



2015/16

SHORT EVALUATION REPORT

Promas Caring for People CIC runs free courses for unpaid carers, across Cornwall and in Plymouth.

Our vision is:

To ensure every carer is valued and has access to the emotional support needed to manage their caring role

This report summarises feedback received during 2015/16.

131 Carers attended
21 Courses across Cornwall and Plymouth and
4 Social Events were held



I have a better idea of what and who is out there to help – I'm better at accessing support. **Carer**



I realised how important it was to look after me as a carer and that without that I couldn't be a good carer. **Carer**

Promas CIC has helped me to feel better about myself and to cope better. **Carer**



Nationally 84% carers surveyed* said that caring had had a **negative impact** on their **health**.

*State of Caring survey (Carers UK, 2016)

It is estimated that carers contribute **£132 billion** a year to society - **more than** the cost of **the whole Health Service**

64,000 carers have been identified by Cornwall Council within the County

The difference our courses make



It's opened up a whole new way of thinking, shining a light, seeing that light at the end of the tunnel. I feel so much better and stronger to sort out the situation, not feeling "It's just my lot" anymore. **Carer**

Carers



It saved my life and sanity. I was physically unwell and getting anxiety and depression myself. Promas CIC forces you to take a step back, look at and value yourself. **Carer**

Look after themselves better

Take time out from their caring role

Have improved well-being

Have higher confidence & self esteem

Have greater self awareness

Are more assertive & communicating better

Have better coping strategies

Are less stressed

Feel less isolated

Plan better and are better informed

Are happier & have better mental health

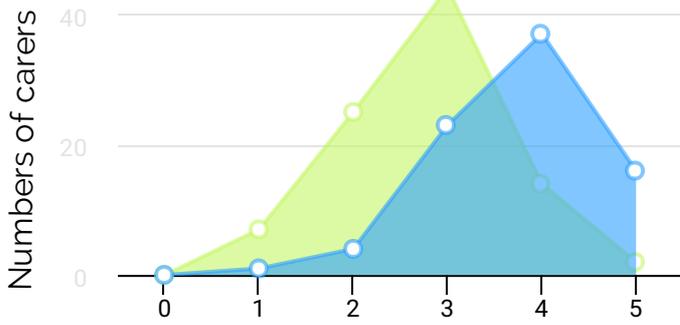


I have strategies now. I know for my sanity I have to cope differently. My husband says I'm different now, they see me as different. It's not as manic as it used to be at home, there are more boundaries. My son is less anxious because I'm more in control. **Carer**

Without Promas... Total, total anxiety, depression, devastation; I don't know if I'd even have been here... I might not even have had a relationship with my son. My husband would have had to go into a care home because I couldn't have coped. **Carer**



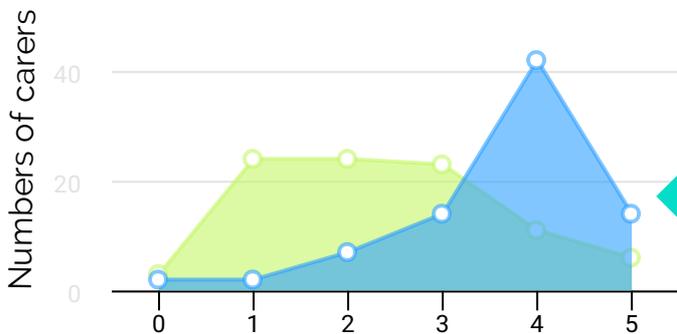
Do you feel able to manage stressful situations that occur in your caring role?



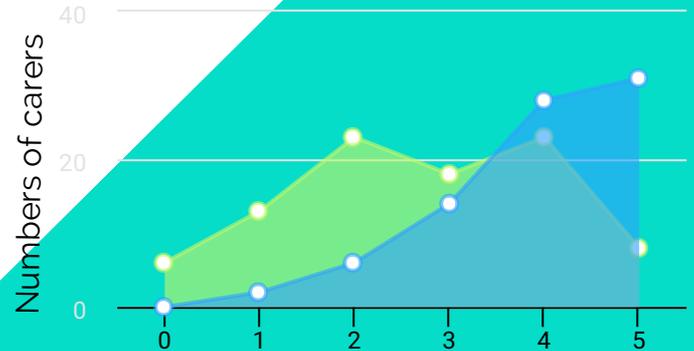
Before
After

Scores
0-No/very poor
5- Yes/very well

Do you feel able to prioritise your own needs and remain healthy in your caring role?



Do you have knowledge and understanding of how to access help and communicate with professionals and service providers?



10 partner organisations gave feedback on our work:

9/10 Partner organisations **thought carers were coping better** with their caring role

9/10 Partner organisations **thought carers were less stressed**

9/10 Partner organisations **thought carers were more skilled in** supporting their cared for person

9/10 Partner organisations **thought carers were more confident to** ask for help

...and this is what **they said:**



Promas is an invaluable offer that we can make to those we work with



Of those attending Promas courses in the 12 months:

57%



reported having **poor health** in the past 12 months

50+ hours



59% cared for more than **50+ hours per week**

5+ years



56% had been caring for **more than 5 years**



It's definitely down to Bernie and Jenny, their personalities, the way they communicate, the way they put it across. They have a light touch and use humour. Emotions run high, but the courses let people get upset in a safe environment, it gives people space to do that. They work really well together, **they're the best trainers I've ever seen; a great team, great double act.** Carer.



Over the next year we intend to:

FURTHER IMPROVE EVALUATION PROCESSES

PROMOTE THE IMPACT COURSES HAVE ON CARERS

TARGET CARERS NOT CURRENTLY ACCESSING COURSES

CONTINUE TO BUILD PARTNERSHIPS WITH OTHER ORGANISATIONS

MAKE THOSE IN POSITIONS OF POWER AWARE OF THE CHALLENGES THAT CARERS FACE AND THE SUPPORT THEY NEED

Promas Caring for People CIC is an independent not for profit Community Interest Company, established in 2013. (Registration Number 8556494)
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This report was produced for Promas CIC by Clarity CIC (www.claritycic.org)