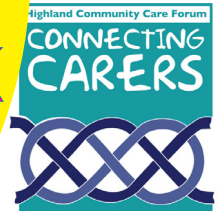


CARERS NETWORK BULLETIN



THE NEWSLETTER FOR CARERS IN HIGHLAND

SUMMER 2010

CARING TOGETHER

The Carers Strategy for Scotland 2010 to 2015

On the 26th July the Scottish Government, in partnership with the Convention of Scottish Local Authorities (COSLA) launched 'Caring Together', a five year strategy outlining a shared vision for the future of carer recognition and support in Scotland. The headline message states:

"Carers are equal partners in the planning and delivery of care and support. There is a strong case based on human rights, economic, efficiency and quality of care grounds for supporting carers. Without the valuable contribution of carers, the system would not be sustained. Activity should focus on identifying, assessing and supporting carers in a personalised and outcome-focused way and on a consistent and uniform basis."

Although 'Caring Together'



carersnet

coalition of carers in Scotland

has been developed in difficult economic times and comes with limited financial investment, it recognises that carers are essential to our communities and sets out a clear vision and a strong case for **prioritising existing resources** to ensure carers are adequately supported.

At the launch, Public Health Minister, Shona Robison, announced the backing of £5 million over 5 years for the voluntary sector to support respite for carers of all ages, instead of the £1million previously unveiled.

In a Scottish and UK first, it includes a separate strategy for young carers - 'Getting it Right for Young Carers'. A flyer from COCIS is enclosed which sets out the Government's headline actions for adult carers. More detail can be obtained from Marion on 01463 723561.

CARING IN THE NORTH

If you go along to Brian and Babs Davis in Scullomie, Tongue in the Sutherland area, you come away cheered and inspired by the loving care they provide for Ernest, Brian's father, and the way they find time to look out for their neighbours in this scattered crofting township.



Ernest will be 94 this August and the family have lived in the parish of Tongue for more than twelve years. In 1980 Brian and his father visited the North and on that occasion Ernest was looking after Brian who was cycling from Lands End to John O`Groats for Cancer Research, of course Brian, being the extremist that he is, was travelling on a uni-cycle!

Brian and Babs are joint carers and they try to

be independent but they appreciate the fact that they have good neighbours who will be there for them when needed.

They have had positive guidance from a range of medical and social personnel and can contact various professionals when required. As a family they give the impression that they are coping all right, and yet along the way, they have real needs over deteriorating health and would probably appreciate intervention to positively provide additional support.

That is maybe the challenge that any caring agency has, to assess what are the current and increasing needs and also spell out what additional back up or help is available.

Brian and Babs are the first to admit that they have got into a pattern of care that they can predict and manage and maybe they feel comfortable with that.

"You are in a routine and you don't want to break that routine for anything."

At the same time they need to take advantage of day care as a respite even for a day out into Thurso.

"We have to move slowly. We have confidence in the

local day care centre and that seems to be working well. But it is a gradual thing, building up trust and getting Ernest and ourselves used to the change. I need to be satisfied that it is not going to upset my dad.”

So when you think about respite for a week or so – you wonder could Ernest react badly and will that make things worse?”

But we are not getting any younger and we do need a break now and again, even a few hours to ourselves.”

All of that underlines the need for services to be responsive and ‘client centred’ based on a working partnership and mutual trust.

They both appreciate it when various services visit them at home and can see the set-up first hand and provide appropriate care or advice in their own place.

Talking to them it becomes clear that this is a family effort and there are lessons here for back up services to recognise the crucial role of all involved in caring – main named carer and partners and auxiliary carers etc.

There are good days and bad days -even both being out in the garden together away from Ernest is a risk and is not

possible anymore. Not so long ago Babs had to cease work away from home.

Anyone who is involved in caring will understand the shared work and commitment that goes into the caring role; with Babs’ support Brian has in the past been able to get out and help with clipping or peats etc. This neighbourly approach is noticed and appreciated.

So it is no surprise when you hear that a neighbour has commented, “You know for an atheist he makes a good Christian!”

Brian MacLeod, HCCF Local
Development Worker
North & West Sutherland
Tel: 07553 353826
bmacleod@hccf.org.uk



If you have a story and/or photo you would like to share about your caring role, please contact Marion or Trina on 01463 723 561 or 571.

CARERS CAN

First of all, I would like to say a big thank you to everyone who came along to the 'Summer Stressbusters' sessions in June and made them such a success. It was great fun and I am really impressed with all the creativity that took place during the pottery painting. If I haven't managed to contact you about handing over your pottery please get in touch with me.

I will be out and about with four courses over the coming three months. There are sessions of '7 Tips to Manage Your Stress' and '7 Tips for Building Confidence' in Ross-shire and sessions of 'Next Steps' and 'Navigating Social Care' across Highland.

I am also working with my colleague Shona Laidlaw to run 'Stressbuster' sessions in Lochaber during September, October and November. If you are in the Fort William or Arisaig area and would like to know more please get in contact with me.

As some of the courses coming out over the next 3 months are fairly new I have included a brief explanation about them here.

COURSES & DATES

'Next Steps' is aimed at people who want to explore learning, volunteering or employment opportunities or who just want to find out a bit more about their options for trying something new. The course runs over two days.

Day one aims to help participants identify their own skills and interests and to explore options for activities which can be combined with caring.

Day two adopts a practical approach to taking the next steps and includes presentations from Skills Development Scotland and Job Centre Plus.

'Navigating Social Care': this two and a half hour session has been developed out of the 'Navigating the System' course. 'Navigating Social Care' aims to help carers understand how adult care services such as home care or day care are provided and how services can be accessed.

7 Tips to Manage Stress

- 26th August 2010 – Ross County Football Club, Dingwall



7 Tips for Building Confidence

- 2nd September 2010
– Mansfield Castle Hotel, Tain

Next Steps

- Day one - 19th August 2010 – Pentland Hotel, Thurso
- Day two – 9th September 2010 – Castletown Hotel, Castletown
- Day one – 16th September 2010 – Strathpeffer Community Centre
- Day two – 23rd September – Teaninich Castle, Alness

Navigating Social Care

- 5th October 2010
– Kingsview Christian Centre, Balnafettack Road, Inverness
- 26th October 2010 – Joss Street Hall, Invergordon
- 28th October 2010
– Caithness or Sutherland, venue to be arranged

If anyone is interested in attending any of the courses please note that we pay transport and alternative care costs, we also provide a light lunch for Next Steps and the 7 Tips courses.

These courses (and more) will continue into March 2011;

more information will follow in the next bulletin.

If you would like to book a place on any of the courses or find out more about what they involve, you can contact Tina on 01463 723573 or email tmorrow@hccf.org.uk.



Are you a former carer? Do you know anybody who used to be a carer but has recently been bereaved, or perhaps the person they care for has moved into full-time care?

Carers Can will be running a course called 'After Caring' on 11th November in Inverness and are looking for former carers to help us evaluate the session.

The course aims to help former carers take some time out to meet with people in similar situations, share their experiences and explore future options together.

If you would like to join us at After Caring, or you know of a former carer who you think might be interested in this course please contact Tina on the above contact details.

TAIN SUPPORT GROUP

As the Local Development Worker in East Ross-shire and East Sutherland, Carol Summers is looking into the possibility of setting up a Carer's Support Group in the Tain area.

As you know the demands and pressures on unpaid carers are immense, but the group could help provide a friendly, confidential environment for carers to meet and talk, access information to help them in their caring role and above all to share experiences.

This group will be driven by what unpaid carers want from their local support group. Carol is really keen to hear all your views and thoughts on this:

- Do you feel there is a need and demand for a Carer's Support Group in Tain?
- Would you attend a support group in Tain?
- What would enable/prevent you from attending?
- What would you like the Carer's Support Group to offer you?
- What day/time suits you best?

Please contact Carol with your views on the above questions:

Carol Summers
Local Development Worker
East Sutherland & East Ross-shire, HCCF
07918 747 756
E-mail: csummers@hccf.org.uk



CARERS' DROP IN

Connecting Carers run a Carers' Drop-in every Tuesday morning from 10am – 1pm in our meeting room in Highland House, Inverness. Tea, coffee, cakes and biscuits are available.

The sessions bring carers together to chat, relax, share experiences and take some time out from their caring role.

Anybody who is a carer is welcome to come along to the Drop-in. It doesn't matter if you can't make the whole session, just pop in anytime, it would be lovely to see you.

NEW STAFF!

Hello, my name is Trina Hastings. I am the new Carers Information and Support Worker for HCCF. Within this role I have three main areas of work, they are: The Carers Information Line; working with volunteers; and re-establishing Carers Connect – the Telephone Support Groups for Carers.

As you may already know The Carers Information Line operates Monday–Friday 9am–5pm and is open to anyone who is a carer. Both Marion and I are available to offer information, advice and a listening ear to those who contact us. Please call us on 01463 723561. I will also be working with Tina, the Carers Can Co-ordinator, to investigate opportunities to enhance and extend the services of HCCF by developing our work with volunteers.

Over the next few months a large part of my work will be dedicated to setting up the Telephone Support Groups for carers. This has been a very successful project in the past and I'm very excited about starting it up again. Initially,



I hope to run a pilot Telephone Support Group with 4 or 5 people, gain feedback and address any problems

that may arise. I will then be rolling this service out to people throughout the Highlands. If you are interested in being involved in the pilot Telephone Support Group please contact me on 01463 723571.

In the past I have worked with carers in both a training and support capacity. The training I delivered assisted carers to realise their potential and gain confidence to access further training, education and paid and voluntary work. In another job I offered support to carers through support groups and one to one support over the phone or face to face. Both of these jobs have taught me a lot about the issues carers face on a daily basis and the different ways they have learned to cope within their own unique situation. I realise that I still have a lot to learn though and look forward to speaking with you and learning from you all.

JOINT PPG MEETING

The next Inverness Joint Patient Participation Group meeting will be on WEDNESDAY, 1st SEPTEMBER, 7-9pm. The meeting will be hosted by Fairfield Patient Participation Group and will be held at:

FAIRFIELD MEDICAL PRACTICE
22A ABBAN STREET
INVERNESS IV3 8HH

Jackie Millburn, Nurse Manager, NHS Highland Chronic Pain Management Service, will be discussing the newly established Chronic Pain Service and answering questions.

Everyone is very welcome to attend. Please contact Diana Wortham on 01463 723568 for further details.



ADMISSIONS POLICY

NHS Highland, The Highland Council and Argyll & Bute Council have been reviewing the Joint Admissions, Transfer & Discharge Policy for patients in all Highland hospitals.

HCCF, in particular Connecting Carers, have been working in partnership with the joint working group to ensure that carers' experiences were pivotal in the policy review. We hope that we have helped produce a policy with procedural guidance, that is not only fit for purpose, but aims to recognise carers as partners in care and prevent children and young people from taking on inappropriate caring roles.

However, in order to ensure carers are satisfied with the principles and values of the draft policy, i.e. to make sure that it is 'carer-proofed', we hope to run focus groups during September. Locations of groups will be determined by the majority of carers who express an interest in participating, please contact Marion on Tel: 01463 723561.

You may also comment on the policy in writing or by telephone/email.

CLUSTER HOUSING



A recent meeting with carers from Ross-shire took place at the Isobel Rhind Centre. It was attended by representatives from Social Work – Bob Silverwood, Area Community Care Manager and Donellen Mackenzie, Change Support Team - to describe the new opportunities which will be available for people with learning disabilities.

Support packages in the past have been varied, including people with complex needs being placed outwith Highland. Alongside this, housing agencies have provided limited opportunities for suitable accommodation.

The situation around accommodation is changing and the housing sector, in discussion with Highland Council, is currently able to offer 'cluster' housing.

This is a group of houses (4/5) in which people will share tenancies with another person. Each person's needs will be individually assessed and the appropriate support arranged accordingly, which can also include family involvement. The overall support will also incorporate the latest telecare technologies. A

complete package would include accessing college, supported employment, and leisure opportunities.

The initial developments are underway in North Kessock, Caol, Tain, Skye, and Golspie with a mixture of completion dates over the next few months.

From a situation that was previously quite static, it is a positive development that new opportunities are now becoming available. Other ideas being considered include houses for young adults to share i.e. ages 18/19-25 which would form part of the transitions process into adulthood.

This meeting was an opportunity for carers to share their thoughts and concerns and it was acknowledged by both Bob and Donellen that it had been very useful to have their feedback. It was agreed that a further meeting would be valuable and this will be arranged for November.

Do you have further questions or would you like to attend the meeting in November? Please contact Anita Evans on 01463 723569 aevans@hccf.org.uk or Carole Summers on 07918747756.

COMMUNITY CARE

As you will know by now, The Highland Council and NHS Highland are in the process of producing a new Joint Community Care Plan. The Plan will set out their partnership approach to providing care and support to adults who need community care services over the next three years.

HCCF has been working in partnership with The Highland Council and NHS Highland over the last year to make sure that people across the Highlands have their voice clearly heard and their needs inform the new plan.

The partnership carried out a written consultation based on 4 booklets which summarised the aspects of the plans which were most relevant to different groups. Between mid April and mid June HCCF has promoted awareness of this consultation in communities and encouraged people to respond. HCCF also used the consultation response booklets to obtain the views of older people, people with mental health problems, substance misuse, carers and other groups, such as those with learning difficulties and



sensory impairment in a series of discussion groups and interviews. We also consulted with ethnic minorities and lesbian, gay, bisexual and transgender people.

Over 600 people have been involved in the HCCF consultation across the Highlands. Carers took part in 10 workshops and 23 individual interviews. The analysis of all the feedback collected is at an early stage but aspects of care such as continuity of services and care as people's needs change, better monitoring of how carers are coping, equitable access to transport and respite that both the carer and cared for person can enjoy, are just some of the crucial issues for change that carers highlighted.

The full report will be available in early October. If you would like to receive a copy please contact HCCF on 01463 718817.

**Chest
Heart &
Stroke
Scotland**



STARs 4 is a new project which aims to enable unpaid carers to better support people discharged home from hospital following a stroke by providing advice, information and support through a web-based training and information package.

Fran Bailey, the Project Coordinator is looking for carers in the Highland area to take part in a carer focus group to discuss what topics carers would like more information on or what would be the most useful topics for carers to see on the website. The group would meet for three hours with lunch provided and travel expenses paid by Chest Heart & Stroke Scotland. The meeting will be held at Highland House, Inverness on Wed 29th Sep 12.30-3.30pm.

If you are unable to attend, you could still take part in the project by contacting Fran, who will arrange to call you at home.

Details of reimbursement for replacement care may be obtained from CHSS by contacting Fran Bailey on 0131 260 1070 or frances.bailey@chss.org.uk.

ASD TALK AT THE PINES

Olga Bogdashina, MA Education (Autism), PhD (Linguistics) has been invited by The Pines, Interagency Centre, to speak in Inverness about her extensive research into sensory-perceptual and communication problems in people with Autistic Spectrum Disorders (ASD).

The talk will take place at the Culduthel Christian Centre, Inverness on 7th Oct 2010 from 9am – 4pm.

Attendance is FREE for parent carers and £20 for professionals but a booking form is required to be completed for all people attending - these can be requested on 01463 720030 or by e-mailing the.pines@highland.gov.uk.

Olga Bogdashina has worked extensively in the field of autism as teacher, lecturer and researcher, with a particular interest in sensory-perceptual and communication problems in autism. Since 1994, she has been the director of the first Day Centre for autistic children in Ukraine and the President of the Autism Society, Ukraine. Olga teaches and lectures around the world.

NON VERBAL RAMBLING

Highland Disabled Ramblers (HDR) is a varied group with over 50 members throughout the Highlands. It was formed in 2001 and is run by disabled people with able bodied friends. Membership is open to everyone over 18 years of age. Family members, carers and other able bodied people are welcome to join. Single membership costs £10 and a family membership costs £15, **carers come along for free.**

The next Highland Disabled Ramblers outing is on Tuesday 7th September at Rosehaugh Estate, near Fortrose. Rambles are held on a monthly basis. The group meets up at about 10am at the start of the ramble, which will have toilet facilities nearby. They take along a picnic lunch and finish about 3pm. A very gentle 'walk' of no more than 5 miles or so is the norm, often less than this, and taken at a leisurely pace.

On rambles they usually have a ranger or professional guide with them to point out interesting objects, land features, sights, bird life or animals.

Members always remain together as a group during a

ramble, to have fun, to foster friendships, to be with others for safety reasons and for companionship.

They have a current fleet of nine electric scooters which are stored in Inverness, and one or two large vans are hired to carry them to each ramble by their volunteers.

If you wish to become a member or to find out more please contact the group at Highland Disabled Rambler, Suite 452, 24 Station Square, Inverness, IV1 1LD, Tel: 07895 066 965 or email: admin@highland-disabled-ramblers.org

For details of Rambles set for 2010 check out their website at www.highland-disabled-ramblers.org.



COPING WITH DEMENTIA

In order to promote the early diagnosis of dementia and the importance of post-diagnostic support, an event is being held at The Drumossie Hotel, Inverness on Thursday 28th Oct from 10am-4pm.

Called 'Coping with Dementia: Everyone's Business', this event is hosted by a partnership formed between NHS Highland, The University of Stirling's Dementia Services Development Centre (DSDC), NHS Health Scotland and Alzheimer Scotland.

It will include keynote presentations from the DSDC, and Kate Fearnley, Director of Personalisation, Alzheimer Scotland, as well as an innovative view on the significance of early diagnosis from 'Creative Training Unlimited'. The audience will also have the opportunity to hear comments on the conference themes from a person who has dementia.

In order to obtain a booking form, please contact Marion on 01463 723561 or mmacneil@hccf.org.uk.

Closing date for applications 15th Oct 2010.

LEARNING DISABILITY

Do you find it difficult to talk to your son or daughter about sex and



relationships? Are you worried about how they (and you) will cope with the emotional or practical impact of puberty, friendships, sex and more? Do you know what local resources and support you might be able to use? Or is it all tricky to think about?

A one-day FREE event in Glasgow on 18th Sep by ENABLE Scotland and the Universities of Glasgow and Bangor, Wales, looks at the sexual awareness and development of young people with learning disabilities and how parents - especially mothers - deal with this aspect of growing up and transition to adulthood.

It's your chance to hear about new research amongst both young people and mothers, discuss the issues, ask questions, and find out what resources may be available. To book, call Lynette Shand on 0141 225 1605.

£20M OFF FUEL BILLS

Around 250,000 pensioners began getting £80 off their next electricity bill from July, thanks to a deal by the Government and the leading energy suppliers announced earlier this year.

Up to £20 million will be paid out by the largest energy companies in a one-off rebate to pensioners who need the most help with their fuel costs. The Department for Work and Pensions (DWP) is writing to all those who are eligible to let them know either that their rebate will be paid automatically, or asking people to call the Helpline to confirm their entitlements.

Steve Webb, Minister for State and Pensions, said: "This cash will help thousands of pensioners get help with their fuel bills who might otherwise be struggling to make ends meet. If anyone gets a letter from us asking them to call our Helpline they should ring straight away to make sure they don't miss out."

The energy suppliers participating are British Gas, EDF Energy, E.ON, Npower, Scottish Power, and Scottish and Southern Energy.



LONG TERM CONDITIONS



One of two Joint Scottish Government / Long Term Conditions Alliance Scotland (LTCAS) events

to help identify the emotional and psychological support needs of people with long term conditions, will take place in Inverness.

The one-day event on Wed 15th Sep 2010, starts at 10am at The Drumossie Hotel, and will be an open space styled consultation to help identify the emotional and psychological support needs of people with long term conditions.

You may already know of a service or type of support that works well and want to share your ideas with others. One solution will not fit everyone so all ideas are welcome. Through listening to everyone's views, LTCAS will be able to gather up all your ideas and share them with service providers across Scotland.

There is no fee for attending and booking details can be obtained from Henri Forman Event Management on 0131 555 5833 or at lucas2010@hfeventmanagement.co.uk.

YOUNG CARERS FESTIVAL

New figures have shown that almost 90 per cent of Scottish young carers feel that their schools and GPs do nothing to support them.

So as a big thank you, The Princess Royal Trust for Carers is organising a free festival on 21st and 22nd August at Broomlee Outdoor Centre, West Linton, to give them a chance to let their hair down and talk to decision makers about the new National Young Carers' Strategy.

Organised by The Princess Royal Trust for Carers and funded by the Scottish Government, the third annual Scottish Young Carers Festival will bring together more than 450 young carers from all over Scotland.

Research commissioned by The Princess Royal Trust for Carers has shown that every £1 spent on services for young carers saves the public purse £6.72, yet services are under threat because of local authority budget cuts to organisations that run young carers' groups.

As well as giving young carers a break from caring, the festival offers them the chance



to have fun and meet others in a similar position. Young carers will also have the opportunity to talk about their lives to ministers, MSPs from all over Scotland and representatives from three health boards and 13 councils.

At last year's Festival, 86% of young carers told us that their school did "nothing" to support young carers, while 89% felt their GPs/health workers also did "nothing". The majority of services for young carers are provided by the voluntary sector through organisations such as The Princess Royal Trust for Carers.

For more information, please contact Louise Morgan, Young Carers Services Manager, The Princess Royal Trust for Carers, 07909 967861.

If you would prefer to speak to someone in Highland about Connecting Young Carers, you can contact our own staff; call Frances on 01463 723563 or Kirsty on 723562.

INTERESTING ONLINE RESOURCES

If you don't have access to the internet please contact us on 01463 723 561 or 571 and we will download the information for you.

www.learningdisabilities.org.uk/publications

'We Can Dream' - This booklet talks about the benefits of person centred planning when supporting young people with autistic spectrum disorders, for young people and their families, friends and supporters to read and talk about together.

www.msociety.org.uk/support_and_services/grants

If you are a carer of someone with MS, you may be able to get help from the MS Society's **Carers Opportunity Fund**, which gives grants of up to £400 for such things as non-graduate course fees, course books, materials and travel costs.

www.macmillan.org.uk/Documents/HowWeCanHelp/HelloAndHowAreYou.pdf

'Hello, and how are you?' - This guide has been written for carers by carers of people with cancer.

www.alzscot.org/pages/carers.htm

This guide is for you if you care for someone in the middle to late stages of **Dementia**.

INFORMATION LINE • 01463 723561

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