

**Redcar & Cleveland Carers Partnership Meeting**  
**Monday, 3rd December 2007**  
**12.00 noon—2.30pm**  
**Coatham Memorial Hall, Redcar**

**Attendees:** E Cocks, M Robinson, D A Sheldon, Vic Gauchi, B Bailes, S Peverley, Hurol Ozan, M Balmer, A Lathan, L Johnson, Sue Renvoize, Jenny Byers, Karen McGarrity, Jayne Howarth, Beryl Ralston, Caroline Simpson, Ann Milne, Jean Faughey, Stuart Saunders, Margaret Moore, Fern Routledge, Eileen Purvis, Gordon Mogg, Irene Poynter, Toni McHale, Jo Swinburne, Sue Reeves, Angela Bartley, Glynis Calvert, S Lewis, M Hardy, Pat Robson, Margaret Stuart-Green, Chris Pope, Vera Bailey, Stephen Proudman, Edd Harford, Clare Smith, M Fearon, Anne Harrison, Kath Oyston, Nic Sylvester, Tony Robinson, Irene Pye, Barb Rankin, Colin Bowley, Ann Greenley, Mrs Mary Sheehy, Mrs B Duckworth, Linda Dickinson, Alf Robinson, Shirley Robinson, Ian Hutchinson, Edna Whitewood, Tricia Abell, E Fish, S Hicks, R Purvis, Denise Bolland, Sarah Slater, Jane Reast, A Mackie, G Mackie, Tracey Abbott.

**Apologies:** Stephen Childs, Pauline King, Cllr Wendy Wall, Pauline Lavery, Margaret Buckton, Cathy Bullock, Dorothy Henry, Jane Anderton, Tish McDonald, Ann Sutherland, Pat Buxton, Belinda Ealand, Jayne Gibson, Janine Baxter, Letitia Swift, Louise Tierney.

**1. Welcome/Apologies – Gordon Mogg/Lynn Johnson (co-chairs)**

- Gordon Mogg welcomed everyone to the meeting. He stated that feedback from the 'ideas tree' from the last meeting had been forwarded to Vera Baird, Ivan Lewis and Ashok Kumar. Also since the last meeting, a number of focus groups had met to discuss the proposals for Emergency Respite. Maggie Balmer would be giving an update on the progress later in the meeting. He invited as many people as possible to offer their views with regards to health and well being on the posters at the back of the hall. He also asked that any suggestions for items to be discussed at future meetings be placed in the box provided. Carers Week will run from 9th June 2008 to 15th June 2008 and it was suggested that the Carers Partnership meeting be rescheduled to coincide. It was agreed that the meeting should be held on Friday, 13th June 2008.
  
- Lynn Johnson introduced Sue Renvoize and Maggie Balmer to the meeting. Sue is employed to support the Carers Partnership and develop long term improvements for carers in Redcar and Cleveland. Maggie's position has recently been reviewed and she is now employed solely to carry forward the carers agenda. Lynn feels that these appointments are a further demonstration of how the Local Authority is strengthening its support for carers. Lynn offered a suggestion that some kind of informal drop in/surgery/clinic be organised to enable carers to talk to the Local Authority. She highlighted the pub lunches that had been organised by Carers Together for the beginning of next year and suggested the possibility of arranging something of a similar vein as some issues are best discussed in this format rather than at a meeting such as today's.

## **2. Minutes of last meeting and matters arising – Gordon Mogg**

- The minutes of the previous meeting were agreed. Gordon then read out the apologies received before handing over to Sue Reeves for her presentation.

## **3. Carers and their Health – Sue Reeves**

- Sue began her presentation entitled 'Carers Health, The Invisible Army' by explaining that carers are people of any age who look after someone that they have a relationship with. Although the care that is provided is often portrayed as being for the elderly or frail realistically this unpaid care is provided right through the community and for a great number of reasons. We should all broaden how we think about caring and one way of doing that is by examining some statistics. 12% of the people living in Redcar and Cleveland are carers – hence 'invisible army'. Every aspect of a carers life is affected by the care they provide. As the lowest benefit in payment, being reliant upon Carers Allowance can result in financial hardship and yet 60% of carers say they cease work to care. Carers are also the second most socially excluded group in society. And relationships can often break down between the carer and cared for person as well as the wider family. Sue believes that with early recognition hopefully some crises could be avoided. Carers Together work with Statutory Agencies to ensure that support is provided to both the carer and cared for person. One of the ways that carers have benefited recently is by applying to the Health & Wellbeing Grant for gym membership. Carers Together was able to negotiate a reduction in subscription to accommodate applications to the grant enabling a great number of carers to benefit from annual membership.
- Sue reiterated Gordon's invitation for people to add their suggestions to the posters at the back of the hall as all questions or comments were welcomed.
- Gordon then explained how his own experiences were mirrored in what Sue had said. He found that the pressure he was under had caused him to turn to alcohol in the past and that he had come to realise that carers need to be aware that they should look after their own health by seeking advice and getting support at the earliest opportunity.

## **4. What can the PCT do to support carers? – Sarah Slater**

- Sarah Slater introduced herself under her new married name – she was previously known as Sarah Lloyd. Her presentation, from the perspective of the Health Improvement Team, was entitled 'How the PCT can help carers'. To begin she highlighted the names Marilyn Pattison, Older Person's Lead, and Roz Elms, Workplace Health Lead. With regards to training she explained how it had been identified that some of the corporate courses previously provided in workplaces, eg work/life balance, could be geared towards carers. Similarly a lifting and handling training course could be arranged. She recognised that carers often find it difficult to get time to attend projects but could look at that if a request was made. The PCT currently promotes carers in all community events, accessing people who don't

consider themselves to be carers. Pat Hodgson, visits ROC once each week to offer support and guidance. Resources and more information can be obtained from Redcar and Cleveland Health Improvement Service, 312 Innovation Centre, Kirkleatham Business Park, Redcar, TS10 5SH (telephone 01642 777845/facsimile 01642 777846).

After the presentation a number of questions were received from the floor.

## **5. Sustainable Community Strategy and Local Area Agreement – Lynn Johnson**

- The theme of health was then further examined by Lynn Johnson as she presented the first draft of the Sustainable Community Strategy 'Healthier Communities and Older People'. She started by emphasising that what matters is people describing their needs so that all organisations within the residential and voluntary sector can come together to make the necessary changes. To offer an example as to why a strategy was needed, she stated that deaths from liver disease had doubled in the last two years within Redcar and Cleveland. As vulnerable people carers are a priority objective within the strategy. A number of questions/comments were offered from the floor. Lynn ended by inviting feedback because the Carers Partnership was very much involved in the process.

## **6. Emergency Respite Proposals – Maggie Balmer**

- Maggie Balmer invited people to look at the latest draft for Emergency Respite. As discussed at the previous meeting, it is hoped that the service currently available through Adult & Children's Services would be enhanced with the new service for adults incorporating breaks and the Emergency Card Scheme. Whilst the process had moved along after consultation with focus groups, it is not anticipated that details would be put into place until June 2008 as tendering the service is time consuming. There are also conscious efforts being made to get the service right from the beginning and, to this end, further drafts may be brought back to the Carers Partnership for consultation. Lynn then emphasised how important carers involvement in the decision making process is and invited questions from the floor.

## **7. Transport – Disabled People's Partnership Board**

- Stephen Prout, chair of Redcar and Cleveland ROC, and Barbara Rankin, a trustee of Redcar and Cleveland ROC, introduced themselves on this day for disabled people. They read from a presentation entitled 'Making the Transport Links' on behalf of the Carers Partnership and Redcar and Cleveland Disabled People's Partnership Board. Sue Reeves then offered her appreciation and thanks to the DPPB for the work that had been done, which far outweighs that presented.

## **8. Any Other Business**

- Carers Leaflet – Ann Simpson from Redcar and Cleveland Social Services has asked the Carers Partnership for help to review the information for this leaflet. She would like to get together with a small group of carers in January 2008 to look at the

leaflet and asks any interested parties to leave their names on the sheet at the back of the hall.

- ROC – ‘Eating needn’t be a chew’ – full up but other sessions available – leave names with Liz.
- DPPB – Monday, 10th December 2007.
- ROC – Calendars are available priced at £4.00.
- Thanks for comments on posters – will be fed back at future meeting.

## **9. Next Meeting**

Gordon then closed the meeting by wishing everyone present and their families a Merry Christmas.

**The next meeting will be held on 17 March 2008, 12 noon for 12.30pm start.**