

"Recall"

The Newsletter for Dementia Carers



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For more information about anything in this newsletter or to find out more about our support for carers of people living with Dementia, contact:

Sally Stratford,
Involvement Worker for Dementia and Older People.

or Roma Mills,
Carers Involvement Manager.

Tel: 01992 58 69 69

@: contact@carersinherts.org.uk

🌐: www.carersinherts.org.uk

Carers in Hertfordshire,
The Red House,
119 Fore Street,
Hertford, Hertfordshire,
SG14 1AX.

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Making carers count

Welcome

Awareness of Dementia has grown over the past 10 years, leading to more people living in Hertfordshire being referred for diagnosis. Post diagnostic and community services have also developed to meet the needs of people with Dementia and their families and continue to change and expand. You can read about a new Dementia Service in Hertfordshire in this newsletter.

Carers in Hertfordshire has a voice in the services that are commissioned and provided in Hertfordshire. We use the information that you, the carers, share with us to tell providers of what is working well, where there are gaps in services and of course, what is not working. We gather our information not only from our Dementia Forums but from across our charity work - from the one to one carer planning to our local Community Support Hubs.

We would like to find out more about the problems you as carers are having to find paid care workers and ask you to complete a short survey. The survey can be found and completed online at

www.surveymonkey.co.uk/r/DementiaCarersurvey

It will be online to complete until June 2nd 2017.

The information that we are able to gather will be presented at the Dementia Strategy Meeting, where we will look at ways of improving this problem.

If you are unable to attend our Forums or events but have something to say then please call us on 01992 58 69 69 or email me, sally.stratford@carersinherts.org.uk

Our involvement work and Forums are developing and we are providing even more opportunities for carers to have a say.

Sally Stratford,
Involvement Worker for Dementia and Older People.



Spotlight on Hertfordshire's New Dementia Services

Hertfordshire County Council is funding a new Dementia Service across the county. The service will extend the support available to people of all ages living with, or worried about Dementia, memory loss or mild cognitive impairment, and to their families and carers.

Age UK Hertfordshire, which has been supporting people in the county for more than 40 years, is providing the community services under the name **Hertswise**. This contract includes providing advice and peer support and activity groups.

Age UK Hertfordshire will lead a partnership of experienced local organisations. Partners include Hertfordshire Independent Living Service, Herts Mind Network and Carers in Hertfordshire, as well as smaller community and voluntary sector organisations. The partnership will work alongside Alzheimer's Society who will continue to provide valuable one-to-one and post-diagnosis support.

The Hertswise service will enable people of all ages to seek information and advice about memory loss and Dementia at an early stage. You do not need a diagnosis to access the service.

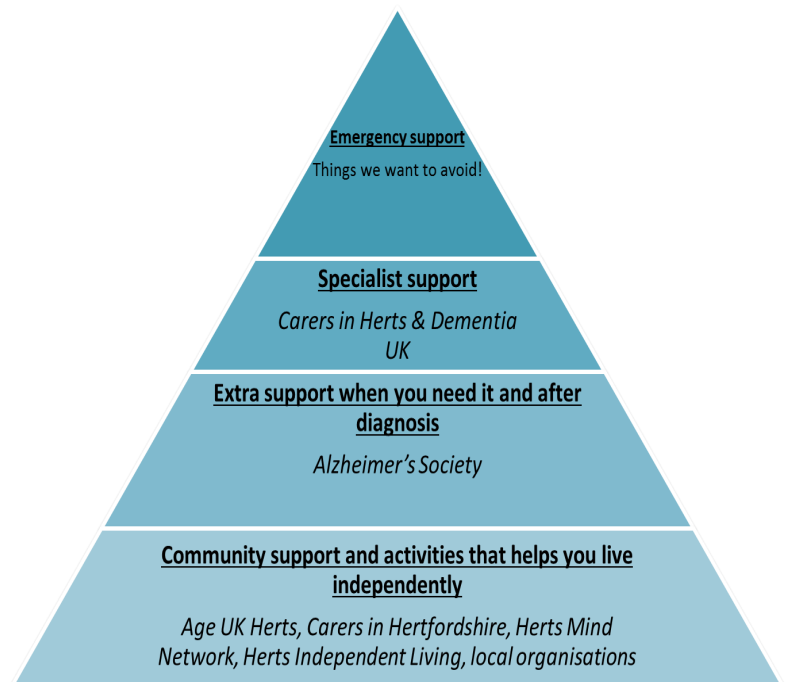
Local activity and peer support groups will be set up in response to service users' needs and preferences.

Alzheimer's Society will continue to work with the NHS Early Memory Diagnosis and Support Service (EMDASS) to provide expert one-to-one support for six months to every newly diagnosed person with dementia and their carer. This support will also be available for those not working with EMDASS. Further support will continue after this period if an individual needs it.

As part of the new service we, Carers in Hertfordshire, in partnership with Dementia UK will provide specialist carer support with a team of four Admiral Nurses. The registered nurses will provide intensive support to carers of someone with Dementia, who are in crisis or at risk of crisis.

We are also hosting a Locality Worker (Carers Support) as part of Hertswise to identify any support unpaid carers throughout Hertfordshire need (you can read more about this on page 3).

All the new services are accessible via HertsHelp on 0300 123 4044.



Introducing the Hertswise Locality Worker (Carers Support)

My name is Claudia Sabeta and I joined Carers in Hertfordshire on March 1st 2017, as a Locality Worker (Carers Support) with the Hertswise service. Hertswise is a new partnership that is providing countywide community based Dementia support. People of all ages who have Dementia, Young Onset Dementia, Learning Disabilities with mild to moderate Dementia, cognitive impairment as well as their carers, will be able to access information and advice.

My role is to identify carers and their unmet needs and assist them by providing information advice and support.

I'm actively involved with carers through setting up and facilitating weekly groups or one to one sessions and delivering the new service in the community with the other Hertswise partner organisations.

For more information or to get in touch with me, please call 0300 123 4044 (HertsHelp) or email: carers@hertswise.org.uk



Is the person you care for at risk of going missing?

Hertfordshire County Council, Hertfordshire Constabulary and Carers in Hertfordshire have developed a form for an adult at risk of going missing.

The Adult at Risk of Going Missing Form is intended to save the family and police time when a person goes missing, ensuring the information required by the police is readily available. The focus is on inter-agency sharing.

The form is aimed mainly at adults with mental ill health, intellectual and developmental disabilities and those with Dementia who may be at heightened risk of going missing.

Social Care staff should raise awareness of the form and support its completion where considered appropriate to do so. It is the responsibility of the service user and their family/carer to complete and store the form in a safe place. If the individual the information is about wants their information stored by the police, they should contact Herts Constabulary on 01707 354000 and ask to speak to the Missing Person's Unit.

The form will shortly be available online in the safeguarding area of www.hertfordshire.gov.uk



The police must be informed if it is believed there is immediate risk to the missing individual's safety and wellbeing. The police will then be in charge of the investigation.



New Resilience Workshop for Carers

Helping carers build resilience is one of the priorities in our Building our Future business plan and so we are running a series of workshops linked to this theme.

This new workshop should help unpaid carers learn about how to build up their strength to cope with the stresses of caring.

The workshop will take place on **Tuesday 15th August 2017 from 6.30pm - 8.30pm.** It will be held at Ware Priory, High Street, Ware, Hertfordshire, SG12 9AL.

If you would like to attend please call us on 01992 58 69 69, email contact@carersinherts.org.uk You can also book online via www.carersinherts.org.uk/events

Diary Dates

Dementia Forums are open to all carers. They provide an opportunity to meet others, listen to speakers, get information, and have your say about caring issues. Your views at the Forum will be passed onto the Dementia Network Focus Group and taken forward by the Carer Representatives.

Our next Forums are on:

Wednesday 17th May 2017

Letchworth Centre for Healthy Living
Hitchin Road, Letchworth, SG6 3NA.

Monday 10th July 2017

South Hill Centre, Cemetery Hill,
Hemel Hempstead, HP1 1JF.

Wednesday 20th September 2017

Nigel Copping Community Building,
Sanville Gardens, Stanstead Abbots,
SG12 8GA.

Wednesday 22nd November 2017

Greenwood Park Community Centre,
Tippendell Lane, St Albans,
AL2 3HW.

All dates from 10am to 12.15pm,
followed by a sandwich lunch.

To book your place:

 **01992 58 69 69**

 **contact@carersinherts.org.uk**

 **www.carersinherts.org.uk**

If you do not have your own transport and want to attend any Forum please contact us to discuss travel arrangements. We can also cover the costs of alternative care.

Young Onset Dementia Forums

In Hertfordshire there are an estimated 400 carers who are looking after someone with Young Onset Dementia (YOD). Young Onset Dementia includes anyone who is diagnosed with Dementia under the age of 65. Carers in Hertfordshire currently has over 80 carers registered as caring for someone with Young Onset Dementia.

The needs of the carers and the people with Young Onset Dementia are very different from those who develop Dementia when they are older, but because of the low numbers there are very few services available in Hertfordshire for this group and their carers.

We want to hold two Forums this year for carers of someone with Young Onset Dementia to discuss the issues they face and services that will support them.

The forums will take place on:

Friday 26th May & Tuesday 17th October 2017

at Birchwood Leisure Centre, Longmead, Hatfield,
Hertfordshire, AL10 0AN.

10am - 12.15pm followed by a sandwich lunch.

To book your place:

 **01992 58 69 69**

 **contact@carersinherts.org.uk**

 **www.carersinherts.org.uk**

If you would like to discuss a particular subject or have a speaker present then please let me know, sally.stratford@carersinherts.org.uk

Become a Carer Representative

The Dementia Representatives Group is a small group of Carer Representatives who are registered with us and like being involved in speaking up on behalf of all Dementia carers. They have an important role influencing the services that are provided in Hertfordshire for people with Dementia and their carers. We believe we make a difference by working together.

We would like more carers currently caring for someone with Dementia to join the Group. We would offer carers training and support. For more information or to express an interest please call 01992 58 69 69 or email sally.stratford@carersinherts.org.uk

The next Dementia Network Focus Group meeting is:
10.30am - 12.30pm on June 19th 2017 at Birchwood Leisure Centre, Longmead, Hatfield, AL10 0AN.
Contact us to book at place.