



## CASS The Carers Association

### **Carers Champions Newsletter December 2019**



**Welcome to this quarter's Carers Champion Newsletter.** My role as Health Liaison Worker aims to promote the identification and support of Carers in both GP practices and hospital settings. In this newsletter, I have put together information which Carers Champions may find useful when signposting family Carers within their practice. Do let me know if you would like further information or have found information that may benefit other practices or people in a healthcare setting.

If you would like to discuss any of the following services that CASS is able to offer, please get in touch with me:

- Carer Awareness sessions for frontline medical staff
- Dementia Friends awareness sessions
- Carers Clinics – where I offer one-to-one support for patients who may have issues relating to their caring role. This support centres around talking therapies and is also able to cover practical issues. (There is a small cost attached to this which is payable by the practice)
- To be involved in any events that the practice may hold
- To supply media materials to advertise that you are supporting family Carers
- And a selection of our leaflets and posters which signpost patients who are Carers to our groups for additional ongoing support.



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### **CELEBRATING CARERS SUPPORT**

Congratulations to staff at Holmcroft Surgery, Balance Street Practice and Heath Hayes Practice and Chase Medical Practice who have attended Carers Awareness sessions this quarter.

If you would like to arrange a Carers Awareness session for your staff, please contact me on 01785 220665 / [liz.tolhurst@carersinformation.org.uk](mailto:liz.tolhurst@carersinformation.org.uk)



## **Carer Isolation**

The Carers Trust reports that one in three Carers feel lonely or isolated because they are uncomfortable talking to friends about their caring role. To help to tackle this, CASS runs 9 Carers monthly support groups throughout the South Staffordshire area in **Penkridge, Tamworth, Eccleshall, Wombourne, Stafford, Cannock, Burton, Burntwood** and **Codsall**. Our groups offer advice, support, relaxing activities and the opportunity for Carers to meet and share experiences with other Carers – alongside a warm welcome from CASS. Please contact me for information regarding the group in your area and for leaflets to publicise the group for your patients.

## **BeConnected Tackling Loneliness**

Another service seeking to tackle social isolation and loneliness amongst adults, such as Carers, is the BeConnected programme which offers free to attend activities for anyone over the age of 55 living within the borough of Stafford. Activities on offer include film afternoons, yoga, bingo and brunch – and free transport can be provided. To attend, patients should call Stafford and Rural homes on 0800 111 4554 or visit [www.sarh.co.uk/contact-us/events/](http://www.sarh.co.uk/contact-us/events/).

## **CHS Healthcare Social Care Advice**

CHS Healthcare are the UK's largest independent care advisers for those paying for their own care. They provide a service to assess the social care needs of an individual and then subsequently identify potential care providers. This support is around sourcing residential care and also sourcing domiciliary care in the person's own home. Their service is completely free to families looking for this care. For more information and for leaflets for your practice, contact CHS on 0121 362 8845 / [www.carehomeselection.co.uk](http://www.carehomeselection.co.uk)

## **Inspiring healthy lifestyles Promoting Carer Health and Wellbeing**

Carers often neglect their own physical and emotional wellbeing and may well be appropriate patients to refer to the Inspiring Healthy Lifestyles service. Inspiring Healthy Lifestyles offer a referral scheme for physical activities designed to help improve the health and quality of life of those living in the Cannock Chase and Rugeley areas. Referrals can be made via Health Professionals,

which will lead to a consultation with the Carer to design a personal exercise programme. Activities available include gym workouts, pilates, yoga and golf. Referrals can be made via 01543 504065 / 01889 586260, email: [wellbeingcannock@ihlmail.org](mailto:wellbeingcannock@ihlmail.org)



## **Dementia Support**

Lean on Me is a new sit in service covering the Stafford area which supports Carers of loved ones living with dementia. Their team of trained volunteers can provide Carers with time out for a few hours to enable them to, for example, attend appointments, take part in social activities or have a few hours out. Lean on me is part of the Limewood specialist dementia care centre and their Dementia Outreach Service. The service can be contacted on 07837 317 521 or [leanonme@choiceshousing.co.uk](mailto:leanonme@choiceshousing.co.uk)

*(All information correct at time of sending this email)*

