



Care for Carers

Newsletter August 2021

Contact us:

Telephone: 0131 661 2077

E-mail: admin@care4carers.org.uk

Web Site: www.care4carers.org.uk

Address to:

**Care for Carers, St Margaret's
House, Room 4.25, 151 London
Road, Edinburgh, EH7 6AE**

Hello Everyone,

We are all working remotely but can still be contacted using the details below:

Phone Numbers 07394 418 088 - Jacqui Mackay
 07394 418 087 – Dipa Ward
 07936 362 868 – Erica Whittaker Wallis
 07936 362 867 – Jackie Phillips

All calls to our landlines will be re-directed and answered or leave a message and we will get back to you ASAP.

Email Contacts

Ruth MacLennan

ruth@care4carers.org.uk

Jacqui Mackay

Jacqui@care4carers.org.uk

Dipa Ward

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Jackie Phillips

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Erica@care4carers.org.uk

Pamper/Activity Packs Available

We are delighted to say that we have a number of free pamper and activity packs for carers, thanks to funding from ASDA Leith.

Pamper Packs

Why not give yourself a wee treat? We have a limited number of pamper packs for men and women which each include a selection of small items that we hope will help you relax and unwind from your caring role.

Activity Packs

Our activity packs contain a mix of puzzles and things for you to do at home, on your own or with others.

You can nominate yourself for one of the above packs. Please contact us on **0131 661 2077** or email erica@care4carers.org.uk if you would like to put your name forward. Names will be randomly selected and if you are offered a pack we will be in touch to get it dropped off to you. Good luck everyone!

Resources for connecting with people living with dementia

Hearts and Minds have developed two sets of resources, Valuables and Treasure Hunt, which explore the topic of connecting with people in the later stages of dementia.

The thinking and ideas behind these resources have been inspired by the stunning work of the Elderflowers (Hearts and Minds), who are therapeutic arts practitioners who work with people living with dementia. For more about the Elderflowers visit

www.heartminds.org.uk

In particular, the 'Treasure Hunt' resources have been created with family members, friends and carers of people in the later stages of dementia in mind.

Have a look at the website below where all the resources are listed:

<https://thetreasureweseeek.net/>

Human Rights & Mental Health Law

16 September 2021 & 22 September
10am – 12am Zoom

Do you have lived experience of mental health, either directly, as an unpaid carer or as a member of staff working in the mental health and care sector?

You are invited to this free online learning and discussion event where you will:

- Find out what we mean by Human Rights and a Human Rights based approach;
- Gain an understanding of why this approach is essential in 21st century Scotland; and
- What this will mean for mental health services, and the people who use and work in the services and the law around mental health and incapacity

To register for this event please email membership@alliancescotland.org.uk specifying which date you would like to attend.

Edinburgh and Midlothian Carer Survey



The Edinburgh and Midlothian 2021 Carer Survey is now open!

This survey will ask you about your current or past caring role, and taking a break from caring, work, money, and your health and wellbeing. It will also cover the support and services you have accessed.

You don't need to be registered with VOCAL to take part. Any carer can use the survey to give feedback on the Carers Organisation that supports them (there is an option to select Care 4 Carers).

As a thank you for your time, you can enter a prize draw. There are two prizes up for grabs including:

- a one-week free holiday to VOCAL's new carer cottage in Blair Atholl, plus £150 to spend
- a £50 eVoucher for a retailer of your choice

All responses are anonymous and you can provide as much information as you feel comfortable with. Your support will help develop the future of carer support in Edinburgh and Midlothian and we would really appreciate your time.

The survey will take approximately 20 minutes to complete and you can save your progress and come back at a later time.

VOCAL's Carer Support Teams in Edinburgh (0131 622 6666) and Midlothian (0131 663 6869) can also support you in completing the survey, simply call them for advice. If you need a hard copy of the survey please give them a call and they will post one out to you.

The link to the survey is here:

<https://wh1.snapsurveys.com/s.asp?k=162506936253>

The survey will close on Friday 10 September and if you have any questions, please email social@vocal.org.uk.

Carers Trust Impact Report

Last month, the Carers Trust published their report *Covid-19 in Scotland: The Impact on Unpaid Carers and Carer Support Workers*.

From November 2020 to May 2021, Carers Trust Scotland carried out research to understand the experiences and challenges that the pandemic led to in Scotland for unpaid carers, and consequently, carer support workers and carer services.

As the UK continues the vaccination programme and the gradual lifting of lockdown, unpaid carers and carer support workers look towards the future of support in the 'new normal.' This report makes recommendations and suggestions, built from the experiences of the research participants

You can download the full report from the website below.

<https://carers.org/policy-and-strategic-influencing-in-scotland/covid-19-in-scotland>

If you don't have access to view it online just get in touch with us and we can send you a printed copy.



Call for Views

Have you experienced restraint or seclusion as a mental health inpatient?

Do you care for someone who has?

The **Scottish Patient Safety Programme** (SPSP) for Mental Health is seeking the views of adults (18 years and above) on the use of restrictions in adult mental health inpatient settings so that they can work to make things better. We are working with them and would like to hear about your own experiences of restraint and seclusion, how this affected you, and how things could be improved. We would also like to hear from carers or family members who have witnessed the use of restraint and seclusion or had a family member or friend who was subject to these type of restrictions.

Could you help?

If you would like to share your story and have a conversation about the impact restrictions have had on you, or a family member or friend, please get in touch with **Karen Martin** at **07780001030**.

All conversations will be one-on-one between you an interviewer and in the presence of a note taker. Conversations will be held either on Zoom or by telephone, whichever you prefer to use, and may be with someone other than the person you initially hear from.

Want to know more about SPSP Mental Health?

SPSP Mental Health is a national quality improvement programme that aims to improve the safety and reliability of mental health care and reduce harm to people. Since its launch in 2012, the programme has worked to ensure people are and feel safe in adult mental health inpatient settings.

<https://ihub.scot/improvement-programmes/scottish-patient-safety-programme-spsp/spsp-programmes-of-work/spsp-mental-health/>

Adult Education Programme Autumn Term 2021

Edinburgh's Adult Education Programme has been running for over 100 years, offering day, evening, and weekend courses to thousands of students per year.

We are now delighted to share our new online and outdoor programme with you for courses starting in September 2021. Outdoor courses will start from Monday 6th September 2021 and Online courses from 27th September and range from writing, health and wellbeing, walking, local history, art, languages, pottery and much more.

We are fortunate to be able to offer concessions for those on benefits and would encourage everyone to log on and have a look!

How to Enrol

Book online through our website and pay by card from:

Wednesday 28th July 2021

Please enrol at least 2 weeks before your course starts as decisions about whether courses can run will be made then.

Full descriptions of courses, including details of additional costs are available on our website:

www.joininedinburgh.org

If you have any questions, please contact us by email

adult.education@ea.edin.sch.uk

Carer Poem

Thank you to Peter – one of our members – who has sent this poem in to us, inspired by his caring situation. Please do send us any creative writing pieces you've had a go at, we would love to read them!

"The Carer"

Who cares about the Carer.

"Care 4 Carers," Cares about the Carer"

Do you care about the Carer.

Do they care about the Carer.

Do we care about the Carer.

"The Carer," cares about the Carer.

As the Carer is the forgotten one.

Too many, accept "The Carer" as always being Free
I care for my wife and she has forgotten me.

Do I care that she knows not, "who I am"

Of course I do; but "who else gives a damn."

The carer ages and becomes less able

So "The Cared For", become that little bit "Less Stable"

Society becomes less aware, that "The Carer" needs "More Care."

If this continues, then care will become more "Rare,"

As "The Carers," become those, in need of care.

As the politicians ignore what should be Fair,

And do so much more about "That Unpaid Care."

False promises and platitudes won't go very far.

Please help all those Carers and remember they are,

A treasure to behold and can only go "So Far!!

It is a matter of time before "The Carers" head for "Their Lair"

And so time will signal

"The Death of overall Care"!! Once The Unpaid Carers go

The Hospitals and Care Homes will all overflow.

Peter Charleton (Mr).

Involvement of Unpaid Carers in Hospital Discharge

The Carers (Scotland) Act 2016 includes the duty that each health board must ensure that, before a cared-for person is discharged from hospital, it involves any carer of that person in the discharge.

Healthcare Improvement Scotland are currently undertaking activity to explore the impact of the Carers Act on the involvement of carers in hospital discharge. A survey has been created to capture information about the different approaches being delivered across local health boards, the impact of these approaches, the factors that have enabled success and what is needed to support further improvement.

We would greatly appreciate if you could take the time to share your views by completing this short survey.

<https://www.smartsurvey.co.uk/s/MS3PVC/>

A summary of results will be shared to promote learning across local areas and will also be used to inform future improvement activity. For more information on this activity please contact Gillian Fergusson, Senior Programme Manager by emailing his.peopleledcare@nhs.scot