

THE WELLBEING GUIDE

**Supporting our workforce,
for better mental health.**

A collaboration between

The Care Workers' Charity & the Dementia, Care & Nursing Home Expo

About this Guide

Every year, thousands of us struggle with our mental health. This guide is designed to provide tips and resources to support you with your mental health. If you are struggling, please know that you are not alone - help is available.

We are supporting our workforce, together.



In crisis? Call the Samaritans on 116 123.

Whatever you're going through, a Samaritan will face it with you. They are here 24 hours a day, 365 days a year.



About Us

The Care Workers' Charity was founded with the mission of preventing care workers from falling into financial hardship. For over a decade, the charity has supported individuals working in social care with crisis grants. In providing these grants we change lives, providing a safety net for care workers who have nowhere else to turn.

84% of our crisis grant recipients stated that our grants had prevented them from falling into financial hardship, we step in before things start to spiral. At the end of March, in response to the growing threat of coronavirus on an already stretched and fragmented workforce, we developed a Covid-19 Emergency Grant.

*A UK where no care worker
faces financial hardship alone.*

- CWC Vision



Dementia, Care & Nursing Home Expo

About Us

The Dementia, Care & Nursing Home Expo is dedicated to supporting the workforce of the future, inspiring business growth, and creating a sustainable social care model. We are committed to improve our workforce and solve tomorrow's problems, today. Harnessing these skills and expertise we support the sector to innovate, evolve, and push forward.

Collaborating for Change

One of the ways we are supporting our growing community is through our collaboration with The Care Workers' Charity and the production of a digital Wellbeing Guide to support the care sectors' mental health.

Supporting your Mental Health

We know that more needs to be done to alleviate the devastating effects the pandemic continues to cause, and this Wellbeing Guide is one step in the right direction.



Mental Health in the Social Care Workforce

Social care is the backbone of our society. The devastating onset of Covid-19 meant that social care workers across the country have, and continue to be, put under extreme pressure on the frontline of the pandemic. They are struggling under the weight of crippling anxiety, stress, and depression, and are coping with traumatic illness and bereavement to a scale never seen before. They are terrified at the prospect of inadvertently passing on the virus either at their place of work or at home, or falling ill themselves.

Care Workers' Experiences of Mental Health in their Own Words

"Carers are under pressure like never before and the world is a very scary and uncertain place."

"I was at a point where I had to take time off due to having Covid symptoms which has left me very short with money. I'm back at work now but I was worried I didn't have enough money for petrol to be able to get to our clients in need. The stress, anxiety and tears as I didn't want to leave my clients without care."

"I felt so utterly broken, that I regularly contemplated overdosing. . . I saw that as my only escape and a solution to my situation."

"I felt there was absolutely no point in going on. I felt worthless. I had lost all hope. I could not see my way forward."

"COVID19 left me feeling terribly weak and reminded me of my own mortality. I returned to work feeling terrified of what I was going to face."

"I experienced sleepless nights and panic attacks, worried if I was going to bring this terrible virus home to my family."

"You can receive all the skills training for end of life care but not a lot for how to cope yourself afterwards."

Mental Health in the Social Care Workforce

Quick Facts

20% have said that Covid-19 has made them more likely to leave the profession (IPPR 2020).

50% of social care workers have reported a decline in their mental health.

51% of care workers were considering leaving their role because of the effect of the job on their mental health.

72% have stated that they have at one point experienced bereavement directly as a result of their work.

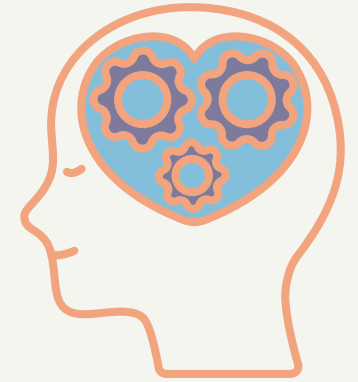
- Even prior to the outbreak of Covid-19, the social care sector had the highest rates of stress, depression and anxiety amongst its workforce.
- Personal finance, low income and perceptions of not having enough time to "do the job well" are the main factors affecting the mental wellbeing of the workforce.



- In spite of the trauma they have, many are not eligible for bespoke therapy and those that are, are unable to afford its cost.



CWC Mental Health Support



FREE mental health support!

The Care Workers' Charity are providing 10 hours of free mental health support provided by a qualified therapist, through their partner Red Umbrella.

Eligibility

This support is available to anyone currently working in a paid role in the UK social care sector and is involved in the support of adult, elderly or disability care, such as:


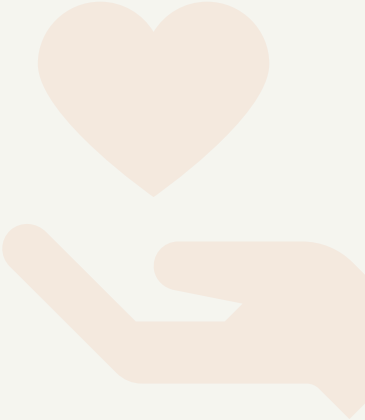
- Residential Care
- Private Care/Personal Assistants
- Domiciliary/Home Care
- Day Care

How to Apply

A short application needs to be filled out to apply, and confirmation of employment in the social care sector from an HR Manager is required.

To protect the privacy of the applicant the HR Manager will not be told that the applicant is applying for mental health support, simply that they have applied for a grant from the Charity.

What Makes the CWC Support Different?



You'll have control over when the sessions will take place, and how close together or far apart the sessions will be.

All applications are completely confidential, and your employer will not be told you are receiving support.

The CWC are committed to responding to an application within two weeks of submission.

Further Information

For more information on the work of the CWC and their mental health support, please visit their website at <https://www.thecareworkerscharity.org.uk/>

Helpful Tips

Working in social care can be as challenging as it is rewarding. You may find some of the following resources help with your wellbeing:



Mindfulness

Mindfulness is a well known technique involving making an effort to be in the present moment. It can help decrease feelings of stress and anxiety, and can help you to be kinder towards yourself.

Physical Activity

Physical activity involves anything where you're moving your body. Being active can help towards improving your wellbeing; managing your intrusive thoughts, stress and anxiety, as well as supporting you to get a better sleep.



Food & Mood

Taking time to think about the food you eat is important. Improving your diet may help to improve your wellbeing, and increase your energy levels.

Helpful Tips

Working in social care can be as challenging as it is rewarding. You may find some of the following resources help with your wellbeing:



Sleep

When your mental health and wellbeing is poor, it can often be a struggle to fall asleep. The NHS offers a range of tips and suggestions on how you can improve your sleep.

Stress

Working in social care can often mean you are under a significant and overwhelming amount of stress. Understanding your relationship with stress and having coping mechanisms is vital to your mental wellbeing.



Relaxation Techniques

When you're feeling particularly busy, overwhelmed, stressed or anxious, relaxation exercises may help to promote a sense of relaxation and calm.

Support the CWC

Donate

To help The Care Workers' Charity support even more social care workers in crisis, please donate today. Your donation will help the charity support their Mental Health Grants Stream, providing for current, former and retired care and support workers with financial support.

We are supporting our workforce, together.

Have a Question?

Please contact the charity via email: info@thecwc.org.uk

Find Out More

To learn more about the mental health support provided by the charity, and to apply, please visit [The Care Workers' Charity website](#).

Additional Resources



Mind are a specialist mental health charity that provides advice and support to anyone experiencing a mental health problem. You can also call their helpline on 0300 123 3393 or text 86463.



The NHS website gives information on a variety of mental health issues, as well as information on talking therapies, counselling, and wellbeing tools.



Grief can be overwhelming. Cruse offer support, advice and information when someone dies. You can reach them on their helpline on 0808 808 1677, or message them on their website.

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