

# CARERS' CHAMPION NEWSLETTER – SEPTEMBER 2011

## Dear Carers' Champions

Welcome to the latest Carers' Champion newsletter – remember this is a way for you to communicate with each other and share your experiences so please do send in your news, ideas and examples of things that have worked for you so that we can share these and together try to increase the number of carers coming forward to register. Also, if you come across anything relevant in other publications please do pass them on for the next issue.

I have started to visit some of the practices to meet you and to find out first hand how you are getting on and what things might make your lives easier. It has been wonderful to see how much enthusiasm you all have for your role and how rewarding it can be even if it's extremely frustrating at times! I look forward to meeting many more of you over the coming months.

### Meeting of South Somerset Carers' Champions on 5<sup>th</sup> October 2011.

As far as we know, this will be the first time a group of carers' champions in Somerset have got together with others in their federation to share experiences and ideas and we definitely hope that other federations will do the same. We will report back on the meeting in the next newsletter. If any of you would like to get together with other Champions in your federation area and would like some help and support to organise it please email Clare Mather at [clare.mather@somerset.nhs.uk](mailto:clare.mather@somerset.nhs.uk).

### Contacting Somerset Direct on behalf of carers

We know that a number of you contact Somerset Direct on behalf of carers to register them and request an assessment by a Carers Support Worker. It would appear that there has been some confusion over the amount of information that Somerset Direct ask for. We therefore contacted Somerset Direct and they have provided the definitive list of what details you will need to obtain from the carer before making the phone call on their behalf and this is shown below:

- What prompted you to contact Social Care?
- Are you the main carer for the person you are caring for?
- Briefly outline the health problems of the person you are caring for
- Briefly outline your caring role
- Are there any areas causing you particular concern? Please give details
- Would it be useful to have extra support? If yes, what sort of support do you need?
- Do you have dependents (for example children)? If yes, enter details of dependents
- Do you feel you have a balance between caring and work? If no, please describe

### Somerset Neurological Alliance

Please see the attached poster for an open meeting to be held in Taunton on Monday 24 October 2011 2pm-4pm organised by the South West Alliance of Neurological Organisations (swano: [www.swano.org](http://www.swano.org)) to discuss the formation of a neurological alliance for Somerset.

### Allocation of funds to federations

Your federation will shortly be receiving some limited funds that were not allocated during the course of the Carers' Champion project. The money will hopefully be used to move carers up the agenda and increase the number of carers registered as such with their GPs and it will up to the federations to work out how best this can be done in your area. If you would like any help then please email [clare.mather@somerset.nhs.uk](mailto:clare.mather@somerset.nhs.uk)

### RESOURCES

Please do make use of the website at <http://www.wyvernhealth.com/carers.htm>: we have been working hard to make sure all information is as up to date as possible and it is a valuable source of

leaflets, links and documents for you to use in your practice. If there is anything that you think is missing or if you are aware that any documents are out of date please send details to [clare.mather@somerset.nhs.uk](mailto:clare.mather@somerset.nhs.uk).

### **St John Ambulance Carer Support Programme**

We have now received the latest posters and leaflets for the St John Ambulance Carer Support Programme. Please visit our [website](#) for the latest poster, leaflet and dates for courses in 2011 and 2012.

### **Memory Cafes and Singing for the Brain**

The new flyers and dates for Memory Cafes and Singing for the Brain can now be found on the [wyvern.com website](http://wyvern.com) and a summary is attached.

### **Carers Support Groups and Networks**

Details are attached of the Carers Support Groups in Somerset for passing on to your carer patients shown on form E2.

Keep up the good work!

Kind regards

*Clare*

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Clare Mather

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