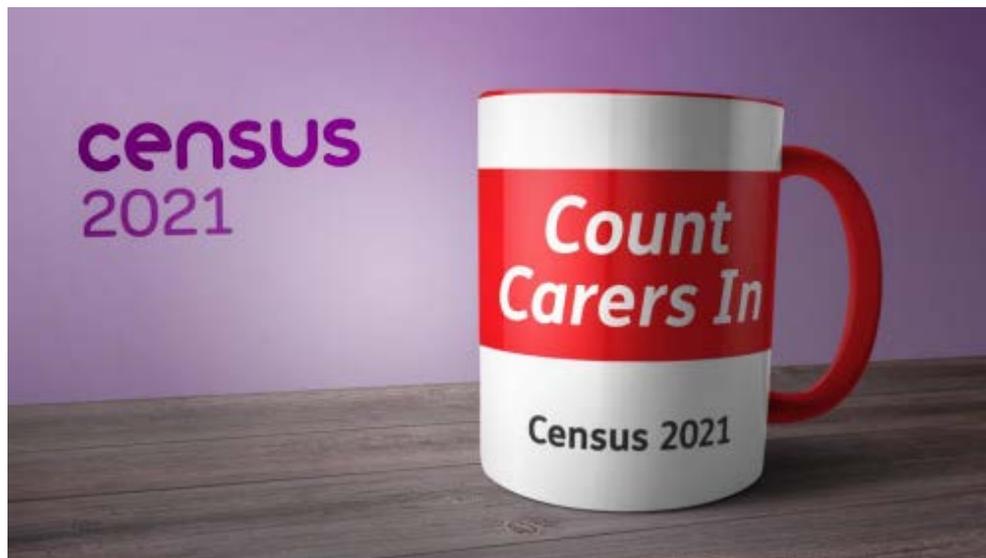


CARERS CONNECT NETWORK NEWSLETTER



MARCH/APRIL 2021

Welcome to our Spring edition of our newsletter. In this edition, we give you an update on our Trust news and information for our carers, families, siblings and friends as we move forward and (hopefully) out of lockdown. There's information on The Triangle of Care 2021 with highlights from John Brewin, our Chief Executive Officer (CEO) who provides us with daily briefings and news around the Trust and the pandemic.

Covid-19 Vaccination advice in different languages

As part of the Virtual Carers Roadshows, offering support to all unpaid carers in Nottingham City & County Trevor Clower has shared this Covid Vaccination advice video in different languages including Urdu, Punjabi, Polish, Hindu, Miripuri and British Sign Language (BSL) presented by Nottinghamshire firefighters. See the video here <https://youtu.be/QJeYQvUIEQU>

Issue 11 March-April 2021



[Equality Diversity and Inclusion carers event. Rampton Hospital](#)

[Thank you and au revoir from Trevor Clower and Volunteering](#)

[Census 2021 - Count Carers In](#)

[The Triangle of Care and Staff Carer Awareness Training E-Learning 2021](#)

[The Carers Council needs you! Your Feedback Matters](#)

[News, Links and Information](#)

Saturday 13th March 2021 Virtual Carer Event Rampton Hospital



Nigel Groves, our Involvement and Experience Lead for Forensic Services shares his reflections in this blog. Nigel has extensive experience within forensic services. His work with patients and staff means he has developed close links with carer leads and link staff. The Triangle of Care standards are used to ensure the voice of the carer and patients are heard. Read more [here](#).

Thank you and au revoir to Trevor Clower

Trevor Clower has been a volunteer with Nottinghamshire Healthcare NHS Trust for over a decade. Many staff tell us they remember Trevor from their Trust induction days and in our face to face training across the Trust.



More recently Trevor has been a vital member of the project team for the new Carer Awareness & Triangle of Care E-Learning training package for staff and volunteers.

We would like to thank you Trevor, for your passion, commitment and unfailing enthusiasm and contributions to improve the lives of service users, unpaid carers, families, Trust staff and fellow volunteers.

We wish you every success in your pursuit of national recognition for the [Carers Roadshows](#).

Census 2021 - Count Carers In



The Census 2021 took place on 21 March 2021 in England, Wales, and Northern Ireland. If you didn't complete it on Census Day you still have time, but don't delay:

<https://census.gov.uk/>

Carers UK has promoted the need for all carers to identify themselves on their census form as part of their **#CountCarersIn** campaign. Census 2021 contains a specific question on the provision of unpaid care: *"Do you look after, or give help or support to, anyone because they have long-term physical or mental health conditions or illnesses, or problems related to old age"?*

It is vital that all those providing unpaid care identify themselves as a carer in this year's census, by ticking 'yes' to Question 24.

Carer Awareness and The Triangle of Care E-Learning is now live



Carer Awareness and The Triangle of Care' is now live on ESR. (Electronic Staff Record) The course is designed to increase understanding of the [Triangle of Care standards](#) and to increase awareness of how and why we should work together with unpaid carers, families, siblings and friends. The course is certificated for three years before renewal. All staff whether clinical or non-

clinical and our Trust volunteers can complete this course by searching the certificated courses on ESR: **186 - Carer Awareness and The Triangle of Care**

The training was co-produced by unpaid carer volunteers and several Trust teams: The Peer Support Development Team, Involvement, Experience & Volunteering, The Family Interventions Team, The Working Age Dementia Team and Domenic Manfredi, our E-Learning lead for the Trust. A huge thank you to all involved and a special shout out to Domenic who showed infinite patience by putting up with multiple changes before we got to launch day!

THE CARERS' COUNCIL NEED YOU!

By Geoff Curtis – Allies in Adult Mental Health



My name is Geoff Curtis and I chair The Carers Council. We have been around for some 20 years and we aim to make life better than it is currently for unpaid carers. Pre-Covid, we held our open meetings every two-months at the Nottingham Mechanics at Sherwood Street, Nottingham.

These meetings consisted of featured speakers and question sessions of up to an hour and then an hour or so of fun just spending time together. During lockdown this has not been possible, but since December 2020 we have been able to meet virtually via Zoom quite successfully and we have kept in touch with our members throughout.

We produce a newsletter on a regular basis, and this goes out as a hard copy or by email. This means membership is not dependent on being computer savvy. See our latest [Carers Council Newsletter](#)

Those of us who have the time, work to make sure that the carers point of view gets to Nottingham City or County's decision makers by meeting these people as often as possible.



We also run a website: <https://www.carers-council.org.uk/> There's lots of up-to-date information on here plus our contact details. Membership is free, again... **MEMBERSHIP IS FREE!**

So, if you think this might be for you then do get in touch, no matter whether you live in the City or County. We want to meet you whether you need help or not *'because we're all in this together* and who knows, your experience may help another carer. We are also in great need for those of you who may be able to take on an active role to join us. Our Committee is small (and about to get smaller) and this will impact greatly on our ability to deliver our aims. Please do not hesitate to contact me: geoffcurtis@gmail.com Tel: 0115 9631916.

We would like to be around for another 20 years!

Thank you in anticipation – Geoff

News, Links & Information



Fairer for Carers - Carers UK are calling on the Government to urgently act to address the financial hardship that many unpaid carers face due to their caring responsibilities. To support carers through the COVID-19 pandemic, Carers UK is calling on the Chancellor of the Exchequer, Rt Hon Rishi Sunak MP, to award a £20 a week

supplement to carers entitled to Carer's Allowance, helping carers manage both the higher costs of caring and the lack of services available to help them stay in work.

2103 people took part in this action, enabling Carers UK to raise awareness of the campaign along with 577 individual MP's.

John O' Connor an unpaid carer and member of our Carers Connect Network was supported by Nadia Whittome MP, who wrote to Rishi Sunak MP, The Chancellor of the Exchequer on behalf of John. See how others were involved in this action: <https://bit.ly/3dgDi2e>



Carers Week 2021 This year, people across the country are continuing to face new challenges as a result of the coronavirus outbreak. During Carers Week, we're coming together to help Make Caring Visible and Valued. Find out how you can get involved: <https://www.carersweek.org/about-us>

Your Feedback Matters!

How good is your care?

We will use what you say to improve our services for patients, carers and families.

Fill in our survey:

Tell us your story:

Your feedback matters. It makes a difference.

Online: bit.ly/NottsHCFeedback

Online: bit.ly/COstoryshare

Over the phone: 0800 122 3135

Why is feedback important? How can we possibly know how to deliver the best care possible if we don't know what it's like to be on the receiving end of our care? Feedback from our service users and their families and carers is critical. Without it, we risk delivering care that fails to make the difference in people's lives that we're aiming for.

Carers, families, siblings, and friends. We need to hear what you think about our services.

You can do this in a number of ways. There are two main ways you can share feedback with us – you can remain anonymous with both:

Feedback survey: <http://bit.ly/NottsHCFeedback>

Care Opinion: www.careopinion.org.uk/youopinion



Or phone Care Opinion free to leave your story Tel: 0800 122 3135



Patient Advice and Liaison Service

Tel: 0115 993 4542 Email: PALSandComplaints@nottshc.nhs.uk

PALS and Complaints Forensic Services Tel: 01777 247396

Links and Information

Our latest blog posts with information and support for carers, families, siblings and friends can be found here: <https://involve.nottshc.nhs.uk/blog/carers/>

TuVida Nottinghamshire Carers Hub



Free, confidential advice and information.

www.tuvida.org/nottinghamshirehub

Access to employment, training and volunteering: Phone: 0115 8248824

The Carers Hub: email:
nottinghamshirehub@tuvida.org



Nottingham
City Council

Nottingham City Council

Phone: 0115 915 5555 [Coronavirus Information](#)



Nottinghamshire
County Council

Nottinghamshire County Council

Phone: 0300 500 8080 [nottinghamshire-coronavirus-community-support-hub](#)



Join the Mobilise community

<https://www.mobiliseonline.co.uk/>

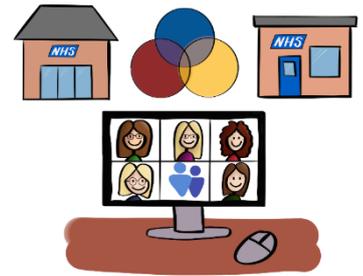


Age UK [Helping a loved one, advice and information.](#)



Connect Network Meetings

All welcome. If you want to attend a meeting or send apologies, please contact Maxine Parr on Microsoft Teams (MST) or via e-mail: maxine.parr@nottshc.nhs.uk
[careers-connect-network](https://www.nottshc.nhs.uk/careers-connect-network)



Date	CARERS CONNECT NETWORK 2021	Venue
Mondays	Please note: All meetings unless stated, now take place on Mondays	MST
17th May	10am – 12 noon	MST
19th July	10am – 12 noon	MST
20th September	10am – 12 noon	MST
15th November	10am – 12 noon	MST
2021- 22 Triangle of Care Self – Assessment Schedule		
July 2021	Guidelines will be sent to all Carer Lead Staff for distribution and completion	
Early November 2021 date TBA	The completion deadline for the self-assessment forms to be submitted at the beginning of November 2021	
Late November 2021 date TBA	Reviews of these plans will take place throughout November 2021	

Other News:

[Public Face Issue 260](#)

Public Face shares news about patient and public involvement (PPI) activities in health, social care and research to 513 stakeholders in the East Midlands and beyond

Adult Mental Health Virtual Carer Support Group



**4th Thursday of every month, 3.00 to 4.30pm
Via Microsoft Teams**

This is a relaxed, informal group for those who support/care for someone with a mental health condition.

The group is facilitated by Healthcare Professionals and offers information, support, social opportunities and a chance to speak to others with a similar experience, to share a greater understanding and knowledge of being a carer.

Please discuss with your Mental Health Worker if you wish to attend.

Alternatively you can email:

bftenquiries@nottshc.nhs.uk

Or call 0115 969 1300 Ext 15345