

## CARERS CONNECT NETWORK NEWSLETTER



OCTOBER/NOVEMBER  
2021 ISSUE 14

CARERS & MENTAL HEALTH  
AWARENESS WEEK 2021

TRIANGLE OF CARE UPDATE

SPOTLIGHT ON CARERS  
WATHWOOD HOSPITAL

EMPLOYERS FOR CARERS  
CARER CONFIDENT

NEWS & INFORMATION

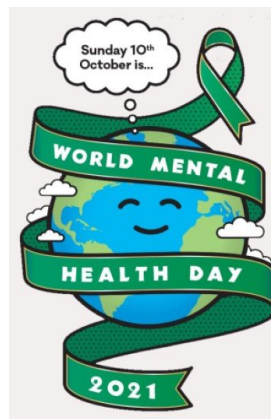
LEAVE YOUR FEEDBACK



### Welcome to our Autumn issue

The Carers Connect Network continues to meet virtually. If you want to join us for information, news and informal support, details are at the end of this newsletter

The theme of this year's World Mental Health Day set by the World Federation for Mental Health, is 'Mental Health in an unequal world'



See the world mental health day website for more information.

[Your Mental Health](#)

Do you need to speak to someone about your mental health?

Contact your local area listed at the end of this newsletter or one of the many national organisations.

[Carers UK](#) Information and guidance to unpaid carers

[Mind](#) Supporting yourself while caring for someone

[Rethink](#) Supporting someone with a mental illness

# TRIANGLE OF CARE UPDATE

## October- November 2021



The Triangle of Care is a national scheme run by the Carers Trust. Nottinghamshire Healthcare NHS Foundation Trust officially signed up to the Triangle of Care in 2015. This means the Trust is committed to a culture that is carer inclusive and supportive.

### What's the latest?

- Staff teams at Nottinghamshire Healthcare teams are completing The Triangle of Care self-assessment forms to show they are meeting the six standards of The Triangle of Care
- Our Carer Leads and Carer Links are working with teams to complete the forms by 30 November 2021
- We review samples of the self-assessments with the Carers Connect Network in December 2021
- We will report to Divisional Quality Groups and People and Quality Committee from December 2021 to January 2022

**Thanks to the Triangle of Care there's many ways we've improved how we work with carers, families and friends.**

### Here's just three examples:

**Community Health** Bassetlaw, Retford and Villages, all staff completed Carer Awareness and Triangle of Care training

**Forensic Services** Arnold Lodge (Leicester) - If a patient has not provided contact details for carers during their assessment, they are asked to identify any family, carer and friend they would like to tell about their admission to the hospital

**Mental Health Services** Let's Talk Wellbeing Notts Service developed a therapy contract with patients which include discussions about confidentiality and sharing information

## SPOTLIGHT ON WATHWOOD HOSPITAL CARERS & FAMILIES

Wathwood Hospital provides medium secure inpatient services for male adult patients. The hospital has 78 beds, 56 of which are located within the main hospital with 22 in The Lodges.

<https://rebrand.ly/Wathwood-Hospital>

Read about how carers and families are supported at Wathwood Hospital and how the carers initiative has developed over the years.

### Wathwood Hospital Carers Initiative

### How we work with Carers, Families and Friends



@WathwoodNottsHC

carersweek.org



Nottinghamshire Healthcare  
NHS Foundation Trust

#### 'Wathwood Hospital - Carers Pledge 2021

**“We pledge to be inclusive and visible to our carers. Carers want to feel listened to and at Wathwood we hear that and will respond to our carers. We also want to acknowledge that we are Carer Confident recognising and supporting employees as carers too”**



7 - 13 June 2021



**Make Caring  
Visible and Valued**

## Dementia Friendly Film Screenings are Back! Mansfield Library

### What can you expect?

- Tickets cost £1 per person
- Low lighting
- A break midway through
- People are free to move around.
- The front two rows have wheelchair spaces available
- A grab rail to assist people to access the second row.
- Fresh air air-conditioning
- Socially distanced seating.
- Tea and biscuits (They may even have some popcorn!)
- **Check out the link here: [Dementia Friendly Film Screenings](#)**



Arts & Culture

### Dementia Friendly Film Screening of Paddington

28 October 2021

Mansfield Central Library

#Comedy #film #musical



Arts & Culture

### Dementia Friendly Film Screening of On Moonlight Bay

18 November 2021

Mansfield Central Library

#Comedy #film #musical



Arts & Culture

### Dementia Friendly Film Screening of The Muppet Christmas Carol

16 December 2021

Mansfield Central Library

#Comedy #film #musical #Family  
#Drama



### CARERS GUIDE TO ATTENDANCE ALLOWANCE

Everything you need to know about supporting the person you care for to apply for Attendance Allowance from Mobilise the online service.

[www.mobiliseonline.co.uk/attendance-allowance](http://www.mobiliseonline.co.uk/attendance-allowance)



### Five top tips to making the most out of your pharmacy

Jonathan Lloyd Jones from the Royal Pharmaceutical Society, shares some of the ways our pharmacies can support us as...

 Mobilisecare / Claire Cook / Sep 21

Are you a carer? Watch this short video, produced by the Nottinghamshire Carers Association to find out more. <https://nottinghamshirecarers.co.uk/>

Advice, help, carer information and support can be found in one place. If you are new to caring, read their guide 'Looking after someone'





Involvement  
Experience  
Volunteering



## EMPLOYERS FOR CARERS 2021 Carer Confident

**Nottinghamshire Healthcare are engaging with our staff to build a positive and inclusive workplace for all staff who are unpaid carers**

Read about how Debbie found herself in a new role of unpaid carer in 2016 for her husband Martin. She had to adapt quickly to lots of changes in her life, both financial and emotional. Debbie spoke about how becoming a carer changed her life; and her husband's life too.

[Your are not on your own](#)

<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](#)



Debbie with Martin

## Nottinghamshire Crisis Sanctuaries

The 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. The service operates from a number of locations around Nottinghamshire. [See more here:](#)



Do you take four or more prescribed tablets a day? Bottles, boxes, sachets, it can take time to sort out your medication every day.

[PillTime](#) is a new kind of NHS pharmacy. They sort your daily medication into handy pouches and deliver them to your door – for free.

Working in partnership with the NHS. Register for free. If you are a carer or family member, you can also sign up for someone else.



## Personal Use

Choose us as your online pharmacy to deliver your prescription, pre-sorted and pouched according to date, time and...

 PillTime / freestyle

**Carers pages :** <https://involve.nottshc.nhs.uk/blog/carers/>

## WHAT CAN CARERS EXPECT



## Carers Quick Guide

<https://rebrand.ly/CarersQuickGuide062021>

### Financial Support in Winter for Carers

Understanding the situation unfolding in the energy market right now may feel confusing and overwhelming. Some carers in our community are feeling anxious. This guide written for unpaid carers, explains the current situation and signposts to financial support you may be entitled to.

[Financial Support and information](#)  
[More help and support](#)



## Carers & Families Feedback Matters

Feedback & Experience: [Tell us what you think here](#)

Read the full story from our Neurodevelopmental Specialist Service Nottingham City Autism Service



### **I can see my daughter as a complete picture now**

After years of accepting my daughter was just a bit 'different' to everyone else, she...

 Care Opinion

Carer Survey Comment  
'Communication could improve as could phone skills. Staff could be more willing to answer questions and give straight answers'.



### [TuVida East Midlands](#)

Information and support Notts Carers Hub County and City

[www.tuvida.org/eastmidlands](http://www.tuvida.org/eastmidlands)

email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)



### [Carer Services Near You](#)

Phone: 01158248824 <https://carerstrustem.org/hub>



### [Nottingham City Council Support](#)

Phone: 0115 915 5555

[Nottingham City Council Coronavirus Information](#)



### [Nottinghamshire County Council Support](#)

Phone: 0300 500 8080

[Nottinghamshire Coronavirus Community Support Hub](#)



### [CARERS CONNECT NETWORK](#)

We are currently meeting online using [MICROSOFT TEAMS](#)

Want to join us? Contact: [maxine.parr@nottshc.nhs.uk](mailto:maxine.parr@nottshc.nhs.uk)



What do you want to see in the next newsletter?

Contact: [jane.danforth@nottshc.nhs.uk](mailto:jane.danforth@nottshc.nhs.uk)



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