

Working for You...



Organisations Given Contracts to Help Support Carers

Three third sector organisations have been awarded contracts to provide vital services and support for adult carers and young carers across North Lanarkshire.

North Lanarkshire Health and Social Care Partnership has awarded the initial four-year contracts to Action for Children Young Carers Project, Lanarkshire Carers Centre and North Lanarkshire Carers Together.

Action for Children Young Carers Project delivers invaluable support for Young Carers that allows them to have a childhood similar to their non carer peers.

Lanarkshire Carers Centre offers direct support for adult carers and develops and deliver services that make a positive difference to the lives of adult carers across Lanarkshire.

North Lanarkshire Carers Together supports carers through the provision of an information, campaigning and representation service that actively links them with professional support and by raising awareness about the many issues carers face every day.

Awarding the contracts will ensure carers of all ages have access to a full spectrum of preventative approaches and supports that enable them to achieve and maintain optimum wellbeing, and be fully supported to continue their caring role.

Ross McGuffie, Chief Officer, Health and Social Care North Lanarkshire said: *"We look forward to continuing working in partnership with these excellent organisations to provide vital ongoing support to adult carers and young carers across North Lanarkshire."*

Liz Seaton, Chair of North Lanarkshire Carers Together said: *"Making a positive difference in the lives of the many adult carers and young carers in North Lanarkshire is the focus of the carer partnership. We look forward to continuing our partnership working to inform and support carers to have a life alongside their caring role."*





Carer Information & Engagement Workers

One Stop Shop for Carer Information

We are the overarching Information Service for Carers in North Lanarkshire and have a team of experienced staff who can provide you with information in all aspects of your caring role including:

- **Carer Rights**
- **Income Maximisation**
- **Education and Training**
- **Advocacy**
- **Health & Wellbeing**
- **Bereavement Support**
- **Emergency Care Planning**
- **Local Carer Support and Short Breaks**
- **Health & Social Care Services**

We work in partnership with Health & Social Care North Lanarkshire and the community and voluntary sector and we are here to help all carers who live or care for someone living in North Lanarkshire. If you are providing care to a family member, friend or neighbour please get in touch or visit our website for more information.

Help Shape Our New Carer Forum

We are particularly interested in hearing from carers that would like to have their voice heard in the planning and development of local policy and services. We will be holding a number of meetings throughout the year that aim to:

- **Provide a networking opportunity to share issues, experiences and information**
- **Actively link carers and workers together to discuss and consult on policy and service developments that impact on carers and the people they care for**
- **Develop a collective response to key issues.**

North Lanarkshire Carers Together pledges to improve the lives of carers within North Lanarkshire by actively linking carers and professionals in meaningful working relationships and we are committed to improving outcomes for carers by ensuring:

- **Carers are fully engaged in the planning and development of services**
- **Carers are recognised and valued as Equal Partners in Care**

If you are a carer living or caring for someone in North Lanarkshire and are interested in attending one of our forum meetings please contact our office for further information or visit our website for more details.



The Carers (Scotland) Act 2016

KNOW YOUR RIGHTS



ACCESS A LOCAL INFORMATION AND ADVICE SERVICE



BE INCLUDED IN THE ASSESSMENT PROCESSES OF THE PERSON YOU CARE FOR



BE INCLUDED IN THE HOSPITAL DISCHARGE PROCESS OF PERSON YOU CARE FOR



BE CONSULTED ON SERVICES FOR YOU AND PERSON YOU CARE FOR



ACCESS SUPPORT TO MEET ANY ELIGIBLE NEEDS



REQUEST AN ADULT CARER SUPPORT PLAN

Connect with us and Keep Up-to-date Through our Social Media and Website



Over the past six months, we have been thinking about additional ways we can connect with carers and professionals, keeping you as informed and up to date as possible. We have been utilising our social media channels better and our followers are now growing.

We want to use these platforms to not only inform individuals and communities of our work as an organisation and how we can be of benefit to carers and professionals in the local community but also to raise the profile of carers issues and needs. As we move forward, we are keen to develop our social media even further and use this to drive forward areas of work as well as current local and national campaigns by building relationships with influential supporters in order to spread the word about carers and the work being done to support them. If you want to connect

with us, please ensure you are linked in with our social media channels via these links:

www.facebook.com/NLcarerstogether/
twitter.com/nlct_carers

Another way you can stay connected with us is through our website which we have recently taken a critical look at. We have updated it with new information, particularly around carers rights, including presentations delivered at our most recent conference and links to research and surveys around the implementation of the Carers (Scotland) Act 2016. We will continue to ensure this is updated on an ongoing basis so make sure you visit via the link below and stay up to date with relevant news and information.

www.carerstogether.org





A Lanarkshire Mental Health and Wellbeing Strategy is Being Developed

The purpose of the strategy is to set out mental health priorities for Lanarkshire over the next 5 years.

It is being developed as part of a partnership involving NHS Lanarkshire, Health and Social Care North Lanarkshire and South Lanarkshire Health and Social Care Partnership. All those interested in its development can contribute to the strategy over the coming months.

Engagement work has been taking place since autumn 2018, involving patients, carers, the public, staff, voluntary and third sector organisations and a reminder is going out to those who use or know someone who uses mental health services that their opinions and input will help influence the strategy's development.

Liz McWhinney from Lanarkshire Links – the mental health service user and carer led organisation – said: *“We’re encouraging all our members to get involved and the wider public should do so as well.*

“It will allow all those who have an interest in mental health services to make a positive contribution to the Mental Health and Well-being Strategy by giving their thoughts and views.

“Ordinary people’s contribution is essential to accurately reflect the needs of patients, families and carers and for their views to be reflected in the strategy.”

Anne Armstrong, Nurse Director, Health & Social Care Partnership North Lanarkshire is the executive lead on behalf of the partnerships as the lead organisation for the strategy development.

Anne said: *“We will align Lanarkshire’s strategy with the Scottish Government ambition to ensure Scotland prevents and treats mental health problems with the same commitment, passion and drive as we do with physical health problems.*

“The formation of this strategy gives us the opportunity to examine how mental health and wellbeing services currently work and explore new

ways of working to get an approach that puts the person at the centre of support and care.

Kate Bell, Programme Director stated *“It’s crucial that we get the views and opinions of people with lived experience, carers, service users, the wider public, staff and third sector groups. The strategy content will reflect how we will work in the future and must be informed by the needs of the population”*

In our engagement with people we would like to hear:

- What they feel are the needs of the local population.
- How we can improve access to mental health in primary care settings.
- Their thoughts on dementia and mental health
- About children and young people’s mental health
- Their views on specialist mental health services.

Anne continued: *“It’s a unique opportunity for people to consider existing mental health services and supports and give us their views on what they view are the future requirements and models of mental health care and support in Lanarkshire.”*

Extensive engagement on the Strategy will be taking place in April and May and the final Mental Health & Wellbeing Strategy for Lanarkshire is expected to be ready by the summer.

For information on how to contribute to the Strategy, please contact the Mental Health & Wellbeing Strategy Project Team at:

MHStrategy@lanarkshire.scot.nhs.uk



Representatives from Lanarkshire Links and other mental health groups at a recent Mental Health & Wellbeing Strategy focus group.



In Partnership with See Me

In partnership with See Me, Stigma free Lanarkshire is bringing people together to help influence change; people who are passionate about challenging mental health stigma and discrimination and determined to stop it. Giving your voice of support can change minds, behaviours and, ultimately, lives.

Human rights are the basic rights and freedoms that belong to every person in the world from birth to death. They apply regardless of where you are from, what you believe or how you choose to live your life. We all have the same rights but people experiencing mental health problems can face significant barriers in realising them. At Stigma Free Lanarkshire we want the same opportunities for all to lead a fulfilled life.

North Lanarkshire Carers Together are working with Stigma Free Lanarkshire to explore the stigma faced by carers. We have developed a questionnaire and are actively encouraging unpaid carers in north Lanarkshire to express their views. You can find out how to access the survey by contacting: enquiries@carerstogether.org





300,000 People in Scotland Give Up Work to Care Unpaid for a Loved One

- **1 in 7 of Scottish workforce caring for a loved one**
- **More than 300,000 people in Scotland have quit their job to care**
- **Carers Scotland marks five years of Carer Positive employer benchmarking scheme**

New research by Carers Scotland reveals that more than 300,000 people in Scotland have quit their job to care for a loved one who is older, disabled or seriously ill.

The research shows the average number of carers in the workplace is 15% across the UK, meaning almost 400,000 people in Scotland are juggling their paid job with caring. That is one in seven of all workers in Scotland.

The research emphasises the need for Scottish employers to support the rapidly increasing number of staff with caring responsibilities to stay in the workforce.

Previous research shows those aged 45-64 are most likely to have a caring responsibility, providing a strong driver for employers to support and retain some of their most skilled and experienced employees.

It comes in the year marking the fifth anniversary of the Scottish Government funded initiative Carer Positive. The pioneering scheme encourages employers to support their staff with caring responsibilities and understand the business case for doing this. Over 130 organisations across Scotland have been recognised as Carer Positive Employers, awarded for their commitment and actions in developing carer friendly and inclusive workplaces.

North Lanarkshire Carers Together encourages employers in North Lanarkshire to consider how they support their staff with caring responsibilities and the benefits of being a Carer Positive Employer.

Part of our information role is delivering 'Carer Aware' sessions to local groups, organisations and employers. If you are interested in arranging one of our sessions please get in touch. If you are interested in finding out more about becoming a Carer Positive Employer please visit Carer Scotland's website.



Volunteering With Us

Congratulations to Fiona McKinnon who is pictured receiving her certificate in volunteering from Councilor Paul Kelly, Depute Leader of North Lanarkshire Council. Fiona has volunteered with North Lanarkshire Carers Together for two years and has taken part in a 6 month volunteering skills course delivered by Community Learning & Development.

Fiona said *"I have really enjoyed this course, it's been good for my personal development and reflecting on my own skills. I have enjoyed working alongside all of the participants on the course and look forward to developing my volunteering role with North Lanarkshire Carers Together"*.

There are lots of ways you can volunteer with us from helping prepare carer information and supporting our work in the community to becoming a carer representative or member of our management board. We are a Volunteer Friendly accredited organisation and we will value, train and support you. If you would like to find out more about volunteering with our organisation please get in touch.



Volunteer Friendly Award®



Huge thanks to all of our volunteers who were recognised at our last volunteer celebration event held in the Bentley Hotel Motherwell.





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 Health & Social Care North 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.



Like us on Facebook @NLcarerstogether



Follow us on Twitter @nlct_carers

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

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

