

## **TRAFFORD COUNCIL**

**Report to:** Health & Wellbeing Board  
**Date:** 7<sup>th</sup> February 2023  
**Report for:** Decision  
**Report of:** Adam Duerden, Specialist Commissioner

### **Title**

Trafford Carers, Family and Friends Strategy 2023-26

### **Purpose**

Unpaid carers, family, and friends play a vital role in the lives of those they care for. They help to keep their loved ones well for longer, both physically and mentally. By doing so, they also provide an enormous amount of support to our wider health and wellbeing services, reducing the need for paid support, helping to avoid unnecessary hospital admissions and enable safe discharge back home. Without the contribution of unpaid carers', the services that we all rely on would be overwhelmed.

Trafford Carers, Family and Friends Strategy 2023-26 builds on the achievements of the 2019-22 strategy and identifies what we as partners still need to do to improve support provided to unpaid carers.

The purpose is to seek the board's approval of the strategy.

### **Recommendations**

Trafford Health and Wellbeing Board members are recommended to:

1. Note contents of and support the delivery of the Carers Family and Friends Strategy 2023-26
2. Approve 'Carers Family and Friend Strategy 2023-26'

Contact person for access to background papers and further information:

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