

## **South Hams and West Devon Locality Carers Management Group (8)**

**23<sup>rd</sup> March 2006 at  
Millstones Hotel, Roborough, Plymouth**

### **PRESENT**

Vic Rosati (Chair)	South Hams & West Devon PCT non executive Board member
Jenny Saunders	South Hams & West Devon PCT
JB	Carer + Forum Chair
SR	Carer
Giles Gardner	Social Services (Adult Services)
Ruth Farmer	CMHN Devon Partnership Trust

### **GUESTS**

Lyndy Pooley	ECVS ( <a href="mailto:lyndy.pooley@exetercvs.org.uk">lyndy.pooley@exetercvs.org.uk</a> )
Carol Paterson	Expert Patients Programme ( <a href="mailto:carol.paterson@nhs.epp.org">carol.paterson@nhs.epp.org</a> )
Jackie Milan	Learning Disability Carers Worker ( <a href="mailto:jackiemilan.sdcc@tiscali.co.uk">jackiemilan.sdcc@tiscali.co.uk</a> )

#### **1 Apologies**

Apologies received from Sue White, JH, Karen Cleave, Justin Haden, Terry Grace.

#### **2 Welcome**

Vic welcomed Lyndy, Carol and Jackie to the meeting. **ACTION:** Jenny Saunders agreed to draft a list of Carers Workers which, once checked by the other leads, can be circulated. Giles Gardner reported that Carers Worker Mary Dyer is off sick at present and that this contract ends at end March 06. He is considering whether to re-recruit to this post.

#### **3 Notes of the 17<sup>th</sup> January 2006 - not available yet.**

#### **4 Carol Paterson – Expert Patient Programme and Expert Carer Programme ‘Looking After Me’**

Carol introduced herself and outlined the background to the Expert Patient Programme (EPP) which has now been in the UK for about 4 years. EPP is a generic programme aimed at any condition which focuses on the self management of your own condition. The programme is run by lay tutors working voluntarily, who work from a set manual, used across the country. The NHS employs 70 EPP trainers nationally, who train the lay tutors. Currently there are 60 lay tutors in the South West (1400 nationally).

EPP Courses run with a minimum of 8 participants, 2.5 to 3 hours per week for 6 weeks and look at behaviour change, skill development, problem solving, long and short term action planning. Carol said some carers would benefit from undertaking the EPP courses for themselves.

Tutors are trained on a 5day programme to deliver the training using the manual.

The course is now being run for parents who have a child with a long term condition.

'Looking After Me' is the title of the new carers programme. The programme is similar to the generic EPP programme but tweaked to cover the 'carer role'.

Current EPP tutors are starting to be trained to tutor 'Looking After Me' (LAM) courses. Tutors for LAM courses must undertake the generic EPP tutor training and then take the additional carer top-up training, AND must have carer experience.

Participation on the courses is by self referral.

Changes are planned in Autumn 2006 with the introduction of 'Community Interest Companies', when EPP will move from the NHS into a new Community Interest Company. At this time the courses will become a commissioned service. It will cost about £150 to commission a course, which is very cost effective.

Could courses be run at GP surgeries to cut down rural travel distance for participants? Carol agreed this would be good and work is going on to try to get GP surgeries to participate where possible.

## **5 Lyndy Pooley - Training**

Lyndy introduced herself and outline the Learning and Development work she has been involved in for Exeter CVS. Funding for her post has come through a variety of routes including Community Franchise funding via Exeter College.

The "Speaking Up" course began over 2 years ago and was originally designed to empower groups of people with learning disabilities by giving them 'speaking up' skills. It has since developed and is now used with carers to cover self advocacy, speaking skills etc. The course runs for 30 hours (10 sessions). Part of the course allowed participants to take part in business meetings (e.g. at Royal Devon and Exeter Hospital) and to then talk about this experience to the course group. The course is now being developed for service users with mental health problems and for those with hearing problems. Some of the participants from the courses have become involved in service planning with the Statutory Services.

"Real Lives" is a one day training session developed by Lyndy and Debbie Avery. It is designed for delivery to health and social care staff to raise their awareness of the issues faced by carers. The 'talking heads' film was developed as part of the package.

Lyndy is involved in work with Alison Lear (plus Janet Hooper and Pennie Evans) looking at supporting carers who participate on public sector staff interview panels.

She is also working with the public sector helping to improve user and carer involvement e.g. customer care for Devon Partnership Trust.

Devon Partnership Trust Admin and Clerical are planning a Conference on 'communication' on 6<sup>th</sup> and 29<sup>th</sup> June at Buckfast Abbey (80 delegates each day). Lyndy said she hoped to involve 4 carers and 4 services users (mental health and learning disability) to help her with input to this conference. The meeting

suggested good contacts for Lyndy and Jenny Saunders agreed to supply contact emails/numbers.

**ACTION:** JS to try and get some costings for above training opportunities.

6 **Use of £10k carers grant in 2006/7**

In 2005/6 this money was used for the following, it was agreed that we need to see evaluations of the benefit this investment has delivered. **ACTION:** those named below were asked to chase this up (for the next meeting if possible):-

- Carers Link additional hours (Jenny Saunders)
- Carers Awareness Programme (training events for carers) (Jenny Saunders)
- Lease on Dementia training package (Ruth Farmer)

It is important that the Group takes decisions about the use of the £10k grant in 2006/7 as early as possible in the new financial year. However it was felt that the following needed consideration before decision should be made:-

- a. evaluation of 05/6 usage, as continuation funding may be considered beneficial
- b. consultation on the use in 05/6 – should we do this, how and with whom

**ACTION:** next agenda.

7 **Carers Grant for respite to be held by Carers Links**

Geoff Kings email (14-02-06) was noted. Vic Rosati asked each member to send their views to Geoff. In general the meeting agree it would not be appropriate for the Locality Carers Steering Group to be the supervisory body for this money. This appears to add another tier to the administration of the Carers Grant, would it not be simpler for Social Services Dept centrally to hold this money ring fenced for this usage. It was felt that the current set up of the LINK was not robust enough to take on this additional role.

8 **Date, time and venue of next meeting**

Friday 19<sup>th</sup> May 2006

10am to 12noon

Meeting room 2 at Lescaze offices, Dartington