



The Care Workers' Charity Monthly Briefing

Date: March 2026

Introduction: The Care Workers Charity (The CWC) is committed to supporting and advocating for care workers across the UK. Each month, we collect insights and updates from our advocacy efforts, The Care Worker Advisory Board and Champions Project, and data collected from crisis grants and online communications with care workers. This briefing aims to inform policymakers and stakeholders of the ongoing challenges for the care sector workforce and the collective action needed to address them.

1. Advocacy Work Updates: The CWC continues to represent care workers' voices at key stakeholder meetings, including:

- Skills for Care: Workforce Strategy Oversight Executive Meeting Group
- Department of Health and Social Care (DHSC): Workforce Advisory Group
- IMPACT
- Centre for Care
- The Kings Fund
- Throughout the month, our CEO has actively participated in multiple meetings and webinars to ensure the experiences and perspectives of care workers are consistently represented at national and sectoral levels.

2. Insights from The Care Worker Advisory Board and Champions Project:

March has been a busy and impactful month for our advocacy work, with care workers continuing to have their voices heard across a range of national and local platforms.

- On the 3rd of March, we attended the Who Cares Wins Conference at the Kia Oval alongside Care Worker Advisory Board member Annie. The event highlighted the value and opportunities within a career in care, helping to inspire and engage younger generations to consider the sector.
- Throughout the month, members of our Advisory Board and Champions Project also took part in the Digital Care Hub's Difficult Conversations webinars,

contributing their insights and experiences to important sector-wide discussions.

- On the 16th of March, we brought together our Care Worker Champions for a dedicated session focused on language and its role in shaping value and respect. A clear message emerged: care workers are not ‘just care workers’ – they are skilled professionals delivering essential care and support. This has directly strengthened our ongoing campaigning work to ensure care workers are recognised and valued.
- On the 23rd of March, we attended the first Greenwich Care Workers Network event alongside one of our Advisory Board and Champions members. This was a valuable opportunity to connect with local care workers and support the development of a meaningful new network.
- On the 24th of March, we launched our Delegated Health Care Activities: The Care Workers View Report. This report drew on our survey and direct engagement with Advisory Board and Champions Members, bringing their voices to the forefront on such an important topic.
- On the 25th and 26th of March, we attended the Care and Dementia Expo, where three members of our Advisory Board and Champions Project spoke on a panel focused on workforce wellbeing and the future of the sector. Their contributions ensured that the realities of care were central to the conversation.
- On the 26th of March, our CEO, alongside four Advisory Board and Champions members, attended Oxford University’s second AI Summit. It was an important opportunity to ensure care workers were both in the room and on panels, contributing directly to discussions shaping the future of AI in care.

3. Financial Grants:

- Total number of Applications received – 73 (includes financial applications at all current stages for all grants)
- Total amount spent this month – £16,448
- Grants were awarded via, Crisis grants, East of England Refugee fund, Oxfordshire, Drapers and Radis.
- Applications this month were towards 11 areas in care workers’ lives that require financial support. These were (in order of high applications) Daily Living Costs, Preventing Eviction, Car Repairs, Household Items, Funeral Costs, Home Repairs, Moving Costs and Travel Expenses.
- High number of Care workers/Senior Support workers and Health Care Assistants applied, with a few staff members who are employed in auxiliary roles.
- Whilst there is a continued high level of support requests for daily living costs, there seem to be an increase with care workers requiring assistance to continue to reside in their rented property. Rental arrears continue to grow, with

increase in rent payments but no increase to care workers' wages. The low pay doesn't just affect one area for care workers but many. Those who cannot pay their arrears have to leave the property with no means to secure another home as they do not have the funds to pay towards a deposit. Many care workers also have a family and young children who constantly have to move to find a suitable residence that is not far from education institutions and if they are this would increase with travel expenses. It seems to be vicious cycle where the continuous increase in living is not balanced with the income care workers are receiving.

4. Mental Health and Wellbeing (MHWB):

- We have secured £10k funding for the counselling sessions which are now open to help care workers speak to a professional who can provide them with effective tools to manage their day to day personal activities and their demanding jobs.

5. Success Stories and Positive Outcomes:

Jane has worked in social care for 10 years – when the chance of a new role came along, she grabbed it!

“I love my job; it is just what I should be doing – making people's lives better!”

Now moving to domiciliary care, Jane's was struggling financially due to her final paycheque affecting her benefits. Her MOT was due that month. Jane lives in a rural area and moving to domiciliary care meant that having a reliable car was essential.

“Not only was my MOT due, but my car also needed a service, I'd tried to save up for this but changing jobs meant I'd spent my savings waiting for my new salary payment. I couldn't do my job without my car.”

Jane applied to The Care Workers' Charity for a grant and received the money the following week.

“It was straight forward and quick, the grant meant I could breathe again! My car is all okay and I can get on with my new job!”

6. Calls to Action: We urge MP's and stakeholders to take the following action:

- **Prioritise Funding for Mental Wellbeing:** Ensure care workers have dedicated funding for mental health and wellbeing support, including access to counselling and peer support – recognising the emotional demands of care work.
- **Champion Co-Production:** Embed care worker co-production into the design on policies, training and workplace practises. Support and promote initiatives that embed care worker voices at every stage.

- **Address the Continued Impact of the Cost-of-Living Pressures in the Care Sector:** Push and advocate for an urgent review of pay, travel expense reimbursements, sick pay and financial protections for care workers.
- **Work With Our Advisory Board and Champions:** Our Advisory Board and Champions Project is made up of incredible care workers who bring valuable insight. If you'd like to collaborate with them, get in touch.

For further information or to discuss any points raised, please contact us at olivia@thecwc.org.uk.