

# Who cares

Quarterly newsletter for carers

Issue 41 - October 2017

## The Triangle of Care: Carers Included

We believe that carers and families provide valuable and often essential care to the people we support, and we want to make sure we help them to do this. To help us do this, we have signed up to the Triangle of Care. This is a national initiative supported by the NHS, Carers and professional and voluntary organisations. It aims to make support for carers better by implementing six simple standards into mental health services, but now widening out to all our Trust services for adults. The standards are:

1. Carers and the essential role they play are identified at first contact or as soon as possible thereafter.
2. Staff are 'carer aware' and trained in carer engagement strategies.
3. Policy and practice protocols re: confidentiality and sharing information, are in place.
4. Defined posts responsible for carers are in place.
5. A carer introduction to the service and staff is available, with a relevant range of information across the care pathway.
6. A range of carer support services is available



The Trust joined the national Triangle of Care membership scheme in October 2013, and we were awarded our first star, and are being assessed for our second star soon. The gold stars mean that we are trying to include and support carers.

Some of the things we have developed with carers so far include:

- A network of Carers Champions in all our teams and services supported with regular events
- A Carers and Family handbook and contact card, and a card to support carers asking for help (SBARD)
- New Carers Policy and Strategy
- Carer training sessions for all staff
- Carers and cake events and carers groups
- 'Who Cares?' quarterly newsletter posted to 1500 carers
- Working with organisations that support carers and families
- Posters, banners, articles, news, website support, advice to carers etc.

The Care Quality Commission spoke to Carers when they visited last year, and said 'Carers we spoke to were positive in their views of staff and stated that they were fully involved in the care of their family member and felt well supported'

We want to make sure this is how our services work for everyone. If you would like to find out more, please see the Carers and Family section on the Trusts Core Care Standards website on [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk) or contact us on [cpa@derbyshcft.nhs.uk](mailto:cpa@derbyshcft.nhs.uk)

## Forum for mental health carers

There are two forums for carers of people with mental health problems offering help, support and information. New members welcome.

### Derby City and South Derbyshire Mental Health Carers Forum

**When and where:**

Meetings Third Friday of each month 11.30am – 2pm, The Oddfellows Hall, 32 Charnwood Street, Derby, DE1 2GU

Tel: Vivien: **07921 162 740**  
Joyce: **07931 722 977**  
Pam: **07891 450 119**

[www.dcsdmentalhealthcarers.org](http://www.dcsdmentalhealthcarers.org)

### North Derbyshire Forum for Mental Health Carers

**When and where:**

Last Wed of every month. 10am-1pm, St Thomas Centre (behind St Thomas Church) Chatsworth Road Brampton Chesterfield S40 3AW

Contact one of the members on:

**07494 943084** ∷ **07494 947427**  
**07494 947428** ∷ **07494 947245**

[www.ndmhcarers.org](http://www.ndmhcarers.org)

Please contact the CPA and Core Care Standards Service on **01246 515974** or email [corecarestandards@derbyshcft.nhs.uk](mailto:corecarestandards@derbyshcft.nhs.uk) if you would like to contribute or if you have any comments about this newsletter.

## Come along and get involved!

Our new Involvement Group is now meeting monthly around Derbyshire. We are inviting you to join with us to look at issues affecting service users and carers in the Trust and to help look at the way we develop our services to ensure patients are at the centre of care. Contact Maureen Brailsford on 01246 293293 if you would like to attend the group or email

[Maureen.brailsford@derbyshcft.nhs.uk](mailto:Maureen.brailsford@derbyshcft.nhs.uk)

If you can't make the meeting then please share your thoughts with us by emailing [haveyoursay@derbyshcft.nhs.uk](mailto:haveyoursay@derbyshcft.nhs.uk)

### Meeting dates for 2017

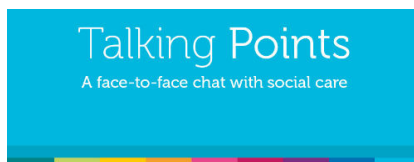
Bolsover & Clay Cross – Bolsover Assembly Hall, Committee Room 1st Floor, Tuesday 3rd October 1:30pm -3:30pm

Chesterfield Central – Bayheath House Chesterfield 1st Floor meeting room Tuesday 7th November 1:30pm 3:30pm

Campus & Community – Hartington Unit Seminar Room Tuesday 5th December 1:30pm – 3:30pm

## New Talking Points in Derby City

Talking Points offers you the opportunity to have a face-to-face chat with a social care worker in a convenient location in your community



The idea behind Talking Points is to bring social care workers out into the community, to be more accessible and to support you to find activities or organisations in the community that can help with your social care related issues.

If you would like to have a face-to-face chat with a social care worker at Talking Points, you can telephone Derby Direct on 01332 640777 and request an appointment.

You can also attend a drop in session where an appointment is not necessary. For details of where and when the drop in sessions are, please visit Derby City Councils website for a leaflet [www.derby.gov.uk/health-and-social-care/your-life-your-choice/support-from-adult-social-care/talking-points](http://www.derby.gov.uk/health-and-social-care/your-life-your-choice/support-from-adult-social-care/talking-points)

## North Derbyshire Mental Health Carers Forum now get together at a new venue

North Derbyshire Mental Health Carers Forum have now moved to St Thomas Centre (behind St Thomas Church) Chatsworth Road, Brampton, Chesterfield S40 3AW. The group meets on the last Wed every month, 10am-1pm and light refreshments are provided. New members are always welcome. You can also come along to the Carers Art Group which meets at 10.30am every Friday at DCA Offices, South Lodge, Queens Park, Boythorpe Avenue, Chesterfield. Visit the website to find out more.

[www.ndmhcarrers.org](http://www.ndmhcarrers.org)

## Come along to our Meet and Mingle Lunch on the 10th October

Carers, Families, Service Users and Staff are welcome to come along to the 'Meet and Mingle' lunch in the Group Room at Bayheath House in Chesterfield, S40 1JF on Tues 10th October, 12-1.30pm. You can drop in and meet representatives from a host of Black and Minority Ethnic (BME) organisations to celebrate World Mental Health Day. If you are planning to attend please contact [Kerry.malaney@derbyshcft.nhs.uk](mailto:Kerry.malaney@derbyshcft.nhs.uk)

## Learning Disability Carers Community - Free workshops for Family Carers

The Learning Disability Carer Community is offering free workshops in conjunction with National Valuing Families Forum. The sessions are running in September and October and cover topics such as rights under the Care Act and Care and Support Planning. The workshops run between 10am and 3pm and lunch is included.

To book a place visit <http://www.ldcarerscommunity.org.uk/workshops> and complete the form.

## New Engagement Service from Healthwatch

Healthwatch Derbyshire are now delivering a new Mental Health Service Receiver and Carer Engagement Service. The aim is to ensure that people who use mental health services and their carer's are given a greater voice in how health and social care services are run and changed. A wide range of people will be invited to get involved and will include people with Dementia and Autism. They will be invited to share their experiences of all health and social care services, not just those specifically related to Mental Health.

Contact Healthwatch on **01773 88078** for more information or to get involved.

## Creative Carers in Derby City - Time out for Unpaid Carers

It can be hard for unpaid/family carers to find time for themselves. Creative Carers in Derby City offer a relaxing and welcoming space to come to at Haven House, 4 Charnwood Street, Derby, DE1 2GT. You can have a chat and a cuppa, or join in with different activities (e.g. art/crafts, photography, drumming, and much more!) You can also design your own FREE self-care package (e.g. massage, yoga etc). Telephone Creative Carers **01332 227711** or visit the website: [www.creative-carers.org](http://www.creative-carers.org) to find out more about the activities on offer.

## New Facebook page created for Carers in Derbyshire

A brand new Facebook Page has been launched as an online community and information source for carers in Derbyshire:

[www.facebook.com/carersinderbyshire](http://www.facebook.com/carersinderbyshire)

Carers in Derbyshire, a partnership of organisations and family carers in the area, has created the page to keep carers up-to-date with news, events and to give information about local support services. It is also hoped the page will become an online community by allowing carers to communicate with each other and share their experiences.



The Facebook Page was launched on the 2nd August 2017 – please 'like' the page and join the community.

Please send/do not send me a copy of the *Who Cares* newsletter:

(Name) .....

(Address).....

Please tick one:  I am currently a carer  I am not a carer at the moment

Return this slip to: CPA and CCS Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield, S40 3HW