**Edinburgh Carer Network**

**Meeting** Wednesday 14th June, 10am-11.30pm

**Minutes**

Chair:

* Catherine Corbett, Carer Service Development Manager, EHSCP

Attendees:

* Cath Purdie, Manager, PASDA
* Craig Findlay, Assistant Practitioner, Hospital at Home, NHSL
* Gavin Hay, Admin Assistant, Carer Support Team, EHSCP
* Hugo Whitaker, CLEAR Project lead, EVOC
* Ilona Kos, Project Coordinator, Volunteers for Carers, EHSCP
* Keira O’Sullivan, Reading Communities Coordinator, Scottish Book Trust
* Kevin Reid, Mental Health Support Worker, Libertus
* Kimberley Swan, CE, FAIR
* Kirsty Shaw, Carer Support Officer, neuro-outpatient service at Astley Ainslie Hospital, EHSCP
* Laura Wardlaw, community mentoring programme, WISE
* Rachel Cramer, Edinburgh Carers Council
* Rachel Davison, Dementia training team, lead on carers rights, Age Scotland

**Welcome, Introductions & Plan for the meeting. Agree minutes and review actions from 15th February**

* Completed Action: Catherine will pass on any CSPG updates from Katie McWilliam to ECN members in Kyle Oram’s absence.
  + Items have been circulated through ECN and any other items can be taken back to Katie McWilliams as needed.
* Completed Action: Wendy Sime to distribute her presentation on the Family Support Addictions team at VOCAL.
  + Wendy Sime has now left post however VOCAL can still be contacted directly.

**Reading Communities Coordinator, Reading is Caring, Scottish Book Trust**

Keira O’Sullivan presented on the Reading is Caring project.

* Reading is caring is funded for the Scottish Borders, Edinburgh and the Lothians, though accommodations for those further afield will be sought.
* Open to both unpaid carers (both full time and occasional) and professionals.
* Funded to support those caring for someone with Dementia. No diagnosis of dementia is required, indications of progressive memory changes are enough.
  + Scottish Book Trust run other projects and have links with those supporting people with other conditions.
* Workshops take place with up to three participants, segregated by carers or professionals. These are two sessions of three hours.
  + One-hour sessions over 6 weeks are being piloted in libraries to increase accessibility.
* A small budget for respite care is available to enable participation.
* Sessions take a highly personalised approach, with recommendations and discussion of someone’s specific circumstances and history.
* Sessions can be tailored for people caring for those at end-of-life or who are no longer verbal/responsive.
* Multi-sensory approach (with smells, textures and visuals) to help engagement.
* Training DVDs are available.
* Email [readingiscaring@scottishbooktrust.com](mailto:readingiscaring@scottishbooktrust.com) to refer, self-refer, order training DVDs or request promotional materials.
* Contact [keira.osullivan@scottishbooktrust.com](mailto:keira.osullivan@scottishbooktrust.com) with any questions or find more info here: <https://www.scottishbooktrust.com/reading-and-stories/reading-is-caring>

**Guest Speaker: Ilona Kos, Coordinator, Volunteers for Carers (formerly Volnet)**

Ilona presented on the Volunteers for Carers project.

* Volunteers can support either the carer or the cared-for person, or both together to support activities. Support can be at home or external.
* Example activities:
  + Going to the cinema
  + Visiting charity shops and flea markets
  + Short walks
  + Playing music
  + Painting classes
  + Going to cafes
  + Visiting galleries
  + Support with small gardening tasks, however there should be befriending during the activity rather than being seen as a gardening service.
* Support arrangements can either be regular with the same volunteer, or flexible using an online bank of volunteers. Those who do not have online access can ask the project to book for them.
* Eligibility:
  + Carer and cared-for person must both be adults.
  + They both must live in Edinburgh.
  + The level of support must be appropriate to a volunteering role.
    - A crisis situation, for example, would not be appropriate to beginning a caring role.

**CSPG update (Standing agenda item)**

* Kyle Oram, EHSCP planning and commissioning officer for carers, is on extended leave, expected to return in September.
  + Sarah Bryson and Sheena Lowrie from the planning and commissioning team have taken over refresh of the Edinburgh Carers Strategy and carer contracts reporting respectively.
* ACSP update from Catherine Corbett
  + Work to roll out Adult Carer Support Plans to community carer support partner organisations is continuing.
  + An integrated impact assessment has now taken place on May 24th. The resulting report is awaiting authorisation, after which contracted carer support partners will be able to complete Adult Carer Support Plans in mid to late July.
  + Information regarding data-sharing and carer payment procedures will be distributed to contracted partners.
* CLEAR Project
  + Meetings have taken place with many organisations. Focus groups are taking place with carers and cared-for people.
  + Community link workers are being contacted regarding GP referrals.
  + Cost of living issues are being raised as a barrier to carer support, with carers less able to engage with support for themselves when these are their main worry.
  + Mental and physical health of the cared-for person continues to be a focus for carers.
* Mike Massaro-Mallanson, EHSCP Services Director – Operations, attended the latest CSPG to give background to the EHSCP Improvement Plan and make links with members.

**Project Updates from all members**

* PASDA:
  + Two different fortnightly coffee mornings for carers are running and well attended.
    - Guest organisations will attend, for example VOCAL, LCIL, Mental Welfare Commission, Police Scotland.
  + Funding for a West-Lothian coffee morning has been sourced.
  + Walking groups with lunch are well attended.
  + A photography exhibition is currently still open at Leith Library, until the end of this week / beginning of next week.
    - The exhibition highlights that male carers often will not come forward to PASDA for support.
* Hospital at Home:
  + Hospital at Home Provide secondary care in a primary care environment, however this often results in family/carers having an increased caring role while the patient is having acute care at home.
  + The team is engaging with carer support services, with direct referrals to the EHSCP carer support team.
    - Health Improvement Scotland have highlighted this work as good practice during discussion on Discharge Without Delay.
  + Hospital at Home find people do not identify as carers generally and also that male carers will not accept support.
* EVOC:
  + The carers forum has now taken place.
  + The Promoting Variety projects proposed by EHSCP and EDG/EVOC are funded by Shared-Care Scotland to test different ways for carers to access short breaks.
    - Ronnie Grocock and Gregor Corkindale in the EHSCP short breaks hub are leading a brokerage service for people who have a personal budget that is not being utilised. This liaison point tries to address barriers to using the funding.
* Libertus:
  + Both carers groups are now up and running at Canalside and Gracemount.
  + Guest speakers are attending: dementia nurses, VOCAL, Police Scotland (discussing Herbert Protocol).
* WISE:
  + This community mentoring project works to hel across Edinburgh and Lothians.
  + Now accepting referrals.
  + Offers relationship mentoring to tenants who experience issues with mental-health, addiction and other barriers to maintaining their tenancy.
  + Referrals can come via housing officers or self-referrals.
  + WISE can attend as guest speakers at future ECN meetings.
  + Further information: [The Wise Group | Social Enterprise | Lifting people out of poverty](https://www.thewisegroup.co.uk/)
  + Looking to promote the service widely.
    - EVOC are happy to include this in their monthly updates, contactable via [hugo.whitaker@evoc.org.uk](mailto:hugo.whitaker@evoc.org.uk)
* Edinburgh Carers Council:
  + Advocacy:
    - Voicability will take over the main advocacy contract from in Edinburgh from ECC from July onwards.
    - Transitions advocacy will still be offered by ECC – for example when the cared-for person is moving from CAMHS to adult services or from hospital to community.
    - Adocacy for those caring for someone with an eating disorder will be available from July onwards.
  + Peer support (one to one or group)
    - Mental health, LD, ASD and acquired brain injury.
    - Eating disorders, for those caring for adults with an eating disorder.
      * Recruitment is open currently for a peer support officer to expand the service to those caring for a child with an eating disorder.
  + Consultation with carers of those with an eating disorder will take place 21/06/2023 at the ECC offices in Leith. Please do promote to carers.
* Age Scotland.
  + Workshops on dementia awareness, dementia inclusion and carers rights are all available to both individuals and organisations. There are workshops that can be registered for online, or bespoke sessions can be run for organisations.
  + Peer to peer grants programme
    - Run by the dementia team at Age Scotland.
    - Grants will be available from £500 to £10k for those creating their own peer support networks.
    - [Dementia Coffee Conversation: Peer to Peer Fund](https://www.eventbrite.co.uk/e/dementia-coffee-conversation-peer-to-peer-fund-6th-july-2023-1030-tickets-656623026147?aff=oddtdtcreator), taking place 6th July 2023 to allow carers to discuss the project informally

**AOCB & Date of next meeting:**

* 11th October 2023