

Count on us!

Newsletter

November 2021

Issue 20



Welcome to November edition of count on us

Please find enclosed our November 2021 edition of our “Count On Us” newsletter. We hope it is informative and you enjoy reading through. If you have anything you would like to contribute to following newsletters this would be greatly welcomed. If you need us we are here and just want to say we know the current situation we find ourselves in is very difficult. We can get through this together. Stay safe. Please call if you need us on 0300 012 0231 during weekdays 9am-5pm. Thank you! Carers Count Team.

What If?

Join us on **Carers Rights Day** - Thursday 25th November - for a virtual event as we discuss the What If? scenario...

If virtual is not for you then please read on as we aim to support carers think of the What If scenario through our newsletter. You will be engrossed by a number of articles highlighting options and support. We know this is a difficult subject and we are here to make it easier.

We feel it's important to prepare carers with the information needed in case of an emergency. You may become ill, feel that you can't cope or you feel you're getting older - so what's the future look like for you and the person you care for?

Planning for the unexpected, the 'WHAT IF?' is extremely important and gives everyone the reassurance of what happens next at what is usually a very difficult and stressful time.

We'll be covering the following important topics with our articles and key guest speakers:

Care Navigation

Your Right to a carers assessment and what that can do for you.

Kirklees accommodation team

Planning for the future and independent living provision.

Carers Trust

Need a break or support in case of an emergency. Have you heard of the emergency card available for carers.

Ridley & Hall Solicitors

Getting your affairs in order from Power of attorney, wills and much more.

Carers Count

Making your plan B and more

To find out more enjoy our articles within this edition and to book your place on the 25th November, please visit:

<https://lght.ly/hkmmdc2>

Email info@carerscount.org or call 0300 012 0231

Young Dementia Voice

Thursday 25th November

12.30pm - 3pm

Brian Jackson House,
2 New North Parade
Huddersfield
HD1 5JP

Living with dementia can bring many challenges, but when living with dementia at a young age (under 65), comes extra challenge and stigma. We want to hear what you would like to see in Kirklees for you.

Our event will be facilitated by those with experience with young dementia.

We would like to invite:

- Individuals diagnosed with dementia under 65 years of age.
- Carers or Loved ones of those with Young Dementia.

Transport can be arranged (both pick up and drop off)

Travel Costs for those travelling independently will be paid back to you.

Refreshments and Food provided.



To Book a place and arrange transport, Please call:
Kirklees Dementia Hub
01484 411 074

Carers really do count!

Care navigation

The Care Navigation team works with adults over 18 with a health and social care need.

We give information and advice to you and your carer, whether or not you are eligible for support. You can request a Care Navigator at the earliest stage in your journey to help prevent you or your carer's needs from increasing.

We will work with you to increase your independence by giving you choice and control and enabling you to make decisions. We can look at creative ways to meet your needs and allow you to find support.

Care Navigators:

- work in specific locations across Kirklees and have a wealth of knowledge of the local areas
- have a wide knowledge of groups, organisations, suppliers and services in your local area to share with you
- have experience of using direct payments and enabling you to think differently about how you receive your care
- enable you to develop a package of support that is right for you
- build support packages which are tailored to you so that you can be innovative to achieve your outcomes whilst still receiving the support you need
- when you have had an assessment and an indicative budget awarded from the council a Care Navigator will work with you to decide how you would like your support to be delivered

(Care Navigation are now Support Options)

- will put you in touch with alternative support if you decide not to have an assessment.

When putting together your package of support, we will work with YOU, organisations and suppliers, and use community resources... anything that is relevant to provide outcomes to meet your needs.



We want to help you to help yourself - to support you to get to where you want to be. A Care Navigator will help you to find the outcomes you want to achieve to develop your support package.

Visit our website to look at some of the ways people have been using their personal budgets and how they have achieved their outcomes with some support from the Care Navigation team
www.kirklees.gov.uk/carenavigation

Tel: **01484 414933**

Email: gatewaytocare@kirklees.gov.uk

If you found this useful you could also visit www.kirklees.gov.uk/gatewaytocare

Supported Living – What it means to you?

Supported Living should be the image of empowerment and independence, but for carers it can be a scary and worrying thought. Who will care and support my loved one as well as I do? How will I know they are safe? How will I know they are happy and secure? What will happen when I can no longer care for my loved one?

These are just some of the thoughts that go through carers minds when they think about Supported Living Services and what the future may look like and these can cause a lot of worry and anxiety. However, Supported Living should enable a person to have their independence and to have choice over how and where they wish to live.

There are different types of Supported Living services, from self-contained flats with your own front door to shared houses. The later brings up the worry of “who will I live with”, “will I like who I live with or will they get on my nerves?” These are all very valid worries and thoughts, but this is where the Accommodation Team come in. Kulsum Dalall and I, Camilla Gabriel are the Supported Living Officers at Kirklees council for Physical Disabilities and Learning Disabilities respectively, and our role is to support individuals and their families to find the right accommodation for them.

In order to do this, we listen and take note of what you the individual who wants to move is saying, along with their loved one's views, (as long as the individual wants them included) and then aim to find options for the individual to consider. At times it is not a quick process, but when looking for a new home it is essential that it is the right home for the individual. There are no timescales for how long we can work with the individual or their loved ones, it is about the individual being happy with the placement. We listen to the individuals needs and wants as well as getting to know what is important to them and what their priorities are.

We can't promise we can find the perfect home, but we will try, and we will continue to search until we have found somewhere that the individual wants to move to. Everything we do is person centred and takes a strength-based approach and looking at compatibility is key to a happy home. Transitional visits can also take place to ease and relieve

any concerns the individual or their loved ones may have. When an individual does move into their new home and their loved ones can see they are happy, this can give a lot of peace of mind and ease a lot of worry and stress about the future for carers.

As part of this process, we work very closely with the Social Work team in order to determine the level of care and support the individual needs and we will refer on to other services to provide additional support. In some cases, this maybe an Occupational Therapist or the Community Enablement Team, who again work closely on a one- to- one basis with individuals to support them to gain daily living skills or understand the level of support needed to live independently but safely. Often a multi-disciplinary approach is taken to ensure that the individual will receive the right level of support and care.

It is also key to mention that a person's emotional well -being is also considered and how this can be supported in the different types of scheme. There is no one size fits all and as mentioned previously compatibility is key, considering personalities but also any sensory needs an individual may have.

The Accommodation Team have been working closely with the Commissioner and we have a lot of new and exciting schemes coming up between now and next summer which we hope will bring more opportunities in the future.

We will be speaking at the Carers Right Day Virtual Event on the 25th November, between 1pm and 2:30pm so please join us on zoom by calling Carers count on 0300 012 0231 to book your place or if you can't make the event, please do not hesitate to get in touch by calling 01484 221000 and ask for Camilla Gabriel or Kulsum Dalall.

Emergency Support Service

Currently only available to individuals living in the Kirklees area.

- Do you need care for a loved one, quickly?
- Is there an emergency you need to attend to but are a full-time carer?
- Are you being admitted into hospital leaving your loved one with care needs at home?
- Are you unwell or exhausted and unable to fulfil your caring role and need time to recuperate?
- Do you feel that you can no longer cope and need some help with your caring role?
- Has your loved-one chosen to pass away at home and you need some

support with your newly allocated caring responsibilities?

Our Carers Emergency Support Service is a short-term care package which can be accessed for up to a maximum of three days, to relieve carers whom are in critical need of immediate help with their loved one. This may be as a result of a carer breakdown, sickness, exhaustion, hospital admission, end of life support, or similar.

Our highly skilled and trained emergency staff will be deployed to the home of the person whom requires support within the hour*, from the first point of contact, to relieve you from your caring role and

look after your loved one.

Staff are available: 7 days a week, between 8am—9pm. We do not currently provide an overnight package, so there must be a family member whom can take over at this time, until the staff return in the morning.

If continued support beyond the three days is required, our emergency staff will work with you, and the local authorities, to arrange longer term plans.

*dependent on capacity / availability at the point of contact.





Ridley & Hall's Wills & Probate team support Carers Rights Day

Ridley & Hall are a Legal 500 firm of solicitors, based in Yorkshire, with a national profile, having offices in Huddersfield, Leeds, South Elmsall and Barnsley. Passionate about making a difference to peoples' lives by being innovative and forward thinking.

The Wills & Probate team at Ridley & Hall have been recognised as national experts by the publication Legal 500 in probate and trusts and they are here to help you.

Unfortunately, many people fail to make a will or surviving relatives are not provided for by a will or intestacy. This can often lead to arguments. The Contentious Probate team at Ridley & Hall specialise in this often complex area of law.

The Wills & Probate team at Ridley & Hall are excited to attend Carers Rights Day on the 25th of November 2021. They will be discussing a range of issues including preparation of Wills, Lasting Powers of Attorney, Probates, Court of Protection etc.

If you would prefer to speak to a solicitor directly, Ridley & Hall offer free 30-minute consultations. Call the helpline on the freephone number **0800 8 60 62 65**.



www.ridleyandhall.co.uk

Freephone: 0800 8 60 62 65

info@ridleyandhall.co.uk

Carers really do count!

Unpaid Carers Contingency Plan (Plan B)



West Yorkshire and Harrogate
Health and Care Partnership

This is your “**Plan B**” – It is here to help you think about the different ways and people that can help if you are unable to look after the person you normally care for due to illness or an emergency

Please complete this form with as much information as possible, keep it in a safe place and please make sure someone else you trust knows where it is should they need it

Please destroy this form when you no longer wish to keep it, if it becomes out-of-date, or if you replace it

Information about you:

Your Name:			Age
Contact phone number:			
GP Practice:			
Have you been advised to shield?	Yes / No	Has anyone else living with you been advised to shield?	Yes / No
Relationship to the person you care for:	(e.g. child, parent, spouse)		

Use this space to record the care that you normally provide and that the person you care for would need if you were taken ill (e.g. personal care, assistance with toileting, emotional support, shopping, medication etc)

If you're not able to connect with people due to social isolation, or are feeling lonely, or worried about yourself, the person you care for, your work, or anything else, please do contact

Carers Count 0300 012 0231

They'll listen to you, talk things through, and help

Emergency contacts:

Please say who you would like contacting if you are unable to look after the person you normally care for due to an emergency or illness.

Name (Person 1)	
Contact phone number	
Have you talked with this person about what they can / will do if called upon?	Yes / No
Do they have a copy of this plan?	Yes / No

Use this space to tell us what this person can help with:

Name (Person 2)	
Contact phone number	
Have you talked with this person about what they can / will do if called upon?	Yes / No
Do they have a copy of this plan?	Yes / No

Use this space to tell us what this person can help with:

Information about the person you look after (care for)			
Name			Age
Address:			
Contact phone number:			
GP Practice:			
Pharmacy:			
Have they been advised to shield?	Yes / No	Has anyone else living with them been advised to shield?	Yes / No
Use this space to record the health condition(s) of the person you care for			
Use this space to list any medications they are taking including how often, dosage and where it is stored:			
Use this space to list any ongoing treatment they will need:			
Use this space to list details of any medical appointments they need to keep			
Use this space to record any allergies they have			
Use this space to record any continence products that are required and who supplies them			
Use this space to record any care and support services they receive and who supplies them			
Use this space to record anything else that will help someone to provide care in an emergency (e.g. best way to communication, mobility)			

If you need to get in contact with social care at Kirklees Council contact:

[Gateway to Care](#) 01484 414933



Carers rights week 22nd-25th November



This year we are asking carers to prioritise their own wellbeing during Carer's rights week. We have lots of in person groups you can join as well as virtual groups. Its your right as a carer to look after your own health and wellbeing. It also helps to keep yourself healthy so you can continue to care for your loved one, it's a positive thing to do for yourself and the person you care for.

Around 56,000 people aged 18 and over in Kirklees are carers, which is 1 in 6 (17%) adults. We all know how rewarding being a carer can be but we must also think about our needs. We all know we need to keep fit and have a good diet to remain healthy. Often, we put our own needs last which can result in carers feeling stressed and unwell.

This carers week we would like you to take time to think about yourself, it's difficult I know, as you always put your loved ones needs before your own.

Ask yourself these questions: -

When did you last do something social for your own wellbeing, such as going for a coffee with a friend?

When did you take some time to relax, or take part in meditation?

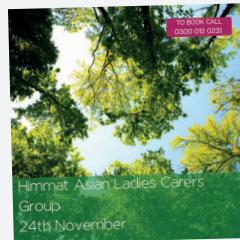
Do you ever take some time for yourself to get some exercise?

You have a right to prioritise your health and wellbeing needs. All carers need to be healthy to be able to carry out their caring role.

If you have answered no to the above questions, you might want to consider chatting to someone in the team to find out what support, groups and advice we can offer to help you care for yourself.

Why not come along to one of our carer wellbeing sessions during carers rights week? See how good it makes you feel having some time to socialise with likeminded people. We have so many great social and wellbeing activities and groups running in person and virtually. Details of which can be found on our website: <https://carerscount.org.uk/carers-count-events.php>

There are many lovely social and activity groups in your local community, Carers Count team can help find one to suit your interests near where you live just give us a call, 0300 012 0231.



Monday

Afternoon Coffee and Chat
(Brian Jackson House Café)
12:30 - 14:30

Quiz Night
(Zoom)
19:00 - 20:00

Tuesday

Men's Group
(Sainsbury's Café Dewsbury)
16:00 - 18:00

Wednesday

Himmat Asian Ladies Carers Group
(mini bus trip to St Annes Coast)
11:00 - 14:00

Thursday

Carers Workshop with Absolute Specialist Wellbeing
(The Crescent in Batley)
10:00 - 12:00

Carers Rights Day
13:00 - 14:30
(zoom)

Friday

Tai Chi
11:00 - 11:30
(zoom)

Meditation
11:30 - 12:15
(zoom)

Zoom Young Adult Carers Group
16:00 - 17:30
(Barnardo's & Carers Count)

Events coming up...

Carers really do count!

Clem's Garden

Clem's Garden, is a community garden based in Lindley

They are very happy to have their team back at the garden. In spite of all the obstacles, they have kept the flowers growing, they sent out over 550 jars of flowers to help remind people feeling particularly isolated by the Covid lockdown that their community cares about them, and from flower sales they donated £2k to the One Community Foundation to support other grassroots community projects in Kirklees.

As we move into autumn, Clem gardens accept that the flowers will be slowing down soon and they are already planning for spring. Given this, they don't have any public events planned over the next few months. However, they are always glad to hear from people who might be interested in joining their team, and they continue to work in the garden throughout the year.

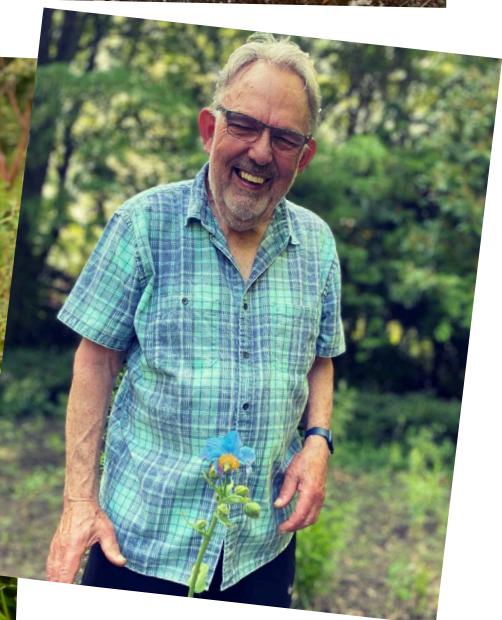
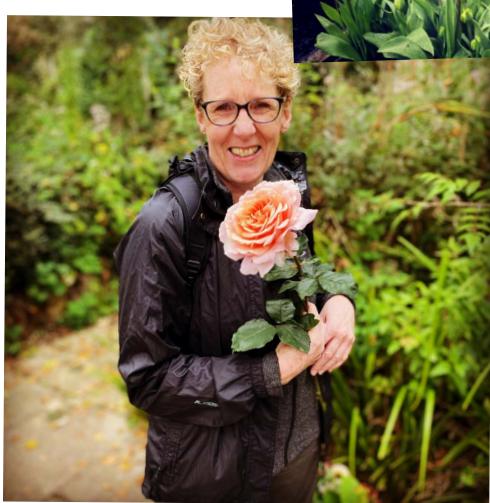
As you know, those who have children are welcome and valued as Friends of Clem's Garden, we recognise the particular challenges that come with not having that role of mum, dad, nana, or granddad or the support of close family, and are especially keen to recruit colleagues who don't have children to Team Clem. Clem's Garden CIC 07542 613941

www.clemsgarden.co.uk

www.facebook.com/ClemsGarden/

www.twitter.com/ClemsGardenHQ

www.instagram.com/clemsgarden/



Carers really do count!

Calderdale & Huddersfield NHS Foundation Trust

Visiting, staying in touch & dropping off personal items for loved ones

We appreciate it's very challenging right now for those with loved ones being cared for in our hospitals.

We have a number of ways you can stay in touch by phone and video, and we have also set up other ways to stay in touch if this isn't always possible:

Letter to a Loved One

A dedicated way for relatives, friends or carers to post a message to their loved one who is currently an in-patient. We will deliver your message in the hope it will brighten their day and aid in their recovery – Follow the link to start your message

<https://www.cht.nhs.uk/patients-visitors/letter-to-a-loved-one>

Dedicated Relatives' Line

Set up to give families quick and direct updates on their loved ones at this difficult time. It is a single point of contact given to relatives or a designated friend when a patient is admitted. It is password protected and the team manning the number will have access to our patient information, so our ward staff have more time to care for their patient

- Telephone number: 01484 355370
- Times: 07:30 – 19:30 seven days per week

Virtual visiting

Our ward staff and Relatives' Line staff can assist in the setting up of a virtual visit on the ward between the patient relative/friend/carer, promoting face-time contact using a device that we provide. please find below link to our website pages for some of the arrangements in place to support relatives whilst their family members are in hospital.

<https://www.cht.nhs.uk/patients-visitors/visiting-staying-in-touch-dropping-off-personal-items>

Dropping off personal belongings

Property for inpatients can be dropped off at the entrance to the ward. Please make sure the items are packaged with your loved one's name and ring the buzzer when you arrive so we can take it for them, as we won't be able to let you enter the ward.

Please only send essential items and keep property to a minimum. This helps us keep our areas clutter-free and makes them easier to clean, helping to keep infection rates down.

Due to increased demand we can no longer accept hot or cold food and you should avoid sending perishables.

The items we recommend you bring if required are:

- Night and day clothes
- Sensible footwear
- Toiletries
- Two books and a jigsaw, if appropriate
- If you wish to bring in snacks please keep them to a minimum. Snack-food should have a long shelf life and require no preparation, such as biscuits.
- If your relative has a mobile phone or tablet computer and did not bring it to hospital then you may wish to bring one in along with a charger. Please let the nurse in charge know if this is the case so they can add it to the patient belongings register.

* The Trust cannot be held responsible for valuables which are brought onto Trust sites at your own risk.

Please find below link to our website pages for some of the arrangements in place to support relatives whilst their family members are in hospital.

<https://www.cht.nhs.uk/patients-visitors/visiting-staying-in-touch-dropping-off-personal-items>

Social Butterfly

I'm amazed at this social butterfly
she's swift and like lightning constantly on the go.
She shines like a thousand flash lightning stars
speeding through destiny to which she has something for everyone.
She's serious, as old as the legend for everyone she stands for.
She rushes around like a rabbit constantly, never really pausing
for breath, a real golden star.
Time never forgets her greatness. I give to her a gift of thanks.
A true giver, a real people's friend.
A true communicator, Social Butterfly.

By (anon)

Carers really do count!

Care Cafe Cleckheaton

Carers Count are so excited to promote a new carer and cared group in Cleckheaton.

It's open to all carers be that parent carers or carers of those with health or memory problems. Vicky Angell is the group leader for the new "Care Café," at St Johns Church.

This group welcomes all unpaid carers and their cared for to join her every Wednesday, between 9:30am -1:00pm.

This informal drop in style group offers carers some time to relax, and meet other carers whilst their loved ones are being supported by the group volunteers to take part in fun activities.

If you are interested in attending the group then please ring Vicky prior to attending find out about their Covid safety measures and learn more about how her group could support you and your loved one. Vicky Angell tel 07894 430249



Kirklees Dementia Hub

Consultation 2021

The current contract for the Dementia Information and Advice Service (Kirklees Dementia Hub) comes to an end in September 2022.

There is an electronic survey which is currently live and is for you to have your say about the contract and the service Kirklees Dementia Hub provides. The survey is to get the views of people with dementia and the carers of people with dementia. If you would like to complete the survey please use the link:

<https://online1.surveymonkey.com/r/dementiaservice>

The survey will be open for the next few weeks and Kirklees Council are keen to hear the views from as many people as possible. If you would like help to complete the survey you can contact Kirklees Dementia Hub on 01484 411074 or you can call Carers Count to ask for help to complete the survey.



Carers really do count!

Kirklees Wellness Service

Are you supporting a family member or friend with a long-term health condition?

Join our free online Carers Wellness Sessions

Building resilience session includes:

- Exploring emotions
- Learning about acceptance
- Managing worry
- Recognising to be "kind to yourself"

Caring for someone with memory deterioration includes:

- Behaviours associated with memory problems
- Accepting the changes in the person you care for
- Understanding emotions of the person you care for
- Managing your emotions
- Simple tips and practical ways of coping

Session details

Building Resilience Sessions

Wednesday 20 October 10.30am-12pm
Thursday 16 December 1pm-2.30pm

Caring for Someone with Memory Deterioration Sessions

Tuesday 16 November 6pm-7.30pm
Wednesday 19 January 10.30am-12pm

Please note:

We can provide online support to help you access the sessions and for privacy reasons you can choose to turn your camera off.

For further information or to book your place on a session please contact Kirklees Wellness Service on 01484 234095 or book online at www.kirkleeswellnessservice.co.uk



Kirklees
COUNCIL



Birstall Carers Wellbeing Group

Starting from 12th August 2021 at 10am-12pm

At the Community Centre, Market Street, Birstall, Batley, WF17 9EN.

This group will continue every 2nd Thursday morning of each month at the same time for carers 18 and over who are caring for someone with: Learning disabilities, Mental Health illness, Physical illness or disability, Sensory impairment, Dementia.

If you would like to take part in attending the group please contact Carers Count:

0300 012 0231

info@carerscount.org.uk
www.carerscount.org.uk

Carers Count

Have Your Say!

Carers Count

Carers Count Action

Carers Count Action is a group of carers who are using or who have used the Carers Count services and would like to be able to "Have Your Say"—this includes feedback around the way we do things now, and also input into future ideas or future service offers.

We meet quarterly on zoom – and the next meeting is arranged for: Tuesday 30th November 2021 11am to 12pm

If you would like to be involved please let us know by calling the office or by sending an email:

0300 012 0231

www.carerscount.org.uk

Carers Count Kirklees

Brain Jackson House
New North Parade
Huddersfield
HD1 5JP

Carers Count Mental Health Service

5th Floor Empire House
Wakefield Old Road
Dewsbury
WF12 8DJ

Support for Carers

Up to 3 free one-hour online or in person sessions



'I enjoyed the sessions, they were a big help & I will continue to use the techniques. Thank you'

Offload, have a conversation and learn techniques to help with anxiety, stress, grief, isolation, overwhelm, relationships and other difficulties.

Supportive, safe and confidential one-to-one sessions with a trained practitioner on your phone, on Zoom or in person.

Call/text/whatsapp Clare now to arrange your first session at a time that suits you: **07984115927**

contact@aswellbeing.co.uk, www.aswellbeing.co.uk

community plus

AbsoluteSpecialists
WellBeing Support, Empower, Inspire.

ONE community
Inspiring local giving.

Carers really do count!

Important Information on Covid Vaccines and Booster Vaccines

Covid restrictions may be coming to an end and the world is beginning to open back up. However, many of us will still feel anxious and concerned around our own personal safety whilst starting to join in activities again.

Carers Count would like you to know if you feel anxious we are here to help, listen and keep you safe as we offer more face to face groups and support again. We'd like to make sure you know about the Covid-19 vaccine boosters, when to get them, and how. When you're eligible for a booster please get one.

Firstly, if you haven't had a Covid vaccine yet you still can get the vaccine for free. Simply book online via the Covid-19 vaccination web pages: Book or manage your vaccination appointments, find a local walk in centre.

For boosters:

If you're part of one of these groups:

- Anyone aged 50 years old and over
- Anyone who gets a free Flu Vaccination from their GP
- Anyone in receipt of carers allowance

AND you had your first 2 vaccines at least 6 months ago

Then you will be contacted by either your GP or the National Vaccination Team and they'll offer you a booster.



If you work or volunteer in health and social care AND you had your first 2 vaccines at least 6 months ago please book your booster via the Covid-19 vaccination web pages: Book or manage your vaccination appointments

If you are a carer who doesn't fit into the above groups AND you had your first 2 vaccines at least 6 months ago please call us at Carers Count on 0300 012 0231. We'll arrange for you to be able to get your booster dose at the clinic at John Smith's Stadium, Huddersfield.

Please note that John Smith's Stadium is the only location that we can arrange for you to go to, you won't need an appointment but you must be registered before arriving. If you go there without registering then you won't be able to get a booster.

If you have any concerns about attending any sessions or receiving face to face support from us please do chat to one of the team and allow them to put your mind at ease.

We are here to help as always: 0300 012 0231 or info@carerscount.org.uk

Call us on: 0300 012 0231
www.carerscount.org.uk

