

## Mind the Gap: Tackling inequalities for unpaid carers

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An unpaid carer is someone who provides unpaid care and support to a family member, friend, or neighbour who needs help due to illness, disability, mental health problems, or other reasons, and is not paid for this care by a company or local authority.

This life size, interactive board game is an opportunity to learn about the inequalities encountered by unpaid carers. Players will adopt a 'persona' of an unpaid carer and work their way around the board. During the game they will encounter 'barrier' and 'chance' cards. These demonstrate the challenges unpaid carers experience.

The Research by [Carers UK](#) and the [Centre for Care](#) has produced recommendations for improving the day-to-day lives of people providing unpaid care which link to the 'chance' cards.

The game is often played alongside a panel of unpaid carers who contribute throughout the game to share their lived experience.



### The workshop:

Join the ESRC Centre for Care team based at the University of Sheffield and Carers UK in exploring the challenges faced by unpaid carers throughout the country. Learn how our research was transformed into a board game in an effort to promote understanding of the issues and engage those with the power to make a difference in society.

**The game:** floor version of the game is 4 metres by 4 metres, alternatively table top versions can be played on a smaller scale.

**Format:** Face to face

**Time:** 90 minutes

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For further information or to request a workshop please complete this [enquiry form](#)