



Carers and Learning

“Your mind goes off thinking about yourself and you start thinking about others as well.”

Fameeda Rahman

This is one of a series of small portraits of carers talking about the impact learning has on their lives. The carers featured face particular barriers to accessing learning; carers from minority ethnic groups; carers who are disabled; young adult carers (16–25) and carers who live in rural areas. Their stories highlight the importance of access to education for all. Under the Carers Equal Opportunities Act (2004) carers have a right to have their learning and work needs assessed as part of the carers' assessment procedure.

Fameeda Rahman originally attended the Ehsas Carers group as a carer. She has a young daughter who is disabled. She now works as supporter and interpreter for the group which provides information, support and courses for carers from the Pakistani community in Dudley.

Fameeda knows from her own experience that unless you ask, or someone tells you, you don't get important information that can help you in your caring role. There have been a number of courses run at the group:
I get to learn things; there is some really good information. It helps you in reality. I liked the course on benefits that you are entitled to.

You can look after your child better when you understand if a child has a behaviour problem. It helps you, instead of thinking that they are just being silly. I know more now and I can look after my child better."

For further information about access to learning and training for carers, visit www.niace.org.uk

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