

Sociable and creative?

Good organiser?

Business skills?

Web design skills?



Good planner?

Friendly and open?

Good listener?

Volunteering Opportunities

Getting Involved

North Lanarkshire Carers Together is a registered charity. All of our directors are volunteers as well as carers or former carers.

We are interested in developing volunteering opportunities for anyone (carers, former carers and non-carers) who is interested in helping us deliver better outcomes for carers across North Lanarkshire.

Volunteering can be a rewarding way of meeting other people, getting a break from your caring responsibilities and acquiring skills that might be valuable in the world of paid work.

We are always looking for new ways of helping carers

If you are interested in joining us as a volunteer, then contact us to express an interest.

Our contact details are shown below.

Large Print copies of this newsletter are available on request.

telephone: 01698 404055

email: admin@carerstogogether.org

fax: 01698 404053

www.carerstogogether.org

REGISTERED CHARITY NO. SCO33795



North Lanarkshire Carers Together
51 Hope Street
Motherwell
ML1 1BS



North Lanarkshire Carers Together
FREEPOST NATN586
MOTHERWELL
ML1 1BR



NORTH LANARKSHIRE CARERS TOGETHER pledges to improve the lives of carers within North Lanarkshire by actively linking carers and professionals in meaningful working relationships.

We work in equal partnership with North Lanarkshire Council, NHS Lanarkshire and others to influence policy development and service provision, which affect both carers and the people we care for.

Our promise to Carers

- We will show a regard for you; treat you with respect and courtesy, and promote your rights
- We will listen, hear and respond to what you say, and be assertive in representing your views and interests
- We will work as an equal partner with others on health, social care and other issues that affect your quality of life
- We will include you if you wish to participate in the work of the organisation, and support you to influence planning and decision making to the degree to which you choose to be involved
- We will recognise that you have a range of experiences and perspectives
- We will avoid discrimination on the basis of age, religion, ethnic origin, gender, sexual orientation, disability or any other reason that may lead to you being excluded
- We will provide information that is of value to you
- We will represent you with integrity

Our aims

- To be a potent force for change
- To raise the profile of carers' issues and needs
- To influence policy development and service provision at the planning stage
- To form active links between carers and professionals
- To establish innovative and productive consultation processes with service providers
- To promote inclusion of all carers
- To represent the views of all carers, including the many young carers, in North Lanarkshire

REGISTERED CHARITY
NO. SCO33795



WORKING FOR YOU

The Newsletter
of
NORTH LANARKSHIRE CARERS TOGETHER

Issue 28
October 2014

ATTENTION

Someone Depends on my Care

Many carers choose to manage with little or no help from family, friends or services but may worry about the possibility of an emergency situation that means they are unable to provide care to their loved one. The 'carers journey' is a tool used in North Lanarkshire to help



carers identify their support needs and can help you to think about, and plan for unexpected events and emergencies. This service can be provided by North Lanarkshire Council Social Work Department or Princess Royal Trust Lanarkshire Carers Centre.

A Carers Emergency Card has been produced and is free to carers. It is the size of a credit card and can easily fit into a purse or wallet and can be used as an instant source of identification in case of an accident or sudden illness. By making a brief phone call, help may be summoned for the person your care for. These cards are available to any carer via their local GP practice or any of the carer organisations noted on the card which include:

- North Lanarkshire Carers Together
- South Lanarkshire Carers Network
- PRT Lanarkshire Carers Centre

'In Case of Emergency' (ICE) – put an ICE contact into your mobile phone. By adding the acronym ICE for In Case of Emergency into your mobile's contact list and adding the relevant details, provides a name and number of someone who should be contacted in an emergency. 'ICE' is recognised by emergency services as an emergency contact person.

Please think about having your own plan for unexpected events or emergencies and discuss your plan with your care network.

This year's Annual Conference will be held at the Hilton Strathclyde Hotel, Bellshill

Monday 3rd November, 2014 10am - 2pm

Chairperson's Report 2014

A big thank you to all who attended our AGM in May, as Chairperson of North Lanarkshire Carers Together I would like to thank you all for your continued interest and support in the work we do on behalf of carers in North Lanarkshire. I am delighted to inform you that we now have three new Directors:

Esther Friend – after being an honorary member for many years, Esther has decided to join our Board. Esther brings a wealth of experience as a carer along with professional experience of working with the Community Alarm Services within North Lanarkshire Council.

Fiona Johnson – Fiona is known to the organisation through her involvement with Partnership for Change and the Disability Forum. Fiona also has personal experience as a carer.

Peter Connelly – Peter is currently a full time carer and has experience of development work and running his own business.

On behalf of the Board I would like to welcome our new directors and I look forward to working with you in the future.

There has also been some changes with the Board:

Harry Robertson - has taken on the role of Vice Chair of North Lanarkshire Carers Together and continues to be the Chair of the Employment Committee.

Tony Fitzpatrick - is continuing to serve our organisation as an Honorary Member and will chair our Strategy and Campaigning Committee.

CARER ACTIVITY

Over the last year we have been particularly active in carer engagement and consultation to ensure that your voices are heard and fed through to both local and national platforms.

This is a key area of work for our organisation and we have worked in partnership with the Princess Royal Trust for Carers Lanarkshire Carers Centre (PRTLCC), Action for Children North Lanarkshire Young Carers Project, Carer Liaison & Support Project and the NHS Lanarkshire Carer Support Team to facilitate consultation events that enable meaningful participation for carers.

We have been particularly active within the Reshaping Care for Older People partnership and as joint thematic lead for Carer Support along with PRTLCC I am delighted to report that the Short Break Carers Information Service is now active. You will hear more about this service further on in our newsletter. Carer Awareness Training within this partnership continues to be a key role of our organisation and our work with NHS Education Scotland (NES) and the Scottish Social Services Council (SSSC) in the delivery of Equal Partners in Carer (EPiC) Core Principles Training for working with carers and young carers, has been received well by many of our partners within the third sector with all participants stating that they have a better understanding of how to work with carers as equal partners in care.

Ensuring that hard to reach carers are identified and provided with information that can lead to support is, as always, high on our agenda and our staff continue to work tirelessly within the local community and many GP Practices within North Lanarkshire. Can I take this opportunity to remind all carers that every GP Practice has a Carers' Register which, when registered, entitles you to an annual flu jab and flexible appointments as well as invitations to come along to your practice and meet GP and North Lanarkshire Carers Together staff who can provide you with information and make referrals on your behalf for a range of services to support you in your caring role. If you would like to register please contact 01698 404055 and ask for Corinne or Yvonne.

Liz Seaton, Chairperson

National Care Standards Consultation August 2014

Background

The National Care Standards were originally developed in 2002 to support and shape the delivery of high quality care services in Scotland. Twenty three sets of Standards were developed covering a wide range of services for adults, children and young people and services for everybody. Care services covered by the Standards included care homes, short breaks and respite services, adoption agencies, care at home services, independent hospitals and dental services. A full list of the current National Care Standards can be found at www.nationalcarestandards.org

In recent years there has been increasing recognition of a 'rights' based approach to the planning and delivery of services. This means recognising and respecting the basic human rights of all individuals irrespective of their nationality, sexuality, gender, race, faith, disability or age. The European Convention on Human Rights became part of Scots law in 1998 with the enactment of the Human Rights Act. This makes it unlawful for public authorities to act, or fail to act, in a way which is incompatible with the European Convention.

The delivery of health and social care in Scotland is undergoing rapid change. To keep pace with all of these changes and to develop a more 'aspirational' set of Standards, the Scottish Government recently carried out a consultation on the National Care Standards Review and is proposing that the new National Care Standards should be underpinned by a human rights approach. This means:

- That the individual should be at the 'heart' of how services are planned and delivered.
- That services respect and uphold human rights
- That services work better together based on a shared understanding of and commitment towards implementing human rights in service development and delivery.

Impact on Carers

Carers have a vested interest in ensuring that the services provided to the people they look after are of a sufficiently high quality to ensure their ongoing health and wellbeing. Being treated as equal partners in care in the delivery of services to the cared for person helps to ensure that carers have confidence in the care and support provided. This can, in turn, support their own health and wellbeing. Standards also mean that carers can monitor the service being provided and to hold providers accountable if that service fails to meet the benchmark set.

Claire Cairns from the Coalition of Carers in Scotland facilitated a consultation session with carers and carer supporters in partnership with North Lanarkshire Carers Together. The consultation evidenced that carers welcomed the human rights based approach and agreed with the National Carer Organisations' position that there is a need to ensure that new standards must complement and 'dovetail' with existing Charters. For more information you can download a briefing Paper on the National Carer Standards Consultation at :

<http://www.carersnet.org/briefings/>

Updates from this consultation and on the progress of the Carers' Rights Charter will follow in further editions of the 'Working for You' Newsletter.

New Lanarkshire Beatson

An exciting new development is underway at Monklands Hospital – our very own Beatson Radiotherapy Satellite, delivering treatment to people with cancer from all over Lanarkshire and beyond.

This new purpose built unit named Lanarkshire Beatson will be opened in November 2015, and will cut dramatically the time it takes travelling for specific radiotherapy treatment.

The facility is a state of the art building with everything being developed for the benefit of those undergoing treatment.

Thanks to the NHS and Beatson Cancer Charity, not only are the premises designed to improve the cancer treatment journey but therapies will be offered to help alleviate stress for those attending the Lanarkshire Beatson, and artwork will also be chosen with this in mind.

Although the building is financed by the Scottish Government, there is still a need to raise some additional funds to enhance the environment, provide artwork and sustain complementary therapies. It's to be hoped that the people of Lanarkshire will get behind this fundraising as we are all touched by cancer one way or the other. There isn't a family who doesn't have a member or know friends affected by cancer. More details will follow soon.

Older People and Carers Event is a Huge Success

North Lanarkshire Carers Together, as host organisation for the Motherwell Consortium, which is part of the Reshaping Carer for Older People Programme is delighted to report that the recent event 'A Play, A Pie and A Folk Session' was extremely well received. The audience of over 100 strong enjoyed the critically acclaimed play 'Quiet Riot' by Daisychain Productions which highlights the challenges of living with Dementia and the impacts on family life. This was followed by presentations from the pen pals group, digital inclusion project, Motherwell Football Trust's goals project, the intergenerational group from Brannock High School and Motherwell Heritage Centre. The day culminated in a most enjoyable lunch co-ordinated by Lanarkshire Community Food Partnership and a folk session provided by 'Kinfolk' which was enjoyed by all. One carer commented "this is the first event I have attended and I have received lots of information that will really help me in my caring role. The dementia play was excellent and I've signed up for a digital inclusion group – there was a real sense of community spirit here today". Anyone wanting more information on the work of the Motherwell Consortium should contact Frances on 01698 404055 or email frances@carerstogether.org

Families and Carers Resource Directory

A new resource for families and carers affected by drug and alcohol misuse is currently being developed by a pan-Lanarkshire working group which has representation from Lanarkshire's substance misuse services and local carer organisations (including kinship and young carers). The group have developed a local signposting resource for families, particularly those 'hidden' family members who are unlikely to come into contact with services and instead try to deal with problems within the family unit. The 'Help is at Hand' directory will also be a useful resource for those family members and carers that do identify that they would welcome help and support and perhaps do not know where to start.

The pack, which will be available early in the New Year, contains information on the local supports available, information on understanding dependency and talking to a loved one about their dependence. Dr Jan Ligon's six survival skills for families and also stories of family recovery are contained within the pack in order to convey the message that families and family members can and do recover.

For more information contact:
Pamela Stewart on 01236 707583 or email:
Pamela.Stewart@lanarkshire.scot.nhs.uk

A Fond Farewell

We said goodbye to Pauline McIntosh.

Pauline was with us for 10 years as Information Link Worker. She has taken up the post of Carer Development Officer



with South Lanarkshire Carers Network and we wish her well in her new role.

In Memory

It is with great sadness that we report the death of Margaret Smith on 27th August 2014. Margaret served as Vice Chair of the organisation and also as Chair of the Finance Committee and Planning Committee for over 12



years and represented carers on the Strategy and Implementation Group since its inception in 1999. Margaret was also very active within her local community giving her time to many valuable causes. On behalf of everyone at North Lanarkshire Carers Together and all of its partner organisations we would like to pass our deepest sympathies on to Margaret's family. Margaret will be greatly missed by many.

What is the Caring for Carers Lanarkshire Project?



It is a new innovative project covering Lanarkshire.

This Partnership Project has been set up to encourage carers of all ages, across Lanarkshire, to increase their health and wellbeing by offering a range of exciting new training opportunities, activities and events.

Here is a sample of activities we can provide:

- Reiki
- Hairdressing
- Beauty and spa access
- Social/networking events
- Confidence building sessions
- Textile classes
- Digital Inclusion
- Dance and drama.....to name but a few

These activities are all FREE and transport, respite and child care can be provided which is also FREE. We will have a range of activities to suit your needs in a place that is easily accessible for you, within the community that you live or at the various campuses of New College Lanarkshire.

For More Information Contact:

Tel: 01236 422316 Ext: 7403/7224

Email: Manager
marie.campbell@nclan.ac.uk

Email: Administrator
marie.oneill@nclan.ac.uk

Website: www.caringforcarers.org.uk



Joint Strategic Commissioning

What is Joint Strategic Commissioning?

Health and Social Care Services are in the process of being re-shaped to better respond to the current and future needs of people and their carers. The aim of this is to enable people to live at home, with the support they need, for as long as possible. This is what most people and their carers want. It also allows resources to be invested in community support including support for carers, rather than on unplanned admissions to hospital and nursing and residential care.

This means that instead of different agencies working separately to plan and deliver support to people, the NHS, Local Authorities and other key partners will work together and with people to plan, purchase and deliver services. This includes sharing the resources that are available to them to help them to do this. This approach means carers, service users, and other partners such as third and independent sector providers will play a greater role in shaping the future of people's services.

Why should carers get involved?

Carers have been recognised as equal partners in care with health and social care professionals. This means their experience and expertise in providing care is valued and they should be included in local and national decision making processes. Carers are the largest group of care providers in Scotland, providing more care than the NHS and local authorities combined. They know what works well in supporting people and where there are areas for improvement. Their role has now been further strengthened with the introduction of the Public Bodies (Joint Working) Scotland Act 2014.

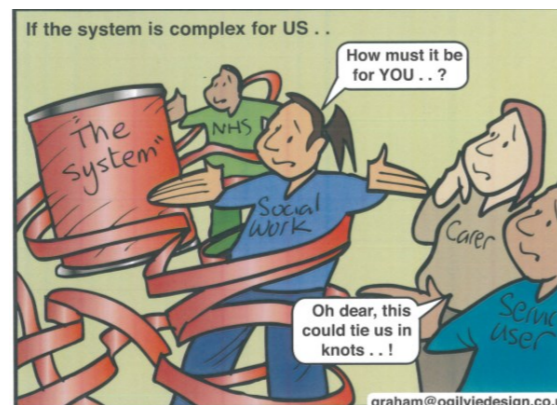
Any re-design of services has an impact on people and the carers that support them. In the case of developing Local Strategic Plans (Joint Strategic Commissioning) it is essential that carers play a central role in local developments and add their voice and experience as to what works and doesn't work, on what they need to fulfil their caring role.

As services shift from hospital and residential settings to more support within the home and wider community settings, more pressure could be placed on carers if their needs are not taken into account. Taking account of the needs of carers will ensure positive outcomes for both carers and the people they care for.

The above is taken from the paper produced by the Coalition of Carers in Scotland and the Joint Improvement Team 'Joint Strategic Commissioning A Briefing Paper for Carers' (Aug 2014).

Carer Involvement and Participation

North Lanarkshire Carers Together has representation within the various Strategic Partnerships that currently operate within the authority. The requirement to involve carers in developing their Joint Strategic Commissioning Plan for older people provides a significant opportunity to shape future services. In North Lanarkshire, progress has been made in ensuring that carers are involved in the commissioning of services and the co-production of policy development, good examples of this are evidenced in the production of the North Lanarkshire Strategy for Carers and the recent establishment of the Short Break Carers Information Service. Any carers interested in finding out more about how they can influence services for carers should contact Sean Harkin on 01698 404055 or email Sean@carerstogogether.org.uk



NHS Lanarkshire's award winning Dementia Café



NHS Lanarkshire's award winning Dementia Café is celebrating its three year anniversary.

The cafe, which is held monthly at Motherwell Football Club is for those who are worried about their memory or have a diagnosis of dementia. It provides a space where they, their families and informal carers, can gather, share their experiences and get some practical support in a friendly setting.

Organiser of the café, NHS Lanarkshire community nurse Hazel Boyle, said: "When we started the café three years ago we were always confident the café would be a success and would be well received by those with dementia and their families.

"The numbers we get at the café every month have exceeded our expectations and we are proud to offer a great service like this for those in the community who feel like they need some extra support or further information about dementia."

Among those present to offer help and advice are specialised doctors, memory service nurses, an advocacy worker, an occupational therapist as well as representatives from Alzheimer's Scotland and North Lanarkshire Carers Together.

Hazel added: "We encourage people to pop into the café at their leisure and speak informally to a wide range of professionals and discuss all aspects of memory problems and get signposted to the relevant services.

"There is a fantastic atmosphere at the café and the feedback we have received from users has been really positive."

The Motherwell Dementia Café is open from 1pm to 4pm in Motherwell FC's Centenary Suite on the first Friday of every month.

For more information on the café contact 01698 269649.

Consultation Date for your Diary

North Lanarkshire Carers Together is hosting a Carer Information and Consultation Event in the Bellshill Hilton on Thursday, 29th January 2015. The purpose of this event is to provide carers with information on services that have been developed as a result of Change Plan investments as part of the Reshaping Care for Older People Programme. Carers will also have the opportunity to take part in a consultation around their experiences of locally based support as set out in the Community Capacity and Carer Support Strategy. This event is targeted at carers of people over 65 years.

Information from the event will be used to influence service development both at a local and strategic planning level within North Lanarkshire.

For further information and to reserve a place contact Donna on 01698 404055 or email admin@carerstogogether.org.

A Costly Youth



The Scottish Youth Parliament has published a research report exploring the challenging financial circumstances facing Scotland's young carers, as well as the impact of caring responsibilities on their opportunities in education, social development, and emotional wellbeing.

The findings of the research report highlight concerning levels of anxiety and stress. Many young people with caring responsibilities feel like their future opportunities and emotional wellbeing are compromised as a result of serious financial pressures. Financial concerns have been found to have a very direct and negative impact on the majority of respondents' further and higher education experience. Some of the key findings include:

- 74.21% of the young carers said they have experienced stress or worry due to their financial situation.
- 80.36% reported that financial pressures have affected their ability to study enough.
- 80.36% have considered dropping out of their course.
- 40.77% say that affording basic necessities is their greatest concern.

Lauren King, a young carer and Member of the Scottish Youth Parliament for Motherwell and Wishaw, said:

"As a young carer myself, I have to balance caring, attending university, and doing part-time work to make ends meet. It is extremely difficult when your financial situation dictates that a part-time job must be your priority. Young carers like myself always have to compromise.

"These struggles are very often underestimated and the extent of their impact deserves much more visibility and recognition than is currently given. It is time that a real and lasting change is made to get a fairer deal for young carers."

You can download the full report and the executive summary from:

http://www.syp.org.uk/img/Promotions/A_Costly_Youth_The_Impact_Of_Caring_On_Young_People_In_Scotland.pdf

Scottish Government provides a guide for Carers in relation to Self Directed Support

The Social Care (Self-Directed Support) (Scotland) Act 2013 is an Act of the Scottish Parliament that ensures that local authorities offer self-directed support to anyone who requires support services, including unpaid carers who require support to help them maintain their caring role.

The Scottish Government in partnership with the Carertrust Scotland and the Scottish Social Services Council have produced a guide for carers in relation to Self Directed Support (SDS). The guide is for carers who are looking after someone who gets support from the local Council. If the person you care for gets support from the local Council, part of what you do in caring for them could be helping them decide what kind of support they want, or making sure that the support they get works for both you and complements the care you provide to them.

The guide shows carers:

- How they can direct their own support, looking at the whole process from assessment to support planning.
- The full range of options for how people get support.
- How support is reviewed.
- How they can be involved in choosing and planning the support for the person they are looking after and how they can help the person they look after to direct their own support.

The guide provides information on the 4 SDS options as well as case studies throughout that show how SDS can be used in practice. A full copy of the guide can be downloaded from:

<http://www.scotland.gov.uk/Resource/0045/00455705.pdf>
or by visiting our website
www.carerstogether.org



North Lanarkshire Short Break Carers Information Service



The Strategy for Carers in North Lanarkshire 2013-2018 highlights as a priority, the assessment of carers support needs and the development of a short breaks strategy.

In 2012 the North Lanarkshire Carers Strategy Implementation Group funded the North Lanarkshire Short Breaks Development Programme, an analysis of current short break provision in North Lanarkshire to establish areas of good practice and address both gaps in service provision and barriers to access. As a direct result of this work the next phase included the development of a short breaks strategy, incorporating a service design proposal for a Short Break Carers Information Service.

The Short Breaks Strategy was published as an appendix to the Strategy for Carers in North Lanarkshire, 2013-2018. The strategy represents a range of ways in which short break services for carers can be improved, building capacity within the third and statutory sectors to improve the quality and accessibility to short breaks for carers.

A short break is time that can be spent out-with the caring role in order to enhance carers' lives and examples of this could be attending a carers support group, going out for a meal with a friend, a holiday and/or some pampering sessions to name a few.

Located within the North Lanarkshire base of the Princess Royal Trust Lanarkshire Carers Centre (PRTLCC) and funded initially for one year through Reshaping Care for Older People, The North Lanarkshire Short Break Carers Information Service (NL SBCIS) will provide an information service to improve access to short breaks for carers of older people. This service will build on existing structures and frameworks, carer support and information and signposting services, to provide a comprehensive short break resource.

The NL SBCIS will inform practitioners of short breaks opportunities for carers and other relevant resources, services and promote the use of the Carers Journey. Short break opportunities for carers of older people will be accessible from a dedicated area of the existing PRTLCC website www.prtlcc.org.uk. The website area will provide easy access for carers and professionals with direct links into relevant websites including Shared Care Scotland's Online Short Break Information Service (OSBIS) and Voluntary Action North Lanarkshire's locator tool.

This new service will be operational by the end of the year and further updates will be available via PRTLCC website www.prtlcc.org.uk

If you are a practitioner supporting carers of older people in North Lanarkshire and would like further information on the North Lanarkshire Short Break Carers Information Service then please contact Helen McAllister, Short Break Development Worker on 01236 755550 or by email Helen.McAllister@prtcc.org.uk

If you are a carer and would like more information on how you could be supported to access a short break then please contact your local carer support worker by contacting Princess Royal Trust Lanarkshire Carers Centre on 01236 755550. Further information on centre services is available via the website www.prtlcc.org.uk

Shared Care Scotland

That National Conference 'In the Driving Seat' is on 13th November 2014. The Conference is free to carers. For more information contact: Shared Care Scotland on 01383 622462.

North Lanarkshire

The Action for Children North Lanarkshire Young Carers Project continues to provide a wide range of services for its many young carers and over the last few months the project has held a number of Autism Awareness sessions for young carers and parents of children with Autism. As well as this valuable training, which was delivered in partnership with Autism Scotland, young carers also had the opportunity to take part in a seven week first aid course which culminated in a make-up simulation session where young carers got the chance to experience first aid treatment for serious injuries.



The project continues to enjoy a strong partnership with Coatbridge Fire Service and we would like to thank all of the Fire Reach Team for providing 5 days training for 10 young carers. The training involved fire safety, search and rescue, teamwork and communication skills.



All young carers deserve recognition for the role they provide within the home helping to care for a family member; many young carers have little support out with young carer projects. The Motherwell and Wishaw Rotary Club have however recognised the achievements of one young carer who attends the project and in this connection have awarded Callum Thorn with a Youth Achievement Award. Congratulations Callum!!!



Young Carers Project

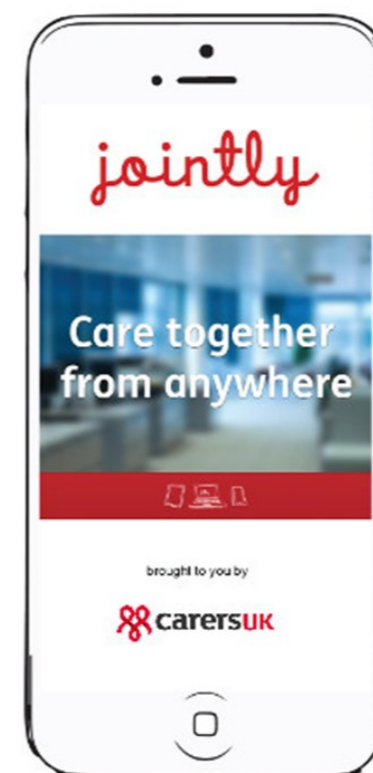
The Project's work with young carers has been recognised by the Community Fund Award at The Bank of Scotland and we are delighted to have been shortlisted for their Award of £3,000. This has been a great opportunity to raise awareness of the work of the young carers' project and of the issues that young carers face on a daily basis. You can be sure that if successful, the award will be put to good use to provide ongoing support to our many young carers.



Thirty one young carers recently attended the opening night of the new 'Caring for Carers Lanarkshire Project' within Coatbridge College. This event gave young carers the opportunity to find out how the new project, which is funded by the National Lottery, can benefit them. We look forward to working with this new service in the future to provide well-being opportunities and to deliver employability skills for young carers in North Lanarkshire.



If anyone is interested in finding out more about the young carers service please contact the project on 01698 258801.



Innovative Online App Designed to Support Carers

Jointly is an innovative mobile and online application created by carers for carers. It is designed to make caring a little easier, less stressful and a lot more organised. It combines group messaging with other useful features including to-do and medication lists, calendar and more! Use it with others or on your own. Jointly works on iPhone, iPad, Android devices and on most modern web browsers (home computers, laptops, smartphones, tablets etc).

To find out more you can visit www.jointlyapp.com

Or contact:

patricia.clark@carersscotland.org