

# Norfolk's Carers invited to apply for new round of free Wellbeing Packs

Two thousand additional Wellbeing Packs are being made available for unpaid carers, free of charge, after the first round of packs were taken up enthusiastically across Norfolk.

Norfolk Adult Social Services and Norfolk and Waveney CCG are using Covid funding to send out special packs to support unpaid carers earlier this year – and now a second batch of packs are available for those who missed out first time around.

Cllr Bill Borrett, Norfolk County Council's Cabinet Member for Adult Social Care, said: "We know that unpaid carers work hard and never has that been more true than during the Covid 19 pandemic. These Wellbeing Packs are our way of showing just how much the hard work they do is appreciated.

"This pack, and all the support offered by Carers Matter Norfolk, are available for anyone who has a caring role. There may be thousands of people in Norfolk who support a loved one and don't realise they are in fact a carer, and there is help out there for them. I hope this pack not only encourages more of them to get in touch, but to also discover the full range of support that is out there."

The packs include some Personal Protective Equipment (PPE) to support recipients in their role as a carer, but also includes a range of items for the carer to enjoy, including chocolate and other items to bring a little joy in these difficult times.

Anyone who would like to receive a pack free of charge can register their details online, where their details will be assessed. Those who are eligible will have a pack posted directly to their home. [Apply for a Carers Wellbeing Pack.](#)

"It was a lovely surprise and treat," said one carer who has received a Wellbeing Pack, and asked to remain anonymous, "It really was a pick-me-up – I had been feeling particularly low with the situation I was in and the sudden treat brought a feeling of happiness followed almost immediately and unfortunately by tears."

The Council is working with Caring Together and Carers Voice to put together the free wellbeing packs, to show their appreciation for voluntary carers

across Norfolk and recognise how difficult it has been for many carers during the pandemic.

A first round of 2,000 Wellbeing Packs were sent out to unpaid carers earlier this year, in February 2021. In response to the positive response received, Norfolk County Council is preparing 2,000 more to send out this summer.

Jill Curtis, Senior Family and Carer Lead at the Norfolk and Suffolk NHS Foundation Trust (NSFT), said: "I think the packs are brilliant as well as giving myself and staff pleasure when we see how pleased the carers are with them, some staff have found them helpful with breaking down barriers."

The packs are funded by the Covid Outbreak Management Fund, to deliver PPE to frontline carers. These packs are expected to be sent out during July.

Andy McGowan, Head of Carer Services at Caring Together, said, "Carers have told us that these packs are a valuable form of support. They offer practical benefits, including the PPE, but the packs are also an important way of showing carers they are appreciated and valued. Carers can request a pack and, if they have not already contacted Carers Matter Norfolk to talk about the other support and advice available to them, we would encourage them to also do this."

Unpaid carers can also find a wide range of support available via Carers Matter Norfolk, a service commissioned by Norfolk County Council. Details of the personalised support available for carers can be found on the [Carers Matter Norfolk website](#) or by calling 0800 0831 148 (Monday to Friday 9am to 8pm, Saturday 10am to 2pm).