

## News for Carers

August 2011

### CARERS' WEEK 13-19 JUNE 2011

*“Going to carers’ events is a reminder that we’re not alone. It’s not a bad thing to be reminded that there are many people in the same boat, even though on an emotional level it’s difficult for all of us.”*

Carers Kensington & Chelsea would like to say a big “thank you” to all the carers and statutory and voluntary organisations that participated in our Carers’ Week events in June.

A number of informative and celebratory events were held across the Royal Borough to mark Carers’ Week including pampering



sessions and a talk and chat with Hugh Marriott, author of *A Selfish Pig’s Guide to Caring*. We would also like to thank Peter Jones in Sloane Square for very generously offering 25 carers café vouchers for use at the restaurant during Carers’ Week.

The week also saw the official launch of Carers Kensington & Chelsea at the Small Hall at Kensington Town Hall. Combining a mixture of information, health checks, pampering and shiatsu treats, participants heard speeches by the Mayor of Kensington and Chelsea, Councillor Julie Mills, Imelda Redmond, Chief Executive of Carers UK, Jean Daintith, Executive Director of Housing, Health and Adult Social Care and Cath Attlee, Assistant Director Joint Commissioning Adults, Inner North West London Primary Care Trusts.

Carers Kensington & Chelsea will be using the comments provided by carers during Carers’ Week to inform future events, notably **Carers Rights Day** which this year will take place on **Friday, 2 December 2011**. Watch out for further details in the November edition of *News for Carers*.

### Brand New Carers’ Pages on the People First Website

Details about news and events for carers in Kensington and Chelsea, as well as up-to-date information on the support available can now also be found at the Royal Borough’s brand new carers’ pages [www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers.aspx](http://www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers.aspx).

## NEWS FROM THE ROYAL BOROUGH

### Kensington And Chelsea Carers' Joint Strategy Refresh 2011 - 2014

Would you like to have your say on what is important for carers? The Royal Borough of Kensington and Chelsea and the Inner North West London Primary Care Trusts (PCTs) would like to know what you think.

The current 5 year carers' strategy was launched in June 2009 following consultation with carers and statutory and voluntary sector stakeholders. It explained what the agreed borough's priorities were for 2009-13, to help deliver improved services to meet the needs of carers. A summary of the strategy's achievements can be found on the Royal Borough's *People First* website (details provided below).

The Royal Borough and PCTs are now in the process of reviewing and refreshing the strategy and have held a series of consultation events with carers, social work practitioners and service providers. In broad agreement with the National Carers Strategy Refresh 2010 – 14, priority areas are seen to be:

#### Priority 1

Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset, both in designing local care provision and in planning individual care packages.



#### Priority 2

Enabling those with caring responsibilities to fulfil their educational and employment potential, and to raise their awareness of benefits.

#### Priority 3

Personalised support both for carers and those they support, enabling them to have a family and community life.

#### Priority 4

Supporting carers to remain mentally and physically well, including the promotion of breaks.

#### Priority 5

To enable young carers to reach their full potential.

How well do you think the Council, local health services, and their partners are doing to address these priority areas? What more should be done?

You still have time to share your views with the Royal Borough and the PCTs through an online questionnaire on the *People First* website: [www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers/carersconsultation.aspx](http://www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers/carersconsultation.aspx). The deadline for completion of the questionnaire is **31 August 2011**.

You can also email your views, questions or comments to [Peter.Beard@inwl.nhs.uk](mailto:Peter.Beard@inwl.nhs.uk).

### Stroke Support Services Focus Group

Have you had a stroke or are you a carer of someone who has? Do you have any thoughts or ideas about the development of local stroke services? The Council and Primary Care Trust is looking to establish a local consultation group to advise and support the Council and PCT on such issues as what is currently good and bad about the care and support people receive, developing better services in future and how people are advised about what services are available.

The first meeting is at the **Miranda Barry Day Centre, 367a Fulham Road, on 22 August 2011 from 12.30-2.30pm**. It will focus on information on stroke services available in the borough. Accessible transport to and from the venue can be provided as will a light lunch at 12.30pm.

If you would like to attend and for future dates, please contact **Peter McDonnell on 020 7361 2715 or email peter.mcdonnell@rbkc.gov.uk**.

### **New Self-Assessment Questionnaire For Carers**

The Royal Borough of Kensington and Chelsea is pleased to announce the arrival of a new self-assessment questionnaire for carers requesting a Carer's Assessment.

The new questionnaire was developed following consultation with a number of carers, an experience which was seen as a very positive exercise by the carers involved.

If you would like a Carer's Assessment, please contact **Social ServicesLine on 020 7361 3013**. Carers Kensington & Chelsea can also provide you with information about the assessment process.



### **Carers And Their Experiences Of Hospital Discharge: Research**

Carers UK has been commissioned by the Royal Borough to evaluate how well the hospital discharge process in Kensington and Chelsea is working for carers of people

with physical health needs. Focusing on the Chelsea and Westminster, St Mary's Paddington and Imperial Hospitals, the research will also look into whether care packages (or other actions) can help prevent admissions into care homes. Questionnaires will be circulated to carers this autumn.

In the meanwhile, if you would like to contribute to this research or share your own experiences, please contact **Kate at Carers UK by email: kate.burke@carersuk.org**.

### **NEWS FROM NHS KENSINGTON AND CHELSEA**

#### **Funding Support Plans for Carers 2011/2012**

Since the launch of the Joint Carers' Strategy in 2009, the Primary Care Trust has funded a number of projects, including the Carers' Forum, the Carers' Well-Being Scheme and GP Carers Awareness training. Funding was also provided to Crossroads Care, to provide a home-based respite service; to Age Concern to offer a service providing regular breaks to carers; investment in a young carers exercise project based at Portobello Green Fitness Club; a young carers focus group to look at the health needs of young carers; Emergency First Aid Training for young carers; and the Young Carers Personal Budgets Scheme.

Both the Young Carers Health and Fitness Project and the Carers' Wellbeing Scheme have demonstrated that engaging in physical activities enables young carers to not only improve their physical well-being but also provide them with breaks from their caring roles; both projects are continuing to be funded this financial year. In addition, the PCT is contributing to the funding of Carers Kensington & Chelsea as well as funding the Carers Forum and a Learning Disability advocacy post for carers via Full of Life.

Two further projects have also been identified, following the merger of the three PCTs (Hammersmith and Fulham, Kensington and Chelsea and Westminster). The first is to improve carers' experiences of the hospital

discharge process across all Imperial NHS Healthcare Trust Hospitals (St Mary's, Hammersmith and Charing Cross) and the Chelsea and Westminster NHS Foundation Trust. The second project involves the early identification of carers via primary care, signposting and support.

### **Have Your Say On Local Health And Social Care Services: The Carers' Forum**

As you may have seen in our previous newsletter, the Carers' Forum was established to focus on specific issues close to carers' hearts, such as a leisure pass for carers, and to ensure that carers' perspectives are heard within the Royal Borough. One prime example of this occurred at the 7 July 2011 meeting when Laxmi Jamdagni, the Carers' Strategy Project Manager, attended the Forum as part of the Royal Borough's consultation process in relation to the Carers' Strategy Refresh. A positive and informative meeting, the carers present were able to put forward their thoughts and opinions on the current services available to carers throughout the Royal Borough.

The next Carers' Forum will be take place on **29 September 2011 between 11.00am and 2.00pm at the Lighthouse West London Centre, 111-117 Lancaster Road, Ladbroke Grove, London, W11 1QT**. If you are interested in attending, please contact **Carers Kensington & Chelsea on freephone 0800 032 1089 or by email on [kandc@carersuk.org](mailto:kandc@carersuk.org)** for further details.



## ■ **SPOTLIGHT ON ... RESPITE CARE IN KENSINGTON AND CHELSEA**

### **Vitalise, Crossroads And Age Concern Kensington And Chelsea**

Having a break - whether for a few hours or a holiday - can be vitally important for carers. Respite care is available for residents within the Royal Borough.

**Vitalise** is a national disability charity that provides respite care breaks in a holiday environment. In addition to accessible accommodation and 24 hour care on-call, at Vitalise Centres guests can also enjoy a mix of excursions, activities and entertainment that make the break a fun, social experience. Recognising that funding a break can be a major challenge, Vitalise has funding for physically disabled adults resident in the Royal Borough of Kensington and Chelsea for a break at Vitalise Jubilee Lodge in Chigwell, Essex. The funding will cover 50% of the break price so, for example, a week's summer break will cost £580 per person. In order to comply with the requirements of the trust, Vitalise requires a letter of support from a care manager, GP or social worker. Vitalise also has funding available for other Centre locations throughout the year. For more information about Vitalise, please call **0845 345 1970** or visit **[www.vitalise.org.uk](http://www.vitalise.org.uk)**.

**Crossroads** is also able to provide free tailor-made flexible breaks in the home for unpaid carers, allowing them "time-off" and a break from their caring responsibilities. For example, a carer who had recently suffered a heart attack was offered respite by Crossroads to take the person the carer looked after out to social events and outings. This not only allowed the carer to have some time to herself but she was also able to attend medical appointments without worrying about her husband and if he was safe. In another example, Crossroads was able to provide a carer who had not had a break for seven years with respite in the evenings for her mother, so the carer could go out and spend time with her husband. As the mother did not speak English, Crossroads was also able

to offer language-specific support. For more information or a referral, please contact **Carers Kensington & Chelsea** or **Julia Wiggett** or **Gabriela Soltysik** on **020 7485 7416** or email **admin@crossroadscarecnl.org**

**Age Concern Kensington and Chelsea** is also able to offer free respite care to carers in the borough who care for an adult aged 55



and over. These breaks are flexible, are available seven days a week and can be tailored to meet the needs of the carer. For more information please contact Age Concern Kensington and Chelsea on **020 8960 8137** or email **home@ackc.org.uk**.

## ■ OTHER NEWS

### Are You A Young Carer?

Family Action offers a range of activities for young carers, on a week by week basis. Recent events have included a trip to watch the latest Harry Potter film, a visit to Hamleys the Toy Shop, a visit to the Wetlands Centre, kayaking and a trip to Battersea Park Zoo. On **22 August 2011**, Family Action has arranged an all-day trip to **Thorpe Park** whilst on **1 September 2011**, young carers can have a go at ice-skating at **Queensway, Bayswater** from **12-2pm**. Family Action is also about to embark on a joint venture with the Portobello Green Fitness Club at Westway where young carers will be able to use the gym facilities on an individual basis. For more information about Family Action's programme of activities, please contact **Thais** or **Isabel** at **kandc.youngcarers@family-action.org.uk**.

### Mind The Gap: New Carers Support Project For Working Carers and Carers aged between 18 and 50

Following the identification of a gap in the provision of services for carers who are working and/or aged between 18 and 50, the Royal Borough recently commissioned Carers Network Westminster (CNW) to offer support and social activities to these particular groups.

Susie Yau, CNW's manager and project co-ordinator told us, "We're really excited at the possibilities of complementing the services that already exist for carers in the Royal Borough. People may be puzzled why an organisation like CNW, based in Westminster, would wish to run a project in Kensington and Chelsea. With the councils working more closely together, we believe the project offers us an excellent opening to reach more carers across other boroughs and to enhance their lives. We want to build on the knowledge and expertise we have gained through working with carers over 20 years."

Susie further added, "We have been funded to deliver 12 carers support groups from now until March 2012 as well as organising 7 separate social activities. We envisage that different groups of carers, for instance, carers aged 18-25, carers aged over 25 and working carers will have their own support groups. I want the groups to meet on an informal basis, essentially for a coffee and a chat. I'd also like as many carers as possible to get in touch so that I can organise meetings to discuss what sorts of activities they would enjoy. We are happy to run events in the evenings and weekends to cater for carers' needs, especially for those who are working."

If you would like more information, please contact **Susie** on **020 8960 3033** or email **Susie.yau@carers-network.co.uk**.

### Are You A Carer Wanting To Find Paid Work?

Work Focused Support for Carers (WFSC) is a voluntary scheme offered by Jobcentre Plus designed to help carers who wish to combine

paid work with their caring role. The scheme is available to carers aged 18 years or older, who work less than 16 hours a week and are not able to get help from any other Jobcentre Plus employment support schemes. Carers participating in the scheme will be allocated a personal adviser who will provide advice on training, finding a job, local childcare, local replacement care and how your benefits may be affected. Jobcentre Plus may also be able to help pay for things like replacement care when attending appointments with the personal adviser, taking part in approved training courses or attending job interviews.

If you live in postcodes W8, W10 and W11 and you would like more information, please contact **Sara Taukolonga, the Carers Adviser at North Kensington Job Centre, Unit 308 - 312 Quayside House, London, W10 5BL or by telephone 020 7941 6641.** Please note an appointment is necessary before visiting the office.

For further information about how welfare benefits may be affected by employment and advice about flexible working, please visit the **Carers UK website at [www.carersuk.org](http://www.carersuk.org) or contact a local advice agency.**

### **Fifth Annual Jobs, Advice And Training Fair: 31 August 2011**

On **31 August 2011**, the Royal Borough of Kensington and Chelsea, Connexions, Jobcentre Plus, Chronicle and Kensington and Chelsea College will be hosting the Fifth Annual Jobs, Advice and Training Fair at **The Town Hall, Hornton Street, London, W8 7NX, 10.00am-4.00pm.** The fair is a must for anyone seeking employment or skills training opportunities and will include exhibitors from Wholefoods, the Intercontinental Hotel Group, Army Careers and the Metropolitan Police. There will also be workshops on CV and interview skills and starting your own business. For more information, please contact **[Roxy.Hotten@rbkc.gov.uk](mailto:Roxy.Hotten@rbkc.gov.uk)**.



### **“Well Being for Life 2011” Health Fair**

Age Concern Kensington and Chelsea is holding its Annual Health Fair on **Friday, 7 October 2011 between 12.00-4.00pm at Kensington Town Hall.**

The Health Fair is a one-stop shop where older people can learn about healthy ageing, including keeping active, independent and mobile, eating well, emotional well-being, managing health, housing, safety and financial advice. As well as meeting over 130 professionals from local and national organisations, visitors will have the chance to join in with complementary therapy taster sessions, dancing, exercise classes, music and mobile phone workshops. There will also be free health checks, including blood pressure, BMI and glucose level testing. Free refreshments will be available as will goody bags, giveaways and a raffle.

Transport is available for those with limited mobility.

For more information, please contact Age Concern Kensington and Chelsea on **020 8960 8137 or email [health@ackc.org.uk](mailto:health@ackc.org.uk).**

### **New Support Group For Carers Of Older People**

Age Concern Kensington and Chelsea is running a new support and information group for carers of older people. Upcoming meetings include a social and pampering session on **Wednesday, 31 August 2011, 2.00-4.00pm,**

at New Horizons, Cadogan Street, SW3 2PF, and a social event at The Duke of Wellington Pub, 179 Portobello Road, W11 2ED, from 6.30-8.30pm on Tuesday, 27 September 2011. If you would like more information or to let Age Concern know you are attending, please contact **Carole on 020 8960 8137**.

### **Fighting Isolation: “Friends And Neighbours Project”**

“Friends and Neighbours” is a new project, run by Age Concern Kensington and Chelsea which aims to develop a network of small groups based on shared interests, such as going to the cinema, taking a walk in the park or just sharing a cup of tea. Volunteers will facilitate the get-togethers, which are open to all Kensington and Chelsea residents aged 55 or over. To find out more, contact **Tasio on 020 8969 9105**.

### **Time For Me North Kensington**

This is a free support and activities group for unpaid carers who are over 50 living in the north of the borough. The group, run by Open Age, meets on **Friday mornings from 11am to 1pm at the Open Age Positive Age Centre, Dalgarno Way, W10 5JW**. A diverse programme, based on participants’ requests, is organised each term. The **provisional** programme for this term includes: stress management for carers (16 September), Walk for Health (weather permitting) or chair exercise/dance/pilates (2 and 30 September), a boat trip to Greenwich (9 September), a trip to the Buckingham Palace State Rooms (23 September), two comedy workshops (26 October and 30 November) card making, ribbon weave and fabric painting (28 October and 25 November) and the Health Fair (7 October). Other possible events include a trip to the Horniman Museum, Neasden Temple, the Oxford Christmas Market and sound therapy. For more information or to book a place, please contact **Liz Butters on 020 8964 1900 or email [ebutters@openage.org.uk](mailto:ebutters@openage.org.uk)**.

### **Time For Me South Kensington And Chelsea**

There is also a wide range of activities for unpaid carers over 50 available in the south of the borough. The October to December programme is currently being developed and will be available from the end of August. However, provisional activities include, amongst many others, a trip to Morden Park Hall, the Ballroom Dancing Championships at the Royal Albert Hall, a three session course on Stress Management, Jools Holland at the Royal Albert Hall and evening music at St Martins-in-the-Fields. Places and tickets will be limited and likely to be snapped up very quickly, so to find out more information, contact **Judy Graham on 020 7590 8970 or email [jgraham@new-horizons-chelsea.org.uk](mailto:jgraham@new-horizons-chelsea.org.uk)**.



### **Do You Want To Make A Healthy Lifestyle Change?**

Do you want to give up smoking? Eat healthily? Achieve mental and emotional well-being or increase your physical activity? Working across the borough, Health Trainers can offer a free, confidential service to residents of Kensington and Chelsea, when and where you need it, by providing up to six one-to-one sessions to help you achieve your healthy living goals. To find out more, call **020 8962 5730 or email [healthtrainers@westway.org](mailto:healthtrainers@westway.org)**.

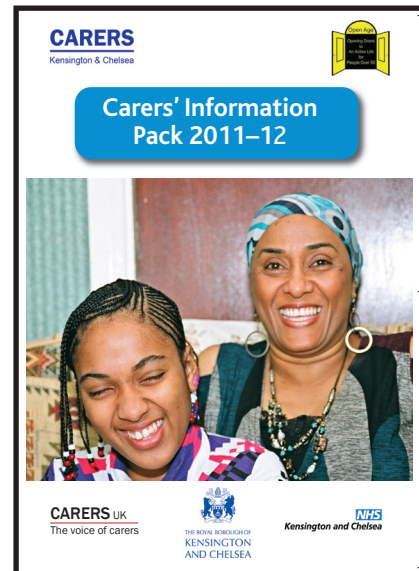
## MONEY, MONEY, MONEY: The Final Report of the Commission on Funding of Care and Support

July 2011 saw the publication of the Commission on Funding of Care and Support's final report, *Fairer Care Funding*.

Set up by the Government in July 2010, the independent Commission was asked to recommend a fair and sustainable funding system for adult social care in England. Amongst the recommendations in the report are: the capping of individuals' lifetime contributions towards their social care costs, after which individuals would be eligible for full state support; an increase in the means-tested threshold above which people are liable for their full care costs to £100,000, the introduction of national eligibility criteria and portable assessments to ensure greater consistency, and immediate eligibility for free state support for those who enter adulthood with a care and support need, without being subjected to means-testing. The Commission also recommended that carers should be supported by improved assessments which ensured that the impact on the carer of the caring role was manageable and sustainable. A copy of the report can be found at [www.dilnotcommission.dh.gov.uk](http://www.dilnotcommission.dh.gov.uk). For the joint statement response by Carers UK and the Care and Support Alliance, go to [www.carersuk.org/newsroom/item/2203-carers-uk-act-on-dilnot-to-fix-broken-social-care-system](http://www.carersuk.org/newsroom/item/2203-carers-uk-act-on-dilnot-to-fix-broken-social-care-system).

## CARERS' INFORMATION PACK 2011-2012

Details of the carers' services provided in the Royal Borough are now available in the *Carers' Information Pack 2011-2012*. This is produced by Carers Kensington & Chelsea in conjunction with Open Age. Please contact Carers Kensington & Chelsea if you would like a copy. An electronic version can also be found at [www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers/carerskc/carersinformationpack.aspx](http://www.rbkc.gov.uk/healthandsocialcare/peoplefirst/newcarers/carerskc/carersinformationpack.aspx).



## AND FINALLY, OVER TO YOU ...

### How is it for you?

Carers Kensington & Chelsea would like to know about the reality of caring in the Royal Borough and what snippets of information and advice you would pass on to others in the same situation as you. If you have a minute, we'd love to know a little bit about you, the person you care for and your thoughts on what it means to be a carer in Kensington and Chelsea. We hope to print anonymised responses in future editions of this newsletter.

To contact Carers Kensington & Chelsea, please call freephone 0800 032 1089, email [kandc@carersuk.org](mailto:kandc@carersuk.org) or drop us a line at 20 Great Dover Street, London, SE1 4LX.

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