

**Minutes of East Devon Carers' Forum
Monday 29 January 2007
Trumps Court, Sidmouth**

Those present: JE – Chair
 JM – Carer
 YH – Ex-carer
 AP – Carer
 EE – Carer
 Vic Bowsler – Dementia care training
 Trish Whitfield – Manager, Carers Support Scheme
 Brigid McEleney-Smith – Learning Disability Carer Support Worker
 Angela Ashton – Carer Support Worker
 BC – Sid Vale Carers Chair
 GW – Carer/Vice Chair
 JE – Sidvale Carers
 JE – Axminster & Seaton Carers Support Group
 PP – Carer
 OM – Ottery
 PT – Carer
 Joan Bougourd – Carers UK
 Phil Dyson – Carers' Services, County
 Louise Rains – Children and Families
 IT – Carer
 SF – Carer
 Leo Trimming – Learning Disability
 CS – Carer
 Debbie Avery – Adult Services
 Jo Pickering – Rural Carers Services
 Mel Turner – Expert Patient Programme
 DS - Seaton
 Erica Moore – Carer Support Worker

Apologies: LH; Nicky Ruane; YB; RA; LM; AB; MC

No	Topic	Action
1	Welcome by J and introduction by all members.	
2	Minutes of last meeting: These were accepted as a true record.	
3	Matters Arising: None.	
4	Take A Break: The starting date is 29 Jan 07 for East Devon before the whole of the County comes on board in April. Debbie explained the background whereby carers had requested an open access service and the service will sit outside of Social Services. It will sit within the voluntary sector and be managed by Westbank together with East Devon CVS and Exeter CVS. Matthew Burn has recently been appointed to manage the scheme from Westbank. Sadie is manning the office 9 am – 5 pm. Initially the service will be for carers caring for adults over the age of 18. At present it does not incorporate Learning Disability or Mental Health (under 65's) divisions - Leo expressed his objective that Learning Disability hope to be able to contribute to the scheme in the near future. JE asked whether someone with mild dementia would be classed as suffering from mental health and perhaps be excluded from the scheme. Phil explained	

	<p>that anyone over the age of 65 would be eligible to take part and that under the age of 65 is classed as a mental health problem.</p> <p>Carers must belong to the Link in order to access the scheme. The Link is very necessary in order for Adult & Community Services (ACS) to capture all the data around carers. Carers will be entitled to 3 hours sitting service a week and flexibility can be over a month (minimum one hour). They will be given 39 dated vouchers over a 3 month period together with a list of providers (Domiciliary Care Agencies) who have agreed to register and take part in the scheme. At present the voluntary sector within East Devon will not be part of providing a sitting service although this might change in the future.</p> <p>Carers will then contact the provider of their choice and organise their own sitting service. The provider will arrange their own risk assessment under their own health and safety regulations. Payment of vouchers and £2.50 for each hour will then be sent to Westbank via the providers. The hours available for sitting will be 9 am to midnight. Any request for night sitting would have to go through ACS. Once carers belong to the scheme, they will automatically be sent another batch of different coloured vouchers for the following 3 month period.</p> <p>Debbie explained that she has negotiated a special rate with the agencies and the rest of the money will be paid from the Carers' Grant via ACS</p> <p>Debbie also emphasised that this is a sitting service only and any other arrangements for assisting people to get up and go to bed would continue as before. Carers would be responsible for organising meals while they were out.</p> <p>GW praised the clear and detailed fact sheet and wanted Debbie and Phil to be thanked for all their hard work involved in bringing the scheme to fruition. It was pointed out that an award has been given by Carers UK as a result of the joint working with the voluntary sector and allowing carers to organise their own sitter rather than having to negotiate through Social Services.</p> <p>Trish said that all the carers on the Link would be receiving a copy of the Fact Sheet.</p>	
<p>5</p>	<p>Dementia Update: Vic explained the background to his involvement with the Alzheimer's Society and how he was trained by them in dementia care. He is now engaged in training staff in care homes, hospitals and recently 10 hospital chaplains. He is surprised at the lack of knowledge he has found but once staff have more knowledge then there is greater understanding of the condition, this in turn gives carers more confidence in their abilities. Vic said that it is possible to reason with someone suffering from dementia and that it is so important to get "into their bubble". He said that it is so important to have a holistic approach to care involving mind, body and spirit. Very often the spiritual side of care becomes neglected.</p> <p>A library of books, tapes, CDs etc has recently been funded by Richard Anderson (Locality Manager for older people with mental health problems – Exeter and East Devon) to help carers understand all aspects of dementia care. The library can be accessed at Rowan (Ottery), The Bungalow (Honiton) and Stowford Lodge (Sidmouth).</p>	
<p>6</p>	<p>Members Update:</p> <p>Liz McQuiston: Liz sent in the following update - 7 young carers from one year group at the King's School have joined. Received a donation from Newton Poppleford School's Christmas fundraising. Held a Christmas party for younger young carers and ice skating for the older ones. An art day is planned for half-</p>	

<p>term together with a cinema trip to Exmouth, ice skating and the much-loved sleepover. Hoping to develop drop-in sessions at King's School and Honiton following the success of the drama there and Axe Valley drop-in continues. A number of young carers still benefiting from having a befriender.</p> <p>JE: reported back on the County Carers' Forum at Buckfastleigh. Topics included emergency respite and how it is going to be managed in Devon and transport. Geoff King is arranging a day workshop to discuss transport. Chairpersons gave presentations and JE talked about training for carers.</p> <p>Carers UK does much campaigning on behalf of carers nationally and lobby's the Government. They issue a quarterly magazine and have an emergency telephone line.</p> <p>Trish Whitfield: 872 carers on the scheme and 763 on the Link. Another Pamper Day planned for 12 February 10-1 pm for treatments, 1-2 pm buffet lunch, 2-3.30 pm art therapy. National Carers Week 11-15 June. Cathedral service planned for Monday, 11 June. Trish has organised a picnic for 15 June at Escot Park for carers and cared for. Trish introduced Angela and Brigid.</p> <p>Brigid is the new carer support worker for the learning disability team, working Mondays and Tuesdays (15 hrs). Her work tel no and answerphone 01404 43128. Brigid has held a forum in Honiton for her carers and another forum is planned in Exmouth next week. Brigid will take their greatest concerns forward to the County Carers' Forum on 6 February.</p> <p>JE asked that Trish could publicise the working days for each carer support worker in the newsletter.</p> <p>Leo Trimming: Leo informed the meeting that there has been some changes and they are trying to improve their response to people by merging the teams. Liz Wood is Locality Operations Manager for Exeter and East and her role is now more hands on.</p> <p>A question was raised as to how removal of the subsidies may have affected carers being able to access respite. Debbie and Leo explained that the Government's Fairer Charging Policy has to be adhered to. The decisions are Government based rather than local and unfortunately there is only so much money in the pot.</p> <p>Mel Turner: Mel is responsible for the Expert Patient Programme for patients who live with a long-term illness. A course is beginning at Ottery on 22 May and further courses will be held throughout the year. Mel has found the feedback from carers invaluable in helping to tailor the new service.</p> <p>Jo Pickering: Jo is the Rural Carers' Project Manager and taking an evaluation of the Carers Involvement Framework. Jo asked several questions around whether or not carers felt they were better informed and whether their input made a difference. JM said that as the information is sent out to carers she feels she is now able to participate in wider issues eg respite care issue. She</p>	<p>Trish</p>
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	<p>says that it is only through the smaller groups that she has knowledge of wider issues. PT said that the forum for learning disability carers folded because the carers did not have enough time to organise themselves. Now they have Brigid to represent them. She says that it is only by going to the County Carers Forum that she was made aware of what services other carers in Devon were getting. They can now push for what they want.</p> <p>A vote taken for keeping the existing system was unanimous.</p> <p>Leo made the point that sometimes forums can represent the views of only more loud-voiced people. Brigid can represent the views of everyone.</p> <p>(For any further views on Jo's questions about the Framework – please send to Jo at Jo Pickering, Teignbridge CVS, The Maltings, Teign Road, Newton Abbot, Devon. Tel 01626 203050 or email ruralcarers@teigncvcs.org.uk)</p> <p>Phil Dyson: Sue White has been reviewing the <u>Carer's Assessment</u> form and met with carers' groups. A new form is now out on trial. There is also an additional Fact Sheet for the Carer's Assessment.</p> <p>The <u>Carers Link</u> will become a county contract from April 2007 and will be set up and run through Westbank. The plan is to co-ordinate the work altogether rather than having separate Links throughout the county. The plan will be to send out a newsletter and co-ordinate with the county carers groups and bring together carers' views. A website will be planned too. It will all evolve over time.</p> <p>A new <u>Disability Information Service</u> is now up and running. The aim is to offer information to disabled people and their carers. A small team of three people are doing this based in Tiverton for Devon – with Care Direct.</p> <p>Anthony Steen, S Hams MP, has set up a Private Members Bill looking at respite services for Children with Disabilities. It is hoped that this will have some benefit.</p>	
<p>7</p>	<p>Any Other Business:</p> <p>GW: GW asked for any views on improving transport to be passed forward please so that ideas can be taken along to the specific transport day workshop. She also expressed concerns that the bus pass for pensioners is for travelling within East Devon only rather than Devon wide as before and could the meeting write to EDDC. To be put on the Agenda of the next management meeting.</p> <p>Flu Jabs – As GW was referred to a secondary waiting list for her flu jab (under 65 and not entitled as a carer) she proposed that this matter be taken to the CCF and the matter taken forward to the Ministry of Health. Debbie suggested this should go on the agenda for the next meeting of CCF Steering Group as this would not be a matter unique to East Devon.</p> <p>JE: JE said that a local Sidmouth pharmacist has agreed to write a regular article for our newsletter. Pharmacists can be very helpful and nowadays have consulting rooms. Confidentiality might be a problem if discussing your cared for. JE asked for ideas and the following was suggested: Returning old medicines; repeat prescriptions; importance of completing courses of medicines eg anti-biotics; the greater role of pharmacists.</p> <p>Vic Bowsher: Vic wanted the meeting to know that Andrew Tressider, a GP from Chard will be giving a talk on Tuesday, 27 February 2007 2-4 pm at the Jerrard Wing, Honiton Hospital on the use of Bach Flower Remedies to calm</p>	

	people down. £2 pp.	
8	Date of Next Meeting: Thursday, 26 April 2007 10.45 – 1 pm, Ratcliffe House, Burnside, Exmouth (map attached).	