

## **ELMSWOOD HEALTH CENTRE PATIENT PARTICIPATION GROUP MEETING**

**Wednesday 11<sup>th</sup> March 2015 6.30pm Trevor Clower talked to us about Carer Issues**

**Present:** Shelagh Clarke, John Hackett, Irfan Malik, Ingrid Reid, Amanda Roberts, Helen and Edward Skardowa, Charles Wilson.

**Apologies:** Philip Martin, Mary Simpson, Sue Wilson

Trevor Clower has been a carer for twenty years and runs The Carers' Forum Road Shows and Carer Awareness courses for Nottingham Health Care Trust staff. There is a lot of information available through the road show which even the professionals do not know about. Navigating around the system and finding what one needs is not easy. City and County provide different packages.

There are five sequences of events which happen to any carer:

1. Affects their job
2. Social life evaporates
3. Family and friends tend to dissipate
4. Isolation
5. Deep depression

Ideally carers are identified early and so they can avoid consequence five and ending up a patient themselves. Importantly the GP or other professional needs to identify the carer on their notes and seek permission to use them as a contact point for the care package.

The Carers Act coming into force on April 1<sup>st</sup>. Once your loved one has a diagnosis (can take up to 18 months or more), you do not need to prove how many hours you spend caring. There is to be an onus on professionals to identify carers. Once registered on the system, this is the route to various support packages.

There are 250000 young carers in the country and 50000 of them are under 8 years old! 711 become new carers every year in Nottinghamshire.

### **Next meetings:**

- Friday 10<sup>th</sup> April 2015 2pm Rose Thompson on the outcomes of the "Hear me Now" prostate cancer report
- Wednesday 6<sup>th</sup> May 2015 6.30pm Rose Thompson on the British Heart Foundation (BHF) BME Hearts and Minds project
- Friday 12<sup>th</sup> June 2015 2pm Julie Clifford – Infection Control
- Wednesday 8<sup>th</sup> July 2015 6.30pm Fuddle
- Friday 11<sup>th</sup> September 2015 2pm
- Wednesday 14<sup>th</sup> October 2015 6.30pm
- Friday 13<sup>th</sup> November 2015 2pm
- Wednesday 9<sup>th</sup> December 2015 6.30pm

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### **What is in the News**

Self Help Connect, previously Self Help Nottingham, has roadshows in March around the Nottingham area. They will be spreading the word of what self help groups are available locally and self care to those who may not yet be involved.

<http://www.selfhelp.org.uk/news/1/article/roadshows/>

Latest on Nottingham Dermatology services

<http://www.nottinghampost.com/Nottingham-s-dermatology-services-gone-pan/story-26148884-detail/story.html>

Cost of interpreters for foreign patients at Nottingham's hospitals soars

<http://www.nottinghampost.com/Cost-interpreters-foreign-patients-Nottingham-s/story-26129426-detail/story.html>