



Thursday 26th Oct 2023  
9.00am – 1.00pm  
Virtual Training via Microsoft Teams

## Carer Champion Awareness Day

### Aims of the session:

- To cultivate Carer Aware working environments
- To enthuse and establish “Carer Champions” across Health and Social Care
- To empower Carer Champions to support, refer and signpost Carers to appropriate services
- To enable Carer Champions to cascade information to their colleagues



## **Learning Outcomes**

By the end of the session you will be able to:

- Know who Carers are and how to identify them
- Understand the impacts a caring role has on individuals
- Understand the benefits of supporting carers
- Demonstrate a basic understanding of the Carers (Scotland) Act 2016 and the key duties for Health Boards and Local Authorities'
- Demonstrate a basic knowledge of local carer organisations and their services
- Connect carers to appropriate services

## **Roles and responsibilities of 'Carer Champions'**

- Demonstrate a commitment to cultivating a supportive, carer aware working environment
- Acquire knowledge and understanding of carers issues
- Acquire knowledge and understanding of local Carer Support Organisations
- Familiarise oneself with knowledge of referral procedures
- Provide positive guidance and support to fellow colleagues regarding carers and young carers
- Continue to keep updated and informed of any changes regarding Carer issues and support via the Edinburgh Carer Network
- Participate in evaluation processes

## **Virtual Carer Champion Training Programme**

09.00: Welcome, digital house-keeping and plan for the session (Keith Lugton, Carer Coordinator, Edinburgh Health and Social Care Partnership)

09.10: Introductions and Aims of the day (Keith Lugton)

09.20: The Carers (Scotland) Act 2016 (Keith Lugton)

09.40: [Tommy Whitelaw video](#) and discussion

10.00: VOCAL (Beth Wylie, VOCAL)

10.40: Adult Carer Support Plans & Young Carer Statements (Keith Lugton)

**10.55: *Coffee/Stretch break***

11.10: [“We Care, Do You?”](#) Young carers video and discussion

11.25: Young Carers (Jennifer Lewis, Edinburgh Young Carers Project)

11.35: Supporting Minority Ethnic Carers (Olivia Nathan, MECOPP)

11.45: Carer Support Hospital Discharge Service (Kirsty Shaw, Carer Support Officer) including [Section 28 film](#)

12.00: Short Breaks for Carers (Jacqui Mackay, Care for Carers)

12.10: Carer support for mental health & other conditions (Glen Scott, Edinburgh Carers Council)

12.30: Edinburgh Carer Support Team - Community, Hospital, Locality, Volunteers for Carers (Keith Lugton)

12.50: Next steps? Discussion, evaluation and feedback (Keith Lugton/All)

13.00: Finish

## Useful Websites and Links

Organisation	Contact
Care For Carers	T: 0131 661 2077 W: <a href="http://www.care4carers.org.uk">www.care4carers.org.uk</a> E: <a href="mailto:admin@care4carers.org.uk">admin@care4carers.org.uk</a>
Capital Carers	T: 0131 315 3130 W: <a href="http://www.capitalcarers.org.uk">www.capitalcarers.org.uk</a> E: <a href="mailto:admin@nwcarers.org.uk">admin@nwcarers.org.uk</a> & <a href="mailto:ycinfo@nwcarers.org.uk">ycinfo@nwcarers.org.uk</a>
Edinburgh Carer Support Team	T: 0131 536 3371 W: <a href="https://weare.nhslothian.scot/supportingcarers/edinburgh-carer-support-services/">https://weare.nhslothian.scot/supportingcarers/edinburgh-carer-support-services/</a> E: <a href="mailto:carer.support@nhslothian.scot.nhs.uk">carer.support@nhslothian.scot.nhs.uk</a>
Edinburgh Carers Council	T: 0131 322 8480 W: <a href="https://edinburghcarerscouncil.co.uk">https://edinburghcarerscouncil.co.uk</a> E: <a href="mailto:info@edinburghcarerscouncil.co.uk">info@edinburghcarerscouncil.co.uk</a>
Edinburgh Young Carers	T: 0131 475 2322 W: <a href="http://www.youngcarers.org.uk">www.youngcarers.org.uk</a> E: <a href="mailto:info@youngcarers.org.uk">info@youngcarers.org.uk</a>
Carer Support Officer (for carers of people with a progressive neurological condition)	T: 07972 248861 W: <a href="http://Lanfine Service – Supporting Carers (nhslothian.scot)">Lanfine Service – Supporting Carers (nhslothian.scot)</a>
MECOPP	T: 0131 467 2994 W: <a href="http://www.mecopp.org.uk">www.mecopp.org.uk</a> E: <a href="mailto:info@mecopp.org.uk">info@mecopp.org.uk</a>
Space at the Broomhouse Hub	T: 0131 455 7731 W: <a href="http://www.spacescot.org">www.spacescot.org</a> E: <a href="mailto:adultcarers@broomhousecentre.org.uk">adultcarers@broomhousecentre.org.uk</a> E: <a href="mailto:youngcarers@broomhousecentre.org.uk">youngcarers@broomhousecentre.org.uk</a>
VOCAL	T: 0808 196 6666 W: <a href="https://www.vocal.org.uk/">https://www.vocal.org.uk/</a> E: <a href="mailto:centre@vocal.org.uk">centre@vocal.org.uk</a>
Volunteers for Carers	T: 0131 200 2324 (Social Care Direct) W: <a href="http://www.edinburgh.gov.uk/carers/volunteer-support-">www.edinburgh.gov.uk/carers/volunteer-support-</a> E: <a href="mailto:socialcairedirect@edinburgh.gov.uk">socialcairedirect@edinburgh.gov.uk</a>
VoiceAbility	T: 0300 303 1660 W: <a href="https://www.voiceability.org/">https://www.voiceability.org/</a> E: <a href="mailto:helpline@voiceability.org">helpline@voiceability.org</a>