

CARERS' CHAMPION NEWSLETTER – AUGUST 2011

Dear Carers' Champions

Further to the excellent work that has been done by Susan Hartnell-Beavis, Caroline Toll, Lucy Nicholls, Emily Lang, Viv Streeter and Jayne Nicholas to get this project off the ground and all the great work that you have done within the practices to make it a success, I am very pleased to say that I have been invited to work on a temporary basis for one day per week to continue the admin support given to Carers' Champions through the newsletter and hopefully get to talk to as many of you as possible over the forthcoming weeks to identify what other support and training you feel would be most beneficial.

I will be based in the Strategic Development department at Wynford House and will usually work on a Tuesday so please don't be surprised if it takes me most of a week to respond to any messages.

It has been great to see so many of your photographs in past newsletters – how about sending me any anecdotes you have to share to support just how valuable the role of Carer's Champion is or simply just to make us laugh or cry?

I look forward to hearing from you.

All the best
Clare Mather

NHS Health Check programme

In David Slack's GP practice weekly bulletin of 1st August, practices were asked to sign up to the Health Check programme during 2011/12 by a deadline of 17 August 2011, to allow training to be given in September and the programme to be rolled out thereafter.

It was particularly identified that: "The focus of the NHS Health Check programme during 2011/12 will be delivering health checks to carers."

We would urge you to talk to your Practice Manager to see if your practice has signed up to this programme by the deadline as this could have significant benefits for both the registered carers in your practice and the practice itself.

Funds

As you will be aware, not all the monies from the original grant received from Carers UK to fund the Carers' Champion project have been allocated. The Board of WyvernHealth.Com agreed that the fairest way to distribute the remaining funds (£11,292.43) is to divide it between federations on a per capita basis. It will therefore be up to your federation (if they choose to accept the money) to decide how best to use that money to offer continued support to Carers' Champions in their area and we will be very happy to give any advice or guidance needed.

Carers after bereavement

What does your practice do to make sure carers continue to access support and services at this important time? Does anybody have any good practice examples we could share?

Free fun day for Carers in East Somerset

The East Somerset branch of Carers UK is organising a free fun day in Wells Town Hall on Thursday 15th September for carers in Mendips, Bruton, Castle Cary and Wincanton. A poster is attached and it would be great if all surgeries in these areas could promote the event as widely as possible.

If Only I'd Known That

We have a few remaining copies of If Only I'd Known That left to distribute between practices on a 'first come, first served' basis, ideally to those practices who have not already had any. If you would like any copies of this valuable booklet, please use the attached form or download one from the website: <http://www.wyvernhealth.com/carers.htm>

Update from South Somerset Federation of GP Practices

Susan Hartnell-Beavis, Jayne Nicholas and Sue Woodward of Penn Hill surgery recently met to consider how we move forward the Carers' Champion project in South Somerset.

They agreed on an initial way forward of:

- Susan H-B will attend a GP meeting to explain the reasons for recognising carers and the benefits this can bring to both the surgery and staff. She will also talk to nurses and health care assistants.
- Sue is contacting the practice manager to ask if the Patient Participation Group can get involved at flu vaccine clinics to help identify carers and get them on the carers register.
- Sue will ask community nurses to help identify home bound carers.
- Jayne will email all the other Carers Champions in South Somerset Federation and share their contact details.
- Jayne is going to organise further small groups of Carers Champions to come together, learn from each other and get inspiration about moving Carers Awareness forward.
- **A meeting has been arranged at Ryalls Park Medical Centre on Wednesday 5 October at 2.00pm for Carers Champions in that area to meet together and share best practice - South Somerset Carers' Champions**: Please email Jayne if you would like to attend this group

Please keep Clare informed of what is being planned in your federation so this can be included in future newsletters.

Contact Details

Please, please would you let us know if there are any changes to the contact details for the Carers' Champion in your practice so that we can ensure that all information is getting to the right people. If you have a new Carers' Champion in your practice – please email clare.mather@somerset.nhs.uk and we will get in touch to see what support you might need in the way of training or links with other Champions in your federation.

Carers: what support is available?

As the age of the population increases, many people are taking on the role of carer to friends, neighbours and family. This can occur at any time but a large proportion of carers are over the age of 60, looking after older relatives. There are different entitlements and benefits that carers of all ages can receive.

This guide will explain what these benefits and entitlements are and what services are in place to help carers.

<http://www.counselandcare.org.uk/category/advice/pdf/carers---what-support-is-available-guide-10>

A final word from Susan Hartnell-Beavis: carers are everybody's business

Everybody, Somebody, Anybody, And Nobody

This is a little story about four people named Everybody, Somebody, Anybody, and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it.

Anybody could have done it, but Nobody did it.

Somebody got angry about that because it was Everybody's job.

Everybody thought that Anybody could do it, but Nobody realized that Everybody wouldn't do it.

It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done

Kind regards

Clare Mather

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