



LET'S CARE TOGETHER

SUPPORTING THE WELLBEING OF THOSE WHO CARE FOR OTHERS

Business in the Community's (BITC) Let's Care Together programme, focusses on supporting unpaid carers with their wellbeing. The programme is powered by Simplyhealth, a leading healthcare provider.

This programme aims to support carers by streamlining access to resources and providing practical guidance and 1:1 virtual mentoring across the four key pillars of wellbeing: Physical, Mental, Social and Financial. The programme offers unpaid Carers (aged 18+) who may be lonely or isolated, a regular touch point and friendly face who will work with them to take a step back from their caring duties and focus on their own wellbeing and goals. Through the sessions, our befrienders will help carers to:

- Navigate relevant local services and access additional support
- Improve their social wellbeing by increasing feelings of connectedness, through helping them to establish community links
- Increase feelings of financial independence and access to financial support, where appropriate
- Improve access to tools and practical support for physical wellbeing
- Support with mental wellbeing by reducing feelings of isolation

Our befrienders are trained business volunteers from BITC's network who will support and guide Carers for up to six sessions of flexible, 1:1, virtual (online/over the phone) support. The Carer will be able to select which befriender they would like to be matched with.

TARGET GROUP

This programme is aimed at unpaid Carers who:

- are 18 years of age or over
- look after someone or have looked after someone until recently
- speak a good basic level of conversational English
- have access to a phone and preferably also an email
- would benefit from the support of a 1:1 volunteer to help them to build their skills, understanding of finances, support available within their local area and enhance their wellbeing
- can commit to the programme, appreciating the time pressure of their caring role

*Who is an unpaid Carer?

An unpaid Carer is an individual who:

- spends a lot of time caring for someone else - there's no legal definition of this, but it could mean anything from a few hours a day, to 24 hours a day, 7 days a week
- helping them to wash, dress and eat; or taking them to regular appointments, doing their shopping, keeping them company
- isn't paid to look after the person they are caring for
- may or may not live with the person they are caring for

THE OPPORTUNITY

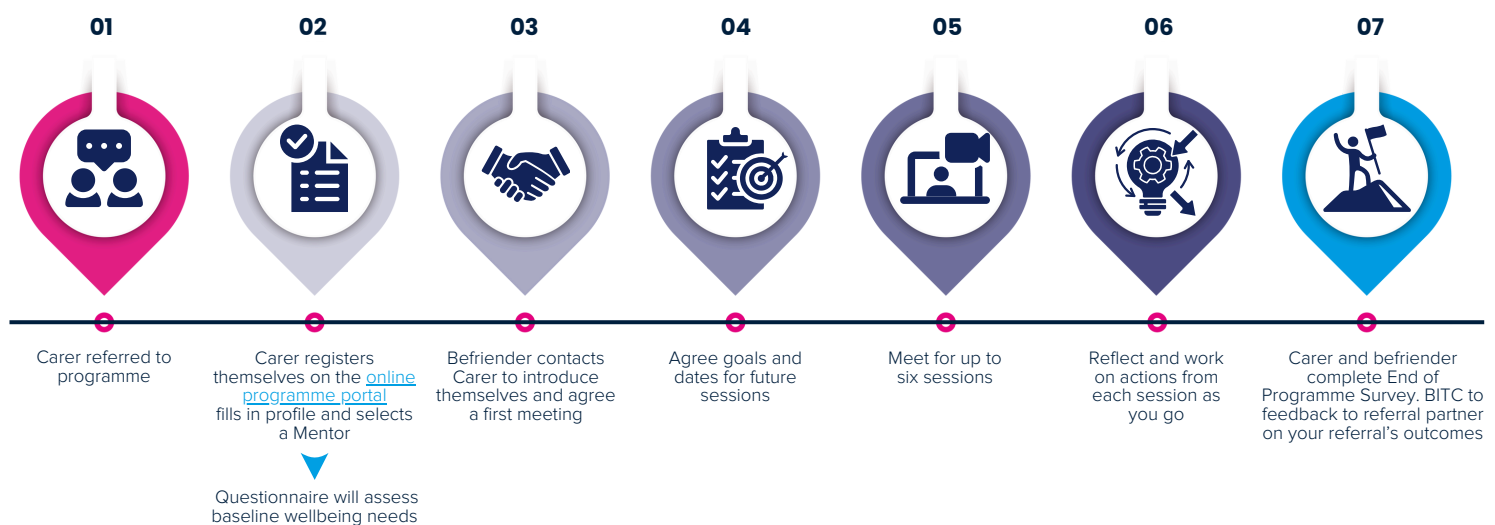
We are seeking referral partners to support those who care for others to sign up to the programme. Partners will have a national and/or regional reach, and support the beneficiaries outlined in our target group.

BITC will:

- Brief and guide all staff on referral processes, eligibility criteria and programme expectations
- Work with partners to connect their Carers with trained volunteer befrienders
- Onboard, train and manage the befrienders to effectively support beneficiaries
- Collate and share impact and evaluation data around success and outcomes with partners

THE JOURNEY

A dedicated member of our team will support the Carer and befrienders on their journey





The Prince's
Responsible
Business Network



POWERED BY
Simplyhealth

BITC is the UK's largest and most influential responsible business network dedicated to building a fairer and greener world together, supported by His Majesty the King for over 40 years. We have over 20 years' experience of running programmes across the UK which bring together business and community organisations to address the most pressing local issues.

Our membership represents 20% of the UK workforce. As part of this programme we will be working with businesses to look at how they support unpaid Carers within their workforce.

WHY WORK WITH BITC?

- In addition to our business network, BITC works across the UK supporting communities and their residents through a wide range of programmes.
- To date we have supported over **15,000 individuals and community organisations** through mentoring, skills support, training, job coaching and material donations.
- Our dedicated team of Programme Managers work with our referral partners to ensure that your clients are well supported through BITC's programmes, and that you are regularly updated on your referrals.
- Our extensive networks and experience mean we can mobilise and influence businesses to drive change in their communities, where it's needed most.



For more information or to
discuss how you can become a
referral partner please contact:
[**care@bitc.org.uk**](mailto:care@bitc.org.uk)

