

Carers Together

How we all fit into the jigsaw
that is health and social care

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Carers Together, Hampshire Neurological Alliance,
Romsey and District Carers Forum, Hampshire Carers Partnership Board

Why Carers Together was set up

It was set up to:

- Listen to carers and identify their needs and priorities
- Develop the profile of carers and form a larger and stronger voice for carers
- Try to ensure carers are offered informed choices
- Promote local carers services and groups
- Support and link local networks
- Encourage partnerships and working together
- Provide information resources
- Signpost carers to services to help them
- Start to promote the Ladder of Participation (Sherry Arnstein 1969)

What CT Does

It responds to the needs identified by carers – either providing or promoting services that will help them

- Advice
- Advocacy – independent, peer, individual
- Awareness,
- Benefits Advice & Support as an alternative office for DWP
- Carers Drop-ins at different sites & centres
- Carers Information Packs
- Carers Support Groups
- Carers Network Events.
- CALL - Free telephone emotional support - 365 days a year – CALL 08000 3 23456
- Information and Signposting

What CT does

- Mobile Information Trolley – at Southampton Hospital
- Mobile Information Vehicle – in the community
- Newsletters (usually email or facebook now)
- Payroll and Employment Service for people employing their own staff
- Personal planning – Say it Once - LPAs, Advance Care Plans, Personal Profiles, Care Preferences, Wills, Funeral Planning
- Support Planning
- Support with Direct Payments/Personal Budgets
- Support with self-directed support and personalisation
- Training and Awareness courses for carers
- Training and Awareness courses for professionals
- Your Choice Your Support - Respite/take-a-break service,

Current CT Projects

- Carers Training and Awareness – including how to self advocate and how to take an active part in meetings, events, activities.
- Training for professionals in carers issues
- End of caring project – how to see it from the carers perspective
- Your Choice Your Support
- Romsey Rendezvous – community drop-in – no labels here
- Carers Drop-ins at different community sites – and follow up support
- Hospital Information Trolley – and other developments
- Support for families of people with long term health conditions – joint work with Hampshire Neurological Alliance – Information about long term neurological conditions and Knowledge Network
- Hampshire Carers Partnership Board

Interesting and useful information, documents, resources and books

Keeping in touch with change - use all resources including:

- ❖ CQC www.cqc.org.uk/
- ❖ NICE www.nice.org.uk/
- ❖ DWP www.dwp.gov.uk/
- ❖ Carers UK www.carersuk.org
- ❖ www.gov.uk
- ❖ www.parliament.uk
- ❖ www.nhs.gov.uk and CCG Websites
- ❖ www.kingsfund.org.uk
- ❖ www.carerstogether.org.uk
- ❖ www.thinklocalactpersonal.org.uk
- ❖ www.scie.org.uk
- ❖ www.nationalvoices.org.uk

Interesting and useful documents and books

Books, articles, electronic sources e.g.

❖ **Carers and their Rights - the law relating to carers**

This guide (7th edition) describes the legal rights of carers as they apply in England and Wales. It was written by Luke Clements who is the [Cerebra Professor](#) of Law and Social Justice at the School of Law, Leeds University

<http://www.lukeclements.co.uk/wp-content/uploads/2018/05/7th-ed-draft-Carers-Guide-11.pdf>

❖ Care and Support Guidance - <https://www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance#using-the-care-act-guidance>

❖ **Selfish Pigs Guide to Caring – Hugh Marriot**

❖ **Extreme Caring – you have to go on - Stuart Donnan**

❖ Carers Together – Key Statements (admin@carerstogether.org.uk – for a copy)

❖ Caring Behind closed doors - forgotten families in the coronavirus pandemic - Carers UK

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