

*Making
carers count*

charity registration number 1085491

The Carer's Champion

Bulletin—August 2020



Providing information, sharing idea's and supporting and thanking carer champions and all health professionals during this challenging time.

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Hello everyone, hope you are all keeping safe and well.

It's been 20 weeks now since the start of lockdown and as the restrictions start to ease we are seeing services for carers starting to resume or have been adapted to meet guidelines which is great news. See further on in the bulletin for updated information on some of the services.

Referrals from GP's have been very slow during this period and this is probably due to the reduced footfall within the surgeries and a different way of working. Please remember when talking to patients on the phone that they may not have been caring pre COVID and may now be struggling with their new daily routine and anxious about how they will cope in the future, many may be having to return to work. Support is available if they are referred.

Congratulations to Joy Watters on her new role as Advanced Practitioner/Carers Lead for Herts County Council. Many of you will know Joy well from her previous role supporting carers within Hertsmere. This is a new position and she will be working with all the HCC teams across the county developing and supporting carer awareness. We look forward to all working together in the future.



Changes to the *make a difference* breaks in response to COVID

We have implemented changes to the make a difference breaks in response to feedback from GP's and carers. The focus at this time when carers are talking to our Carer Support Advisors during their Carer Planning consultation is "WHAT WILL HELP CARERS NOW". Therefore suggestions for breaks planned for 2 months time etc are not being approved as we are living in constantly changing times. Breaks that have been approved have been to instantly support carers and examples are Sewing machine, Camera, Running machine and Indoor trampoline. Our internal process has also been reviewed so we can respond to requests quickly and maintaining our rigorous assessment of each application on an individual basis.

Another change is that surgeries no longer need to give approval for the break, but in the future they will be written to and informed that a patient carer has received the break and in what form.

**Virtual one to one training is available for all champions or surgery teams.
Give me a call to discuss further or email.**

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Zoom Carer Champion Meetings

I will be sending out the dates for the next round of Zoom meetings over the next couple of weeks. They will start at the end of August and go through the month of September. If there is anything you would like added to the agenda please get in touch.

Jane.brown@carersinherts.org.uk or **07706 285975**

Some of you have had trouble contacting Turning Point so here is an update from them about their services—**Turning Point—Carers Breaks Service**

Our carers support service aims to improve the emotional wellbeing of unpaid carers and their loved ones. We will provide a free short term service of 18 hours of carers breaks, either in the carers home or by taking the person they care for out for the day. The 18 hours of support will be flexible to their needs and requirements. With their agreement an onward referral to the local authority for a statutory carers assessment will take place to identify if they need additional support and Hertfordshire Carers Support Service will support them through this process. The service is here for any adult aged 18+ who identifies as a caregiver for an adult with:

- a learning disability
- mental health needs
- dementia
- sensory impairment
- palliative care.

Our recovery workers are seeing clients in the community and providing them the support they need. We aim to assess individuals within two weeks but maybe a few days from initial contact.

You can contact us on **01438 211185** or **07973 715516**

Virtual Hubs and workshops

Monday 17th August 2020, from 10.30am: Chorleywood and Rickmansworth Carers Support Hub Online via Zoom so carers can have a catch up.

Wednesday 19th August 2020, 10.30am - 11.30am: Letchworth Carers Support Hub Online via Zoom so carers can have a catch up over a cuppa.

Thursday 20th August 2020, 10.00am : Harpenden Carers Support Hub Online via Zoom so carers can catch up over a cuppa

Friday 21st August 2020, 11am - 12pm noon: Ware Carers Support Hub Online via Zoom so carers can have a catch up over a cuppa.

Carers must call to book their place as spaces are limited on: 01992 58 69 69

There is an extensive list of events and workshops available for carers, along with plans for events in the future. Some of these include Chair Yoga, Poetry, Spa Pampering online and legal planning. More details on link below.

<https://www.carersinherts.org.uk/events>

Carer Awareness Training for Social Prescribers/Link Workers

We have arranged a training session via Zoom for GP Social Prescribers/Link Workers focussing on Carer Awareness and including services provided by Carers in Hertfordshire.

Tuesday 16th September at 11.00am to 12.30pm

Jo Willis and Christine Gillham will be facilitating the session.

Places are limited and **must be booked** by calling 01992 58 69 69 or emailing:

contact@carersinherts.org.uk

“Young Carers Champion” was the name of July’s competition

The winner – Hollie, age 9



Carers in Hertfordshire teamed up with Lister Hospital and the Amwell Rotary club and asked Young Carers to design a badge. Lister Hospital will be training up some of their staff to be ‘Young Carers Champions’ so that they understand some of the things young carers have to deal with and can offer support when they are visiting their hospital, as well as spread the word of Young Carers everywhere they go.

We asked Young Carers to design a badge and here is the winner ...