



Caring for carers

SUMMER 2016

Carers 2 Carers

www.dudleycarersforum.wordpress.com /



Dudley Friend

ISSUE 11



Dudley Carers Forum Email to—carers2carers@live.co.uk

CHAIR: Hello and welcome carers. I hope you are all well and happy. Keep up the "CARERS VOICE".

Carers Week 2016 - June 6th to 12th June
We have two events (see back page).

Communities and building them is the message this year. HEALTH and WELLBEING and KEEP SAFE are the key words for carers enabling community support, living well and feeling safe in the community.

All these words are the describing words of community support from services such as "Vanguard", or all caring working together.

Historically a lot of services still do not link into each other for the wellbeing of customers/patients/carers. Discharges and admissions in hospital planning is a big campaign in the forum.

The forum shares experiences, signposts, campaigns, researches concerns and information for transparency awareness. We have made a difference by putting our voices to places that can make a difference. Carers supporting their cared for people in hospital for example. Or applying for support, carers experiences can be used to feedback to managements to make aware of what goes on at ground level of using services. To show results to make improvements CARERS NEED TO VOICE. Come and join us in the forum. Also we tell the Police of concerns for our safety.

Come join us in our Social activities and go to places new and interesting (see back page.)

THE CARERS ACT 2014

Came into force on 1st April 2015. The wellbeing of the carer is the significant focus. A carer can have an assessment in their own right now and not means tested outcomes. Read the document: NHS England's Commitment to Carers NHS Improving Quality (2014 Commitment to Carers: Report of the findings and outcomes).

We work with Healthwatch to pass on our carer's stories and experiences of finding support, health and social care services, NHS GP's, hospitals and community care. Voluntary groups and volunteers are a big part of the community, "THE GOLDEN THREAD".

The assessments of PIPS and ESA do have to be carried out and this is a lot of paperwork to do. It is interesting that the word "CARER" is not in the forms!! Take a look at DWP Gov forms on the WEBSITE.

The forum describe a carer who cares or looks after, so why is the word not on the forms?

We have meetings on the first Wednesday of each month at 11am to 2pm. You will be made very welcome. Please call Dale Pickin, Dudley CVS, **01384 573381** for booking for catering purposes.

Thank you Dale and Dudley CVS and DMBC For supporting Dudley Carers Forum.

Website for photos and information:

www.dudleycarersforum.wordpress.com

Thank you with love and best wishes from
Janet Down, Chair.

A Message from Janet Down Chairperson Dudley Carers Forum:

The Queens Speech in the State Opening of Parliament 18th May reminded me that POLITICS affect carers lives.

The Government Bills and Acts affect carers lives by their plans, the bills, the laws, benefit and budget cuts, or support thereof.

This is how Politics effect carers lives:
Historically Dudley Carers Forum was formed from the Community Support Act and in 1998 the Dudley Council for Voluntary Service (Dudley CVS) oversaw the founding of the Dudley Carers Forum in part of an umbrella of voluntary support groups that encompass disability care.

The Dudley Carers Forum in 1998 developed their constitution.

This has been amended and updated in 2013 and 2015. The amendments reflect the additional growing needs of the constitution. The constitution is built around the support and information needed to keep carers in the knowledge of standards of the group's missions, objects and aims. Moreover the constitution is built on the foundation of Acts of Parliament that protect people nationally.

The Care Act 2014, Equality Rights 2012, Human Rights Act 1979, Carers Strategy 2014-2016, Children's Act 1989/2004 are some of the Acts that safeguard our wellbeing.

The Dudley Carers Forum has the fundamental rights of health and social care at its heart. Dudley CVS, Healthwatch and the Carers Networks all provide support to Dudley Carers Forum.

The agenda and the minutes are mailed out to carers in advance of forum monthly meetings with the social programme. The website has all the Forum information. The invited speakers and the forum monthly meetings all work towards improving the voice of the carer's rights. The officers work tirelessly to support the carers in the borough of Dudley.

Carers are given the opportunity to speak and voice their experiences and issues both in the forum meetings, or privately, and signposting is a very important role of mutual support in the forum.

A welcome hand is extended to present, past and "hidden" carers.

Very best wishes
Chairperson Janet Down LCGI

Useful contacts:

Janet Down

Chair of Dudley Carers Forum
carers2carers@live.co.uk

Dudley Carers Network
Carers.network@dudley.gov.uk
DMBC
01384 818723

Carers Co-ordinator,
Dudley Group NHS Foundation
Trust & DudleyCVS
01384 573381
carers@dudleycvs.org.uk

Dale Pickin

Administration Officer
Dudley CVS
01384 573381
dale@dudleycvs.org.uk

**Dudley Centre for
Independent Living**
Ken & Tracy McClymont
www.dcil.org.uk

Healthwatch Dudley

03000 111 001
hello@healthwatchdudley.co.uk

Emergency Duty Team

Out of hours social care
0300 555 8574

Adult Safeguarding

01384 818534

Children's Safeguarding

01384 813061

Dudley Council Plus

0300 555 2345

Dudley Group of Hospitals

01384 456111

Dudley Community Information
Directory Website for useful
organisations
www.dudleyci.co.uk

SOCIAL ACTIVITIES 2016



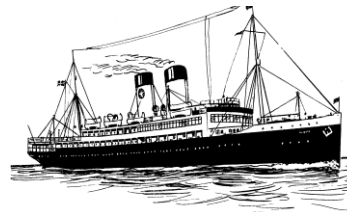
Wednesday 1st June HM Queen Elizabeth II 90th birthday party and forum meeting, everyone welcome.



Saturday 11th June trip to Woburn Abbey and Gardens and Bletchley Park Mansion (home of the Enigma machine) £25 including lunch and carvery.



Saturday 2nd July "Mamma Mia"
Birmingham Hippodrome



17th September MV Balmoral
Steam Ship cruise to the
Menai Bridge and back to
Llandudno



Friday 4th November
chippy and DJ Keith at
Stourbridge Football club



Friday 2nd December,
noon, Xmas Party
at The Lodge



Xmas Party and Forum
Meeting Wednesday 7th
December 2016, 11am
– all welcome

Dudley Carers Forum and Social Club June 2016

The Dudley Carers Forum (DCF) meeting and Social Club meet every first Wednesday of each month at Bank St Methodist Church B Hill 11am- 2.30pm. Meet all carers of all ages and get information and support. Come have a cuppa, lunch is 1pm. Social time, meet new friends.

The Healthwatch team in the Forum listen to your concerns come tell them your story of caring.

Carers can get support from our group let us know. All carers and cared for welcome to come along.

June 1st Wednesday Bank Street, 11am–3pm HM Queen Elizabeth 90th Birthday Party Meeting.

All Welcome to join us to meet and greet and eat at this free party.

Carers Week Dates 6th to 12th June 2016. Our two events so far planned for the week are:

June 7th Tuesday, 12noon–4pm, Carers Party at The Lodge, Wellington Road, Dudley, 2 course carvery, £7.

June 11th Saturday, 8.00am. First pick up at Bank Street Brierley Hill to Woburn Abbey and Bletchley Park Mansion (Enigma machine codebreakers) includes lunch at Woburn and Toby Banbury carvery all for £25.

July 2nd Saturday, 5.30pm. Coach at Albion Street, Brierley Hill, DY5 3EE "Mamma Mia" Birmingham Hippodrome (LIST).

September 17th, 8am, Bank Street, Brierley Hill coach. Day trip on coach to Llandudno to cruise for 3hrs on the MV Balmoral Steam Ship to the Menai Bridge and back to Llandudno for 2hrs. Trip costs each £20. (The ship is not suitable for wheelchair users)

October Friday in progress OLYMPIC quiz night VENUE TO BE ARRANGED.

November 4th, 7pm, Friday chippy night with music by Keith DJ at Stourbridge Football Club, £5.

December 2nd Friday Christmas Party, 12noon, at The Lodge, Wellington Road, two course Xmas meal, £8.

December 7th Wednesday, Forum Christmas Party, meeting 11am to 2.30pm

2017 January 28th Saturday, 5.30pm, coach Albion Street to Birmingham Hippodrome Panto "Dick Whittington", £20 (list).

All Carers plus cared for can book Social Club events in Forum meetings on the first Wednesday of each month, 1.30pm till 2-30pm. Please give your name(s), MOBILE phone numbers/CONTACT DETAILS with your bookings. Please state if you are a wheelchair user for access planning purposes. Calls week days 11am to 4pm to Janet Down 07583321054 or Jane Grainger 07581681129 Or email: carers2carers@live.co.uk for Forum and Social Club bookings, enquiries and updates.

Cheques to be made payable to "Dudley Carers Forum." Please see DCF website for pictures/information.