

CARERS CONNECT NETWORK NEWSLETTER JUNE 2022 / SUMMER ISSUE 17

Make caring
Visible, Valued
and **Supported**



6-12 June 2022

CARERS WEEK 2022

CARERS WEEK PLEDGES

CARERS WEEK EVENT VISIBLE VALUED & SUPPORTED

CARERS & CONFIDENTIALITY

CARER AWARENESS E LEARNING TRAINING

CARER PEER SUPPORT WORKERS

CARERS WEEK FORENSIC UPDATE

TACKLING LONELINESS COLLABORATIVE

NEWS & INFORMATION

Carers Week was celebrated across the Trust with services and partners coming together during this important week. Annual pledges from services have been made helping us to keep the spotlight on carers and families. The Trust has made an overall pledge to help carers and families to connect with others who may be feeling isolated or lonely.

See the latest Trust services pledges [here](https://involve.nottshc.nhs.uk/carers-week/)
<https://involve.nottshc.nhs.uk/carers-week/>



Nottinghamshire Healthcare Trust pledges its services will respond to carers who may feel lonely and isolated by listening to carers and helping them to find groups that offer support and opportunities to connect with others whilst providing information and resources that can help tackle loneliness.

Nottinghamshire Healthcare
Carers Week Pledge 2022
<https://involve.nottshc.nhs.uk/carers-week/>

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CARERS WEEK 2022 Carers Connect Network Event Tackling Loneliness



Visible, Valued and Supported 8th June 2022

WEDNESDAY
8TH
JUNE 2022

Carers Week

Nottinghamshire Healthcare NHS Foundation Trust

Involvement Experience Volunteering

ST JUDES CHURCH
MAPPERLEY NOTTINGHAM NG3 5HE

START 12.30
FINISH 2.30PM

CELEBRATE CARERS WEEK 2022

VISIBLE, VALUED & SUPPORTED

TACKLING CARER LONELINESS

GUEST SPEAKERS

PARTNER ORGANISATIONS ENTERTAINMENT

BOOKING ESSENTIAL

Make caring Visible, Valued and Supported

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[HTTPS://STJUDES.CHURCH/](https://stjudes.church/)

Carer Confident

For the first time since the pandemic began, we celebrated together at a 'face to face' event at St Jude's Parish Church, Mapperley, Nottingham NG3 5HE. We packed in a full programme and for the first time, live streamed the event online for people unable to travel. We were joined by guests and partners including our Chief Executive Officer, John Brewin and Chair, Paul Devlin who presented the Trust Pledge for 2022 which can be viewed on page one of this issue. A perspective of loneliness was shared by the Vicar of St. Jude's Church, John Allister. Stories from individual, unpaid carers Gill and Neil followed giving insight into their lives in this unique role.

Justine Schneider, Professor of Mental Health and Social Care, University of Nottingham shared a clip from a new Dementia Opera. The story of 'Take Care' centres on the working life of Katie, a carer for people living with dementia. The Dementia Carer Chorus are made up of local people who either care for family members or are healthcare professionals with experience of dementia care.

Other presenters included:

Paul Sanguinazzi, Head of Involvement and Experience
Jane Danforth, Involvement and Experience Officer
Scott Pomberth, Carer Peer Support Worker
Fatima Colubali, Nottinghamshire Carers Hub
Kirsty Veitch-Sorsby, Tackling Loneliness Collaborative
Kyle Birkett, Social Prescribing/Health and Well Being Coach



Thank you to everyone who went the extra mile and helped to make this event a success. Nottinghamshire Healthcare staff to mention include Jenny Newman - Multi Media Engagement Manager, the events team, carers Neil and Gill, Tracy Turland - Carer Support Worker, the Involvement, Experience and Volunteering Team and the Carers Connect Network. Jonathan Wright, Jonathan Lee and Jane Danforth provided live music. Seeing so many familiar faces and friends after so long plus many more new people, was a real treat. Here's to Carers Week 2023!

SPOTLIGHT ON TRAINING CARER AWARENESS & TRIANGLE OF CARE



Standard 2 states 'staff should be 'carer aware' and trained in carer engagement strategies'.

Our updated 2022 training is aligned to Standard 2, one of the six standards of The Triangle of Care. The updated version will be available late July. This unexpected delay is largely due to the launch of the E-Academy, Covid and staff availability across services. Whilst almost 500 staff have accessed the course to date, our aim is to increase this number significantly. We're thankful for the support carers, Involvement Carer Leads/Links and staff have shown us. New videos for the six standards of the Triangle of Care have been completed. Here is our [Standard 2 Video](#) Thank you Joe, one of our Carer Connect Members. All videos will be available on our website soon. Thank you to Rushane Oliver in the Digital Engagement Team and E-Learning Lead, Domenic Manfredi. Their incredible patience, skills and support in helping us to relaunch the training have been vital. Available for staff, Involvement Partners and Volunteers.

For information Contact: jane.danforth@nottshc.nhs.uk

Access for staff is via ESR and Connect. [CARER AWARENESS & TRIANGLE OF CARE](#)

CARERS & CONFIDENTIALITY UPDATED FOR 2022 See the updated [version](#)

Working closely with carers, and their families to share information is essential. It helps us to deliver better care and treatment of our service users and patients.

What is confidentiality?

Confidentiality means keeping information about patients safe.
There are rules about confidentiality that we all have a legal responsibility for. These include asking patients what information we can share about them, who we can share that information with and how we share the information.

Two new versions in Plain English and an Easy Read guide will be available soon via our website or the Carers Connect Network.

The importance of sharing information

- **Sharing information** between staff and a carer is often vital to the care and treatment of our patients
- A carer is often the person that knows the patient best
- A **carer's wellbeing** can be improved if we work together

Here's a sample from the Easy Read accessible version below.

Thank you to carers and staff at Rampton Hospital who were the inspiration for the updated version. They felt the language in the guide should be clearer and more accessible. Thanks also to our Speech and Language Therapists across the Trust who helped with the new accessible versions.

What is confidentiality?	
	Confidentiality means keeping information about a Patient safe
	There are rules about:
	<ul style="list-style-type: none"> • what information we can share • who we share information with • how we share the information

Carer Peer Support Workers use their own lived experience to support unpaid carers. This valuable role can make such a difference to the lives of our carers and their families.



Scott Pomberth

Scott Pomberth is a Carer Peer Support Worker for the City Crisis Team (CRHT) based in the Hazel Suite at Highbury Hospital, Nottingham.

Scott uses his lived experience to support Carers and provides support to carers who support an individual with their mental health. Scott was a former carer for his Dad giving him a unique perspective to support others in need.

[See the full article](#)

'Carers rarely put themselves first, so I provide time for carers to think about their own wellbeing'.

Yvonne Davies is Carer Peer Support Worker at Bracken House Recovery Unit in Mansfield, Nottinghamshire She also works on two acute wards, at Bassetlaw Hospital, Ward B2 and Orchid Ward at Millbrook Mental Health Unit.

Yvonne has a wealth of experience as a carer herself She uses her own lived and learned experience to support carers, families, siblings' and friends.

Yvonne offers contact with carers by telephone, home visits, on the ward, or at an agreed and comfortable place to meet.

[See the full article](#)



Yvonne Davies



Emma Bastin

Emma Bastin is a Carer Peer Support Worker for County South Crisis Team based in Highbury Hospital, Bulwell, Nottingham.

She supports the family members of people accessing the Crisis Team. Being a carer peer is important to Emma. She recognises that 'Being a carer can be a very lonely and sometimes frustrating experience'.

Emma currently cares for someone with mental health difficulties and was previously a young carer for someone with mental and physical difficulties. [See the full article](#)

Carers Week Forensic Services Update

Carers Week Forum Wathwood Hospital



carersweek.org


Nottinghamshire Healthcare
NHS Foundation Trust

Wathwood Hospital - Forensic Services

A face-to-face carers event will take place Saturday 11th June 2022 Wathwood Hospital. The focus will be on mindfulness.

Acknowledging a carers role within a patients journey and any support carers may also need.

Carers Week Pledges 2022
<https://involve.nottshc.nhs.uk/carers-week/>

Make caring Visible, Valued and Supported



6-12 June 2022

The Carers Forum at Wathwood Hospital went down well during Carers Week. Families were able to enjoy a summer themed menu with their loved ones with presentations around Self Care and Mindfulness. Lisa Locking, Clinical Matron and the Carers Lead for Wathwood Hospital hosted the group.

Nigel Groves our Involvement Lead for Forensic Services took time to capture the event in a news round up. It's well worth taking a few minutes to [read the full article](#)

Wathwood Hospital is a medium secure inpatient service for male adults proving a unique set of services. including a Farm Shop with lots of opportunities for Patient Therapy and Education.

Wathwood Hospital Pledge 2022

Carers Week Forum Rampton Hospital

Nigel Groves, our Involvement and Experience Lead for Forensic Services shares a blog about Carers Week and Jubilee celebrations at Rampton.
[see the full article.](#)

Rampton Hospital is one of three high security hospitals in England and Wales. The Hospital's mission is to work with commissioners, patients, carers and staff to lead the development and provision of high quality, cost effective, secure forensic health care.



carersweek.org


Nottinghamshire Healthcare
NHS Foundation Trust

Rampton Hospital Pledge

" We pledge to work alongside Carers to focus on how we can improve Carer Communication Links with staff at the hospital."

Carers Week Pledges 2022
<https://involve.nottshc.nhs.uk/carers-week/>

Make caring Visible, Valued and Supported



6-12 June 2022

We want to hear from you! Feedback, both good and bad from carers, families and friends is the way we get to hear what you think and feel about our services and also how we should improve. See page 9 for details of how to leave feedback.

[See how your feedback makes a difference here](#)



Tackling Loneliness Collaborative

The Tackling Loneliness Collaborative (TLC) is a partnership-based group committed to tackling loneliness in Nottingham and Nottinghamshire. Nottinghamshire County Council, Nottinghamshire Healthcare NHS Foundation Trust, Bassetlaw CVS, Nottingham City Council and a diverse group of representatives from organisations, roles, and services within the local NCVS are involved in this important work. They aim to map and support local services tackling loneliness and gain an understanding of loneliness needs within Nottinghamshire. To find out more or to get involved with the Tackling Loneliness Collaborative for Nottingham and Nottinghamshire, reach out to Kirsty Veitch-Sorsby on the Hub or contact: Bassetlaw Community and Voluntary Service on 01909 476 188 or email kirsty.veitch-sorsby@bcvs.org.uk



NEWS & INFORMATION

Help for Carers from Mobilise



www.mobiliseonline.co.uk/help-for-carers



Looking after Someone is a practical and comprehensive guide from Carers UK for anyone caring for family or friends. The guide outlines your rights as a carer and gives an overview of the practical and financial support available.

Read or download the 2022-23 guide below:

[Looking after someone - information and support for carers](#)

[Join Carers UK for support and understanding](#)

Young Carers in Nottingham City

Action for Young Carers is a brilliant website for young carers in Nottingham City, in partnership with Nottingham City Council and The Carers Federation.



See the latest Young Carers news

<https://aycnottingham.co.uk/news/>

Home

A free and confidential service that supports young carers in Nottingham City



Involvement
Experience
Volunteering



EMPLOYERS FOR CARERS 2022 Carer Confident

Nottinghamshire Healthcare aim to build a positive and inclusive workplace for all staff who are unpaid carers. Information is available for staff who are also carers on our Connect Intranet site. Search: 'Carers Information for Managers and Staff'

<https://www.employersforcarers.org/>

All 1.5 million NHS employees, working for NHS providers and commissioners, now have access to the Employers for Carers portal, an online resource providing dedicated information and support on caring. [Supporting-our-working-carers](#)

Advice, help, carer information and support



<https://nottinghamshirecarers.co.uk/>

Carers Space Notts

Carers Space Notts is a new initiative designed as a joint venture by Nottinghamshire County Council, the NHS, Nottinghamshire Carers Association and unpaid carers themselves.

The project aims to bring carers and professionals (from health, adult social care, other county council departments and the voluntary sector) together in one place so that they can mutually benefit from the sharing of knowledge, insight and experiences.



Nottinghamshire Crisis Sanctuaries

Nottinghamshire Crisis Sanctuaries provides mental health crisis support to the communities of Nottinghamshire.

The Crisis Sanctuaries are for anyone near, or at crisis who need a safe space to talk.



Nottinghamshire Healthcare

Carers and Families pages

WHAT CAN CARERS EXPECT



Experiencing Mental Health Caregiving - Unpaid Carers



Nottinghamshire Healthcare
NHS Foundation Trust

Matthew McKenzie

Experiencing mental health caregiving

UNPAID CARERS



Artwork by DTS Works

This book sets out to explore the challenges faced by carers. With insight from unpaid carers, NHS staff, carer peers with lived experience and researchers on what mental health care looks like. Matthew is a former mental health carer who cared for his mother. He's active in carer peer support circles and runs several carer groups in South London. With contributions from Trevor Clower, unpaid carer and Carers Roadshow founder and Scott Pomberth and Jane Danforth from Nottinghamshire Healthcare Trust, both former carers.

Experiencing mental health caregiving - Carer befriending and peer support

Nottinghamshire Healthcare NHS Foundation Trust rep responded



"We train people up as peer support workers or carer peer support workers. We are now employing them in the jobs at the NHS trust. I think as a carer peer support worker, the difference between that and pure peer support worker is that the carer peer has lived experience in caring. ."

Available online or in paperback

Listen to Matthew's video on Carer Peer Support with contributions from Scott Pomberth - Carer Peer Support Worker



Summer Newsletter 2022 - Carers Council Allies in Mental Health

If you need information about the work of the Carers Council contact Peter Robinson,

Peter Robinson, 01623 512607, 07971 487553, peter.robinson930@ntlworld.com

At this current time it's important to note the Carers Council reaches another crucial time for the future of the committee. The 2022 AGM approaches in October. Peter Robinson gave his notice at the last AGM to stand down from the committee in October 2022. Peter is currently Treasurer, Membership Secretary, Newsletter Manager and Web Site Manager. He will be resigning from all posts at the AGM. Without a Treasurer the council won't be able to continue as a charitable organisation. Thank you Peter, for your dedication and commitment over the years.

Carer UK Carers Gain New Rights July 2022

New NHS Integrated Care Boards are now in force across England since July) and carry new duties making them responsible for involving carers and those they care for in decision-making. Carers now have to be involved when decisions are made about changing or developing a service. and There is an expectation of involvement in relation to the patient's prevention, treatment, diagnosis and care.



How was your care?

Service users, families and carers

Make a difference by sharing your feedback.

Fill in one of our survey forms
Please ask reception if you can't see one

Complete the survey online:
<https://rebrand.ly/UserCarerFeedback>

Share your story anonymously on the independent Care Opinion website:
[Careopinion.org.uk](https://careopinion.org.uk)

Share a concern, compliment or complaint:
Call - 0115 993 4542
Email - PALSandComplaints@nottshc.nhs.uk

Making a Difference
Trust Honesty Respect Compassion Teamwork

[See and leave feedback here](#)



Carer comment received via Care Opinion in 2022

'We've got nothing but praise for the whole team - it's just amazing. The timescale between discharge from hospital to the Community Stroke Team ringing, was outstanding and they have made a huge difference'. Nottingham West Community Stroke Team

Carer Comment Received via our Patient & Carer Survey (PACE)

'Provide some information leaflets for carers. There were some things in reception but we left by another door so didn't get chance to pick any up. Giving a questionnaire to my Mum to complete following and assessment where it's clear, it would be beyond her capacity'. (Gedling and Hucknall Memory Assessment Service (MAS))

TuVida East Midlands

Information, advice and support Notts Carers Hub County and City
www.tuvida.org/eastmidlands
email hub@carerstrustem.org

TuVida

CARERS TRUST

Carer Services Near You

Phone: 01158248824

Nottingham City Council Support

Phone: 0115 915 5555

Support for Carers City



Nottinghamshire County Council Support

Phone: 0300 500 8080

Support for Carers County



CARERS CONNECT NETWORK

We are currently meeting online using MICROSOFT TEAMS

Want to join us? Contact: maxine.parr@nottshc.nhs.uk



What do you want to see in the next newsletter?

Contact: jane.danforth@nottshc.nhs.uk



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@InvolveNottsHC