**Minutes of Meeting**

**Edinburgh Carers Network**

Tuesday 28th June 2022

MS Teams

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| **Attendees** |  |
| Nicole Wilson (chair) | Senior Carer Support Worker, EHSCP |
| Aga Newsome | Carer Training Officer, VOCAL |
| Anne Glover | Hospital Discharge Carer Support Worker, EHSCP |
| Caroline Mekie | Link Worker (Improving the Cancer Journey), Macmillan |
| David Burrell | Community Renewal (Bingham, Magdalene and the Hays) |
| Donna Clark | Carer support worker, SPACE |
| Garrett Sprague | CEO – Commercial, Smplicare |
| Gavin Hay (minutes) | Admin Assistant, EHSCP |
| Gillian Guy | Link Worker, NHS Lothian |
| Jackie Philips | Carer Support Worker, Care for Carers |
| Jazmin Gentry | Carer Support Worker, (Liberton/AAH sites) Integrated Carer Team |
| Joseph Haenlein | Pre-Project Coordinator, Smplicare |
| Kyle Oram | Planning and Commissioning Officer for Older People and Carers, EHSCP |
| Margo Sweeney | Carers Project Manager, SPACE |
| Maria Burton | Strategy Officer (Carers), East Lothian Health and Social Care Partnership |
| Rachel Cramer | Information & Resource Worker, Edinburgh Carers Council |
| Rachel Davison | Dementia Training Officer, Age Scotland |
| Ruth Rooney | CE, Edinburgh Carers Council |
| Sophie Johnston | Carer Support Practitioner, VOCAL |

**Apologies:**

Ruth MacLennan, Keith Lugton, Rosie Moorhead, Kirsty Shaw, Christine Aylward, Jazmin Gentry, Jacqueline Small, Elise Grant, Cath Purdie, Dorothy Terhune.

1. **Welcome, Introductions & Plan for the meeting. Agree minutes and review actions from 1st March 2022.**

Standing action: Members to share any feedback on the current format/purpose of the ECN. Any thoughts regarding guest speakers, topics of discussion or resumption of in-person meetings are welcome.

1. **Guest Speaker: Annie Seath, Senior Care and Support Worker for Digital Technologies, Edinburgh Community Rehabilitation and Support Service**

Cancelled as Annie was unavailable to speak at the meeting.

1. **Project Updates from all members**

* Sophie Johnston - VOCAL
  + Applications for the Edinburgh Carer Assistance Fund are now open.
* Ruth Rooney, Edinburgh Carers Council
  + ECC are recruiting for several posts.
  + Existing funding awarded to ECC for independent carers advocacy has been expanded. This funding will be used to recruit advocacy staff.
  + ECC have been funded by the Scottish Government to take part in an initiative supporting people with eating disorders and their carers.
    - This will use a peer support model.
  + Referrals in general are extremely high.
* Rachael Cramer, Edinburgh Carers Council
  + Monthly peer support groups for carers of people with autism and mental health issue sare taking place.
    - One-to-one peer support is also available.
* Rachel Davison – Dementia training team, Age Scotland
  + Training is planned covering dementia and carers rights.
    - Courses on carers rights will expand to cover anyone who is caring for an older person, not just those caring for someone with dementia.
    - Training can be run within other organisations, please contact Age Scotland if you have carers who would be interested. AS are currently working with Tide, C4C and VOCAL.
  + The “Know your rights” campaign ran during carers week, encouraging MSPs to get involved and become aware of carers issues.
* Caroline Mekie, Improving the Cancer Journey
  + As a relatively new service the current focus is on increasing referral numbers. Staff are keen to build links with other organisations.
  + Staff have been attending the cancer centre in the Western General Hospital over the last month.
* Gillian Guy, Improving the Cancer Journey
  + Please do refer family, carers and patients to the service. We can look at non-medical issues they might deal with during the cancer journey.
* Jackie Philips, Care for Carers
  + Additional funding has been received for the Stepping Out and Breaks from Caring programmes. Additional breaks will be organised, with information on this to be launched in the next three weeks.
* Donna Clark, Space at the Broomhouse Hub
  + The summer programme for young and young adult carers will launch soon, with various outings planned.
* David Burrell – Community Renewal in Bingham, Magdalene and the Hays.
  + We are running a summer programme for teenagers and younger children, including a Virtual Reality event and a collaboration with Street Soccer Scotland in Bingham Park in July.
  + The hub in Bingham is providing advice on various areas:
    - Benefits and welfare, from CAB worker Stephanie.
    - Employability and digital skills, in partnership with Skills Development Scotland and People Know How.
    - Mental and physical health needs.
    - Fuel crisis, in partnership with the Fuel Bank Foundation.
* Aga Newsome, VOCAL
  + A new carer training programme has been launched for July – September.
    - Walking groups, book clubs, info sessions (for example on footcare).
    - VOCAL have partnered with Age Scotland to run a Dementia and Communication course.
    - Moving and Handling training is very popular. A session will run later in the year with OT input but numbers are very limited.
* Anne Glover, EHSCP Carer Support Team
  + Carers are extremely stressed by the lack of available respite.
* Nicole Wilson, EHSP Carer Support Team
  + Our hospital discharge carer support worker Christine Aylward will be leaving the team in July. Christine covered the Western General Hospital and North-West locality.
  + Rachel McNeill, covering the Royal Infirmary and South-West locality will also begin maternity leave in July.
  + Catherine Corbett will join the team as carer services development manager in the second week of July. Catherine is on a one-year secondment from VOCAL.

1. **Guest Speaker: Garrett Sprague, SmpliCare app**

Garrett presented on a new research project using wearable technology to predict falls in those at risk.

* Participants are needed, please do refer those who meet the following criteria:
  + - Over-55
    - Fallen in the past 12 months
    - Uses a smartphone
    - Can provide consent
    - Can stand unassisted on a scale for 10 seconds
* Participants will be provided with a free wearable device and free smart scale.
  + - These can be kept by the participant after the study.
* This study will only be observational, participants will not receive any notifications. If fully implemented the project would send “elevated risk” notifications to participants at risk of a fall.
* IT competency could be a barrier for some users:
  + The app would only work for smart-phone users, so the study would need pariticpatns comfortable using the smart phone app.
  + There will be an on-boarding and consent process including a demonstration of the app and use of the device. For those in Edinburgh and Lothians this could be in-person. Digital literacy from participants would be needed from that point.
* Stepping onto a scale could be a falls risk, e.g. for those who have had a stroke.
  + We will eventually be working with OTs and PTs on the process of using the scale, though not during this stage of the study. We recognise there is some risk and that this complicates recruitment, since the study requires someone who has had a fall but is also comfortable using the scale.
* What data does it collect and how does that predict falls?
  + The devices will collect data on sleep, activity intensity and heart rate. Machine learning is used to identify increasing risk. We are hoping that using a fitbit (or similar) rather than a falls monitor will increase uptake from those who do not wish to be identified as “frail”.
* Action: Garrett will share presentation slides and information on the project for distribution.

1. **Edinburgh Carer Strategic Partnership Group update, Kyle Oram**

Kyle updated current areas of work in the ECSPG.

* Joint carers strategy refresh
  + Work on this has begun, aiming for a final document by December 2022.
  + Three short life working groups are focusing on different areas of the current strategy for development. Work will align the draft local strategy to the national strategy refresh.
* Short breaks strategy refresh
  + Work on this will be starting soon, also aiming to be finalised by December 2022.
  + We will look to align this with CEC’s developing internal policies on short breaks / replacement care / SDS policies.
* Adult Carer Support Plans:
  + The ACSP template is now finalised.
  + The ACSP Supporting documentation and training are under development. Finalisation and roll out should take place within two months.
  + ACSPs will not be rolled out before finalisation of the necessary handbook and points of reference for workers.
  + The ACSP short life working group will take place on Thursday and Kyle will look to source support from members on ACSP documentation development.
* New investment in BAME services
  + Kyle is working with MECOPP, BEMAS and MILAN to build proposals on how new investments could best be spent to reach carers
  + Areas of focus:
    - Removing barriers for male carers in BAME communities.
    - Access to benefits and income supports.
    - Improving day-break opportunities for carers and their families.
  + This is still in the early stages but will gain greater detail from partners.
* Carer Outcomes
  + The CSPG has discussed procurement of a system/framework for gathering carer outcomes. ACSPs have an outcomes-focused action-plan integrated, but we need a framework to gather the outcomes identified in the ACSP and track their progress.
  + Commissioning a new framework has now been signed off and options are being considered.
    - Outnav is one strong possibility, with several partner organisations already using this.
  + We don’t want to just record the number of carers support and ACSPs completed, but progress and the difference made to the carers’ lives.
  + We will aim to have the new system running by December, so numbers and beginning carer outcome stories will be available for the year-two report. The year-three report should give a much fuller picture of outcomes once both stats and carer stories are available.
  + Rachel Davison: Will the carer outcomes data be made public or shared with this group? It could be useful for carers to hear this information as well. I have spoken with carers who are doubtful about seeking an ACSP as they are unsure of what the value might be.
    - Kyle: In my end of year report there will be a high level outcome report which will be available publicly. Interested carers can be directed to this.
* CLEAR – Carer Landscape Edinburgh Action Research
  + The CLEAR group are working with EVOC and other partners on which areas of research to focus on. EVOC are commissioned to research what non-contracted and non-grant-funded carer support is available in Edinburgh. EHSCP want a broader picture of what carer support is out there beyond those funded by ourselves.
  + CLEAR will look to publish a strategy-wide report in February/March 2023.

**Upcoming ECN meetings:**

* Oct 25th 2022- 10-12.30pm