

West Glamorgan Carers Liaison Forum



Partneriaeth
Ranbarthol
Gorllewin
Morgannwg

West
Glamorgan
Regional
Partnership

Our Mission

We will work together to improve the wellbeing of carers in West Glamorgan by listening, being supportive and delivering changes through the Regional Partnership that meet the rights and needs of carers.

Our Vision

Unpaid Carers are identified, recognised and supported to care. They have a life alongside caring and have a feeling of well-being, throughout their caring journey.

Terms of Reference

What we want the Forum to be	
Who we are	<p>The Carers Liaison Forum has been set up to enable Carers to have a stronger voice in the West Glamorgan Regional Partnership. We help shape Regional health and care services for Carers and the people they care for.</p> <p>Carers are “a person who provides or intends to provide care for an adult or disabled child”</p>
Our Values	<p>Human Rights is the foundation of the Forum. The UN Convention of Human Rights is central to our values.</p> <p>Our values are:</p> <ul style="list-style-type: none">• Inclusiveness - ensuring equality and accessibility by respecting all and valuing diversity, treating everyone with dignity, understanding and enabling all voices to be heard.• Respect – we recognise our differences and value each other’s viewpoints. We will communicate in plain language and support each other to understand things.• Empathy - showing compassion, patience and kindness to all, supporting and empowering people, creating a space free from judgement.• Collaborative - valuing the strengths, knowledge and experience of each individual, working together with carers, voluntary and statutory partners.• Honesty - working with integrity and transparency to develop trust and respecting confidentiality.• Unity – we respect our differences and are willing to compromise to create a collective voice and find solutions.
Our Vision	<p>To create a forum where Carers can create a collective voice, be heard and help make positive change to health and care services in the West Glamorgan Regional Partnership.</p> <p>Specifically we want:</p>

	<ul style="list-style-type: none"> • Carers to be recognised as the critical third support of the Health and Social Care system. • To be recognised as experts by experience. • To be representative of all ages, ethnicities and types of Carers. • To connect people and networks to one another. • To be an influential and valued voice in the West Glamorgan Regional Partnership and be a critical friend. • To be a safe space where issues can be discussed and solutions found. • To inspire change for the benefit of all carers. • To be able to ask big questions and help find the answers. • To support more carers to participate and take on Representative Roles.
Our Aims	<p>We have the following aims to help us achieve our vision.</p> <ul style="list-style-type: none"> • To be representative of as many unpaid carers as possible in the West Glamorgan Region. • To raise the profile of unpaid carers, ensuring their opinions are valued and their expertise recognised. • To work co-productively as equal partners with voluntary and statutory agencies and influence positive change. • To challenge discrimination, raise issues and resolve problems. • To lobby for change and improvement in services which enable carers to have an ordinary life. • To develop a collective voice for carers ensuring they are included and actively listened to in the strategic planning, design and commissioning of services. • To be experts by experience who can help support change in partner organisations. • To connect carers to form a strong network of support. • To enable carers individual skills to be valued as assets and used to make a positive difference. • To elect/nominate Carer Representatives to Regional Boards. • To enable Carers to join working groups locally, regionally and nationally. • To be able to contribute to strategy and policy development, locally and regionally (and nationally wherever possible). • To lobby for resources to meet the care and support needs of carers and support the forum activities. • To keep these Terms of Reference under review. <p>Aspirational aims that need more exploring by the forum:</p> <ul style="list-style-type: none"> • To meet face to face when possible and continue to offer access to the meeting via the internet. • Training programme to support carers to participate in regional work effectively. • Reward and remuneration opportunities for carers time and effort working with the Region. • To provide a resource for training of health and social care staff (with appropriate remuneration). • Inform and influence local and regional employers about the needs of carers.
How our Forum works	
Membership	<p>We are an open and welcoming Forum. Everyone with an interest in making a positive change for Carers is welcome.</p>

	<p>All we ask is that members are prepared to follow the values of the Forum, are prepared to listen to each other and work together in line with the principles of the West Glamorgan Co-production Charter.</p>
<p>Decision Making (Quorum)</p>	<p><i>Quorum -the minimum number of members of the Forum that must be present at any of its meetings to make the proceedings of that meeting valid</i></p> <p>Chair and or Vice Chair present</p>
<p>Leadership</p>	<p>We have a Chair and a Vice Chair. They are: [Name] Chair [Name] Vice Chair</p> <p>We want other roles to emerge naturally based on the skills and assets that people bring to the Forum. There may be roles to support:</p> <ul style="list-style-type: none"> • Communications – helping on social media and e-mails • Engagement – helping to promote and bring new members in • Event planning – helping to plan or deliver an event • Welcome – supporting new members (buddy). • Wellbeing – supporting people who may need more information or support that the Forum can't provide. <p>If you have a skill or interest then please tell us!</p>
<p>Support</p>	<p>Johanna Davies the West Glamorgan Regional Carers Development Officer provides support for administration, minutes and organises the meetings.</p>