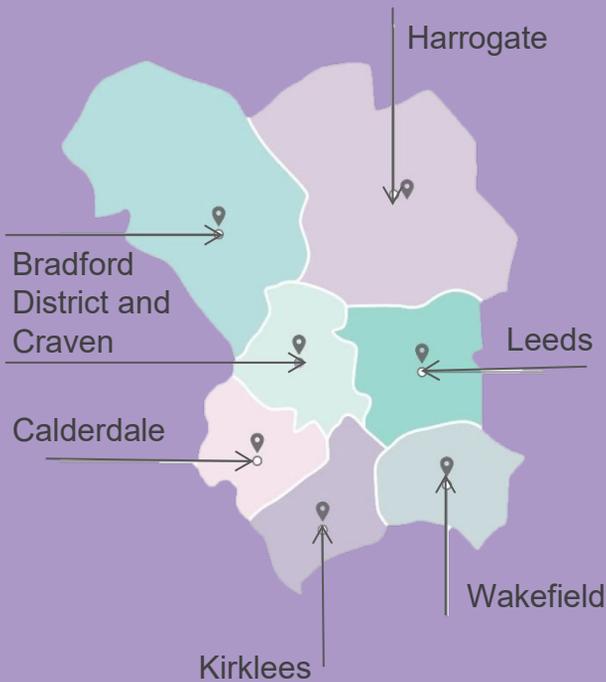


Telling our Partnership story



Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- Working to improve people's health with and for them
- Improving people's experience of healthcare
- Making every penny in the pound count
- Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



The BAME Network in collaboration with Carers Week 2020

Our ambition

West Yorkshire and Harrogate Health and Care Partnership proudly supported Carers Week 2020 to raise awareness of the importance of unpaid carers living across the area.

The theme of this year's special week was about helping 'Make Caring Visible'. Something which has felt increasingly more important since the coronavirus outbreak. Research from Carers Week found that there are an estimated 13.6 million unpaid carers across the UK, 4.5 million of which becoming unpaid carers in a matter of weeks following the pandemic. That's estimated to be 1 in 4 of the general population.

Research shows that BAME carers provide more care proportionately than White British carers, putting them at greater risk of ill-health, loss of paid employment and social exclusion.

What we are doing

In the days leading up to Carers Week, the West Yorkshire and Harrogate Black, Asian and Minority Ethnic Talent Network published a podcast episode of "Can You Hear Me?" in collaboration with the Unpaid Carers programme at the Partnership. The podcast was set up to give a voice to the diverse talent working to improve health and care for people in West Yorkshire and Harrogate.

The special episode was recorded to look at the health inequalities and challenges presented when being an unpaid carer from a BAME community, including issues surrounding preconceptions, community pressures, as well as offering insight from lived experience.

It featured presenter Mo Sattar, a GP in Leeds and member of the West Yorkshire and Harrogate Health and Care Partnership's Black, Asian and Minority Ethnic staff network, in conversation with Owen Williams OBE, Chief Executive at Calderdale and Huddersfield NHS Foundation Trust, and Sherone Phillips from the Palliative and End of Life Team within the Personalised Care Group at NHS England.



A person working for NHS England wrote to share their personal experiences having listened to the podcast:



"Although I was not technically a young carer, I grew up in that environment so is a matter close to my heart. My brother was born with very complex cerebral palsy and my mum cared for him for 22 years until he passed away. His needs got so complex in his teenage years that he always needed at least two people to care for him at all times to keep him alive. There were many occasions that his carers would cancel last minute so my mum could not have a break (such as a shower or quick walk to the shops) and I would become the second carer for him which brought on anxiety and fear I could do something wrong. I can imagine there are so many people in this position right now and especially people in the BME communities that are feeling let down and isolated, needing respite but not getting it. I hope you do not mind but I have shared your podcast with my mum as even though she is no longer experiencing life as a carer she is still experiencing the affects so I thought this may help her."

All the Podcasts episodes have all been made available on the WY&H Partnership website. [Available here](#)

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations

July 2020

West Yorkshire and Harrogate
Health and Care Partnership

