



June
2016

CARERS' NEWS

A newsletter for
Families, friends & all people interested in mental health
Honorary President – Judith Machin

STOP PRESS – SUMMER OUTING NOW WED 20TH JULY 2016

River Cruise – Back Page for more details

STOP PRESS – CARERS' COUNCIL Coffee Morning SAT JUNE 4th (10-12)
Hucknall Methodist Church (opposite Market Place) – Page 3 for more details

We wish to invite you to our

SUMMER OPEN MEETING

*This is an invitation to carers/professionals/volunteers and all people interested in
issues concerning adult mental health*

To be held on

Wednesday 15TH June 2016

From 1 pm to 4 pm

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

This is also a

NOTICE

for a

SPECIAL GENERAL MEETING

To be held at 1 pm prior to the Summer Open Meeting – See pages 6-7 for details

A Buffet Lunch will be served at 1.15 pm

SPEAKERS / GAMES/ BUFFET

Booking is not essential but if possible please phone Sandra on
01773 776739 or email sandravanner@gmail.com - to confirm attendance

Registered Charity No. 1073466

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

IN THIS ISSUE (In no particular order!)

- ◆ Special General Meeting regarding Carers' Council Constitution (centre pages)
- ◆ Summer Outing (back page)
- ◆ Future Carer Council dates
- ◆ Nottinghamshire Help Yourself Website
- ◆ Nottinghamshire Health Care NHS Foundation Trust National Carers' Week
- ◆ Nottingham University - Questionnaire for Carers'
- ◆ Carers Respite at Home Service
- ◆ The Kaleidoscope Group
- ◆ Carers' Council coffee Morning
- ◆ Carer Services in GP Services
- ◆ Recovery College Family Work Course
- ◆ Chairman's Diary
- ◆ Nottingham Co-Production Network
- ◆ Money & Benefit Training

OUR CONTACT DETAILS:

Here is who to contact about anything you have read or if you would like to contribute

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

To notify attendance at Open meeting or to be put on the mailing list Contact:

Sandra Vanner – 01773 776739 or email: sandravanner@gmail.com

We welcome contributions (your stories, articles, poems etc) from all our readers/members for our next newsletter – by 15th August 2016 please.

SPRING OPEN MEETING 2016

At our Spring Open Meeting we welcomed Veronica French and Natalie Marking to talk about the REACT online Resource toolkit aimed at reducing relatives' / carers' distress. Carers allocated to the study are randomly allocated to either the REACT toolkit or the Resource Directory. The aim is, if successful for it to be rolled out nationally. This study involves relatives/carers of those suffering from psychosis or bipolar disorder and in crisis. A lively discussion followed. It was highlighted that by no means all carers have access to the internet or the skills required. However it was realised that the internet is increasingly being use as a tool for finding out information and in particular when crisis first strikes.

We also welcomed Biant Singh and Al Murray from the Co-Production Team who gave a very lively talk about their work. For more on Co-Production see page 10.

AT THIS SUMMER OPEN MEETING WE WELCOME

Andrew Grundy who comes back to present findings on service user and carer involvement in mental health care planning. (also see Page 8)

Hazel Johnson, Project Development Worker from the Carers Federation to talk about her work to promote carers within GP surgeries. (See Page 9)

Dan Godley, Seldom Heard Carers Commissioner from Nottinghamshire County Council is also hoping to come along to join us. (See Page 8)

CARERS' COUNCIL DATES FOR YOUR DIARY

Next Committee Dates For 2016 - You are most welcome to join us

- Fri 27th May 10 am Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP
Wed 15th Jun 12 - 1 pm Nottingham Mechanics, North Sherwood Street, NG1 4EZ
Fri 29th July 10 am Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP
Fri 26th Aug 10 am Christopher Cargill House, 21-23 Pelham Rd, Nottingham NG5 1AP

Our next Open Meeting and AGM will be
Wed Sept 21st 1 – 4 pm – at The Mechanics, Nottingham
This will be preceded by Committee Meeting at 12 noon

CARERS' COUNCIL COFFEE MORNING EVENT
Sat 4th June 10-12noon – Hucknall Methodist Church – see below

THIS YEAR'S SUMMER OUTING - RIVER CRUISE
Wed July 20th 2016 — Back Page for details.

THE CARERS' COUNCIL – Allies in Adult Mental health



Coffee Morning



Saturday June 4th - 10 a.m. – 12 noon

Hucknall Central Methodist Church

Baker St, Hucknall, Nottingham, Nottinghamshire, NG15 7AS

We welcome you to join us for - Coffee and cake (etc!)
AND – CAN YOU HELP? We would welcome anyone who would be able
to come along to help us, bake a cake donate bric-a-brac or just be there!

For info: contact Geoff Curtis: Tel: 0115 9631916 email: geoffcurtis@ymail.com

Secretary: Sandra Vanner 01773 776739 or sandravanner@gmail.com

DO COME ALONG AND JOIN US!

CHAIRMAN'S DIARY

MARCH

- | | | | |
|------------------|---|------------------|---------------------------------------|
| 1 st | Carers in Hucknall | 14 th | Carers Hub |
| 16 th | Carers Council Spring open meeting | | |
| 17 th | Recovery open day (together with Sandra and Carers Council stand) | | |
| 18 th | Highbury city carers | 23 rd | Trust Carers strategy meeting Worksop |

APRIL

- | | | | |
|------------------|---|------------------|---------------------------------------|
| 7 th | Carers Assessment annual review | 11 th | Carers Hub |
| 19 th | Carers in Hucknall | 20 th | Film making at Duncan Macmillan House |
| 21 st | Music Oasis (CCG course re mental health carers) | | |
| 22 nd | Highbury city carers | | |
| 26 th | Co Production meeting (County Hall) | 28 th | Opening minds (CoE & mental health) |
| 29 | Carers Council committee meeting | | |

MAY – so far!

- | | | | |
|------------------|---------------------------------------|-----------------|------------------|
| 3 rd | Carers in Hucknall | 9 th | Carers Hub |
| 11 th | Army reception (together with Sandra) | | Trent University |

THE NOTTINGHAMSHIRE HELP YOURSELF WEBSITE

The Nottinghamshire Help Yourself Website is a place to find information about a range of organisations and services including mental health groups and carer groups. This is replacing the paper Help Directory but 'DON'T PANIC' if you don't use the internet as you can access the information by asking at your local library or children's centre or by phoning the Nottinghamshire Customer Service Centre on:

0300 500 80 80 – (calls cost no more than calls to standard geographic numbers and will also be included in inclusive minutes and discount schemes.)

For those who use the internet the website is www.nottshelpyourself.org.uk where you can filter information using a range of options. The website is compatible with smart phones and tablets, so people can find information when they're on the move.

You can also find out information about ·

- activities, groups and events in your local community
- housing support and information
- information about workplace health schemes.
- health and social care information and support for adults and children
- childcare providers and support for children and young people aged 0 – 25 with a special educational need and / or a disability.

NOTTINGHAMSHIRE HEALTH CARE NHS FOUNDATION TRUST

NATIONAL CARERS WEEK 6th to 12 June 2016

During National Carers Week there will be a range of activities taking place around Nottinghamshire Health Care NHS Foundation Trust to acknowledge this week and give an extra special thought to all of the, many carers, family and friends who give up their time tirelessly to ensure that their loved one is supported and cared for in the best possible way.

Wednesday 8 June 2016 Nottingham Recovery College will be facilitating a morning workshop – Introduction to Family Work – to enable anyone to attend and find out more about family work, what it is and what it isn't, the possible benefits and how to access this support if required. If you are interested please contact **Robyn Devine on 0115 956 0827** or robyn.devine@nottshc.nhs.uk

Also on the 8 June 2016 in the afternoon, **Rosewood Involvement Centre** will be hosting an afternoon tea to say a tremendous thank you to all the carer, family and friends volunteers who have worked in partnership over the last year with the Involvement Centre and the Family Interventions Team. For more information please contact Maxine Parr on **0115 956 0845** or maxine.parr@nottshc.nhs.uk.

During the whole of the week starting on 6th June 2016 a **Behavioural Family Therapy training course** will be delivered at **Highbury Hospital** for **staff working within the Adult Mental Health Directorate**. This is part of an ongoing strategy in adult mental health to ensure that the majority of staff have the confidence, knowledge and skills to work alongside families in a meaningful and respectful way. For more information on Behavioural Family Therapy please **contact Emma Dolan or Kelly McGuire on 01909 502025 or 0115 969 1300 extension 15345** or e-mail bftenquiries@nottshc.nhs.uk.

The **LIVE** team will be hosting a Bassetlaw LIVE update meeting on **Thursday 9th June 2016** at **Bassetlaw Hospital during the afternoon** where anyone with an interest in the Bassetlaw Sector can attend. During this meeting there will be a special component dedicated to carers, family and friends. For further information please contact **Suzanne Foulk on 0115 969 1300 extension 12210** or suzanne.foulk@nottshc.nhs.uk

MONEY & BENEFITS TRAINING SESSIONS IN NOTTINGHAMSHIRE

- 25 May (a.m.) Retford Carer Group**, Riverside Medical Centre, Retford,
 - 9 June (a.m.) Newark, & Sherwood Carer Group**, Newark & Sherwood CVS
 - 13 June (p.m.) Ashfield Carer Group**, Ashfield Health and Wellbeing Centre, Portland Street, Kirkby in Ashfield
 - 14th June (a.m.) Gedling Carer Group**, Gedling Methodist, Carlton
- Phone The Hub - 0115 824 8824 for more details.**



SPECIAL GENERAL MEETING ON 16TH JUNE 2016.

The Carers' Council Executive Committee has reviewed its approach to the examination of the Annual Accounts and has decided, at a meeting on 29th April 2016, that recent Charity Commission guidance does not require us to have a comprehensive examination of our accounts that we have had in previous years.

It has decided however that an independent review is appropriate in view of the importance of the Council service provision to those families experiencing mental health problems. The purpose of the Special General Meeting on 16th June is to put the following motion to the meeting for approval. Further details will be provided at the meeting.

THE MOTION

'This Special General Meeting, held on 16th June 2016 approves by a simple majority of those attending, the withdrawal of the recommendation made by the Carers' Council Executive Committee to the Annual General Meeting of 9th December 2015, for an independent examination of the accounts for the year ending 31st March 2016 by Community Accounting Plus. Instead the Executive Committee will arrange an alternative independent and less comprehensive review of the Council accounts by an appropriately qualified person, for the year ending 31st March 2016.'

Secretary

LOOKING TO THE FUTURE - A REVIEW OF THE CARERS' COUNCIL CONSTITUTION

The Executive Committee has carried out a review of the principles on which the current Constitution is based. It was written in 1998 and reviewed in October 2000. Since then Charity Commission guidance has changed considerably which impacts on the way the Carers' Council works.

The review is aimed at helping us, the committee and Carers' Council membership, to update the principles on which we provide our services. We want you as our members to understand why this is necessary and give us your views on how you think we should respond.

1. The Carers' Council was established with the intention of supporting carers and families of those adults suffering enduring mental illness, and living in Nottinghamshire. We now support all members of families and their friends, including young carers so we think we should remove the word 'adult' in our charity objects. Our funder actually want us to consider these 'new' factors. We

also support carers outside Nottinghamshire who have relatives using services in Nottinghamshire and vice versa, and carers who are dealing with primary conditions other than mental illness (eg. Physical disabilities) so we need to review the breadth of our 'beneficiaries'.

2. We think it's right that we should maintain our status as a Charity because we are community focused and it brings us benefits in getting funding and influencing our health and social care commissioners.
3. We think we have to improve the management of our finances including simpler external review of our accounts, reduce our costs and make the benefits we give to our members more visible. We think we have sufficient flexibility with our banking and investment arrangements and don't intend to borrow money which our constitution allows. However funding is harder to get and we have to consider the extent to which we can continue to provide services at no cost to carers.
4. Our Objects (what our aims are) need to be changed because we no longer employ people, or intend to in the future, or anticipate owning or renting property.
5. We need to review how we can encourage new people to become Trustees, bringing in new experiences, and how we create openings on the executive committee by considering putting limits on how long a Trustee can serve.

This review gives us the opportunity to think about what we want the Carers' Council to look like for the foreseeable future.

FAMILY WORK COURSE - SUMMER 2016

Nottinghamshire Healthcare 
NHS Foundation Trust
Positive about integrated healthcare

This course is designed for carers family and friends
of people under Nottinghamshire Community Mental Health

June 8th 10 – 1 at the Recovery College, Duncan Macmillan House, Nottingham

July 6th 1 – 4pm Bracken House, Heather Close, Mansfield

To book a place / for information call Nottingham Recovery College 0115 9560827

ARE YOU A MENTAL HEALTH SERVICE USER OR CARER?

Researchers at the University of Nottingham are looking for mental health service users and carers to fill in a new questionnaire aiming to improve service user and carer involvement in care planning. All participants receive a £10 gift voucher for taking part. Questionnaires need to be completed by **31st May**.

Paper copies can be requested from Andrew Grundy (Research Associate, University of Nottingham), andrew.grundy@nottingham.ac.uk (0115) 82 30483.

Or the questionnaire can be completed online at:

<https://limesurvey.humanities.manchester.ac.uk/equip.php>

SELDOM HEARD CARERS GROUPS

Dan Godley, Commissioning Officer, came along to our April Committee meeting and talked about his work with 'seldom heard' carer groups. He has been undertaking a mapping exercise to find out what support 'seldom heard' carer groups are receiving (if any) across the county, and is keen to involve individuals and organisations involved with supporting carers from 'seldom heard' groups, to feedback their issues. A number of 'seldom heard' groups have been identified and carers who look after people with mental health issues is a key area of focus within the scope of the work Dan is undertaking. Many of the identified groups are often interlinked, for example mental health and drug and alcohol abuse/misuse. Dan is looking to see where there are gaps in services and support are currently and to ensure that where appropriate need is highlighted, these will be considered in future commissioning strategies to ensure Notts CC and Notts CCG's (Primary Health Care) are meeting the requirements of the Care Act in respect of support services for carers. Dan is working closely with health colleagues and other stakeholders to support GP practices with creating 'Carer Champion' roles.

Notts CC and Notts CCGs are working more closely and have more involvement with users of the services in order to shape service for the future; this is known as 'co-production'.

As part of 'co-production' a Stakeholder event is planned for 8th June 2016 to look at carer services, which will include carer participation as well as professionals from the council, health and voluntary sector and providers alike. A representative from Carers' Council will be invited to this event to participate and contribute to the planned discussions.

NEW CARER SERVICES IN GP SURGERIES IN CERTAIN AREAS OF NOTTINGHAM AND NOTTINGHAMSHIRE

At the June Open meeting we hope to welcome Hazel Johnson, Project Development Worker from the Carers Federation who will be coming to talk to us about her work in GP surgeries in bringing to the fore the role of carers. Currently this work is being undertaken in 3 main areas (see below). Hazel has provided us with an overview of the work she is involved with:

Rushcliffe Carers Service- 3 year contract from March 2015

Carers Federation support workers are based in each of the 12 Rushcliffe CCG medical practices. The support workers are there to support carers directly through regular drop in sessions. Carers can also access ongoing telephone and one to one support through the Rushcliffe service.

Each practice has nominated a named member of their team to take on the role of a carer champion. The carer champion is supported by the Carers Federation support workers and will work to coordinate the access to carer information and support from within practice.

Follow this link to our website for further information about Rushcliffe service and view who is the named carer champion in each practice across Rushcliffe
<https://www.carersfederation.co.uk/services/adult-carer-support/rushcliffe-carers-self-care-service/>

NNE Carer Service- 1 year contract from September 2015

Carers Federation works with all of the 21 medical practices in Nottingham North and East CCG. This CCG spans over 5 districts (Broxtowe, Gedling, Ashfield, Newark and Sherwood and City)

The service supports each medical practice to work pro actively to identify carers and ensure they keep a well maintained, active carers register. Every practice has a designated carer champion and follows their own tailored Carer Action Plan which is reviewed every 3 months to ensure carers needs are being met in their practice setting.

Carers Federation are also working across all secondary schools that fall within the NNE CCG area. Schools are identifying a young carer leads and making steps to raise young carer awareness and increase the identification of young carers.

For more information about the NNE carer Service, and to see which practices this includes please follow this website link <https://www.carersfederation.co.uk/services/adult-carer-support/nottingham-north-and-east-carers/>

Nottingham West Carer Service – 2 year contract from March 2016

Carers Federation are working with all 12 medical practices in the Nottingham West CCG area. Practices are being supported to work effectively to identify, inform and support their carers whilst maintaining a functioning carers register where carers can access benefits through their medical practice.

Carers will be supported by a Carers Federation support worker through monthly group support and information drop-in clinics based in each of the 3 localities (Beeston, Stapleford and Eastwood)

The Nottingham West is a new contract which only started in March 2016 and we do not yet have web pages created for this service.

Hazel Johnson, Project Development Worker, Carers Federation

NOTTINGHAMSHIRE CO-PRODUCTION NETWORK

Supporting those experiencing mental health difficulties

Biant Singh and Al Murray from the Co-production network came to our Open meeting in March and gave a very lively, passionate talk about their work – below are some brief details and contact information. There are now a *growing* number of groups running regularly across the county. Most take place every week or two, usually on a week day.

What is co-production - Working in partnership with other community groups and organisations: the power is in our hands to transform our lives.

Where do the groups take place? This varies from group to group. It could be at a local community venue, an allotment, a library or a café.

When do groups run? A number of groups run regularly across the county. Most take place every week or two, usually on a week day. You will find details of all the groups and a full schedule on www.notts.cc/good-mental-health

How can you get involved? The first step is to contact the development worker in your area and they will help you join a local Co-production network group

To join the network and/or develop your own group please contact:

Email: co.production@nottscc.gov.uk or telephone:

Rose Dent (Mansfield and Ashfield): 01623 651 177

Al Murray (Newark, Bassetlaw and Sherwood): 01909 535 333

Biant Singh (Broxtowe, Gedling and Rushcliffe): 07585 961226.

Visit our web site: www.notts.cc/good-mental-health

FOR CITY CARERS - CARERS RESPITE AT HOME SERVICE

FREE short term respite is available for Adult (18+) Carers (caring for someone NOT in receipt of Adult social Care).

This service is free of charge for a maximum of 12 weeks. Respite is in the form of a sitting service in the home, allowing the carer to take time out from their caring responsibilities.

Examples of why you might need respite include:

- ◆ Medical appointment
- ◆ Admission to hospital or safe discharge from hospital
- ◆ Other family needing requiring your support
- ◆ Unforeseen circumstances
- ◆ Support during family holidays or breaks
- ◆ Training and education
- ◆ Attending a funeral of relative or close friend

Access to the service is via the Carers First Service

For more details call

Carers First 0115 9629369

THE KALEIDOSCOPE GROUP –

This programme is funded by Nottinghamshire County Council

Nottinghamshire Mental Health, suicide prevention and training awareness programme – OPEN TO CARERS

The Kaleidoscope Plug Group have a range of campaigns planned across Nottinghamshire. Accredited training programmes are open to both community members and front-line workers.

Programme of activities:

1. Community members – will build mental resilience and raise awareness of the causes, signs and support for mental health problems for people living in Nottinghamshire.
2. Front line training ensures the work force is equipped recognise signs of mental ill health, support adults, and intervene early.

**For more information contact Stevie Hall on 07766 421448 or
E:Nottinghamshire@kaleidoscopeplus.org.uk**

We want to get this newsletter out to as many people as possible – but it costs a lot to print and post each one. If you could receive this newsletter by email, please let us know. Also please let us know if we are sending you a newsletter but it is no longer required.



CARERS' COUNCIL SUMMER OUTING WED 20th JULY 2016

WE WELCOME YOU TO JOIN US ON **THE TRENT CRUSDADER RIVER BOAT CRUISE.**

This is a 3 hour cruise sailing from Colwick Country Park

A 3 hour cruise with substantial afternoon tea (including cream cakes!) **£9.95.**

(And yes there is cover just in case the weather isn't so good!)

Boarding begins at **1.30 pm.** - Cruise Sails at **2 pm** returning to Colwick **5 pm**

There is **free car parking** on site but if you don't want to make your own way to Colwick Country Park we are planning to arrange return transport by mini bus or taxi from The Royal Concert Hall, City Centre to Colwick Park. The additional cost for this will be approximately **£4 - £5 return** (NB: pay on the day for minibus/taxi)

NB: Transport from Royal Concert Hall will leave around 1.10 pm

To reserve a place – either

1. Pay by cash or cheque at the June Open Meeting or
2. Phone or email **by 2 July please** Sandra Vanner 01773 776739 or sandravanner@gmail.com.

Information we will need when reserving is

1. A contact name and number of people coming
2. Your contact details including a mobile and email if possible.
3. Do you require return transport from Royal Concert Hall to Colwick – and if so for how many.



We ask for a deposit of £5 per person to secure a place – or you can pay the full amount outright. The balance to be paid on the day (or before)

MOST IMPORTANT. – If you reserve a place **PLEASE** let us know if you cannot make it.

PLEASE REMEMBER WE NEED TO HAVE YOUR RESERVATION BY JULY 2