



The Princess Royal Trust  
for Carers

OCT 2010



## MORAY CARERS PROJECT



LOTTERY FUNDED



**\*DIARY DATE: COFFEE MORNING THURS 18TH NOV 10AM-1PM MCP OFFICE\***  
**FOCUS: MONEY MATTERS—JOHN CAMPBELL MONEY ADVISOR**

### “WILL YOU CARE” INITIATIVE UPDATE

We are welcoming a third member of staff—Lorraine—in November, making a clear 3-way focus possible of :

- 1) Locating & registering of new Carers
- 2) GP & Hospital work
- 3) Long Term Condition Management training for Carers

Lorraine will be developing our training programme so that we have flexible and tailor-made options for Carers.

Through our continuing work with GP practices, there is now a “Carer Champion” in each surgery who will liaise with us in raising Carer awareness and practice which is helpful to Carers in GP practices. Chryssy would be glad to hear your ideas of what might be helpful to you or other Carers when you visit your GP. She can then discuss these issues with the Carer Champions and find ways to improve the service for you wherever possible, and encourage the sharing of good practice.

Locating hidden Carers in order to inform and connect them to relevant support continues to be an essential part of our work. The statistics of the numbers of Carers in the region is a useful resource for campaigning and development of services. Our pharmacy initiative continues to be an effective way of contacting people but we are always looking out for new ways. If you know anyone who is an unpaid carer, please encourage them to call us or drop in to the office. We also have freepost cards which are useful to hand out, and Liz would love to hear from you if you have any further ideas. Just knowing there is support available can help Carers continue in their role.

### COUNSELLING

We are so glad to be able to offer Carers this free service in these times of cutbacks. Talking to a trained counsellor can help in so many ways so we encourage any Carers who feel low or overwhelmed, to phone us to discuss whether this could be helpful for you. What you share in a counselling session does not have to relate to your caring role, and is always treated as strictly confidential. We usually manage to arrange an appointment fairly quickly, at a time to suit you.

### CARERS SERVICE PROVIDER NETWORK

We continue to work with other Carer service providers on joint ventures and were pleased at the success of the Carers Week event in June. The film of the powerful performances by Out of Darkness theatre group is now used as part of Carer awareness sessions for professionals.

### DIGITAL STORY PROJECT UPDATE

Well it's been a busy few months! As well as making lots of personal Carers' stories we've made DVDs of filmed theatre performances, collaborated with various organisations on different projects and are now beginning to collate a number of DVDs in the collection. Please get in contact if you want to watch some.

### SCREENING

We are organising a screening in early December, at the Elgin Playhouse Cinema, where we'll be showing a number of films made within the project. We're hoping a lot of you will come and see what we've been up to! If you think you'll be interested then please fill out the enclosed leaflet and post it back in the freepost envelope. Alternatively you can just ring or email me. Please note that there are a limited number of seats so if you do think you'll be interested then please get back to me ASAP.

### GET IN CONTACT

And please do get in contact if you or a Carer you know is interested in making a Digital Story. Remember: the whole process is designed to be a positive experience for the people involved, so please phone or email me for an informal chat anytime!

I hope to see some of you soon,

Will.

**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)

# NEW CARERS STRATEGY FOR SCOTLAND

Scotland's new Carers Strategies were launched on 26 July 2010 and outline support for carers and young carers in Scotland over the next 5 years. These Strategies were developed by the Scottish Government in partnership with the Convention of Scottish Local Authorities (CoSLA), the NHS, voluntary and carers organisations. Carers Scotland has worked closely with the Scottish Government in developing this new strategy.

## Caring Together

The new Strategy for adult carers is called "Caring Together" and has 68 "actions" to enhance and develop better support for carers, including preventing ill health and enabling carers to have a life of their own. Here are the main aims:

- Develop a **Carers Rights Charter** which will consolidate existing legal rights and set out key principles for carer support now and in the future
- Develop **measures to help workers in health and social care identify** carers including **workforce training** to ensure that staff are more "carer aware".
- Take steps to improve Carers Assessments. This will include **workforce training** and the development of **new practice guidance** for staff and **raising awareness** of assessments in the new NHS Inform website's Carers Information Zone
- Improve the **provision of information and advice**
- Ensure that **carers are represented on Community Health Partnerships** to make certain that they are central to the design, development and delivery of services
- Produce **information on issues related to stress experienced by carers** to complement the Government's Steps for Stress programme
- Work with the **Royal College of General Practitioners** and national carer organisations to **improve carer identification and support**
- Ensure that carers aged 40-64 have access to **health checks** including carers in the most deprived areas under the Keep Well Initiative.
- Invest £281,000 in **carer and workforce training** through a grant to the national carer organisations. Subject to the outcome of the spending review the Government will work with NHS Boards to ensure that **carers in greatest need are offered training** to support their caring role and prevent ill health and injury.
- Invest £1 million each year over 5 years to provide innovative **short breaks provision** which will be delivered by the voluntary sector. This is in addition to existing provision through local authorities.
- Promote and encourage **carer friendly employment practices**. Skills Development Scotland will work with the national carer organisations to **promote learning and career opportunities to carers**
- Work to ensure that **better strategic planning and collaborative working** is developed between health and social care to deliver coordinated services and support.

**AS CARERS, THIS STRATEGY SHOULD HELP SUPPORT YOU!  
LET US KNOW YOUR VIEWS ON THIS.**

## BROKE & BROKEN: PRT CAMPAIGN LAUNCH — CARERS BATTLE POVERTY & DEPRESSION

On Thursday 23<sup>rd</sup> September, The Princess Royal Trust for Carers launched the results of the new national survey of 800 carers from across the UK..

You won't be surprised to hear that the results are pretty harrowing. They reveal that that many carers are battling poverty and some are so depressed about their financial circumstances they do not want to wake up in the morning.

Many carers surveyed have spent all of their savings to support the person they care for and fear they will lose their home. To cover basic living needs, some are borrowing at 'loan shark' rates or from family and friends. The added financial pressures are causing them to want to run away from their caring role, while some are turning to alcohol or drugs to cope.

PRT will be urging Secretary of State for Work and Pensions Iain Duncan Smith to increase financial and back-to-work assistance for carers as part of welfare reform, and calling on the government in the Comprehensive Spending Review to honour the pledge they made last June 2010 of delivering improved community support for carers.

To help carers, The Trust is also launching a new guide; *10 things every carer should know* This will be available on [www.carers.org](http://www.carers.org)

**MORAY CARERS PROJECT**  
227 HIGH ST, ELGIN IV30 1DJ

**Mon-Thurs: 10 am—1 pm & 2-4 pm**  
**Friday: 10am-1pm + answerphone**

**PLEASE VISIT OUR WEBSITE: [www.moraycarers.co.uk](http://www.moraycarers.co.uk)**