



Partners' Report June 2023

Welcome to our first partners' report of the 2nd phase of the Carers-ID study. These reports are intended to keep you up to date with progress and developments on the Carers-ID (www.carers-id.com) study.

In the 1st phase of the Carers-ID study we explored the experiences of carers of people with severe or profound and multiple learning disabilities during the COVID-19 pandemic. Based on what carers told us, we developed the Carers-ID online support programme (<https://carers-id.com/support-tools/>).

As you know, the purpose of this phase of the project is to determine the feasibility of delivering the Carers-ID online programme, for improving mental health in family carers of people with intellectual disabilities.

Project Update:

- We have now started UK wide recruitment of carers of people with intellectual disabilities. We currently have 31 carers enrolled in the study. We would like to thank all of our charity partners for their continued efforts with recruitment and the carers for taking part. We are hoping to recruit 120 carers from across the UK.
- We are delighted that the All Wales Forum (<https://www.allwalesforum.org.uk/>) have decided to continue to partners with us on this phase of the study. We are also excited to welcome on board Carers UK (<https://www.carersuk.org/>) and ARC NI (<https://arcuk.org.uk/northernireland/>) as our new partners.
- We submitted the outline or protocol for this second phase of the project for publication in the journal 'BMC Feasibility and Pilot Trials.' We hope this will be published soon.
- **We are seeking Mentors and Mentees to join our peer support element of the programme. If you are interested in getting involved, contact Dr Rachel Leonard (Rachel.Leonard@qub.ac.uk).**

If you have any queries about the research please contact Dr Rachel Leonard (Rachel.Leonard@qub.ac.uk) or Dr Mark Linden (M.Linden@qub.ac.uk)

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