

Simon's story

Simon and his fiancée, Lynn, cared for her father, Bryan until he passed away this year, aged 86. His employer, Nutricia, has a Carers Policy in place, allowing Simon to receive the help and support he needed to balance his work life with caring for his father-in-law.



“ By the end, Bryan needed full support, from feeding through to personal care. Part of my caring role also consisted of looking after Lynn through the extremely tough times we went through. The amount of support offered by the health service sometimes lacked coordination and we often ended up in A&E with Bryan.

The situation started to impact me at work, long waits in A&E meant that I couldn't always make it into work. But I became more open about what was happening at home, I shared my experience with my manager and I slowly found other people around the business that had had similar experiences.

My manager was amazing. He helped me with work priorities, being flexible and very understanding when the request would come through at extremely short notice for me to be away from work. People in the team supported me with my workload and others in the business were a good sounding board!

I feel very fortunate to be in a workplace where such support is available and feel for those that don't. Thanks to having so much help from my employer, I was, in turn, able to give Lynn some of the support she needed while her father's health deteriorated. ”

“ Caring is part of all of our lives – whether we're caring for others or needing care ourselves. As an employer, we are committed to supporting our colleagues who have caring responsibilities.

We are proud to work with Carers UK to help highlight the importance of good nutrition for carers, and to support Carers Rights Day – helping Carers UK reach more carers with information and advice. ”

– Filippo Della Torre, *General Manager, Nutricia Advanced Medical Nutrition, UK and Ireland*

