



Ageing: Support and Further Reading

Websites

Carers UK is the largest organisation in the UK supporting those who are unpaid carers. Carers UK also campaign for the rights of carers and sit on the All-Party Parliamentary Group (APPG) on carers, which advocates on behalf of unpaid carers, challenging government policy and strategy.

www.carersuk.org

Carers Trust works to transform the lives of unpaid carers. It partners with its network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes, and raise awareness and influence policy - www.carers.org

The Sandwich Carers – Information and statistics on those who are caring for both dependant children and older family members/parents and the impact this level of care is having on carers' mental wellbeing and health.

www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/healthandwellbeing/articles/morethanoneinfoursandwichcarersreportsymptomsofmentallhealth/2019-01-14

Carers Connect – An online forum for Carers UK where carers can voice their thoughts about anything related to caring.

www.forum.carersuk.org

Embracing Age – This is a national Christian charity mobilising care for older people and providing particular focus on the reality of life for carers. It provides online resources for carers and an online weekly Zoom gathering for carers.

It also provides church leaders with guiding principles in work and ministry alongside carers.

www.embracingage.org.uk/for-carers.html

Information and Books for Young Carers

There are children who are young carers and this website points to helpful books for young carers of different ages.

www.honeypot.org.uk/news/news/books-for-young-carers

Recommended Books

Pathways to Hope by Louise Morse

Louise offers practical help and sound spiritual and psychological insights to carers of those who are living with dementia.

The Carer's Bible by Amanda Waring

This accessible and detailed guide includes practical tips, personal experiences and best practice for carers themselves. Drawing on insights of many carers from different backgrounds, topics including burnout, emotional needs and end-of-life care are highlighted in this helpful devotional Bible.

Chicken Soup for the Soul: Family Caregivers – 101 Stories of Love, Sacrifice and Bonding by Joan Lunden and Amy Newmark

A collection of stories from the voices of many different carers – those caring for people in older age, those caring for children and adults, parents, and also young carers.