

Notes from the Clackmannanshire Carers' Voice Meeting
Thursday 2 June 2022

Present: Maureen Day, Elizabeth Murdoch, Alice Matthews, Debbie Comrie (carers)
Tracey Fullerton (C&S H&SCP),
Jessie-Anne Malcolm (NHS FV),
Elizabeth Ramsay (F&CCC Board Member),
Laura McKenzie, Alison Tanner, Tracy Gibson, Diane Brines, Nicola Weedon (F&C Carers Centre)

Apologies: Liz Rowlett (CTSi)
Wullie Bell (CAB)
Lesley Fulford, Lesley Shaw (C&S H&SCP)
Vivienne Thomson (NHS FV)
Margaret Daniels, Stella McDonald, Douglas Tully, Jackie Millar, Brenda Simm, Graham Pearson,
Hayley Rowland-Jones, Lisa Williams, Paul Morris (carers)

Nicola Weedon welcomed everyone to the meeting and the notes of the last meeting were accepted.

1. National Carer Strategy and Covid Recovery Plan – Update

Nicola provided an update on the National Carers Strategy and Covid Recovery Plan, explaining that an update had been received yesterday which she had not yet had the chance to digest. She also spoke about other recent consultations and encouraged carers to become involved either becoming a carer representative or by becoming a Board member. Slides from her presentation are in the Appendix. Elizabeth Ramsay spoke about the importance of carer representation to make sure that the needs and views of carers are taken into consideration when decisions are being made about health and social care policy and implementation. Alice Matthews asked for more information about joining the Carers Centre Board and Laura McKenzie and Elizabeth Ramsay were able to answer these.

2. IJB Update

Paul Morris, Clacks Carers Rep on the IJB gave his apologies to the meeting due to pressure of work and caring. He was unable to get into the last IJB meeting on Teams due to technical issues, but has been assured that these have now been resolved.

3. NHS Update

Jessie-Anne Malcolm updated the meeting on projects she is currently involved in:

- Planned improvements to GP surgeries across FV, as well as upgrade/replacement of Falkirk Community Hospital – these plans were approved by the NHS Board at the end of May and have now gone to the Scottish Government for their approval.
- New prison to replace Cornton Vale – HMP Stirling. Jessie-Anne is involved in the planning group. She previously worked with health service users in other FV prisons with a focus on suicide prevention, but this work was curtailed by the pandemic. She hopes that she will be able to do similar work in HMP Stirling, which has a rehabilitation and mental health focus. The prison was due to open in November but has been delayed by material shortages due to the pandemic.

Jessie-Anne recognised that some carers would not feel that this was relevant but Nicola noted that she has supported a carer whose CFP with MH issues was imprisoned, so it can be part of the caring experience.

- New National Treatment Centre in FV to reduce waiting times. Two new operating theatres are being opened and a new inpatient ward is being built with a focus on hip and knee replacements. Patients from other areas can also be sent to Forth Valley to minimise waiting times.
- Health Secretary is due to visit the FV Urology unit on 16 June.
- FV A&E waiting times are not meeting targets at present. There is still a lot of Covid around and this is impacting on FVRH. There are also 100 delayed discharges, people waiting for packages of care or residential care. The shortage of care staff is impacting on this, as well as high levels of sickness.

Nicola commented that it was good to hear of plans to tackle waiting lists. Elizabeth told us that heart patients can now have MRI scans in FV rather than having to go to Glasgow. Jessie-Anne confirmed that there is a mobile scanner arriving at FVRH today. Elizabeth also reported that there are two Community Link Workers starting, one in Stirling and one in Clacks. There are also plans for every GP practice to have access to a Link Worker. This is to guide patients to 3rd sector organisations for community support. Nicola noted that this is in recognition that community support can reduce loneliness, which results in fewer GP and A&E visits.

4. Carers Centre Update

Carers Week starts on 6 June and we have a Carer and Cared-for Person lunch on Tuesday 7 June at Hawkhill 12 noon to 12pm. On Wednesday morning we'll be at Reachout with Arts in Mind to illustrate the writing that carers did at an earlier Care with Confidence session. On Thursday it's our carers' afternoon tea at Inglewood House Hotel.

As we are still working from home, we have not been able to do as much awareness raising work, but we are approaching Community Trusts across Clackmannanshire and offering carer awareness training to staff and volunteers. This is to tie in with the H&SCP's locality approach. If you are aware of a group that would like a Carer Support Worker to come and talk about Carer Centre support, please get in touch. If there is anything else you feel we should be doing, please let us know – we like to respond to carer needs, which is how our carer and cared-for person events came about. The Central Carers Association Annual General Meeting takes place on Tuesday 7 June at 11.30 am in Falkirk. If you are unable to attend in person, you can attend via Zoom.

5. Clackmannanshire & Stirling Health & Social Care Partnership Update

Tracey Fullerton introduced her role in Community Engagement across Clackmannanshire and Stirling, working in the same team as Lesley Shaw and Lesley Fulford. She aims to find out what people and communities who use services really want from the H&SCP. Recently Tracey has videoed care staff and service users with a view to promoting care work as a career and to aid recruitment. Tracey has also videoed carers talking about Carer Centre support and how this has benefited them, as well as Carer Centre staff talking about the types of support available. The videos will be tweeted by the H&SCP during Carers' Week and will also be on the H&SCP Youtube channel to raise awareness of carers, their rights and the support available. Nicola shared one of the videos with the meeting: <https://www.youtube.com/watch?v=I03H75Y830M>
If any other carer would like to share their story, please get in touch with Nicola.

6. Carer issues

Elizabeth let the meeting know that the Friends of Clackmannanshire Carers are a group which raises funds to support activities for carers. They have not been active during the pandemic, but have now registered with the Asda Community Fund. You can vote at: <https://www.asda.com/green-tokens>. Nicola noted that she really missed the fundraising cake and crafts stalls run by the Friends of Clackmannanshire Carers at Clackmannanshire Community Health Centre, as they were a good opportunity to raise awareness with NHS staff, patients and their family members (who are often carers without realising it).

Nicola mentioned a carer concern about Hospital at Home, feeling that it can put additional pressure on unpaid carers. This has been raised with NHS FV. Nicola also highlighted the Care Opinion website where carers can record their health and social care experiences both positive and negative: <https://www.careopinion.org.uk/tellyourstory>

7. AOB

Les Sharp, who was Carers Champion within Clackmannanshire Council has now stepped down. Nicola plans to get in touch with Wendy Hamilton, the new Carers Champion, and will keep the meeting posted. Les Sharp has now been voted in as chair of the Locality Planning Group for Clackmannanshire.

8. Date of next meeting

The next meeting of Clackmannanshire Carers' Voice will be on Thursday 25 August, 10am to 12 noon at Hawkhill Community Centre, followed by a light lunch.

National Carers' Strategy and Covid Recovery Plan

- In February 22, the Minister for Mental Wellbeing and Social Care Kevin Stewart MSP announced that the Scottish Government would develop a new **Carers Strategy for Scotland**, including an early focus on supporting carers in the recovery from the COVID pandemic.
- The Minister said the strategy will engage with unpaid carers over the coming months "to draw on the knowledge and lived experience of unpaid carers so that the strategy is shaped by those who best understand the many challenges faced".
- Likely to be published "late spring".

Action so far

- initial discussions on 2 February 2022 with an extended Carer Rights & Support Steering Group which included unpaid carers to develop the strategy. The group is a mix of those with lived experience, local authorities and third sector representatives.
- It was agreed that embedding Human Rights, equalities and lived expertise should be at the heart of the National Carers Strategy.

Draft Strategy

The specific themes of the strategy are:

- Living with COVID-19
- Carer Voice and Engagement
- Health and Social Care Support
- Social and Financial Inclusion
- Young Carers



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Draft Strategy

- Received this morning for review:
 - Have we captured everything in the draft strategy, are there any omissions?
 - Do you feel the scope of the commitments are correctly balanced?
 - How will we monitor progress / measure success of the strategy?

Other recent consultations

- Scottish Carers Assistance (SSS replacement for Carers Allowance)
- Care Inspectorate inquiry into carer experience of social work and social care service delivery
- Carers and accessing paid work
- NHS FV Patient Experience Survey

Other opportunities to be involved

- Carer Representative to the Strategic Planning Group
- Substitute Carer Representative to the Integration Joint Board
- Central Carers Association Board Member