



**AUTUMN
2019**

CARERS' NEWS

A newsletter for Families, friends & all people interested in mental health

AUGUST OPEN MEETING

WEDNESDAY 21 AUGUST 2019 - From 1 pm to 4 pm

At the **NOTTINGHAM MECHANICS**, 3, North Sherwood St, Nottingham NG1 4EZ

We welcome **INSPIRE** - **MENTAL HEALTH FIRST AID** plus

Dr Julie Hankin, Executive Medical Director, Notts H'Care NHS Foundation Trust

On the **REVISED CLINICAL STRATEGY**
and its implications for Care in the Community

SPEAKERS / GAMES / BUFFET

► PLUS A DEMONSTRATION OF CARERS' COUNCIL WEBSITE ◀

OCTOBER OPEN MEETING

and

NOTICE

For the **CARERS' COUNCIL** – Allies in Adult Mental Health

ANNUAL GENERAL MEETING

WEDNESDAY 16 OCTOBER 2019

From 1 pm to 4 pm - At the **NOTTINGHAM MECHANICS**
3 North Sherwood St, Nottingham NG1 4EZ

We Welcome MELANIE MACK – LIVING CARE MASSAGE

SPEAKERS / GAMES / BUFFET

We welcome all those interested in issues concerning adult mental health carers

Although booking is not essential to attend Open Meetings, if possible please contact Geoff Curtis: 0115 9631916 or email: geoffcurtis@ymail.com to confirm attendance

Registered Charity No. 1073466

Articles written in this newsletter do not necessarily represent the view of the Carers' Council.

REPORT ON JUNE 2019 OPEN MEETING

Unfortunately, the Family Interventions Team were not able to attend as planned but we were fortunate to welcome **Rob Gardiner from the Carers Federation** who came to address the meeting on various issues including the Integrated Care System's (ICS) Mental Health Strategy. **Sharon Sorrenson from the Aged Veteran's Project** gave a very interesting and moving talk. Karen said it had been an "honour and privilege" to be able to support those that have served in the Armed Forces. The project comes to an end on the 30th September 2019 but we feel it will leave a lasting legacy. **Dan Godley, Nottinghamshire County Council** updated the meeting on progress of the County's Service for carers. He will keep us informed.

CARERS' COUNCIL COMMITTEE MEETING DATES for 2018/2019

Fri 27 Sept 2019 **Fri 29 Nov 2019** - You are most welcome to join us
Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP 10 a.m. – 12 noon

OPEN MEETING DATES 2019

★ **Wednesday 21 August**

★ **Wednesday 16 October (AGM)** ★ **Wednesday 11 December**

The Nottingham Mechanics3, North Sherwood St, Nottingham NG1 4EZ from 1– 4 p.m

OUR CONTACT DETAILS:

Geoff Curtis, Chair To notify attendance at Open Meetings & for all general enquires
Tel: 0115 9631916 or email: geoffcurtis@ymail.com

Peter Robinson – Treasurer, Membership queries and forms Tel 01623 512607 or email:
peter.robinson930@ntlworld.com

Sandra Vanner – Newsletter Tel: 0115 8450697 or email: sandravanner@gmail.com

KHUSHI SELF HELP GROUP

For Asian women in Nottingham city with experience of mental health problems.
Offering the chance to meet others in similar situations, share experience, coping strategies and information.

Tuesdays 1pm to 3pm

Contact Self Help UK Nottingham for more information on 0115 911 1661

OCTOBER OPEN MEETING – LIVING CARE MASSAGE

We welcome **Melanie Mack** to our October Open Meeting. Melanie Mack has worked as a PA for clients with complex physical and mental health needs for over 6 years. During this time she became aware of both the incredible benefits of massage therapy, and the many barriers to accessing it. She started '**Living Care Massage**' in 2016, providing bespoke mobile treatment specifically to meet these needs, and is passionate about making massage therapy accessible for **all**. This should prove to be a relaxing wind down following the AGM

AGM - NOMINATING YOURSELF OR ANOTHER MEMBER

The Carers' Council need to have more members on our Committee – it's essential to our future. The more members we have the easier it is – for everyone.

We **desperately** need:

A SECRETARY, VICE CHAIR, NEW NEWSLETTER EDITOR. We feel that having a new influx of helpers will breathe new life and ideas into our Committee. We are, of course, also looking for members who are happy to be a part of our Committee, but do not wish to take on the above roles. We work together.

If you have any queries at all or are uncertain of what is involved please get in touch with Geoff to find out more.

IF WE CANNOT APPOINT A SECRETARY AND OTHERS
WE MAY NOT ABE ABLE TO CONTINUE

GUIDANCE NOTES FOR FILLING OUT THE NOMINATION FORM

Looking at the Nomination Form opposite, if you would like to nominate yourself, but are unable to fill in the 'Proposer' and/or 'Seconder' sections, do not worry. Please fill out the 'Person nominated column' and sign as the person nominated. Return the nomination form to Geoff and give him a call to discuss (contact details below). If the form is returned after the 14 days this is not a big problem as it would then be a case of the person nominated being 'co-opted' onto the Committee - this would happen after the AGM during a Committee meeting.

Also, if you are unable to contact a person you wish to nominate please call Geoff who would be pleased to answer any queries you might have.

Geoff Curtis, Chair, 0115 9631916 or email: geoffcurtis@ymail.com



AGM NOTIFICATION AND NOMINATION FORM

Please see guidance notes on facing page

The Carers' Council – Allies in Adult Mental Health AGM will be held on **Wednesday 16th October 2019 at 1pm at the Nottingham Mechanics, 3 North Sherwood St, Nottingham NG1 4EZ**. Copies of the Annual Report will be provided on the day.

If you wish to nominate any member/s for a position/s on the Executive Committee – or yourself - please do so on the form below and return to the Secretary of the Carers Council at the address below 14 days before the AGM. We are always looking for new members to help with our work and value your knowledge and experience.

Position	Person Nominated	Proposer	Secunder
Chairperson			
Vice-Chairperson			
Secretary			
Treasurer			
Committee Member			

Signed (Nominated) Date

Signed (Proposer) Date

Signed (Secunder) Date

Please Note: If you know someone who wishes to serve on the committee please ask their permission first and if they agree please write their name clearly on the nomination form. Please add the date signed.

Please note Nominations should be in writing and in the hands of the Chair

BY WEDNESDAY 2ND OCTOBER 2019

See guidance notes on previous page if you are unable to do that.

For any queries contact Geoff - 0115 9631916 or email: geoffcurtis@ymail.com

Return to: Geoff Curtis, Chair, Carers' Council, 118 Papplewick Lane Hucknall, Nottingham NG15 8EG.

Registered Charity No. 1073466

FAMILY INTERVENTIONS TEAM – CELEBRATION EVENT

To celebrate Carers Week 10th-17th June, The Family Interventions Team facilitated a Celebration and thank you event for our Carer Leads and Carer Volunteers on 12th June at Highbury Hospital. This was also attended by Senior Managers and Third Party Organisations. The aim of the event was for us to say a big 'thank you' to all Carer Leads from the Community and Ward Teams in Adult Mental Health and to the Carer Volunteers. Without the support of both these groups, The Family Interventions Team could not achieve its aims and goals to try and ensure Family Sensitive Practice is delivered at all times.

A market place was created around the room with information and advice stalls from a variety of Third Sector Providers including Carers Trust, Carers Federation and Inspire Learning. We also had speeches from Michelle Malone (Clinical Director), David Ross (NHS England), Paul Sanguinazzi (Head of Involvement, Experience and Volunteering) and this included some of their own personal journeys of caring. To finish, Andrea and Kelly (Family Interventions Co-ordinators) shared what has been achieved in Adult Mental Health.

There was a buzz of energy at the event and feedback provided was very positive.

For more information on The Family Interventions Team please contact 01909 572025, 0115 969 1300 ext. 15345 (answer phone facility) or email bftenquiries@nottshc.nhs.uk Photos from the day can be viewed on the Family Interventions Team twitter account @Familywork123

NEW CARERS FEDERATION'CAFÉ PROVING A SUCCESS

At Carers Federation, 21-23 Pelham Road, Nottingham NG5 1AP

Pop in for a cuppa and a cake – or there is a 2 course meal on offer and unlimited drink refills!

Free to all carers, those who they care for, their friends and family.

The cafe runs on donations so we ask that you contribute what you are able to.

You do not have to be registered with Carers Federation to come along.

The next cafe opening dates: **14th August** and **28th August - Open from 11am**
Children are welcome to attend and we aim to have entertainment on for children.

More information on the menu and activities to follow soon.

CARER CHAMPIONS IN GP SURGERIES

The Carers Federation have been working to set up **Carer Champions** with GP Surgeries in the **Broxtowe, Gedling and Rushcliffe** areas of Nottinghamshire.

A **Carer Champion** is the staff member at your GP practice who has volunteered to support and advocate for carers. They will be responsible for leading on the carer pathway and support within that practice, reviewing the practice's Carer Action Plan and ensuring that carers are communicated with effectively. They will also link up with Carer Champions in the area by attending bi-annual Carer Champion forums. The forums enable Carer Champions to share news and information from their surgery, helping to promote good practice and encouraging successful approaches for identifying and supporting carers.

Your Carer Champion can signpost you to helpful support and services in your area.

If you live in South Nottinghamshire (Broxtowe, Rushcliffe, Gedling), you can check who your practice's Carer Champion is by visiting the Carers Federation website: <https://www.carersfederation.co.uk/services/adult-carer-support/what-is-a-carer-champion/> or by enquiring at your surgery.

Note: Although the Carers Federation have been working in **Broxtowe, Gedling and Rushcliffe** areas, if you live in other areas, it is worthwhile enquiring to see if Carers Champions have been set up in your surgery.



Rethink Website

More and more people now have access to the internet. You might like to visit The Rethink website which has a lot of useful information. <https://www.rethink.org/>



I found this piece of news dated 11 March 2019 on the Rethink Website
'The NHS have today (11 March 2019) announced that it will respond to emergency mental health needs within one hour under new national standards. For people accessing emergency mental health services in the community, it will be 24 hours'

The new standards will be tested this year across various pilot sites. In its long-term plan, NHS England said the targets would be introduced by 2020.

I think it goes without saying that there's been no testing in our area!

BLUE BADGES FOR THOSE WITH 'HIDDEN DISABILITIES'

From 30 August 2019 new rules come into force which will enable some people with hidden disabilities including autism and mental health conditions to apply for a blue badge.

The new criteria will extend eligibility to people who:

- cannot undertake a journey without there being a risk of serious harm to their health or safety or that of any other person (such as young children with autism)
- cannot undertake a journey without it causing them very considerable psychological distress
- have very considerable difficulty when walking (both the physical act and experience of walking)



For drivers or passengers with dementia, anxiety disorders or reduced mobility, the anticipation of travel difficulties such as finding a parking space can build on top of the stress of the journey itself.

The new guidance, which represents the biggest change to the scheme since the 1970s, will offer a lifeline to people who often find road travel difficult by providing better access to work and other amenities. It will also help combat loneliness by enabling them to stay connected to family and friends.

Nb: Both The City Council and the County Council are saying they will not be able to process applications before 30 August 2019.

For more information – Nottingham **CITY** visit

<https://www.nottinghamcity.gov.uk/information-for-residents/transport-parking-and-streets/parking-and-permits/disabled-blue-badges/> tel: 0115 876 1966 or Nottingham City on **0115 9155555**

For more information – Nottinghamshire **COUNTY** visit

<https://www.nottinghamshire.gov.uk/transport/parking/blue-badge-scheme/apply-for-a-blue-badge>

Customer Service Centre on **0300 500 80 80**.

Wherever you live you can apply online using the government website

<https://www.gov.uk/apply-blue-badge>

Or alternatively phone your council

CARERS' COUNCIL WEBSITE NEWS

The Carers' Council web site is developing fast with 7 different sections and the site will be shown at the Open meeting on 21st August and will be launched at the AGM on 16th October. A key part of the site is our 'Carer Support' section which includes the 'Helping Hands' tool where carers can see a variety of approaches to helping you to find what you need. There is also a lot of information about mental health and community services. Carer Support also has a large section of useful contacts for services starting with those of immediate use in a crisis to those giving support on a longer term. The 'Carer Stories' section already has a number of experiences submitted by carers which show the use of a variety of mental health services. The site is being developed by a web developer but a small team of Carers Council committee members are learning how to update the site after its October launch onto its carers-council.org.uk address.



(Above) Cheque towards website received from The Ram Inn

OUR PICNIC IN THE PARK

Fortunately the rain kept off, and we set up camp on 10th July at Highfields University Park. We were just a small select gathering of around a dozen. We enjoyed a relaxed day with our picnics and several of us went for walks in the park, visited the galleries and cafes. Thanks to Siobhan who arranged this.



LET US HAVE YOUR NEWS / VIEWS FOR OUR WINTER NEWSLETTER

We welcome brief articles/letters/views from **individuals** and **organisations** alike.

Closing date Monday 1st November 2019

Email sandravanner@gmail.com or phone 0115 8450697 / 07870 360168