

August/September2011

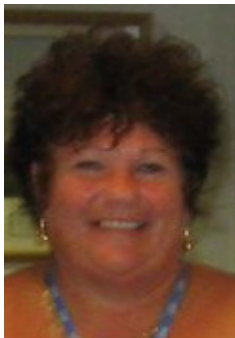
Carers' Champions

Welcome to the fifth edition. This newsletter is produced by the Carers Team at NHS Derbyshire County, offering you information and advice about Carers and Carers' issues.

Your Carer Champions Team



Lou Wright



Pat Wilkins

Lou and Pat are based at Babington Hospital, Belper.

In this issue we say a fond farewell to Pat Wilkins our Carers Development Worker for the South of the county.

Pat is moving on to pastures new and I'm sure you will all agree her enthusiasm and drive will be missed. Pat has huge passion and commitment to support Carers which I am sure you will have been inspired by when she visited your teams.

Pat will be the new Service Manager of a Carers Service in Leicestershire.

Good luck Pat...

We also say goodbye to Hilary Spencer. Head of Commissioning for Carers who has taken Voluntary Redundancy after many years service in the NHS and to Janice Rhodes, Commissioner for Carers who has returned to her substantive post as Care Coordinator for staff in HR.

Inside this issue:

- Goodbyes
- Carers Week 2001
- Good Practice Guidance for GP Websites
- Flu Clinics 2011
- Focus on the new Chesterfield & Derby Carers Centres
- Age UK – Fit as a Fiddle Scheme
- Long Term Conditions

If you have anything you would like us to share in the newsletter with other practices, please contact us via email:

louise.wright@derbyshirecountypct.nhs.uk.

If you have a general query for the Carer Team please email us at:

carerteam@derbyshirecountypct.nhs.uk.

Carers Week 13 - 19 June 2011

'The True Face of Carers'



Carers Week countywide road shows from the NHS Derbyshire County Carers Team

The Carers team at Babington Hospital have been promoting Carers Week at various locations across Derbyshire County.

To compliment the current Carers identification initiative with Derbyshire GP practices, the team have linked with partners from Social Care and the Voluntary Sector in health settings across the county promoting the services that are available to Carers.

Carers Week provides a fabulous opportunity to identify, support and signposting hidden carers to services that will benefit their health and wellbeing. All the carers we have met throughout the week have been encouraged to register as a carer at their GP's surgery to ensure that the practices are aware that the patient has caring responsibilities.

One of the main issues that remain when supporting carers is the carer recognising that they have caring responsibilities. The team has aimed to continue to raise the profile and the needs of carers, to enable them to access services i.e. carers assessments and breaks.

Road shows were held in the following locations throughout the week.

- Lime Grove Surgery, Matlock
- All countywide Community Hospitals
- PCT settings countywide
- The Springs Health Centre, Shirebrook
- Chesterfield Royal Hospital
- Babington Hospital
- Whitmoor Medical Centre
- The Long Eaton Health Centre
- Somercotes Medical Practice
- St Oswald's Hospital
- Ilkeston Community Hospital

Good Practice for GP Websites

Some of you already have a page dedicated on your individual website for Carers. We have developed a page of good practice that you can upload to your website pages. This can be downloaded from the Primary Care Bulletin Board at NHS Derbyshire County.

We recommend that the following page is included on your website to encourage your patients who are Carers to register with the practice and have access to appropriate support.

See below our proposed good practice web pages.

Do you support someone? If the answer is yes, who supports you?

Carers are people who provide help and support to a family member, friend or neighbour who cannot manage on their own due to physical or mental illness, disability, substance misuse or frailty brought on by old age.

Carers can be any age.

Many carers do not see themselves as Carers for different reasons. You may be looking after your:

- Husband, wife or partner
- Siblings
- Friend or neighbour
- Child with disabilities
- Parents

Let the surgery know if you are a Carer

The surgery needs to know if you care for someone to ensure that you are supported effectively.

Collect and complete a 'Do You Care for Someone?' leaflet from reception and we will register you as a Carer. You will then be provided with a Carers Information Pack that contains information to help you support your own health and wellbeing.

Your information will remain confidential within your GP records and will not be shared with other agencies.



Local information

We cannot include all of the local invaluable organisations that are available to support carers but you can access all service information through the NHS Derbyshire County Information Prescriptions at:

www.derbyshirecounty.nhs.uk/services_we_buy/your_health/long-term-conditions/information_prescriptions and click on the link for CARERS.

Derbyshire Welfare Rights Service

Advice for carers on benefits, tax credits or employment issues.

Benefits help line: 0845 120 2985 email to: welfarerights@derbyshire.gov.uk.

Derbyshire Carers Association

Provide emotional and practical support to Carers in Derbyshire administer the carers breaks scheme.

Head Office: 01773 743355 www.derbyshirecarers.co.uk/

SPODA

Help and support for families and carers of substance users within Derbyshire.

Free phone 0800 068 5718 www.spoda.org.uk/

Alzheimer's Society

Supporting people with dementia, their families and carers.

Derby Office: 01332 208 845, Chesterfield Office: 01246 223 366 www.alzheimers.org.uk/

Stroke Association

Support service for carers and cared for.

Free phone 0800 804 8009 <http://www.stroke.org.uk>

Derbyshire and Derby City Young Carers

Support children and young people who regularly care for a family member.

Derby: 01332 370 430, Chesterfield: 01246 207 752 <http://www.actionforchildren.org.uk>

Mental health forums

Self help groups of carers holding forum meetings and support groups.

Chesterfield: 01625 8440 or 01629 58125 www.derbyshirementalhealthcarers.co.uk/

Derby: 01629 822337 or 0789 1450119 www.dcsdmentalhealthcarers.org/

Carers UK

National Carers organisation promoting Carers Rights.

www.carersuk.org

Carers Direct

NHS signposting service for Carers with useful advice & guidance.

www.nhs.uk/carersdirect

Princess Royal Trust for Carers

National Carers organisation and resource.

www.nhs.uk/carersdirect

Crossroads East Midlands

National charity who provide care and support to services to Carers at home.

www.emcrossroads.co.uk/

Derby & Derbyshire Parent Support Service

Provide support to parents & carers of children with disabilities.

www.derbyshireparentpartnership.co.uk/



Carers Assessments

The local authority has a statutory duty to offer Carers Assessments. This can be a productive way of identifying your needs as a Carer.

The eligibility criteria to access a Carers Assessment requires that you provide regular and substantial care, which equates to 14 hours per week.

If you are providing less than 14 hours a week and feel your caring role is impacting on your our health and wellbeing you are also entitled to access a Carers Assessment.

To request a Carers Assessment Call Derbyshire on 08456 058 058

Emergency Card Scheme for Carers

The Emergency Card provides 'peace of mind' to Carers if anything should happen to them. It helps council staff at Derbyshire County Council (DCC) to get in touch with friends and relatives and if necessary provide replacement care for the cared for person.

To request a Carers Emergency Card complete the Record of Carers Details on the back of the 'Caring for Carers' magazine and return it to DCC,

Alternatively; ring **Call Derbyshire on 08456 058 058** to complete the application.

To access an online copy of the 'Caring for Carers' magazine click the following link www.derbyshire.gov.uk/images/CarersNewsletter_Issue2_for%20web_tcm9-141606.pdf.

Flu Clinics 2011

As flu season approaches Lou Wright and partners from Derbyshire Carers Association are able to support your flu clinics this year to register any Carers who are not already registered with your practice and signpost to support services. We attended many clinics last year and were able to register hundreds of Carers across the county. I would like to assure you that our approach is very sensitive.

Please contact Lou as soon as possible if you would like support at your clinics this year to arrange convenient time and dates.

New Carers Centre in Chesterfield - Derbyshire Carers Association

A warm, friendly welcome awaits all Carers at the newly opened Derbyshire Carers Centre at 69 West Bars, Chesterfield S40 1BA. The Centre, officially opened in April, is open Monday to Friday 10am-3pm for Carers to pop in and have a chat over a coffee.

Whether you look after someone for a few hours a week or for 24 hours a day, a wide range of confidential and independent services are available, helping you to care.

As part of on-going expansion plans to offer support to Carers throughout the region, the centre will be hosting events as diverse as coffee mornings, craft days, therapy workshops and book swaps - through to meet your pharmacist, personalisation budgets and welfare rights.

Highly experienced Area Coordinators will be available to advise and support any Carers, confidentially face to face - or home visits can be arranged or some other suitable venue, to discuss caring roles and other related issues.

A spokesperson for Derbyshire Carers Association (DCA), the leading Carers' charity in Derbyshire said: 'We provide a wide range of information to assist people in their role as a Carer, holding details on specific illnesses and disabilities, aids and adaptations, respite care, agency services, holidays, support groups and Carer publications'.

'All our services are free of charge – and we've had tremendous response from Carers who have accessed our services or have attended events – with comments including: *'I did*

not realise there was so much help for Carers.' 'The best thing about the activity was meeting other Carers for the first time in 27 years.' 'Meeting nice people, all very kind. A care-free day!'

Carers need the opportunity to have time for themselves, a chance to unwind, de-stress, chat to other Carers!

Well attended Support Groups are held every month in Dronfield, Staveley and Tibshelf areas, with plans to create a Chesterfield group at the Centre. Please phone 01246 222 373 for further details.

Carers Breaks Scheme

The aim of the scheme is to give Carers a break from their everyday caring routines, to learn new skills, make new friends and develop and explore different ideas and experiences to contribute to their general health and wellbeing.

The free sessions, facilitated by experienced, professional specialists, are available to any Carers who are registered with their GP. Eligible Carers may also be able to access funding towards short breaks away, please apply to the head office for further information.

6.4 Million UK Carers

Despite the fact that 3 in 5 people will be Carers at some point in their lives - Carers often face a lack of recognition in all areas of their lives. Carers experience this from employers, GPs and social workers - even family and friends.

New estimates show that care provided by the 6.4 million unpaid Carers in the UK is now worth a staggering £119 billion every year – far more than the cost of running the entire NHS.

For further details, advice; information and local Carers Groups in your area, please phone the Derbyshire Carers Association, head office, on 01773 743 355 or visit www.derbyshirecarers.co.uk.



Age UK Fit as a Fiddle Campaign in Derbyshire

fit as a fiddle is a nationwide Age UK programme, supporting people aged over 50 with their goals towards improved physical activity, healthy eating and mental wellbeing. It is a five year programme (due to finish in 2012) and is funded by the Big Lottery Fund wellbeing programme.



fit as a fiddle in the High Peak and Derbyshire Dales provides free courses in small groups (20 maximum) via existing groups, new groups or one-off 'taster' sessions. We also support some individuals on a one-to-one basis through a befriender or wellbeing mentor. A small number of **fit as a fiddle** funded activities are also available at the Age UK Derby & Derbyshire Day Centre in Chaddesden near Derby.

Our programmes can help to improve health and wellbeing, manage health in older age (reducing the risk of preventable conditions such as diabetes), increase physical stamina, balance and co-ordination reducing the risk of falls, and provide social and emotional support to address issues contributing to health inequalities such as smoking cessation and weight reduction. Typical activities include yoga, tai chi, food tasting sessions, hand massage sessions and reminiscence work.

For groups who prefer some mental stimulation and social interaction, we offer a range of activity boxes (games box, brain box and fun box) which contain a variety of table top games and quizzes, plus music and movement CDs.

For more information, please contact Sue Sheldon at the Age UK Derby & Derbyshire Day Centre in Bakewell. Telephone: 01629 813657, email: sue.sheldon@ageukderbyandderbyshire.org.uk.



The Living with Long Term Conditions Programme

The Living with long term conditions self management programme is a free six week course for anyone living with any long-term health condition(s).

The programme aims to provide support and develop self confidence to help them feel more in control. The programme looks at:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals
- Planning for the future

The programme is run over six weekly sessions with each session lasting two-and-a-half hours. It is run by trained tutors who are themselves living with a long-term condition.

Anyone living with one or more long-term health condition(s) can take part and will learn new skills to manage their health condition; meet others who share similar experiences; learn about developing more effective relationships with healthcare professionals.

People who have taken part in the programme have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their condition and treatment together with healthcare professionals
- Be realistic about the impact of the condition on themselves and their family
- Use their new skills and knowledge to improve their quality of life

What do course participants say?

Janet from Belper said "it has made me think about my life and how I can make it better with just a few simple things."

Lynn from the High Peak area said "I can now look at my condition in a positive light and it has made a direct impact on my day-to-day life."

To find out about the Living with Long Term Conditions self management programme and courses being run in Derbyshire please contact Julie Lomas. Telephone: 01246 868400 extension 457, email Julie.lomas@dchs.nhs.uk.

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