

Carer Hub Newsletter

September 2020



Sallie Turner, Carers Lead



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Carers Lead

Hi Everyone,

I hope you are all keeping well and staying safe.

The air is certainly feeling crisper, and the light is dimming earlier in the evening, as we turn autumnal. As for the 'C' word – dare I say it ?.... Christmas is only 12 weeks away, but I hope to bring you a very seasonal edition of the newsletter in December, full of warmth and good cheer.

For now though, restrictions are still in place but we are still here to help and hope you find this newsletter full of helpful/useful information and keeps you connected with us.

Wishing you all the best. Stay safe.

Please Note: If you no longer wish to receive this Newsletter, please get in touch with us so we can update our records accordingly. Thank you.

Contact Us

For further information contact the **Carers Hub**

Tel. 01274 251112

Email. Carerhub@bdct.nhs.uk

Web. www.bdct.nhs.uk/support-for-carers

Follow us on Social Media:

Twitter: BD_CarerSupport

Facebook: <https://www.facebook.com/BDCFTCarerHub/>

Opportunities to be involved....

Smoke free Environment Review

We would like to invite you to give your feedback on the Smoke Free Environment Review being run by Gill Findley, the Director of Nursing. Following national guidance some years ago the Trust became a smoke free area, where smoking was not permitted at all on Trust property.



People who use our services who smoke were asked to leave Trust property to smoke or where they were detained, would be escorted by staff.

Carers, family, supporters, and visitors were also asked to leave Trust property to smoke too. People who use our service are encouraged to quit, and nicotine replacement is provided free of charge, and those who vape, could continue to do so, but under the same restrictions as service users who smoke.

Due to COVID some changes/ adaptations were made to this, however at the end of October these changes will end, and the revised policy will be put into place.

We welcome anyone to give their opinion on this review, whether you are a smoker or non-smoker. Feedback is particularly welcome on the following questions, but not restricted to:

- We need to return to a smoke free environment – how should we do this?
- What do we need to consider as we move back to a smoke free environment?
- Should we provide facilities for people who use our service to vape?
- Should we have the same restrictions for vaping as we do for smoking?
- Should we have stop smoking sessions in the community for people with mental health issues?
- How can we assist people who want to quit smoking or vaping?

Please send any comments to carerhub@bdct.nhs.uk no later than Thursday 22nd October 2020 for inclusion.

First Response Feedback Clinic

We have invited the Team Leader and Service Manager from First Response to take part in a Feedback Clinic. We hope this will be the first of many regular clinics, to look at any issues that people who use our service and carers might be having or have had with using the First Response service.

We are inviting people who use our service and carers to share their experiences of using the First Response service - both positive and negative. These experiences are so valuable in helping us to look at the service and see what we can do better and what is good about the service they provide.

The first Clinic is being held on Thursday 15th October 2020, between 10.30am-12noon and will take place virtually using MS Teams. If you are unable to join this clinic, you are very welcome to send in examples of your experiences for inclusion.

Please e-mail carerhub@bdct.nhs.uk for an invite, or with details of your experience no later than Monday 12th October 2020.

Participation & Involvement Strategic Group Carer Representative

This is an exciting opportunity to represent carer views and insight on one of the Trust's strategic groups, the Participation & Involvement Strategic Group (P&I SG).

- The carer representative needs to care for or have cared for someone reasonably recently who has used Trust services.
- The P&I SG representative will be expected to attend the quarterly Participation & Involvement Strategic Group meetings.
- Meetings usually take place during standard office hours at Trust Head Office in Saltaire, however these are currently taking place virtually and may occasionally take place elsewhere.
- It would be useful to have experience of attending and contributing to meetings, be able to read and understand reports/documents, and be willing to participate constructively in discussions at the meetings.
- Consideration of all expressions of interest and selection of a representative will take place as soon as possible. The successful candidate will receive support in order to take on this role.
- **Expenses:** You will be paid for your time and reimbursed for your travel expenses or participating from home, in line with the Trust Policy (Category C Payment)

If you are interested, or would like further information, please contact: Sallie Turner, Carers Lead within the Patient Experience & Involvement Team - *we look forward to hearing from you!*

Tel: 01274 228298

Email: involve@bdct.nhs.uk

Reminder about Virtual Reality - help is at hand

Just to reassure you, that if you have not used online technology before, there are plenty of opportunities ahead to give it a try. You do not need to have a camera on your computer or phone, or even have the camera turned on if you do not want to - you can just use the microphone and be on audio to take part in online meetings.

Once you sign up to a virtual event, we will send you easy to follow instructions on what to do and we will gladly support you in getting connected. If you have a problem one of us will be on hand to reassure you and to talk you through it.

National Involvement Opportunities

Here are a couple of opportunities to share your views and experiences nationally:

COVID-19 - Impact on Unpaid Carers". Carers UK

Carers UK has launched this 15-minute survey to capture and understand how the coronavirus pandemic continues to have an impact on carers' lives. This survey closes on **Sunday 27th September 2020**.

<https://www.surveymonkey.co.uk/r/CX2DVT7>

Parking on Pavements - Government Consultation

The Government is undertaking a consultation about banning parking on pavements. This issue has been raised by disability forums over the years and is a great opportunity to address this issue at a national level. The consultation period will run until **22 November 2020**.

<https://www.gov.uk/government/consultations/managing-pavement-parking>

Alternative formats available (Braille, audio CD, etc), contact pavement.parking@dft.gov.uk.

Carers Trust – Unpaid Adult Carer Survey

This Carers Trust survey is part of a wider campaign Carers Trust will be running later in the year.

The campaign in England will highlight:

- the UK's broken social care system,
- the failure of successive Westminster-based governments to properly fund social care
- the severe pressure this is putting on millions of unpaid carers
- what support unpaid adult carers need so they can continue in their caring role without becoming isolated, exhausted and at risk financially.

<https://www.surveymonkey.co.uk/r/carerstrust/Autumn/Survey/unpaidcarers>

This survey will give Carers Trust the information it needs for its campaign and will primarily target Westminster government and decision-makers as the UK government.

The more carers that take the survey, the more powerful the findings will be that are presented to decision-makers and used in the campaign!

The survey will close at 10pm on **Sunday 18 October**.



Worth Connecting digital inclusion programme
in Bradford, Harrogate and Skipton

Worth Connecting – helping people over 55 get online

People over 55 can benefit so much from being connected to the internet in terms of being able to gather information, connect with friends and family and access services in a convenient way.

Until February 2021, Worth Connecting intends to support as many people as possible to get online - if you, or someone you know, want to be able to use a digital device.

Individual telephone support is on offer from September 2020 along with small, safe groups in a number of locations in Bradford and Harrogate and Skipton when we are able to.

We can lend tablets and the means to access to the internet. Extensive teaching materials are also available to help people understand popular digital activities both within a teaching session and when practising alone.

Please call: Carers Resource on 01274 449660 or email info@worthconnecting.org



Healthwatch have produced their Annual Report 2019-20 which sets out what they did over the year, highlights, and achievements.

Each year they produce an annual report which tells you what we have been doing this year, themes we have found from listening to your views, the difference we have made and our priorities for next year.

In 2019-20 they:

- Contributed to the West Yorkshire and Harrogate Health and Care Partnership's work on the NHS Long Term Plan
- Carried out a big piece of work finding out what helps people in Bradford stay happy, healthy, and at home, to help the NHS and local authority shape their plans
- Collected feedback from 3935 people

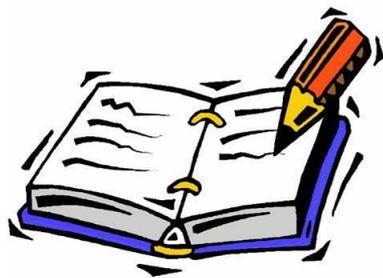
Full report: <https://www.healthwatchbradford.co.uk/report/2020-06-29/our-annual-report-2019-20>



Share your views with us

If you have a query about a health and social care service, or need help with where you can go to access further support, get in touch. Don't struggle alone. Healthwatch is here for you.

Website: www.healthwatchbradford.co.uk
Telephone: 0300 5610 987
Email: info@healthwatchbradford.co.uk



Dates for the Diary

- **Annual Members Meeting, Online - 29 September 2020, 3.00pm-5.00pm.**

There is still time to join our Annual Members meeting. It is open to all, so if you're not a Trust Member it is a great opportunity to find out what's going on and what it's got to do with you. It is online so you can join from anywhere but please register in advance. Help is also available if you're not used to MS Teams/online meetings. Please email fran.limbert@bdct.nhs.uk to register.

- **Carers in Action Meeting – Weds 30th September 2020 at 10.30am-12noon**
- **Carers in Action Meeting – Weds 11th November 2020 at 10.30am-12noon**

Carers in Action (CiA) is a group which meets regularly, bringing carers together from across the district, providing opportunities to support each other and discuss carer issues and developments at Bradford District Care NHS Foundation Trust.

- **Carers Café & Chat – Tuesday 17th November 2020 at 10.30am**

This informal get-together will give you a chance to say hello, re-connect with us and other carers or just enjoy a cuppa with good company. You can join for the whole session or you can 'drop-in' at the time that suits you.

- **Self-Care Week, 16th-22nd November 2020**

"Live Self Care for Life" is the focus for this year's annual awareness week to help people "live" self-care for a healthier, happier life.

More information is to follow about Self Care Week.

- **Carers Rights Day, Thursday 26th November 2020 (Carers UK)**

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. Each year, Carers Rights Day helps to:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

This year's theme is "Know Your Rights" - wherever you are in your caring journey: whether in a workplace, in a healthcare setting, when interacting with professionals or at home.

Keep an eye out for more information coming soon about Carers Rights Day.

COVID-19- Support information

We can help control the virus if we all **STAY ALERT**

-  Stay at home as much as possible
-  Work from home if you can
-  Limit contact with other people
-  Keep your distance if you go out (2 metres apart where possible)
-  Wash your hands regularly

 **And if you or anyone in your household has symptoms, you all need to self-isolate.**

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

We understand that during this difficult time you may be worried about your own health, be it Mentally or Physically, as well as the health of those you care about.

Below are some links to sites that can offer local support

- Bradford Council: <https://www.bradford.gov.uk/health/health-advice-and-support/coronavirus-covid-19-advice/>
- NHS Website links: <https://www.nhs.uk/conditions/coronavirus-covid-19/> , <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- **Bradford Council support for vulnerable people**
<https://www.bradford.gov.uk/emergencies/council-service-disruptions/coronavirus-covid-19-support-for-vulnerable-people/> Please note - If you don't have anyone or any organisation that you can ask for help, please call the Bradford Council Contact Centre on 01274 431000 open 8am to 6pm Monday to Friday, and 10am to 4pm Saturday and Sunday



If you need urgent mental health support,
call First Response:

01274 221 181



10 Tips for Staying Safe

This guidance is for anyone who cares, unpaid, for a friend or family member who, due to a lifelong condition, illness, disability, serious injury, a mental health condition or an addiction, cannot cope without their support.

Stay at home, don't go to work or school. Order your groceries online. Tell people delivering things to your home to leave them outside and let you know they are there.



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze.



Provide only care that is essential. Do not visit or provide care if you are unwell and make alternative arrangements for their care. Please see My Corona Plan B for more information.



Put used tissues in the bin immediately and wash your hands afterwards.



Wash your hands when you arrive and often, using soap and water for at least 20 seconds or use hand sanitiser.



Look after your own wellbeing and physical health during this time. See further information from <https://www.nhs.uk/oneyou/every-mind-matters/>



Visit 'Local support' to access further advice and support on how to manage your caring role and create a plan should you become unable to care.



Provide information on who they should call if they feel unwell, how to use [NHS 111 online coronavirus service](#) and leave the number for NHS 111 prominently displayed.



As much as possible, stay in a specific room and away from other people in your home. If you use the same bathroom clean it each time after you use it. Wipe all surfaces you have touched using strong household cleaner (disinfectant).



Clean surfaces you often touch such as:

- door handles
 - handrails
 - remote controls
 - table tops
- several times a day. Use household cleaner (detergent).





Making Space

Health & Social Care Services

Bradford & Airedale Mental Health Carer Support

As a consequence of Coronavirus and in order to protect the safety and wellbeing of the people we support and staff as much as possible we have moved our support services to telephone and online support.

To ensure we make ourselves available to you during these uncertain times, we have decided to extend our opening hours and can now be contacted between these times:

Monday-Friday 09:00-18:00

Saturday-Sunday 10:00-14:0

Please find below a list of staff's individual mobile numbers

Airewharfe	Gillian Angus Nasreen Riaz	07843 268029 07972 732859
Bradford City	Sima Noreen Zaenab Bibi	07843 267952 07843 268072
Bradford North	Jayne Trofa	07843 268115
Bradford South/West	Mary Womersley	07843 268051

**PLEASE NOTE WE ARE STILL TAKING NEW REFERRALS AND THESE CAN BE E MAILED
TO**

BradfordCarerSupport@makingspace.co.uk

Linda Anderson (Team Leader) 07843267954

Coronavirus COVID-19 Do you need help?

Help available	Who can be helped	What we can do for you
<p>Good neighbour</p>	People who are self isolating who have a good network of family, friends and neighbours	Family, friends and neighbours can help by doing your shopping, picking up medicines and staying in touch. They must make sure that they come no closer than 2 metres. Check out the guide at www.bradford.gov.uk/coronavirus
<p>Community hub volunteer</p>	People who are self isolating but don't have family or friends who can help	Call our helpline number on 01274 431000 or visit www.bradford.gov.uk/coronavirus and we will connect you with local community groups and volunteers who will be able to help. The contact centre is open: 8am – 6pm Mon to Fri and 10am – 4pm Sat and Sun
<p>Adult social care</p>	People who are already receiving Adult Social Care support services, or who have recently been referred to our services	You will still receive the support we already provide for you, or if you have recently been referred, our team will be in touch with you to assess what support you may need
<p>Shielding measures</p>	Extremely vulnerable people already identified by the NHS as being high risk	You will be contacted by the NHS about the support available for you and what action you may need to take. If you are not sure if your medical condition makes you very vulnerable, you can register here www.gov.uk/coronavirus-extremely-vulnerable

Stay at Home

Save Lives

Protect the NHS

People Can make a difference



Support

- NHS coping with stress: <https://www.nhs.uk/oneyou/every-mind-matters/stress/>
- Age UK: <https://www.ageuk.org.uk/information-advice/coronavirus/> , 01274 391190
- MIND: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
General enquiries: 01274 730 815
Telephone helpline: 01274 594 594
- Carers Resource <https://www.carersresource.org/>
Bradford and Airedale: 01274 449660
Craven and Airedale: 01756 700888
- Making Space: <https://makingspace.co.uk/services/centres/bradford-airedale-carer-support-service>
07843267954

Tips to improve your mental wellbeing

Here are some tips to help with managing stress and anxiety taken from the Mental Health Foundation and Mind:

- Use relaxation techniques or meditate
- Find time to take part in a hobby or interest
- Contact family and friends by phone or online e.g. Facebook
- Eat healthily
- Keep active eg. clean your home, dance to your favourite music
- Get some restful sleep
- Find help from a variety of sources – friends, family, GP, websites etc.
- Take a break
- Be kind to yourself – try to switch off negative thoughts.

For more useful tips and advice to help improve your mental health, visit:
Mental Health Foundation website: <https://www.mentalhealth.org.uk/>
Mind: <https://www.mind.org.uk/>