



The Princess Royal Trust

for Carers

June 2010



MORAY CARERS PROJECT



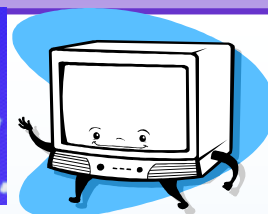
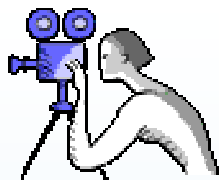
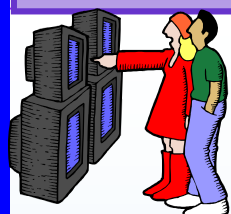
BIG LOTTERY FUND

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LTCAS

Hello from the DIGITAL STORY PROJECT!



Recent funding from the Long Term Conditions Alliance has enabled the Moray Carers Project to create a new project in which we will produce a library of short documentary films about Carers, for Carers.

I'll explain a little about it –

As a Carer, there is now an opportunity to take part in the making of short films **about you**. In these films you have the possibility of communicating your experiences and concerns, as well as showing your contribution to the person you look after, and therefore to your community.

The purpose of the project is to:

- Support both adult and Young Carers to become more active partners with health professionals in the care of the person they look after
- Progress into a resource to raise Carer awareness in professionals and the wider public
- Provide a therapeutic process to increase Carers' confidence
- Support campaigns and awareness-raising education in a dynamic way

I will work with willing Carers to make a variety of films, the method and style of which will depend on our conversations and the films will be distributed depending on your wishes. We hope that in the future we can use a lot of the films in our library, which will be available as a free resource for Carers and others, to raise awareness. This could also develop into a Social Enterprise. We'll also be posting selected films on our Digital Stories web page: <http://moraycarers.co.uk/digitalstories.htm>. However, there is also the option for you to keep the film solely for your own personal use – again, distribution depends entirely on your wishes. The idea is that the process of making and watching your Digital Story can be a really positive experience and an end in itself.

Please do get in contact if you want to find out any more information, or to talk about anything at all to do with the Digital Stories Project. You could want to talk about getting involved personally, or know someone who may be interested, or want to talk about neglected issues in the media. Whatever the question, please get in contact.

I hope to hear from many of you soon!

Will Burgess Digital Story Maker

Hugh and Margaret
Our New Digital Storytellers



Phone: 01343 540990
Post: 227 High Street, Elgin, Moray, IV30 1DJ
Email: will.burgess@moraycarers.co.uk
Windows Messenger: Add me using the above email
Skype: Skype Name: digital-stories
 (Skype full name: MCP Digital Story Project)



FOCUS: Carers Week 2010 - A Life of My Own



This year events will be held between the 14th – 20th June

Carers Week is a national focus of events for and about unpaid Carers, raising awareness of their situation and needs. The publicity throughout the UK is an effective campaign to highlight Carer issues to MP's and professionals, but also helps to promote services available to Carers, encouraging some to register for support for the first time.

The main focus for Carers Week in Moray this year will be on **Wednesday 16th June** - an exciting event to be held in Elgin town Hall organised by the **Carers Service Provider Network** Moray (see more below).

The very successful locally based **Out of Darkness Theatre Company** will provide two different interactive dramas to highlight Carer issues and stimulate useful debate. The morning will be for Health & Social Care professionals, with breakout sessions after the performance. After lunch, to which Carers are also invited, the performance for Carers will be followed by a variety of fun and relaxing taster sessions including an exotic Zumba dance class. There will be an opportunity to enter the **CSPN** logo competition, and we will be having a consultation about the new **Carers Discount Card** the CSPN hope to launch.

Please come to have fun and find out more!

Organisations that provide services for Carers will also be hosting their own events through the week, and we will be having **one of our coffee mornings** for Carers in the office on **Tuesday 15th June, 10am—1pm**, when Will Burgess will talk about the Digital Stories project and answer any questions you may have.

CARERS SERVICE PROVIDER NETWORK (MORAY)

Local Carers services have been meeting regularly for some time now to work together for Carers. As well as the above event, plans are being made to provide a joint information pack for Carers, and for a Carers Discount Card scheme. Working together, we hope to provide more integrated services and information for Carers.

CARER REVIEW

We are keen to update our records and find out how all MCP registered carers are doing. Please find time to complete and return the short questionnaire enclosed with this mail-out. A freepost envelope is also enclosed to send your questionnaire back to MCP.

MORAY CARERS BRAND NEW WEBSITE

We are excited to be able to announce the launch of our new website at www.moraycarers.co.uk MCP accessed specialist support to help design our website and we hope we have created a site that Carers will find interesting and informative. We welcome feedback so take a look and send us an email to let us know what you think. We want to keep building and developing the website so that it really works for you!

WELCOME TO OUR NEW STAFF

We are delighted to have been able to welcome two new people onto our staff team at MCP - Will Burgess (see overleaf) and Debbie Ruppenthal., (administration). Both Will and Debbie are already proving to be great assets and between them have a wealth of skill and experience to contribute to the project.

Debbie is based in the reception area so she'll be the first person you meet when you visit our project. We are getting lots of help from Debbie to improve our computer and admin systems and her support is allowing the rest of us to work even more effectively!

THE PRINCESS ROYAL TRUST FOR CARERS COMMENT ON THE NEW PM AND COALITION

Carole Cochrane, Chief Executive at The Princess Royal Trust for Carers, comments: "During the leaders' debates, both Cameron and Clegg said Carers were unsung heroes and played crucial roles in our society. However, we cannot kid ourselves that singing their praises will solve the problems they face. We therefore call on them both to honour their pledge to support Carers. Cameron said that Carers should have a right to respite and Clegg said one million Carers should receive a budget to ensure they get a break."

MORAY CARERS PROJECT
227 HIGH ST, ELGIN IV30 1DJ
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Mon-Thurs: 10 am—1 pm & 2-4 pm
Friday: 10am-1pm + answerphone