

EuCHO Newsletter

Enabling Unpaid Carers Hopes and Opinions – The EuCHO Group



Aim: to become established as ‘the go to group’ for engagement with unpaid Carers across D&G.

Occurring 4 times during a calendar year this group’s aims and outcomes will be to:

- To provide a safe forum where unpaid Carers can connect as a group,
- Create learning opportunities in support of the Carer journey,
- To advise and influence the future strategic direction of service provision for present unpaid Carers in D&G and to develop resources for future unpaid Carers
- To ensure the voice of the unpaid Carers is represented and heard at different venues across D&G

*These will be developed and shaped during the course of the year by the group.

The first forum group meeting took place in Dumfries on the 30th March at the Crichton, with a repeat first meeting in Stranraer on 10th May 2023. Further scheduled dates for the year will be announced in due course.

What the groups said:



Based on an initial draft Terms of Reference the group were asked to consider what they thought the EuCHO group should be as it moves forward?

A place where unpaid carers care share their voice. A place where awareness of what an unpaid carer is can be raised. A group that can positively affect care – when the person cared for is an adult. A place where the impact of caring and how it affects carers can be better understood. A place to inform strategy and operations. A place where issues and concerns can be gathered and acted upon. A place to hear from organisations involved with unpaid carers about what they are doing.

Based on discussion around the structure of the EuCHO group the group said:

Need to consider who are members? How does it reach all unpaid carers? How to ensure young carers are included? How are future agendas to be set? How will the group be advertised? What should be the frequency of the group? How do we ensure that discussions/concerns are channelled to the correct forum/strategic group? How do we ensure the group develops ownership over the coming two years? What are the limitations and potentials of the group?

Based on discussion around the structure of the EuCHO group the group said:

Need to consider who are members? How does it reach all unpaid carers? How to ensure young carers are included? How are future agendas to be set? How will the group be advertised? What should be the frequency of the group? How do we ensure that discussions/concerns are channelled to the correct

forum/strategic group? How do we ensure the group develops ownership over the coming two years? What are the limitations and potentials of the group?

General discussion points that were raised for future consideration:

Respect for carers is lacking. Current services are not joined up. Preference to do face to face group– not virtual. Learn better by doing rather than talking about it. Where are the other organisations? None at EUCHO. Who are CTC talking to? Influential with? Is there an inroad to Education / Education Department? Do CTC have connection with Drug and Alcohol Partnership? How can we engage better with advocacy? Be aware that this group cannot be all things to all people. Could flyers and information from other providers be made available at EUCHO. Who else is doing this? And how well are they doing? Anything we can learn?

A taste of topics discussed for future training.

Understanding the legal aspects of Power of Attorney, wills/living wills. Can we develop a FAQ's list and where would this be located? Information about Welfare Rights. How to deal with Psychosis.

Tailor made / bespoke packages and solutions. Understanding sectioning and mental health act. How to lobby MPs – How to be heard. How to communicate with GPs and other professionals. How to de-escalate dangerous / angry situations? IT skills How to be pro-active. Specific training / awareness on brain injury (not dementia). How to dress and undress. Recovery – how to live a full life. How to manage finances. Help with council tax. Help with form filling. Help applying for funding. Assertiveness training

A follow up from each session – possibly an update / newsletter on CTC website to summarise what the group is doing / agreed to do.

At the next meeting and in subsequent meetings (in Dumfries) – What the group said:



The next meeting must have moved on, must progress. Continue to work toward a Vision for EUCHO into the future, including direction of travel, and structure, and timescale for EUCHO. Establish some SMART objectives. Action points – who will do what, how and when. Dumfries want a report back to them after the Stranraer meeting. Find common ground/ themes and collate. Informed action planning Identify main objectives and vision by collecting the individual ones and MOVE forward with the MAIN things. Collate a FIX it list. May need to have sub groups to focus on specific items to be fixed. Can we look at lobbying MPs? We want to look back / follow up what happened at the last meeting – pro's and con's.

What is the planned outcome for the group and how will we achieve it?

Projects presently underway:



The LENS project – podcasts for Unpaid Carers.

A project with unpaid carers who are telling their stories which are recorded and available for other carers and individuals to listen to and hopefully share from. For further information on this project or if you would like to put yourself forward to be part of the project please contact either Cheryl or Lewis on 01387249111, or email Cheryl@caretrain.co.uk or Lewis@caretrain.co.uk

Supporting hospital to home.

This project involves supporting those individuals who are about to become unpaid carers through supporting somebody home from hospital. The project involves offering short 1:1 learning about differing presentations and skills needed to feel more confident in supporting and helping someone return home and live independently. For more information about this project please contact Emma at Emma@caretrain.co.uk or via telephone number 01387249111.

Unpaid Carer Moving and Handling Support.

This project supports unpaid carers who are looking after someone with mobility issues. Following a referral of need one of the team would make contact and arrange to see the person/family in their own home or at one of our training venues. Undertaking this training ensures that you feel more confident and able when moving the person you are looking after. For more information about this project please contact Cheryl@caretrain.co.uk

Training for Unpaid Carers

Training is provided on a rolling programme throughout the year across various locations across D&G on numerous topics that unpaid carers have chosen and identified as required. The recent first meeting of the EuCHO group has further developed this list of training requirements and these will be added to the programme in due course throughout the year. Information about courses can be found on the Unpaid carer page of the website www.caretrain.co.uk or call 01387249111 or email info@caretrain.co.uk

The BRAKE project:

This is a new initiative that aims to support unpaid carers to attend classroom training. CTC have partnered with Bespoke Support services who are able to provide a sitting service for unpaid carers while they attend a training session. Upon request for the service Kelly from Bespoke Support would meet with the unpaid carer and discuss requirements for the sitting service ahead of the planned training session. The sitting service would then only proceed once the unpaid care was fully comfortable and confident with what was agreed. For further information about this service please contact Cheryl on 01387249111, or email Cheryl@caretrain.co.uk.

*due to this being a pilot scheme at the present time this service is mainly Dumfries and surrounding area based

You said we did!



Staff training.

The group talked about hospital and other staff being more familiar with unpaid carers, who they are and what they do. To that end a short learning programme has been developed based around the concept of Think Carer. A demonstration of this course will be available at the next group meeting.

Guest speakers

One of the suggestions at the first group meeting was to have a rolling programme of guest speakers, we are presently liaising with key people to undertake this role and will be advertising this list for subsequent groups shortly.

Other

End of year Unpaid Carer Conference – Where are the other organisations? Watch this space!!

Classroom Training

As previously mentioned new topics will be added to the rolling programme throughout the year.