

CARING FOR EQUALITY

At North Lanarkshire Carers Together, we believe caring and equality go hand in hand. Carers come from every background, community, and life circumstance—but too often, their needs go unseen and their voices unheard.

Caring about equality means recognising that unpaid carers face unique barriers—not only to support, but to education, employment, financial stability, and even their own wellbeing. It means challenging systems that overlook carers' rights, and building services and spaces that are inclusive, accessible, and respectful of all identities.

This Carers Week, and every week, our commitment was to raise carer voices, remove barriers, and champion fairness. Whether through peer support, policy influence, or partnership working, we will keep pushing for a future where every carer is recognised, valued, and treated with dignity.

Carers Week 2025 was a powerful reminder of the strength, compassion, and dedication shown by unpaid carers across our communities. It was also a celebration of connection, visibility, and progress—and the fantastic team at North Lanarkshire Carers Together (NLCT) were proud to be at the heart of it.

MONDAY Annual General Meeting

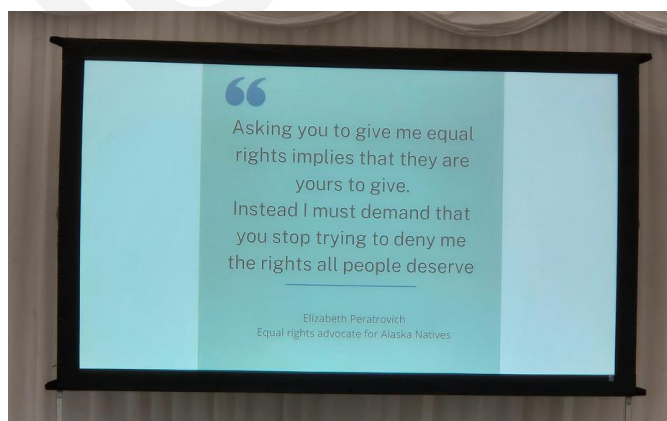


68 Carers



63
Professionals

Our AGM was a wonderful celebration of carers and community support! Shubhanna Hussain-Ahmed from the Coalition of Carers in Scotland delivered an inspiring speech on “Carers’ Rights as Human Rights,” while Sharron Farrell and Helen McAllister presented on Carer Breather & Time for Me, with input from Monica Plunkett. We also heard from Lesley McLaren of PAMIS, who shared the impact of our funding through a heartfelt slideshow. The event featured a market stall area with local carer organisations, and we were thrilled to welcome three new staff members to the NLCT family. Video clips from the day were shared across our social media, helping to celebrate this special occasion with everyone!



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TUESDAY

VIP PASS Launch

**VIP Pass Mini Launch – Garden Project Update**

On 10th June 2025, VIP Pass – Carer Breather Organisation– hosted a mini launch event at their garden project, located within the grounds of Viewpark Fire Station. This welcoming green space already supports a variety of groups and individuals, and the event marked the beginning of a new initiative to engage carers with a passion for gardening. Our very own Helen - CSN development worker attended this fantastic launch.

Four carers attended on the day, with plans underway to establish a regular gardening group specifically for carers. The space also benefits carers of people living with dementia, as a well-established Tuesday group offers them valuable respite time while their loved ones participate in meaningful activities.

Additionally, local schoolchildren access the garden project through children's mental health and wellbeing funding, further enriching the intergenerational and inclusive nature of the space

Campaigning - Carer Aware Workshop

As part of Carers Week, Carolanne and Iram delivered a bespoke Carer Aware workshop to 24 newly appointed Carer Champions. All participants had previously completed the one-hour Mental Health, Learning Disabilities, and Addictions awareness session. This follow-up workshop aimed to further equip them with practical tools and resources to support unpaid carers in their roles.

The session was extremely well received, with one participant sharing, "Thank you for today's session, it has been extremely helpful and informative."

A powerful highlight of the workshop was a contribution from our board member, Karen McKeown, who shared her personal experience of the challenges she faced in accessing support while caring for her partner. Her story left a strong and lasting impact on the audience.

WEDNESDAYCAMPAIGNING

Carer Aware Workshop

"I had no idea how many fantastic services were available. It was so lovely to see staff genuinely enthused by their job and so keen to support carers. I already have people in mind who I know could benefit—really excellent training session."

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THURSDAY ENGAGEMENT & REPRESENTATION

PARENT CARER FORUM

Parent Carer Forum launch event took place at Old Monkland Community Centre Coatbridge. The event began with a welcome from NLCT Manager Colin Smith, followed by guest carers Fiona Graham and Lesley Leishman, who spoke about their experiences and the importance of the forum. Helen, Carer Support Network gave a presentation on Carer Breather short breaks, and Laura from Little Care Hub led a creative wellbeing activity. The event concluded with discussion around shaping the future of the forum and lunch. This event was well attended by 24 carers and 13 professionals.



NO NEED TO FALL CONSULTATION

8 unpaid carers (14 participants in total) took part in Phase 3 of the No Need to Fall research, hosted at Forgewood Community Centre. It was a fantastic opportunity for carers to share their ideas and shape what a future digital resource could look like. Two more sessions are planned for 2025 to build on this momentum and ensure carers' voices continue to guide the project.

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This year's annual Carer Positive Partnership event was hosted online via Microsoft Teams, bringing together 14 participants from across sectors, including the Community Liaison Team, Lanarkshire Deaf Hub, NHS Lanarkshire, and North Lanarkshire Carers Together.

The session featured a powerful and honest contribution from our own Helena, who shared her lived experience of balancing work and caring responsibilities—highlighting the real challenges faced by working carers. NLCT also shared their good practice story, outlining how our organisation continues to embed carer-friendly policies and create a supportive working environment.

There was strong engagement and valuable discussion throughout, reflecting a shared commitment to improving outcomes for working carers. A follow-up meeting has been arranged for July to explore the potential of establishing a Carer Positive peer support network within North Lanarkshire.

FRIDAY
CAMPAIGNING

**CARER
POSITIVE
EVENT**

This Carers Week, Let's Shine a Light on Support!

Unpaid carers play a vital role - especially when someone they love is in hospital or getting ready to come home. Getting the right information at the right time can make all the difference.

That's why five local organisations joined forces to support unpaid carers in our community.

Action for Children – Young Carers
Alzheimer's Scotland
North Lanarkshire Carers Together
Lanarkshire Carers
Community Liaison Project

**INFORMATION
STALLS**

SOCIALS

- We created and posted 11 pieces of Carers Week related media including the Carer Breather Referral Guide, AGM video and promoting our hospital stalls
- Our content reached 2,110 people with 8,717 views.
- 224 people interacted with our content and 29 clicked on links provided
- We had 7 new followers in Carers Week
- Our best performing post was the promotion of the hospital information stalls in conjunction with our partners which reached 987 people, had 1,727 views and 22 interactions in total
- The AGM video reached 446 people with 763 views and 43 interactions, with a total of 3h 15 minutes viewing time