

Carers Week

15th June 2020



The annual week is designed to raise awareness of caring.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Carers Week runs **from Monday 8th until Sunday 14th June 2020** and to help organisations and individuals make the most of Carers Week, they have downloads and resources to support and promote everything carers are doing. [Click here](#) for more information.

Sunderland shows support for carers

The city is lighting landmarks including Northern Spire, Fulwell Mill, Seaburn Lighthouse, Keel Square and the National Trust owned Penshaw Monument in blue and green, the colours of Sunderland Carers Centre to mark the selfless dedication of carers and celebrate the difference they make to the lives of those they care for.



A view from a carer Leah Moulding

Farmborough Court has provided vital care and support to customers throughout the Coronavirus pandemic and our colleague Leah Moulding has written an insightful piece about her caring role in support of Carer's Week.

In March this year everything changed dramatically at Farmborough Court. COVID 19 had hit the UK, and most of all Sunderland. The place where I live, I thought it just happened to the rest of the world yet here it is, wreaking havoc.

At Farmborough Court we were preparing support and care for customers being discharged from Sunderland hospitals.

We didn't know much about this virus, and saw how quickly it took lives, I think I can rightly say we were all concerned, scared and anxious. But we all came together and the support we gave each other was second to none, to say the least.

We had training on how to use PPE correctly, how to put it on, take it off, and how often to change it. All customers had to remain in their own room and no family visits were allowed, we watched how this affected both the customers and their families.



Unfortunately, some customers died. This was heart breaking for their families who didn't get the chance to say goodbye and distressing for the staff who tried to comfort customers during their last moments whilst wearing PPE. A faceless person wearing a mask, unable to see emotion or a smile.

At times we felt there was no light at the end of the tunnel. There were tears a lot of tears. During the terrible time everyone working in Farmborough Court started to support each other more than usual, talking listening and crying together. The domestic team, support workers, team leaders, manager, therapy team and other support services molded together for the good of the customer and the comradery was exceptional.

Leaving a loved one in the care of complete strangers can be distressing in normal times. These times were anything but normal. As we closed our doors to all but essential visitors, we kept in regular contact with families and offered reassurance and information. We would also support our customers to wave at their loved ones through the window.

Living through this experience has taught me as a carer that as a team we have grown into a kind, supportive group where you can be yourself. No one judges you when you are having an emotional day and best of all is the care and compassion to the customers and families during this pandemic.