



The Prince's  
Responsible  
Business Network



## SUPPORTING THE WELLBEING OF THOSE WHO CARE FOR OTHERS

# LET'S CARE TOGETHER

**Do you care for someone? Do you need help to manage your own wellbeing? We may be able to help you**

**Business in the Community's (BITC) Let's Care Together programme**, supported by Simplyhealth, provides those who care for others with online/over the phone one-to-one befriending, to help manage your health and wellbeing. We understand that it can be difficult to focus on your own needs when caring for someone else, which is why we want to help you take care of your wellbeing.

## HOW WILL THIS PROGRAMME SUPPORT ME?

Your befriender is a trained volunteer from one of our member businesses. They will provide tailored support based on your needs. This may include:

- Supporting you to take time out for yourself to focus on your physical and mental wellbeing and set yourself some goals to improve this
- Increase your confidence and reduce any feelings of isolation through helping you to connect to local community groups and relevant support
- Helping you identify any financial support needs, and guiding you towards further support
- Signposting to any additional services that you and your household may benefit from



## HOW DOES IT WORK?

Once you've registered on the platform you will be able to select a befriender who will work with you through up to 6 sessions. Your befriender will work with you to organise a time and dates for the sessions and will start by just getting to know you and your goals.

## WHO IS ELIGIBLE?

- This is a six-week **fully-funded** befriending programme for anyone in the UK caring for a relative/friend, including parent carers
- Need to be **18 years of over**
- You can be in work, but unpaid for your caring role (i.e. you are not caring for someone in a professional capacity)
- Must have at least a good basic level of conversational English

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“I'm really enjoying the sessions so far. I feel like sharing my thoughts and worries definitely helps me with my anxiety. Even though, there is an age difference between us, my befriender feels like a friend to me. I feel comfortable sharing what's going through my head as I know they will not judge or put pressure on me”

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**CLICK TO LEARN MORE AND REGISTER FOR THE PROGRAMME**

