



Enterprise & Wellbeing Support for Carers

For Professionals

Supporting carers into self-employment and home-based enterprise

Carerpreneurs provides practical, flexible enterprise support for informal carers and former carers who are exploring self-employment as a realistic alternative to traditional employment.

We work alongside local authorities, carers' services, VCSE organisations, and community partners to support carers who want to build **small, manageable income streams** that fit around caring responsibilities, health needs, and limited capacity.

Who Carerpreneurs is for

Carerpreneurs is suitable for carers who:

- Are unable to return to conventional employment due to caring responsibilities
- Need flexible, home-based income options
- Are exploring self-employment gradually or at low risk
- Would benefit from confidence-building and practical guidance
- May be using carers' direct payments or discretionary support

We support:

- Informal / unpaid carers
 - Former carers transitioning into a new chapter
 - Carers with fluctuating health or energy
 - Carers who need to work at their own pace
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What we provide

Carerpreneurs offers **practical enterprise guidance**, not formal training or employment programmes.

Our support includes:

- **Digital enterprise resources**
Step-by-step toolkits covering:
 - Exploring realistic business ideas
 - Self-employment basics
 - HMRC registration and compliance
 - Simple budgeting, pricing, and costs
 - Understanding capacity, boundaries, and sustainability
 - **Flexible, carer-centred delivery**
Resources are designed to be used independently, in short bursts, and without fixed deadlines or attendance requirements.
 - **Optional one-to-one support**
Light-touch guidance for carers who need clarity, reassurance, or help navigating first steps.
 - **Wellbeing-aware approach**
Our work recognises the emotional impact of caring and transition, embedding confidence and overwhelm-reduction into enterprise support.
 - **Clear signposting**
We do not provide specialist legal, benefits, or regulated financial advice and will always signpost appropriately where needed.
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How Carerpreneurs complements statutory and VCSE services

Carerpreneurs is **not**:

- A clinical or therapeutic service
- An employment readiness or return-to-work programme
- A substitute for specialist business mentoring

Instead, we provide a **preventative, early-stage option** that:

- Supports carers before crisis or financial hardship escalates
- Encourages confidence and independence
- Reduces pressure to return to unsuitable employment
- Works alongside carers' centres, wellbeing services, and statutory provision

This makes Carerpreneurs particularly suitable as:

- A **complementary support option**
 - A **flexible use of carers' direct payments**
 - A **signposted service** from Adult Social Care or carers' organisations
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Delivery model

- Primarily **digital**, accessible across the UK
 - Optional **one-to-one support** where appropriate
 - Designed to be low-pressure, flexible, and scalable
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About Carerpreneurs

Carerpreneurs was founded by **Judy Illing**, combining lived experience of caring with professional experience in enterprise support, digital services, and community-based social enterprise.

The service is grounded in:

- Realistic expectations
 - Compassion and understanding
 - Practical, achievable action
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Referrals and enquiries

Professionals are welcome to get in touch to:

- Discuss suitability for individual carers
- Explore partnership or signposting options
- Request further information or resources

 Email: judy@carerpreneurs.co.uk

 Website: www.carerpreneurs.co.uk