



CEO'S PERSONAL MESSAGE TO CITY'S UNPAID CARERS

Written by: *Lucinda Godfrey, Chief Executive Officer, Dundee Carers Centre*

We recognise and value the substantial role that you are demonstrating by providing unpaid care, day in, day out, and know that the current situation will be impacting on you more than others. Whether you are caring for a disabled child, a parent with dementia or a daughter with mental health challenges it is critical that you know you can reach out at this time whether through the Carers Centre or other local resources.

As I reflect over the last few weeks and try to make some sense of the coming weeks there is one thing that I am very clear about, what's being described as our 'new normal' has absolutely nothing 'normal' about it, but is absolutely critical to save lives. Being apart, goes against our fundamental need as human beings and as much as the telephone and the numerous online options are keeping us virtually connected, we are missing physical connection. The type of contact that conveys empathy, compassion, caring and hope. The type of contact that at times has the power to turn a bad situation into a better one or at least make it feel more manageable and this could not be more important for you, carers, young carers, disabled people and your families.

You often already experience isolation, challenges with wellbeing and your finances when undertaking the vital role of providing care and support to a family member, friend or neighbour. In this crisis many of you will now be experiencing an increase in the impacts that you were already feeling without having that physical contact with family, friends, workers and peers at a time when arguably you need it most. There will be feelings of fear, worry and high levels of stress and a lack of opportunity to do the things that helped you manage these previously. You might be caring more or be completely new to caring, juggling work and/or childcare and managing the anxiety of what will happen next or what will happen if you are unable to provide care for the person that you are supporting.

The Carers Centre team have been working tirelessly to continue to provide support, all be it virtually, to enable you to have connection with others as well as practical information and advice to support you through this new, not so normal. Although we can't have that physical contact, please know that we are here, working alongside you at this time until one day we can actually be together again, in what I hope will be a return to that bit of normal.

You can find out more about the support we can offer along with other local resources by visiting www.dundecarerscentre.org.uk or by contacting us on 01382 200422 or emailing centre@dundecarerscentre.org.uk

For more information on how we can continue to support you during Covid-19, please visit www.dundecarerscentre.org.uk/covid-19-changes-to-services/