrative, connecting unpaid carers to services, information and assistance to enable them to manage their day-to-day situations more effectively.

Additionally, Carers Guernsey is thrilled to announce that earlier this year, Tanya Dorrity joined the charity as Service Manager. Tanya will leverage her extensive experience in community service and strategic communication, creating new partnerships and supporting Carers Guernsey's growth plan. Her role combines essential outreach support services with strategic elements to raise the profile of Carers Guernsey, ensuring the charity reaches those who need them most.

Finally, Carers Guernsey is proud to be the third charity to join Grow's Community Hub. The charity is delighted to relocate and establish its new base there, opening up opportunities to collaborate with like-minded community members at the GROW premises. This move allows Carers Guernsey to work alongside other charities and form alliances that benefit the third sector as a whole.

In the Bailiwick, Carers Guernsey estimates that there are as many as 8,000 informal and unpaid carers. Despite their significant contributions, fewer than 700 receive direct financial support through the Carer's Allowance. Carers Guernsey provides tailored outreach support, including emotional, practical, and financial advice, to ensure carers receive the information and support they need.

In Guernsey, the number of carers is expected to increase significantly due to an ageing population and increased life expectancy.

It is likely that at least 3 in 5 locals will be impacted by a caring responsibility during their lifetime, making it important for everyone in the community to be aware of this issue. Carers often face considerable challenges, including physical and mental health issues, financial strain, and social isolation. Two thirds of carers have had to reduce their working hours or leave employment entirely due to their caring responsibilities. Additionally, many unpaid carers

report having poor mental health, with significant numbers experiencing continuous low mood, feeling overwhelmed and anxiety.

Carers Guernsey hosts a weekly peer support group, which provides a relaxed and social atmosphere for carers to connect with others in similar situations and where it can actively encourage and facilitate peer support. Their programme also includes a weekly drop-in session at the office at GROW, offering information and guidance to carers. In addition to this, Carers Guernsey has collaborated with Guernsey Mind, to establish a joint programme to specifically support carers of individuals with mental health challenges. Additionally, the charity advocates for carers, giving them a voice in matters that affect them and raising awareness about their needs and rights.

For more information, please visit the Carers Guernsey website [www.carers.gg](http://www.carers.gg) or email [tanyadorrity@carers.gg](mailto:tanyadorrity@carers.gg).

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