

Kirklees Local Carers Assets – January 2017

Prepared by Lyndon Peasley Kirklees Council

Kirklees Carers Charter

<http://www.investorsincarers.com/carers-charter.html>

A Charter written by carers which supports organisations to become 'Carer Friendly'. The Charter outlines key principles for organisations to sign up to and provides support for organisations to become 'Carer Friendly'. This positive change is different for each organisation and includes supporting carers who use services and carers who are part of their workforce.

Gateway to Care and Care Navigation

www.kirklees.gov.uk/careandsupport

<http://www.kirklees.gov.uk/community/careSupport/getSocialCare/careNavigation.aspx#contact>

Information and advice

- Navigation through social care system
- Source help and support for the carer and cared-for
- Referrals to social work teams
- Research and refer to relevant support groups and opportunities
- Referrals to relevant preventative services, for example Sensory services, Assistive Technology, Accessible Homes, etc.

Support to complete Carers Assessments

- Wellbeing, emotional, and self-help support
- Support planning and putting services into place
- Signposting to relevant support services

Health Trainers

www.kirklees.gov.uk/community/careSupport/healthWellbeing/healthTrainers.aspx

Training Courses

- Looking after Me self-management courses
- Building Resilience
- Memory Loss
- Safeguarding "Everybody's Business"

Health Trainers

- One to one sessions helping carers better manage their long term health conditions through the use of motivational techniques

Carers Count

www.carerscount.org.uk

Information and Advice

- Signposting to / support to access care services and support
- Carers information events, particularly around Carers Week and Carers Rights Day
- Up-to-date carers information and ongoing engagement via website, Facebook page, and Twitter account
- Newsletter (twice per year) and What's On booklet (twice per year) detailing all courses, groups, etc.
- Benefits advice
- Support with completing benefits applications
- Supporting benefits decision appeals

Training courses

- Rolling programme of training courses including:
 - Speaking Up For Yourself
 - Meditation Course
 - Basic First Aid
 - Moving & Handling Basics Course
 - *and more...*
- New training course are added dependant on demand

Carers and Peer Support Groups and networks

- Various local area groups throughout Kirklees including:
 - Working Carers Meet ups
 - Empowering Carers groups
 - Carers Coffee and Chat groups
 - Huddersfield carers group
 - Dewsbury carers group
 - Batley carers Group
 - Meeting of Minds group
 - Gentle Exercise + Chill and Chat groups
 - Young Adult Carers Group
 - Bookchat group
 - Arts and Craft Groups
 - Bereavement Groups
 - Transitions (focusing on changes)
 - *and more...*
- New groups are established dependant on demand
- Carers networks and supporting carers to have a say about local services

Emotional support and coping strategies

- Emotional support

- Coping strategies
- Wellbeing support

St Anne's

www.st-annes.org.uk

Emotional/therapeutic support to adult carers impacted by someone's Mental Health problem or drug/alcohol misuse

Information and advice

- Signposting to / help to access other services and support
- Carers information events, particularly around Carers Week and Carers Rights Day

Training Courses

- Rolling programme of training courses including:
 - Positive behaviours
 - Computer skills
 - Laughter in mind
 - Confidence building
 - Anxiety management
 - Drug awareness
 - Health eating and healthy lifestyles
 - *and more...*
- New training course are added dependant on demand

Actives, days out, social walks, etc.

Carers Breaks

- Someone who understands Mental Health issues will stay with the cared-for person allowing the carer to have a break

Carers and Peer Support Groups and networks

- Various local area groups throughout Kirklees including:
 - Arts
 - Exercise
 - Drug and alcohol misuse support
 - Lunch clubs
 - Therapeutic sessions
 - Carers Chat
 - Gardening
 - Pics and popcorn
 - Ten pin bowling
 - Wellbeing

- Out and about (rambling)
- *and more...*
- New groups are established dependant on demand
- Carers networks and supporting carers to have a say about local services

Emotional support and coping strategies

- Emotional support
- Coping strategies
- Wellbeing support
- High level / complex emotional support
- Counselling
- Support for families bereaved by suicide
- Intensive emotional support for families in crisis

Pathways

Support to carers of people experiencing mental health difficulties. Referral needed from social care or health professional.

- Psychoeducation based on Mental Health issues

Emotional support and coping strategies

- Emotional support
- Coping strategies
- Wellbeing support
- High level / complex emotional support
- Counselling
- Support for families bereaved by suicide
- Intensive emotional support for families in crisis

Carers Assessment (Mental Health)

- Wellbeing, emotional, and self-help support
- Support planning and putting services into place
- Signposting to relevant support services

Making Space

www.makingspace.co.uk/in-your-community/kirklees/

Information and Support Service to assist carers and people living with dementia in the community.

Information and advice

- Signposting to / help to access other services and support
- Carers information events, particularly around Carers Week and Carers Rights Day

Carers and Peer Support Groups and networks

- Various local area groups throughout Kirklees including
 - Living well with dementia
 - Friday First dementia support group
 - Carers Support Groups
 - Dementia 'drop-in' sessions
 - Head of Steam social groups
- New groups are established dependant on demand
- Carers networks and supporting carers to have a say about local services

Emotional support and coping strategies

- Emotional support
- Coping strategies
- Wellbeing support

Actives, days out, social walks, etc.

Carers Trust

www.carerstrustmidyorkshire.org.uk/

- Paid staff who can undertake personal care and health tasks stay with the cared-for person giving the carer a break. A referral from a social care or health professional is needed.

Admiral Nurses

<http://www.southwestyorkshire.nhs.uk/our-services/directory/kirklees-admiral-nurses/>

Registered community mental health nurses who specialise in dementia care and provide person-centred support to carers and families of people living with dementia.

Support for carers who care for someone reaching the end of their life

<https://www.facebook.com/274535789350172/photos/a.332461366890947.1073741829.274535789350172/760672047403208/?type=3&theater>

Carers Champions within most Kirklees GP Surgeries

Carers Emergency Support Cards

A simple card which has emergency contact phone numbers stating who to contact in case anything happens to the carer so the cared-for person isn't left without support. Carers can ask any carers information and advice provider for one.

Carers Week

<http://www.carersweek.org/>

A national initiative in early June each year to reach out to and raise the profile of carers. Kirklees Carers Services organise many activities and outreach throughout Kirklees during Carers Week.

Carers Rights Day

A national initiative in November each year specifically highlighting Carers Rights. Kirklees Carers Services organise information events about Carers Rights in the run up to Carers Rights Day.

Carers UK

<http://www.carersuk.org/>

A national charity which provides a wealth of data online to support carers and to help services to support carers.

Last Reviewed

23/01/17 ST (PHI)