

Welcome to our new North Lanarkshire Carers Together Newsletter...



The Carers (Scotland) Bill – Passed

North Lanarkshire Carers Together has kept its members up to date on all stages of the new carers legislation. The Carers (Scotland) Bill passed its 3rd and final stage in the Scottish Parliament on 4 February 2016. The Bill becomes an Act following Royal Assent (4 weeks from the date it was passed) and it is expected it will be implemented from April 2017.

Policy Objectives

When the Scottish Government published the Bill it said that its intention was to ensure that Scotland's carers and young carers should be better supported on a more consistent basis so that they could continue to care if they wish, in good health and have a life alongside caring. In addition, for young carers, the intention is also to ensure that young carers should have a childhood similar to their non-carer peers. The Scottish Government also stated that the Bill is "founded on a preventative approach".

Integration



From 1st of April 2016 a new legal body, North Lanarkshire Joint Integration Board (JIB) has responsibility for planning, commissioning and overseeing the delivery of community health and social care services. A Board drawn from North Lanarkshire Council, NHS Lanarkshire, professional health and care disciplines and third and independent sector organisations, will plan and commission local support and care services. These will be delivered primarily by the Council and NHS Lanarkshire working together in teams in a new integrated way, to transform, re-design and improve the outcomes for the 6 localities across North Lanarkshire.

North Lanarkshire Carers Together has a non-voting member who represents carers on the JIB. This is a challenging and exciting area of work for us and we look forward to representing carers as part of this process.

Summary

The Bill introduces a range of new provisions to identify, assess and support carers. These include:

- Carers Assessments will be replaced by new assessments called Adult Carer Support Plans and Young Carers Statements.
- Carers whose identified needs meet local eligibility criteria will have a right to support.
- Carers whose identified needs do not meet local eligibility criteria should still have access to other forms of support and information and advice and local authorities will still have a power to provide support.
- The development of local eligibility criteria must involve consultation and involvement of carers and carer organisations.
- Carers cannot be charged for any support they receive
- Carers and carers' organisations must be involved in planning, shaping and review of services for carers and young carers in their area.
- Carers must be involved and have their views and caring role considered when determining the need for support and services to be provided to the cared-for person (with their consent).
- Health boards will have a duty to inform and involve carers in the discharge planning of the person they care for, or intend to provide care for.
- Local authorities and health boards will be required to jointly produce local carers' strategies.
- Local authorities must publish a short breaks statement
- The Scottish Government must produce a carers rights charter.

We will continue to work on your behalf, with our partners, to support the implementation of the Act at a local level and we look forward to providing you with regular updates on the progress being made at Scottish Government level around the development of regulations and guidance to accompany the Carers (Scotland) Act.



Have you Read the Carers' Manifesto?

There are 759,000 adult carers and 29,000 young carers in Scotland. By 2037, it is estimated that there will be 1 million carers in Scotland.

The National Carer Organisations of Scotland have produced a **Manifesto for Unpaid Carers in Scotland**. It outlines seven commitments for carers which they are asking all political parties to include in their own party manifestos.

- Adequate resources to implement the Carers Bill
- Increased efforts to improve short break provision
- Better, preventative support for carers
- Improved financial support for carers
- Sufficient, sustainable funding for social care
- Supporting carers in and into employment
- Introducing health checks for all carers

North Lanarkshire Carers Together will be supporting the points highlighted in the Manifesto and will be developing campaigns around these points.

A copy of the manifesto can be downloaded from our website www.carerstogether.org or alternatively contact the office on **01698 404055** and we can arrange to have a copy sent or emailed to you.



Our Promise and Aims

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

Carer Positive Award – Established

As part of our continued commitment to support our staff members and volunteers who are carers, we are delighted to inform our members that we have progressed from the 'engaged' to 'established' level of the Carer Positive Award.

The Carer Positive Award is a Scottish Government funded initiative which has been developed with support of a strong partnership of private, public and voluntary organisations in Scotland. In our role as Carer Support Network Lead we would like to encourage our partner organisations to consider becoming Carer Positive.



North Lanarkshire Carers Together is Volunteer Friendly



As a member organisation we rely on volunteers to assist us with many aspects of our business which include helping with large mailings, hosting carer information stands, being involved in carer consultations and of course being a Director of the Board. Since October 2015 we have been working toward achieving the Volunteer Friendly Award in partnership with Voluntary Action North Lanarkshire (VANL) and we are pleased to have achieved this recognition in March 2016.

We would like to thank Anne Brannan of VANL for all her support in helping us achieve this award.

Our New Website Is Live!



Our new layout is fully responsive. You can now browse our site via tablet, mobile, laptop or desktop. You can find out more about our organisation, local resources, become a member, meet the team, be kept up to date with our campaigning work and a whole host of other information.

Care To Take A Look >>
www.carerstogether.org

We welcome your feedback to help us improve our website!

Marc Howard Joins Our Team

The board and staff welcome Marc Howard as a new member of the North Lanarkshire Carers Together team. Marc is the Project Worker for Carers and will work throughout the various projects that North Lanarkshire Carers Together delivers on, including the locality work within the Motherwell area and the newly formed Carer Support Network. Marc will also have the lead role for volunteering and has supported our organisation to achieve the Volunteer Friendly award. Marc brings with him a wealth of experience in working with the third sector, most recently as an advocacy worker for older people with the Equals Advocacy Project. Anyone interested in discussing volunteering opportunities should contact **Marc@carerstogether.org**



Carer of the Year Award

North Lanarkshire Carers Together is delighted to report that Liz Seaton, Chairperson has been named as Carer of the Year at the recent 'Broons Awards' ceremony which took place in The Grand Central Hotel in Glasgow, hosted by Lorraine Kelly. Liz was nominated for the award by her friend Elizabeth Gray who praised Liz for always putting others before herself.

The Directors and Staff of North Lanarkshire Carers Together are delighted that Liz has received this award as it recognises Liz's longstanding campaigning role for better rights for unpaid carers and the commitment that Liz has given to the various organisations that she is involved with. On receiving the award Liz said "It was very humbling to win the award because there are thousands of unpaid carers across the country that are very deserving of this."

Carolanne Christie Carer Information Worker



This has been a very busy and exciting time for me in my role as Carer Information Worker, which is a new role within the organisation and involves many different elements. A big area of my work has been in the development of our website and newsletter. As North Lanarkshire Carers Together continues to grow, it is important that we provide our members with up to date information, and our interactive website will help us stay connected to our carers.

On a daily basis I meet carers of all ages with different caring experiences and I know how important it is to provide the right information and signposting that will make a difference to each individual carer. I also have a strong focus on partnership working and developing relationships with other professionals to ensure that our carers benefit from the range of local and national supports that can help them and the person they care for. There is always exciting initiatives happening and I am currently working alongside the NHS Health Improvement Team, Citizens Advice Bureau and the Well Informed Service to provide information to carers who reside in the many tower blocks within North Lanarkshire.

Future newsletter additions will be distributed to all additional support need schools/libraries/first stop shops and integrated day services in North Lanarkshire.

I have developed an excellent information resource and would like to encourage any carer looking for information relating to their caring role to get in touch.

If you are an organisation/group and would like to receive information packs or would like me to come along and introduce myself and the work of the organisation please email **carolanne@carerstogether.org**



Liz Seaton
Carer of the Year
Broons Awards



Did You Know?

- Appx 6.5 million People in the UK are Carers
- 3 million Carers are combining work with care
- 3 in 5 of us will become Carers at some point in our lives
- There are appx 759'000 Carers in Scotland
- 29,000 are young Carers
- Appx 49'000 unpaid carers in North Lanarkshire alone.

Early support for Carers including regular breaks from caring enables people to balance their caring responsibilities with their other commitments and life goals.

To find out how North Lanarkshire Carers Together can help you - call **01698 404055**

(information provided through Carers UK fact sheet and manifesto for unpaid carers in Scotland)

Lanarkshire Carers Centre has 2 new projects up and running

The Young Adult Carers project is for carers between the ages of 18-25. The project will be running various groups and activities to allow carers to enjoy social opportunities and mix with other young people who understand their caring role.

The Male only Carer support group runs on the 2nd last Monday of each month. Times and venues may alternate depending on the activity. For more information on either of these support groups please contact the Lanarkshire Carers Centre on **01698 428090**

Carers' week is 6th to 12th June

The focus this year is Carer Friendly Communities - It is important that carers feel supported to look after their family or friends, and are recognised as individuals with needs of their own.

If you are a group or organisation hosting an event and would like us to provide information please call Carolanne on **01698 404055**

Our Co-Ordinators for Carers will also be attending GP practices, for a list of dates and times please visit our website at **www.carerstogether.org**

North Lanarkshire Carers Together is a campaigning organisation that gives carers a voice. Please get in touch with us, we want to hear your stories and represent your views in the planning and development of services, please contact enquiries@carerstogether.org

Carers' Journey

As a carer, you may not have considered the extent of your caring role and the effect it may be having on your life. By completing a carers' journey your support needs will be identified and addressed. The carers' journey encourages engagement at an early stage that focuses on identifying, assessing and supporting carers in a personalised way and will give you the opportunity to talk to a member of staff about the issues that concern you as a carer and your support needs. If you want to find out more about the carers' journey process please visit our website or call the office.

Look out for our next issue of the Newsletter in October 2016

Young Carers – 20 Years of Success

Congratulations to all at the Action for Children, North Lanarkshire Young Carers Project on the recent celebration of their 20th Anniversary which was marked by a fitting event in the Alona Hotel, Motherwell. Jamie Hepburn, Minister for Sport, Health Improvement and Mental Health provided the key note address and young carers themselves were involved in all aspects of the day.

The project continues to provide much needed support to young people who help to look after a family member and offers a wide range of services including group work programmes in the community and at the project's base in Motherwell, as well as young carer drop in sessions within secondary schools throughout North Lanarkshire. The project also has a strong focus on raising awareness of young carers issues and has worked in partnership with North Lanarkshire Carers Together in GP Practices and Health Centres to deliver key messages about the specific issues that young carers face. Anyone wishing more information should contact the Young Carers Project on **01698 258801**

**Our office is open from Monday to Friday 9.00am – 4.30pm.
For information to help in your caring role call us on **01698 404055**
or book an appointment at appointments@carerstogether.org**



In association with...



You can also view our newsletter at...

www.carerstogether.org

