



The Princess Royal Trust
for Carers



Newsletter

June 2007

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CARERS LIAISON GROUP

The first Carers Liaison Group was held on 20th February.

The main topic for discussion was Camden Council's Future Plans for the Long Term Care of Older People.

The meeting was opened with a welcome read out on behalf of Councillor Martin Davis,
Executive member for Adult Social Care and Health.

"I would like to welcome you to the first meeting of the Carers Liaison Group and thank you for giving up your time to help us improve services for Carers in Camden. I am disappointed that I am unable to be with you, but I am at the annual national Age Concern conference today.

I hope that you find the Liaison Group a helpful way for two-way communication between Carers and Council Officers and Councillors and that you find the ability to talk directly to some of my Councillor colleagues useful.

I know that one of the main items for discussion on your agenda today is the 'Serving Older People' consultation and I am keen to hear from as many Camden residents as possible on what is a very important consultation on how we provide care homes to the most vulnerable older people over the next 30 years. Your views today will be collated by officers present and included in the responses, although you can submit a separate individual response instead.

I hope that you find this new Liaison Group a step in the right direction for involving Carers and I would welcome any feedback you can give to officers on how it can be improved in the future. I hope to see you at a future meeting."

There followed presentations from Sophie Martin and Sue Heiser from Camden on proposals for Extra Care Sheltered Housing Schemes and redevelopment of Charlie Ratchford Resource Centre. The strategy upon which the consultation was taking place acknowledged that people were living longer, were much healthier and that future care services needed to be designed to accommodate these circumstances, particularly the expressed desire of older people to remain independent for as long as possible.

Carers raised a number of issues including :

- ◆ the ratio of one to two bed apartments in the new accommodation
- ◆ the size of the rooms
- ◆ the number of apartments being suggested
- ◆ whether or not rehabilitation centres would also be kept and respite care beds

There was also the opportunity for Carers to raise concerns about their individual situations. Council Officers and Councillors would be following up with these and taking appropriate action.

As the individual concerns of Carers had focused around housing it was agreed that the topic for the next Carers Liaison Group on 2nd Oct. would be '**Housing and Carers Needs**'

A full report from the Liaison Group is available from

Peter Holdforth

020 7974 5678

peter.holdforth@camden.gov.uk

THE NEW DEAL FOR CARERS

On 21st February a new package of support for carers was announced by Ivan Lewis MP, Minister for Care Services.

The New deal for Carers will include additional funding for emergency support, a national helpline for carers and an expert carers programme.

Chancellor Gordon Brown also announced there would be the most far-reaching consultation ever on future support to carers, as the 1999 National Strategy for Carers is updated.

Review of the National Strategy for Carers

The first National Strategy for Carers was launched by the Prime Minister in 1999 and led to many changes which have improved carers' lives such as the rise in Carers Premium and the introduction of the Carers Grant to fund breaks for carers. It also laid the foundations for better pensions for carers and the right to request flexible working which came into force on April 6th.

For all its ground-breaking nature, the Strategy did not look beyond 3-4 years of its life.

Carers UK has been lobbying for the Strategy to be reviewed to take stock of where policy has been successful and assess what still needs to be done.

The revised and extended Strategy needs to take account of the changing dynamics of caring and the changing structure of society. There are major issues that need to be tackled such as:

- ◆ How can we change attitudes and understanding about carers among the general public and professionals?
- ◆ How can the current and future workforce juggle work and care?
- ◆ How should care be delivered?
- ◆ How do we make up the care deficit to ensure that families and friends get the support they need?

- ◆ How can we improve outcomes for carers in terms of their own health, well being and life chances?
- ◆ How do we tackle the discrimination that carers face in employment and the provision of goods and services?
- ◆ How can we integrate the areas that are normally overlooked, such as housing and transport?
- ◆ How do we take into account the needs of minority groups and those most excluded?

New rights for working carers

Over two million carers for the first time have the right to ask their employer for flexible working to help them juggle work with caring. The new rights came into force on 6th April under the Work and Families Act 2006 and are as a result of years of campaigning by Carers UK.

One in five carers is forced to give up work, sometimes because they are unable to change their working hours to fit in with their caring responsibilities. Under the Act employees who have worked for their employer for at least 26 weeks can apply for a permanent change to their terms and conditions. Such requests could be for flexi-time, home working, term time working or other flexible working practices. Employers can refuse a request, but must give good reasons and employees have the right to appeal.

Carers UK has produced a booklet for carers "**An employees guide to work and caring**" which sets out carers' rights at work and how to get help.

To order a copy call

Carers UK Publications Hotline

0845 241 0963

or email

publications@carersuk.org

Thanks to Carers UK for the above articles.

WHO DECIDES?

A new law, the Mental Capacity Act 2005, started to come into force on 1 April this year and will be fully in force by October 2007.

This act aims to protect the rights of people who, due to conditions such as dementia, learning disability or brain injury following an accident, lack the mental capacity to make decisions for themselves about various aspects of their lives.

Often relatives, friends or professionals have to take these decisions for them and the act provides some legal protection for those who make decisions and take actions on someone's behalf as long as they have followed the "rules" around doing this set out in the act.

The act introduces new crimes of 'ill-treatment' or 'wilful neglect' of a person who lacks capacity – which is punishable by a fine or prison sentence of up to five years or both.

It also makes some changes to arrangements around giving other people 'power of attorney' to take decisions if someone loses capacity in the future. If you are also an attorney for the person you care for you will have a legal duty to follow a

Code of Practice which accompanies the act.

So the act will be relevant to anyone who has a relative or friend who may lack capacity as:

- ◆ It will clarify the process for caring for people who may lack capacity
- ◆ It will clarify how decisions should be made for your relative or friend if they are unable to make those decisions for themselves
- ◆ It sets out when you should be consulted about decisions made on behalf of your relative or friend
- ◆ It sets out how your relative or friend is protected when others are making decisions on their behalf

If you would like to find out more about how the Mental Capacity Act affects carers, there is a booklet available called ***Making decisions: a guide for family, friends and other unpaid carers.***

You can order this and other booklets about the act by calling

023 80 878038 or **023 80 873036.**

You can download the booklet at:

www.dca.gov.uk/legal-policy/mental-capacity/publications.htm

or come along to the Carers Meeting on **12 June** (see enclosed flyer for details).

CARERS INFORMATION REGISTER

Camden Carers Centre is launching the Camden Carers Information Register.

The Carers Information Register has been developed by Camden Carers Centre and The London Borough of Camden.

By joining, carers will get:

- ◆ an information pack giving details of organisations and services that can help them as carers
- ◆ a quarterly newsletter with news and views about local events – keeping carers in touch with the issues that effect them

The Register will also help to:

- ◆ identify the extent of caring that goes on in Camden

- ◆ help to guide future service developments
- ◆ target services to meet the needs of carers

Carers can join the Carers Information Register by completing the questionnaire enclosed with this mailing and sending it to the Freepost address given – a stamp is not needed.

Questionnaires are also available from **Camden Carers Centre 020 7388 5422** and can be downloaded from the website **www.camdencarers.org.uk**

Please take the time to join the Register – and help to improve the lives of carers in Camden

ACCESS TO ART (A2A)

If managing to get to and around museums and galleries is a problem then A2A can help.

A door to door service is provided, enabling people with mobility needs to visit art exhibitions in London's galleries and museums.

Each A2A member is transported from their home by minibus to the exhibition where A2A volunteers are on hand to offer assistance. All are trained to provide a helpful and friendly service: assisting with wheelchairs, lending a supportive arm or simply being a friendly companion

Members can bring their own carers if they prefer or if they need personal care.

Members pay a small annual subscription and there is a minimum charge for transport.

Members also pay to get into exhibitions at concessionary rates. If you would like more information or to become a member contact:

Access to Art

Kingswood House

Seeley Drive

SE21 8QR

Tel: 020 8761 4898

info@access2art.org.uk

www.access2art.org.uk



SHAPE TICKET SCHEME FOR DISABLED PEOPLE

The Shape Ticket Scheme offers...

- ◆ a wide range of arts and entertainment events across London, often at reduced prices and with no booking fees.
- ◆ a seasonal brochure and up to date online listings are provided for all current events throughout London including assisted performance taking place
- ◆ a fully accessible online, telephone or postal booking service
- ◆ up to date information about each venue's accessibility
- ◆ regular "Meet and Greet" Shape events where you can socialise with other members, volunteers and Shape staff
- ◆ an advocacy network where other members offer advice and encouragement

Who can join...

- ◆ Membership of Shape Tickets costs £25 per year, and you are eligible to join if you are deaf or disabled or if any of the following applies to you:
 - You find it difficult to access arts and other entertainment in London
 - You have difficulty getting out because public transport is not accessible to you
 - You are anxious about travelling or attending an event

If you are unable to get to the venue on your own, Shape has a fully trained team of volunteer Access Assistants who can take you from your home to the event, attend it with you, and return you back home afterwards. You simply book an access assistant when you book your tickets, and it comes at no extra cost to you.

To join contact:

Membership Department

Shape Tickets

LVS Resource Centre

365 Holloway Road N7 6PA

020 7619 6166

020 7619 6161 (minicom)

email bookings@shapearts.org.uk

www.shapearts.org.uk

Camden Books on Prescription Scheme

This scheme is aimed at people who are experiencing common emotional problems.

Your GP or other health professional “prescribes” a self-help book that addresses the particular problem that you are experiencing. The books are selected from a list that has been compiled by psychologists and counsellors which other patients have found useful in helping them with their problems.

The “prescription” can be exchanged for the book at one of Camden’s participating libraries. There is very good evidence that books can help people who have emotional problems – but of course not everyone can be helped in this way.

If you are interested discuss with your GP whether you could benefit from the scheme and receive a “book prescription”

**Cancer Information Collections**

Camden Libraries now have new collections of books about cancer in general and also about specific types of cancer.

The books were bought with financial support from Macmillan and the advice and support of Macmillan and The North London Cancer Network.

For information about the collections contact

John Smith
020 7527 6922 or
Michael Stuart
020 7974 2182

Motability is a national charity, set up on the initiative of the Government in 1977, to assist disabled people with their mobility needs.

The Motability Scheme enables disabled people to obtain a car, powered wheelchair or scooter by using their mobility allowances.

To qualify for the Scheme you must be in receipt of:

- ◆ higher rate Mobility Component of the Disability Living Allowance
- ◆ War Pensioners’ Mobility Supplement and have at least 12 months’ award length remaining when you apply.

Non-drivers can still obtain a car as a passenger, proposing two other people as their drivers, and parents or carers can also apply on behalf of a child aged three or older.

For enquiries about the Motability Car Scheme contact:

Motability Operations
City Gate House
22 Southwark Bridge Road SE1 9HB
Tel: 0845 456 4566
Minicom: 0845 675 0009
www.motability.co.uk

For enquiries about the Motability Wheelchair & Scooter Scheme contact:

route2motability
Newbury Road
Enham Alamein
Andover, Hampshire SP11 6JS
Tel: 0845 60 762 60
www.motability.co.uk



CARERS GROUPS RUN BY CAMDEN CARERS CENTRE

We would very much like to publish letters, poems or articles by Carers in the Newsletter; please contact Claire Wheeler on 020 7388 5422

Camden Carers Centre takes care in compiling the Newsletter and responsibility cannot be taken for any action arising from information given on the pages.

AMY FRASER

Amy Fraser, our Carers Support Worker on the Stroke Unit at the Royal Free Hospital, has left Camden Carers Centre. Amy accomplished a huge amount in the two years she was with us – real changes have been made in terms of support for Carers. She will be sadly missed and we wish her much success for her future.

For now, the Carers Support Group that Amy was running will be suspended. Watch out for further information in the next Newsletter.

Carers support groups are an opportunity to meet socially with other local Carers. They are a chance to share advice and experiences, listen and obtain information from and about Camden Carers Centre. Groups are friendly and welcoming to new members, so please contact us for more information. Camden Carers Centre runs the following groups:

For all Carers - Fleet Road group

It meets on the 2nd and 4th Wednesday in the month from 10am – 12 at the Hampstead Group Practice, 75 Fleet Road, NW3 2QU.

For information contact Claire Wheeler on 020 7388 5422.

For Bangladeshi Carers

It meets every 4-6 weeks.

For information contact Razia Choudhury on 020 7388 5520.



CAMDEN CARERS CENTRE STAFF

Staff based at Camden Carers Centre 5 Crowndale Road, NW1 1TU

Director

Claire Wheeler Tel 020 7388 5422
Email claire@camdencarers.org.uk

Asian Carers Development Worker

Razia Choudhury Tel 020 7388 5520.
Email razia@camdencarers.org.uk

African and Caribbean Carers Worker

Lucy Raymond Tel 020 7383 7156
Email lucy@camdencarers.org.uk

Carers Support Worker – Person-Centred Planning:

Prodeepta Okell Tel 020 7387 4979
Email prodeepta@camdencarers.org.uk

Primary Care Development Worker

Denise George Tel 020 7383 3469
Email denise@camdencarers.org.uk

Staff member based at Swiss Cottage Community Centre 19 Winchester Road NW3

North West Camden Carers Support Worker

Jean Wallace Tel 020 7586 5405
Email jeanwallacecamdencarers@fsmail.net

Staff based at Royal Free Hospital

Carers Support Workers – Hospital Discharge Project

Naomi Feather Monday-Wednesday
Tel 020 7794 0500 Ext 36705 and 07951 586 334 (mobile)
Email naomi.feather@camden.gov.uk

Caroline Allouf: Wednesday-Friday
Tel. 020 7794 0500 Ext. 36705 and 0785 243 1234 (mobile)
Email caroline.allouf@camden.gov.uk

Staff member based at St Pancras and University College Hospitals

Carers Support Worker – Hospital Discharge Project

Jo Standen Monday-Friday
Tel. 020 7530 3586 and 07805 253 641 (mobile)
Email jo@camdencarers.org.uk

Camden Carers Centre also employs a Counsellor, Evelyn Blumenthal, one day a week.
For information about the counselling service please contact Claire Wheeler on 020 7388 5422

CAMDEN CARERS CENTRE

5 Crowndale Road NW1 1TU

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www.camdencarers.org.uk

