



Support and Wellbeing for Student Carers



Dr Nichola Kentzer – Chair of the OU's Care and Caring Network

Rob Moore – Amazing Student Hub Live host



Carers Week 2024

- ▶ **Putting carers on the map** – increasing visibility
- ▶ Ensure you have a carer flag and update SST with as much details about your needs as possible
- ▶ Register with your GP and local carer service
- ▶ Connect with other carers



Carers Week report 2024

No choice but to care

Carers Week commissioned YouGov to carry out polling of the general public, including adults who are currently providing unpaid care.

62%

of those who are currently providing or those who have previously provided unpaid care said that they had no choice in taking on the role



48%

of current and former unpaid carers say that caring had a negative impact on their **job and ability to work**

47%

of current and former unpaid carers say that caring had a negative impact on their **finances and savings**



An estimated

10.1 million

current and former unpaid carers say caring had a negative impact on their **mental health**



53%

of current and former unpaid carers say that caring had a negative impact on their **physical health**



Carers Week report 2024

No choice but to care

49%

of unpaid carers who had given up work or reduced their working hours had seen their income reduce by over £1,000 per month



53%

of the general public thought the next Government should **focus on financial support for unpaid carers**



53%

of the general public thought the next Government should **focus on investment in social care to enable unpaid carers to take a break**



73%

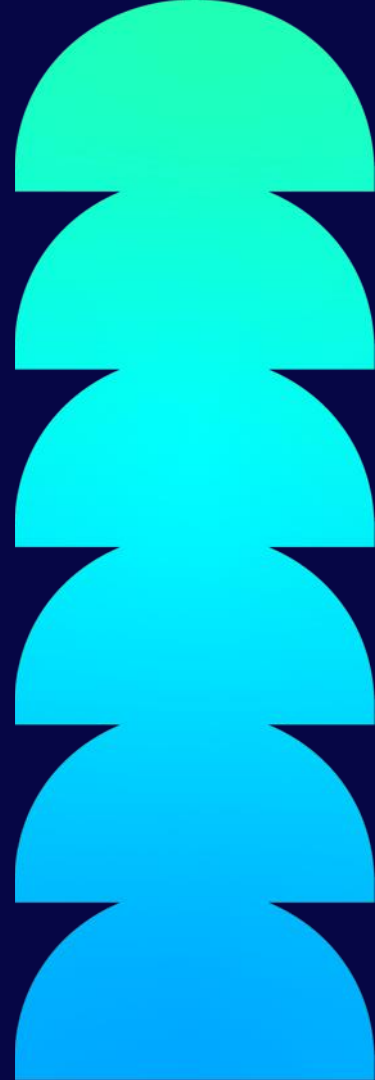
of the UK population said that the next Government should **provide more support for unpaid carers**





All schools, colleges and universities should:

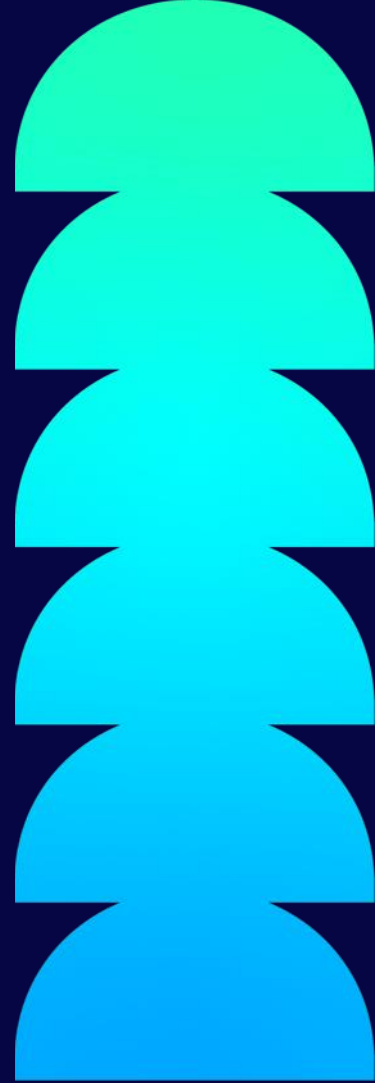
- Appoint a Young Carers Champion or Student Carers Champion with strategic responsibility and oversight for identifying and implementing appropriate support.
- Have a young carer/student carer support policy.



Hot off the press!!

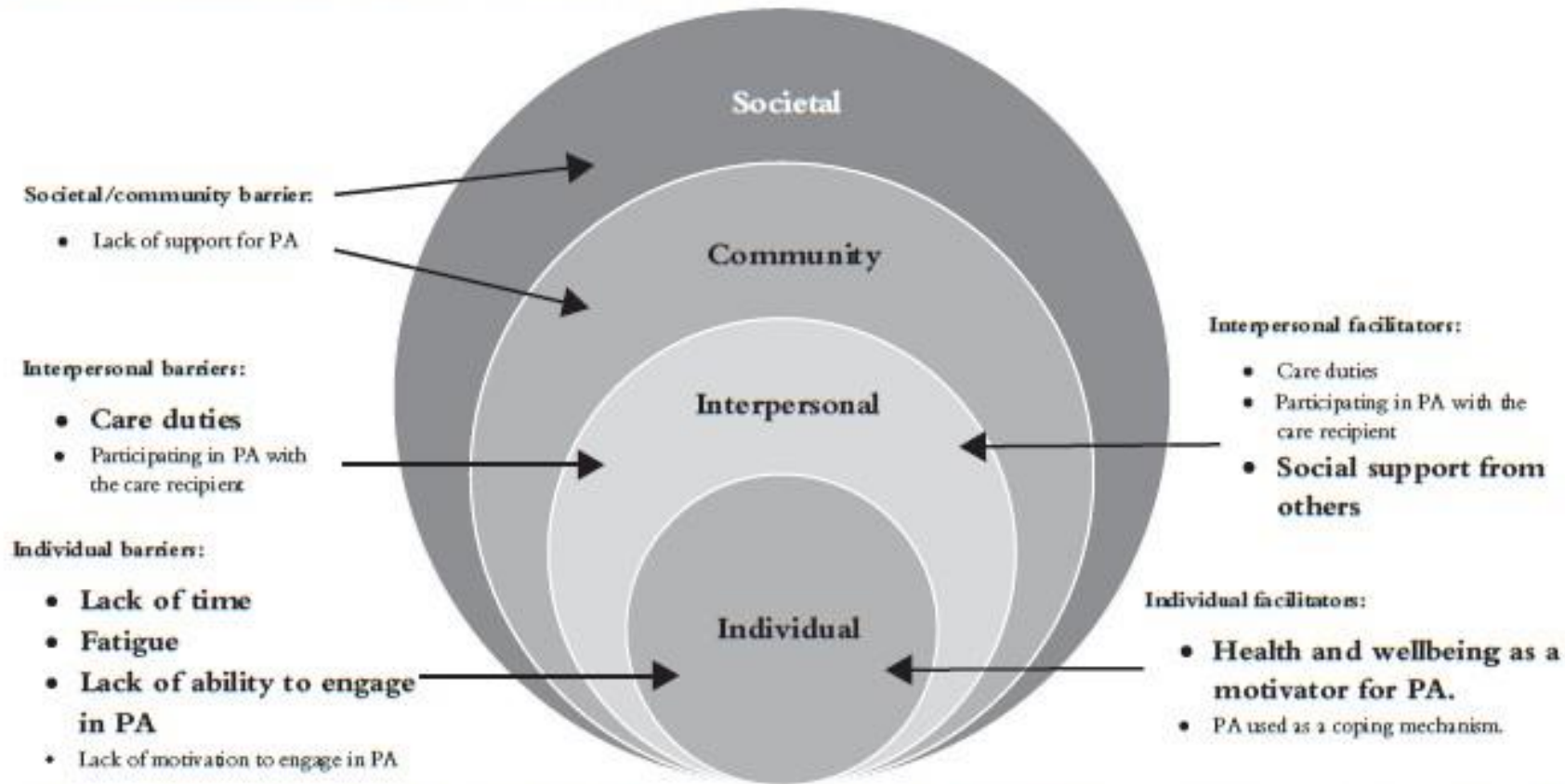
Student carer club (part of OUSA)

What would you want from a student led club?



Physical Activity – the key to carer wellbeing?

Figure 2: Socioecological model of the barriers and facilitators to carers' PA



Lindsay et al. (2023)

Physical activity – a carer case study

Martin's mum suffered a severe stroke in 2016 and he, an only child aged 53, immediately stepped back from his work, to become her full-time carer. He was located rurally, over 20 miles to the closest carer centre, and cared for his mum until her passing in January 2020.

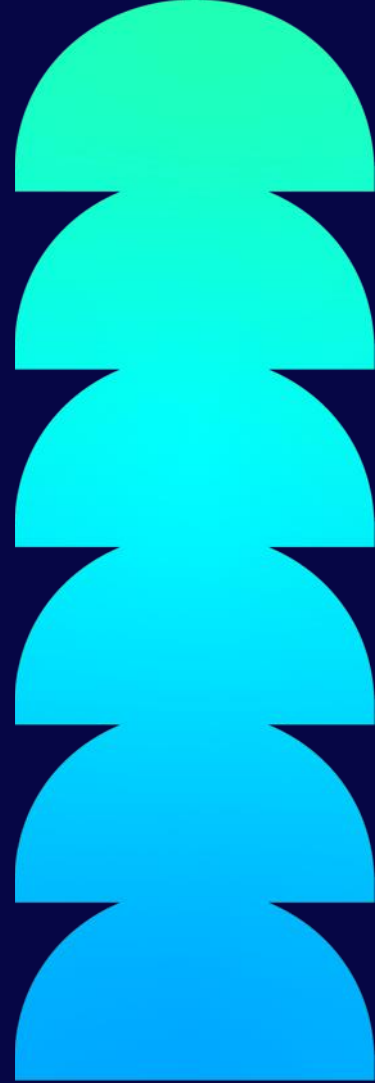
'Physical health and fitness had always played a significant part' in Martin's lifestyle choices and was an aspect of his life that he 'particularly enjoyed and gained a great deal of satisfaction from'. In addition to the physical benefits, PA provided a 'means of socialising and a close network of training colleagues/friends was established over the years'. Such was the significance of PA, exercise, and sport in his life, that Martin taught Physical Education both in Secondary and Further Education settings because he wanted to 'inspire and motivate others [to exercise/play sport]'.

Despite a busy lifestyle, Martin *'scheduled training and exercise into each week... cycling, going to the gym 3 or 4 times a week, purely just for physical activity and mental wellbeing'* and described a relationship with PA that was *'very, very well formed, very well forged'*.

My own health and wellbeing wasn't my primary goal anymore and all that contradicts the fact that... we [carers] need to be fit and healthy. It's common sense really, it's basic logic but your basic logic and mine certainly, went out of the window because it was Mum [that was the main focus].

Is physical activity part of your identity?

How might you bring in (more) physical activity into your daily life?



References

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