

## A royal visit to Ripley

Derbyshire Carers Association, a Carers Trust Network Partner, was thrilled to welcome Carers Trust President, Her Royal Highness The Princess Royal, to its offices in Ripley, Derbyshire in January.

Her Royal Highness met carers, staff and volunteers and unveiled a plaque to mark 30 years of Derbyshire Carers Association. The event was attended by John McLean, Carers Trust Chair, and hosted by Narinder Sharma, CEO of Derbyshire Carers Association.

Carers from across the county were invited including 98-year-old Victor who cares for his wife who has complex health needs.

“ I was so impressed upon meeting Princess Anne because she showed great compassion and empathy, she knew as much as a carer would know. It was a brilliant day!”

**Victor**

Derbyshire Carers Association was founded 30 years ago and now supports almost 20,000 carers, many of whom struggle to look after a disabled family member, often 24 hours a day. Caring can leave them exhausted and isolated but Derbyshire Carers Association helps with carers' assessments, emergency planning, one-to-one support, and respite opportunities, providing a lifeline for many of the county's most vulnerable.

“She shook my hand and we chatted about how Derbyshire Carers Association supports young carers. She was really down to earth and seemed really interested in all carers. It's been a cool day!”

**13-year-old Abigail who cares for her father**



Her Royal Highness meets staff and carers at Derbyshire Carers Association

## Carers are raising their voices



We've been holding a series of free campaigning workshops for carers across England.

“A really inspirational workshop – I thoroughly enjoyed the experience.”

**Carer**

**The workshops are all part of the Comic Relief funded Raising the Voice of Carers project, which aims to give carers the skills to campaign around the issues that matter to them. In the two and a half years the project has been running, over 850 carers have been involved in campaigning activities.**

Armed with their new found confidence, Raising the Voice of Carers has enabled carers to get their views heard by MPs and other decision makers and has helped carers shape key policies including the NHS Long Term Plan. Carers are playing a key role in ensuring their issues are taken on board and they get the support they need.

As a result of the workshops

**95%**

of carers said they felt that they **“had more skills and confidence to plan campaigns”**.

“The workshop was informative and helpful. I feel empowered by what I have learnt today.”

**Carer**