

# Community & Carer Support Bulletin

Spring Edition 2022

## Carers Week 2022

*Monday 6th June- Sunday 12th June*

### What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Carers across the country are continuing to face new challenges as a result of the COVID-19 pandemic. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

They need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding. So, during Carers Week, we will come together to help 'Make Caring Visible and Valued.'

*Please see the next page for the timetable of what events **Wolverhampton City Councils Carer Support Team** are hosting in aid of carers week 2022.*

### Inside this edition

Carer's Week Timetable	2	What's on in your community	8
Short Break Caravans	3	ReSPECT	12
Lighthouse Sessions	4	Carers Strategy Update	13
Johns Campaign	5	V4P	14
This is Me	6	Admiral nurses	16
Word Search	7	BCHNFT Retention	18

# Carers Week 2022 Timetable

## Carer Support Pop up Stands

Location: **GP Surgery,**

*Newbridge Surgery, 225 Tettenhall Road, WV6 0DE and*

*Cannock Road Medical Practice 60-62 Cannock Road, WV10 8PJ*

.....  
**Tuesday 7th June - 1pm - 3pm**

## Wolverhampton Organisations networking event

Location: **Bantock Park Coach House,**

*Finchfield Road, Wolverhampton WV3 9LQ*

This event is an opportunity to speak to professionals and gain a understanding off different support available from organisations who could further help support you and your caring roles.

.....  
**Wednesday 8th June - 11am - 3:30pm**

## Carer Support Pop up Stand

Location: **Central Library Foyer, Snow Hill, Wolverhampton, WV1 3AX**

.....  
**Thursday 9th June - 1pm - 3pm**

## Walk and Talk Event

Location: **West Park.**

Meeting at West Parks band stand area where we will go for a stroll around the park, finishing in the tea rooms for refreshments.

.....  
**Friday 10th June**

## Carers Pub Lunch

If you would like to attend the pub lunch, please contact the **Carer Support Team on 01902 553409** leaving your name and telephone number. This event has limited availability and will be on a first come first serve basis. ***This offer is only available for ONE carer along with the person you look after.***



# Short Breaks

Porthmadog, North Wales & Burnham-on-Sea, Somerset

**Carer Support** are pleased to be able to offer families the opportunity to stay in a fully adapted static caravan at a greatly reduced cost.

*To be eligible to use the caravans all of the following must apply:*

- The Carer must have had a recent Carers Assessment
- The Carer must be looking after a person with a disability, illness, or mental health need.
- The person you care for must live in Wolverhampton

**This holiday is only available every three years to ensure other carers can also have a break.**

The static caravan sleeps up to six people, with an en-suite double bedroom, a twin room and a double pull out bed in the lounge. The accommodation is fully furnished and equipped for your stay. Sheets and pillows are included in the rental fee. The mobile home has a large accessible decked area which is gated and secure for young people to enjoy being safe outside.

- Ramped access fully adapted caravan.
- The hire cost includes electric, gas and passes to the leisure facilities.
- Sleeps up to 6 people
- Parking available next to the caravan
- Includes passes to leisure facilities at the holiday park.

**For further details and booking enquires please contact the Carer Support Team.**

*Please note: Carer Support is unable to pay any transport costs of getting to and from the caravans or any travel expenses incurred during your stay.*



# Carer Support Light House Face-to-Face sessions

Come along to the lighthouse and join Charley and one of the team for a refreshment and a chat, the lighthouse sessions are a great opportunity to get out the house and socialise with other carers.

*Sessions are held once a month on a Friday.*

- **Friday 22nd April**
- **Friday 10th May**
- **Friday 24th June**
- **Friday 22nd July**

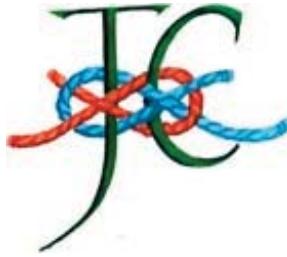
*Each session will be 10am - 12pm at the Light House*

**Light House Media Centre, Fryer Street, Wolverhampton WV1 1HT**

*Any questions or queries please contact The Carer Support Team and ask for Charley Bond on either:*

*Telephone: 01902 553 409*

*Email: [carer.support@wolverhampton.gov.uk](mailto:carer.support@wolverhampton.gov.uk)*



# John's Campaign

**for the right to stay  
with people with dementia**

**for the right of people with dementia to be  
supported by their family carers**

## ***Royal Wolverhampton NHS Trust Pledge:***

**Johns Campaign** is named after Dr John Gerrard, who sadly passed away in November 2014 after a catastrophic stay in hospital. His story told by his daughter was the spark of the campaign.

*John's campaign has a single, simple message:*

*'No one should enforce disconnection between family carers and those who need their expert knowledge and their love.'*

This message should be enforced in all services such as care homes, hospital appointments or the GP surgery. Johns Campaign identifies that families are never just 'visitors' to a person with dementia they are an essential part of that person's life and the best means of connection and communication with the world.

For further details visit the Johns Campaign website at <http://johnscampaign.org.uk> which outlines the history of John's Campaign, showcases the voices of some of those who have provided its inspiration and support, and provides details of the organisations John's Campaign has worked in partnership.

# This is Me

'This is me' is a simple leaflet for anyone receiving professional care, who is living with dementia or experiencing delirium or other communication difficulties.

## A support tool to enable person-centred care

'This is me' can be used to record details about a person who can't easily share information about themselves. For example, it can be used to record:

- a person's cultural and family background
- important events, people, and places from their life
- their preferences and routines.

The leaflet can be used in any setting – at home, in hospital, in respite care or in a care home.

'This is me' helps health and social care professionals better understand who the person really is, which can help them deliver care that is tailored to the person's needs.

It can therefore help to reduce distress for people with dementia and their carers. It can also help to overcome problems with communication and prevent more serious conditions such as malnutrition and dehydration.

**“It is a brilliant, simple product which I highly recommend.”**

*Carer of a person living with dementia*

**This is me should be completed as early as possible and updated as necessary.**



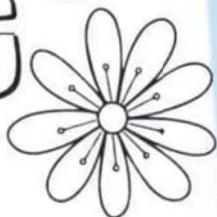
To download or print the 'This Is Me' document from home visit the Alzheimers Society website on: [alzheimer.org.uk](http://alzheimer.org.uk) and search **This Is me**

*For more Information or support completing the document contact the Dementia connect team on **0333 150 3456**.*



# SPRING

word search



B	L	O	S	S	O	M	S	E	K	T
E	L	D	D	U	P	R	T	B	I	U
K	G	A	R	D	E	N	G	N	T	L
C	A	S	N	W	B	X	T	R	E	I
I	M	O	O	L	B	U	L	A	O	P
H	R	L	L	E	A	Y	N	I	P	W
C	F	B	E	N	I	H	S	N	U	S
X	B	U	T	T	E	R	F	L	Y	T

Find these Spring words:



grow  
butterfly  
flowers  
bunny  
sunshine

bee  
chick  
blossom  
rain  
tulip

bloom  
puddle  
kite  
garden



# WHAT'S ON in the Community

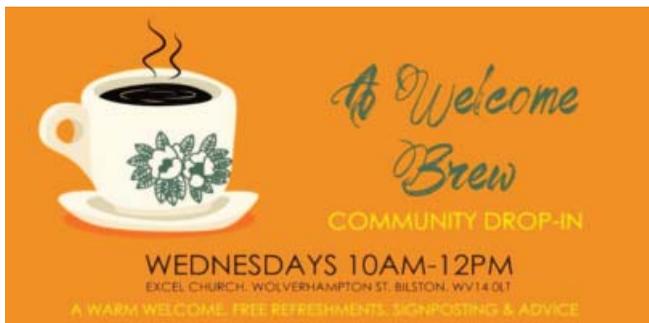
## Bilston Peoples Centre

### *A Welcome Brew Community Drop-In:*

This is a warm and welcoming café style drop-in where anyone is welcome to come in for a hot drink and biscuits. It's free of charge and is a safe space in the community for people who might need a break or who are feeling lonely, to come in and be sure of a warm welcome.

The drop in café also provides low level advice, guidance and signposting to other services as well as a variety of resources to pass the time e.g., jigsaws, colouring, games etc.

**Time:** 10am-12pm **When:** Every Wednesday **Venue:** Bilston Peoples Centre.



## Arthritis Action

### *Online Arthritis Action Groups:*

Join the group and share your hints, tips and experiences with others about how you can manage your arthritis with confidence. Arthritis Action runs multiple groups each month using the online platform zoom.

These groups help people with arthritis meet others in the same situation, it enables them to learn more about their condition and share tips on how to manage it, along with the chance to chat with others and reduce isolation in the community.

For dates and to join visit [www.arthritisaction.org.uk/media-centre/events/](http://www.arthritisaction.org.uk/media-centre/events/)



# Asian drop-in group

## Asian memory support:

Are you or someone you know worried about your memory/diagnosed with dementia? If so, then the Alzheimer's Society drop-in centre is here for you.

*You can talk to Anuja (Dementia Advisor) in Punjabi, Hindi, Urdu or English.*

**Venue:** Lakshmi Sweet Centre,  
200 Dudley Road, Blakenhall, Wolverhampton, WV2 3DT

**When:** 1st Thursday of every month, 10am-12pm

**Contact:** [blackcountrydementiasupport@alzheimers.org.uk](mailto:blackcountrydementiasupport@alzheimers.org.uk)



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# Grand Theatre Dementia Café

Wolverhampton Grand Theatre host three dementia cafés every month. They are committed to reaching as many people as possible though the magic of live theatre and their memory cafés provide a morning of live entertainment to those living with dementia and their loved ones or carers.



## The cafés are free to attend.

**Venue:** Wolverhampton Grand Theatre,  
Lichfield Street, Wolverhampton, WV1 1DE

**When:** Last Thursday and Friday of the month:  
Thursdays - 10am & 2pm | Fridays - 10am only.

*For more information or to book your free ticket please contact:*

**Remy Lloyd** via e-mail: [remyl@grandtheatre.co.uk](mailto:remyl@grandtheatre.co.uk)  
or the **Box Office** between 4pm-6pm on weekdays, 01902 429212.

# What's on in the Community

## Dementia friends

Dementia friends is a social group for carers looking after someone with dementia. It is hosted in a quiet and peaceful environment with a friendly atmosphere, this group gives carers the opportunity to discuss problems and experiences and to exchange information with other carers.

**Venue:** Jubilee Room Christ Church,  
Tettenhall Wood, Wolverhampton WV6 8NQ

**When:** First Friday of every month, 11:00am-13:00pm

**Contact:** Tom on 01902 831694



**Has your child received an autism diagnosis?**

Join the National Autistic Society's EarlyBird Plus programme to understand more about autism and how you can support your child.

**EarlyBird Plus programme**

Meet other parents and share experiences on an online programme, designed for parents of children aged from 18 to 16. We will offer you individualised advice and support your child including:

- supporting transition
- understanding sensory differences
- managing life
- managing behaviour

We encourage you to attend the sessions with a professional and to bring a friend to help you with any questions.

**This is your local licensed EarlyBird Plus group leader, trained by the National Autistic Society.**

Click here for more information.  
Name: **Richard Wilson**  
Contact: [Richard.Wilson@wolverhamptonchristchurch.org.uk](mailto:Richard.Wilson@wolverhamptonchristchurch.org.uk)

**Information and support**

Get free resources and expert advice on a wide range of issues affecting autistic people and their families.

Visit [www.autism.org.uk](http://www.autism.org.uk)

## Tettenhall Wood School

Tettenhall Wood School runs the **EarlyBird Plus Programme**, this is a ten-week course for parents whose children have a diagnosis of autism.

This programme offers advice and strategies in a small group setting to help support families.

**These groups tend to run every term, the next one will be starting in May.**

## Wolverhampton Information and Support Service

### Coffee and Chat:



A friendly coffee and chat session to discuss support, processes and advice relating to SEND support for your child or young person. Bring your cuppa and your questions.

**Venue:** [www.eventbrite.co.uk/e/coffee-chat-tickets-274214090727](http://www.eventbrite.co.uk/e/coffee-chat-tickets-274214090727)  
Virtual Chat Room

**When:** Wednesday 6th July 2022 | 10.30- 11.30am



# What's on in the Community

## Compton Care Bereavement Information Hubs

Compton care are pleased to offer both virtual and community-based Bereavement Information Hubs, weekly and monthly.

All hubs are COVID-19 compliant and safe for participants to attend.

### *Monthly Bereavement Hubs:*

#### **First Monday of the month, 1.30pm - 3pm**

**Wombourne Library**, Church Road, Wolverhampton WV5 9EZ

.....

#### **Second Wednesday of the month, 10am - 11.30am**

**Gloucester Street Community Centre**,  
1-8 Gloucester Street, Wolverhampton WV6 0PT

.....

#### **Second Friday of the month, 2.15pm - 3.45pm**

**Perton Library**, Severn Drive, Wolverhampton WV6 7QU

.....

#### **Last Wednesday of the month, 10am - 11.30am**

**Bilston's People Centre** (*behind Excel Church*),  
Wolverhampton Street, Wolverhampton WV14 0LT

.....

#### **First Friday of the month, 11am - 12.30pm**

**Living Well Hub**, 2 St Georges Parade, Wolverhampton WV2 1BA  
(*Specifically for people from the South Asian community*)

.....

*If you would like to join a hub or find out more information, contact **Compton Care** on:*

*Telephone:* **01902 774570**

*Email:* **compassionatecommunities@comptoncare.org.uk**





# ReSPECT is now in use across Wolverhampton.

**ReSPECT** Recommended Summary Plan for Emergency Care and Treatment

Full name: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
 Address: \_\_\_\_\_ NHS/CHI/health and care number: \_\_\_\_\_

1. This plan belongs to:  
 Preferred name: \_\_\_\_\_  
 Date completed: \_\_\_\_\_

The ReSPECT process starts with conversations between a person and a healthcare professional. The ReSPECT form is a legal record of agreed recommendations. It is not a legally binding document.

2. Shared understanding of my health and current condition.  
 Summary of relevant information for this plan including diagnosis and relevant personal circumstances: \_\_\_\_\_

Details of other relevant care planning documents and where to find them (e.g. Advance or Anticipatory Care Plans, Advance Decision to Refuse Treatment or Advance Directive): \_\_\_\_\_

I have a legal welfare proxy in place (e.g. registered welfare attorney, person with parental responsibility) - if yes provide details in Section 8  Yes  No

3. What matters to me in decisions about my treatment and care in an emergency  
 Living as long as possible matters most to me: \_\_\_\_\_ Quality of life and comfort matters most to me: \_\_\_\_\_  
 What I most value: \_\_\_\_\_ What I most fear / wish to avoid: \_\_\_\_\_

4. Clinical recommendations for emergency care and treatment  
 Prioritise extending life  Balance extending life with comfort and valued outcomes  Prioritise comfort   
 Clinician signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Now provide clinical guidance on specific realistic interventions that may or may not be wanted or clinically appropriate (including being taken or admitted to hospital or receiving the support) and your reasoning for this choice: \_\_\_\_\_

**SPECIMEN COPY - NOT FOR USE**

CPI attempts recommended for adult or child: \_\_\_\_\_ For modified CPI Child only, as detailed above: \_\_\_\_\_ CPI attempts NOT recommended for Adult or child: \_\_\_\_\_

www.respectprocess.org.uk

**ReSPECT** was launched across Wolverhampton on 1st September 2021, and is now being used in New Cross Hospital, Compton Care, the community, in care homes and in primary care. The **ReSPECT form** is now replacing the red border DNAR form (Do Not Attempt Resuscitation) which is no longer available at New Cross Hospital.

A **ReSPECT form** is patient held and travels with the person when they change care settings for example, being discharged back home, to any care setting or to a care home, or when attending a hospital appointment for a consultation.

*The form allows the individual to document their wishes for any emergency situation, not just for resuscitation wishes.*



Recommended Summary Plan for Emergency Care and Treatment

# Draft All Age Carers Strategy Update

**Carers are being invited to complete a short survey to confirm whether the key priorities identified in Wolverhampton's draft All-Age Carer Strategy are the right ones.**

The City of Wolverhampton Council has previously engaged with carers and partner agencies on the development of the strategy which has led to the identification of five key priorities: Employment and financial wellbeing; Services and systems that work for carers; Supporting young carers; Recognising and supporting carers in the wider community; and Building research and evidence to improve outcomes for carers.

The council now needs carers to confirm that these are the right priorities, and that they agree with the steps that the council and other stakeholders plan to take to achieve them. *A short survey is available online until 29 April at:*

***<https://consultation.wolverhampton.gov.uk/adults/vision-for-the-all-age-carers-strategy-2022-2027>***



**Becky Wilkinson, Director of Adult Social Services**, said: *"Carers play a crucial role in our local community and have a hugely positive impact on the lives of the people they support.*

*"It's vital that they are given as much help as possible to enable them to carry out their caring role, and that's what we hope to achieve through the new All-Age Carers Strategy for Wolverhampton.*

*"We need to be sure that the priorities it contains are the right ones and so, if you are a carer or you know someone who is, please take a few moments and let us know."*



Supporting carers is a key commitment of the Wolverhampton Cares initiative. Launched by the council and key partners last autumn, it has seen a package of help and support put in place to help the local health and social care sector through the Covid-19 pandemic and beyond.

**To find out more, please visit [Wolverhamptoncares.co.uk](http://Wolverhamptoncares.co.uk)**



# VOICE4PARENTS

## IS WOLVERHAMPTON'S INDEPENDENT PARENT CARER FORUM

**Voice4Parents is Wolverhampton's independent Parent Carer Forum, representing the views of parents and carers of children and young people with special educational needs and/or disabilities (SEND) in Wolverhampton.**

We have a steering group who seek the views and experiences of parents and carers within Wolverhampton to make sure services and the local authority know what is working well and where improvements can be made.

**Voice4Parents'** steering group is made up of parents and carers whose children are aged between 0 and 25 years and have a wide range of additional needs. Steering group members are from differing communities and backgrounds and all share a common purpose, to ensure the voice of parents and carers in Wolverhampton remains at the heart of service planning and delivery.

The steering group works in co-production (as equal partners) with the local authority, and with professionals in education, and in health, as well as other providers to make sure the services they plan and deliver meet the needs of children, young people and their families within Wolverhampton.

They meet regularly with key SEND leads from the local authority and health care providers and share common views and experiences, working together to make positive changes to services that children and young people aged 0-25 and their families receive.



*'giving a voice to parents & carers  
of children & young people (0-25)  
with additional needs'*

# VOICE 4 PARENTS WOLVERHAMPTON

The steering group helps us to keep in touch with parents and carers across Wolverhampton by becoming a wider group member of Voice4Parents.

Its FREE and in return we will add you to our mailing list to ensure you are:

- kept up to date with news, and what's happening in Wolverhampton
- invited along to events, drop-in sessions and focus group meetings
- invited to be involved in local and national surveys and consultations



*You can also follow Voice4Parents on Facebook  
and join our closed Facebook page.*

You can also head to our website [www.voice4parents.co.uk/useful-information](http://www.voice4parents.co.uk/useful-information) where you can find useful resources such as **Voice4Parents jargon buster**, a list of words, terms or acronyms you may have heard from time to time at appointments and meetings for your child or young person as well as Voice4Parents document **"Useful Information for SEND Families"** containing useful links and information for Parents and Carers of children and young people with SEND, living in Wolverhampton.





## ADMIRAL NURSES

*Admiral Nurses provide the specialist support that families need to face dementia. When things get challenging or difficult, Admiral Nurses work alongside families, carers and people living with Dementia giving the compassionate one-to-one support, expert guidance, and practical solutions to families with high complexities, helping them to live more positively with dementia in the present, and to face the challenges of tomorrow with more confidence and less fear.*

Admiral Nurses are continually trained, developed, and supported by Dementia UK, and offer their skills to further enhance the level of expertise with local health and wellbeing departments, though raising awareness of Dementia and supporting professional development.

### Contact details:

The **Admiral Nurse Service** is based at **Brooklands Health Centre**, Brooklands Parade, Wolverhampton, WV1 2ND Monday – Friday 8am- 4pm (*excluding bank holidays*).

They can be contacted on **01902 442422** or by email to either **Stacey.harrison3@nhs.net** or **wonda.heritage@nhs.net**

Referrals are completed via **Admiral Nurse Referral form** and emailed to: **bchft.admiralnursereferrals@nhs.net**

*When referring to the service you are referring the carer not the cared for.*

# Admiral Nurse Service

*Providing specialist support for families facing dementia*

## Referral Criteria:

- The family/carer must consent to the referral
- The family/ carer must be providing care and support for a person living with a Formal diagnosis of Dementia, recorded on EMIS/Clinical Web Portal (or other GP system).
- Both family /carer and person living with Dementia must live in Wolverhampton and/or have a registered GP within Wolverhampton City.
- The family/carer needs cannot be met by other services. Example: Alzheimer's society, carers support, Dementia education programs.

## One or more of the following criteria must also be met:

- The family/carer is struggling to cope with managing risks & challenging needs, or the presentation of the person with Dementia.
- The family/carer feel unable to cope with caring due to feeling of loss, guilt, stress and/or depression.
- The family/carer are neglecting their own physical/ mental health needs due to their caring role.
- The family/carer need support with psychological interventions to help them adjust and develop skills to support complex needs/behaviour's, particularly around periods of transition.
- Conflict has arisen, which is affecting the family/carer ability to meet the person's needs.
- The family/carer require support recognising/ adjusting/ coping with End of life. The carer needs advice around Advance Care Planning ReSPECT and future planning.

If you would like to further your knowledge in Dementia and have certain topics of interest, please discuss with your team lead who can then arrange a lunch and learn with the Admiral Nurse Service



# Black Country Healthcare

## EXPANDS THEIR RETENTION TEAM

Together with you to achieve   
**healthier, happier lives**

In February this year, **Black Country Healthcare NHS Foundation Trust** expanded their retention team to include dedicated workers in Wolverhampton and Sandwell as part of the IPS Employment Services wider team.

Michelle Ward, the Retention Worker for Wolverhampton has been spending time building connections within clinical services and the wider community to offer retention support to those in secondary healthcare whilst also promoting their recent NHS Charities Together funding that is more widely available.

The Retention Team provides support to people who are in employment and have mental ill health support requirements. This support can include helping understand rights and employment law, open conversations with employers, healthy in work plans, liaising with employers to implement reasonable adjustments, attending workplace meetings or negotiate exit options. The depth of support will depend on the program.

### Services available

Retention support - Intensive support for people in secondary healthcare under Penn Hospital.

Workplace Wellness (as part of the NHS Charities Together funding) – Line manager training for supporting staff with mental ill health, simple healthy in work plans, advice and guidance for employment issues and “Surviving and Thriving in Work” workshops available through the Recovery College.

*If there is something you would like to discuss or a service you would like to request, please contact **Michelle** at [michelle.ward41@nhs.net](mailto:michelle.ward41@nhs.net)*



*Photo: The workplace wellness team at the Molineux delivering training to Wolverhampton Wanderers' managers.*

*L to R: Doreen Till, Peta Louise Cutrera, Rachel Smith - Wolverhampton Wanderers Health & Wellbeing Manager, Michelle Ward, Melanie Sutton and Suzi Wint.*



# Carers and Community Support social media accounts

 @WolvesCarers

 @CommunityOffer

 WolvesCarers

 Wolves Community Support

 Wolves-Carers-106695631107531

## Carers and Community Support contact details:

*email: [carer.support@wolverhampton.gov.uk](mailto:carer.support@wolverhampton.gov.uk)*

*email: [community.support@wolverhampton.gov.uk](mailto:community.support@wolverhampton.gov.uk)*

*Tel: Carer Support Team: 01902 553409*

*Tel: Community Support Team: 01902 553445*

You can get this information in large print, braille,  
audio or in another language by calling 01902 551155

**wolverhampton.gov.uk 01902 551155**

  WolverhamptonToday  Wolverhampton\_Today  @WolvesCouncil

City of Wolverhampton Council, Civic Centre, St. Peter's Square,  
Wolverhampton WV1 1SH