

CARERS WEEK

6th - 12th June 2022

Make Carers Visible, Valued and Supported Get involved with the Carers Strategy Refresh

In celebration of Carers Week and working with our partners including KMBC, Healthwatch, Young Carers, Parent Carers Voice and the Alzheimer's Society, Knowsley Carers Centre is urging carers to get involved in the refresh of the All-Age Carers Strategy 2020-2025.

The Carers Strategy Group started work on the current Carers Strategy back in March 2020, the initial consultation with carers starting shortly after lockdown. Despite great efforts it was impossible to consult widely with carers as we couldn't see people face to face and many people were struggling to get to grips with technology. However, progress has

been made and you'll be able to read more about this on page 3.

But now it's time for a refresh. We know that there are still many issues that carers want to voice and have addressed. Covid of course, has changed many lives and highlighted to everyone the vital role that carers play as key workers not only during the pandemic but every day. We want to learn how the impact of Covid might have changed priorities for carers. Essentially, the Carers Strategy Group wants to make sure that this refresh of the strategy consults with carers as widely as possible to ensure that carers voices are heard and so

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To access services from Knowsley Carers Centre please Tel 0151 549 1412 leaving clear contact details or email to enquiries@knowsleycarers.co.uk

Knowsley All Age Carers Strategy 2020-2025 Refresh



Knowsley All Age Carers Strategy

2020-2025

there will be many opportunities to take part in the engagement. Find out about two events being held to start the consultation on page 5 and go directly to the All Age Carers Strategy survey on page 3 to have your say now.

Let us know if you belong to a carers' group and have an idea about how we

can consult with you as a group. We want to make sure that carers are consulted at times and places that works for them.

Call Knowsley Carers Centre on 0151 549 1412 or email

enquiries@knowsleycarers.co.uk

or Healthwatch on 449 3954 or email

Jen.Casey@healthwatchknowsley.co.uk

Young Carers Service

Our Young Carers Service is accepting referrals and we can now conduct home visits to complete Young Carers Assessments. Alternatively, this can be done over the telephone if you are not comfortable with us visiting. We can provide advice or support over the phone and we're available to chat. The Me Time programme provided by Vibe is up and running, they are providing our Young Carers with activities that

they can do together in a safe environment like in the park. Please feel free to contact Chris Wong on 07717 301 325 or Tracy Mythen 07919111273 if you would like further information or know any child/young person who is looking after someone and would like support.



Knowsley All Age Carers Strategy – Refresh Survey

Partners across Knowsley have been progressing actions from our Knowsley All Age Carers Strategy 2020-2025. Consultations and engagements with Carers for the development of the Strategy took place between April and September 2020 and these happened online only due to Covid 19 restrictions.

Now that Covid-19 restrictions have been lifted, the time has come to refresh the Strategy and consult with Carers again to capture views with the aim of gathering all perspectives on what matters to Carers as needs and priorities may be looking different after Covid. Our current priorities are; Health and Wellbeing, Leisure and Culture, Carers Assessments, Maximising Income, Need for a Break and Loneliness and Social Isolation.

We will be having a series of activities to engage with Carers and hear what is important to them (find out more information on page 5) and understand what support services could be delivered moving forward. We hope to set out what the Strategy has achieved to date and see if what Carers told us in the previous consultations is still relevant, and if any new priorities emerged with life after Covid.

Click [here](#) to take part in the survey and carry on reading to learn about some of the achievements of the strategy so far.

The Carer Passport was launched in Nov 2021 in 13 Trusts across Cheshire and Merseyside helping to ensure that carers are identified when the person they support is admitted to hospital. The Carer Passport outlines the hospital offer to the carer for example about parking concessions and refreshments. It is an opportunity for a carer to state how they wish to be involved in providing some care during the hospital stay and be involved appropriately in planning around care and discharge.

Carers Champions have been identified in social work teams and are now attending regular meetings. Many health and social care staff have been able to attend carer awareness sessions and an E learning package is being developed as an alternative way to engage in this training.

Knowsley Carers Centre continues to provide benefits advice and signposting to agencies able to help maximise carers income. The Carers ID card continues to assist carers in accessing concessions and discounts. A Supporting Carers guide for Employers is being developed and engagement with local businesses willing to pilot the guidance is being pursued.

Knowsley Carers Centre continues to offer a range of social activities for carers which help to address the loneliness and isolation that carers experience. Steps are being taken to reinstate the full range of activities available before Covid and progress is being made. Carers have been able to go on trips, meet for coffee and a quiz and drop into the IT group which is run by volunteers. The Carers Centre continues to promote assistive technology to carers through the newsletter and in direct conversation with carers.

A new development has been the Just Connect Project which makes available a telephone number through which a wide range of activities provided by partners in health and the Third sector can be accessed. Partners providing services for carers are working closely together through the Just Connect project to specifically address loneliness and isolation.

TO CONTACT KNOWSLEY CARERS CENTRE

Knowsley Carers Centre continues to provide services during the Covid 19 outbreak.

You can contact us in the following ways:

By Tel: 0151 549 1412 (please leave a clear message and contact details)

or by email to enquiries@knowsleycarers.co.uk

Have your say!

Visible, Valued and Supported

There are already two engagement opportunities booked for the week commencing 20th June 2022.

If you would like to attend either of these events please let us know by contacting either Knowsley Carers Centre Tel 0151 549 1412 email to enquiries@knowsleycarers.co.uk or Healthwatch on 0151 449 3954 and email Jen.Casey@healthwatchknowsley.co.uk

Tuesday 21st June 2022 6.15- 7.30 pm Carers Engagement Event on Zoom

If you're a working carer then this might be a good opportunity for you to make your voice heard outside of the 9-5 working day but all are welcome.

Once your place is booked we will send you the link.



Thursday 23rd June 10.30 am -2.30 pm Carers Engagement Event at The Old Schoolhouse

This will be an opportunity to re connect with services by visiting the market place and with other carers in discussion about the issues carers face. Efforts will be made to provide a covid safe environment. Refreshments and buffet will be provided at tables.



Places must be booked to ensure we are Covid safe. So to avoid disappointment telephone or email to express your interest in attending.

There will be other opportunities to get involved. If you would like to express your views over the telephone or arrange to take part in one of our other consultation events, please contact us on the numbers above and we will make arrangements for you to have your say.

KNOWSLEY'S INCLUSIVE CARERS FORUM

Welcome to a new forum for carers across Knowsley. I'm Sue who many of you will know as being an avid supporter of carers in Knowsley as well as being a Parent Governor at Bluebell Park. Tony is the vice chair of the forum who supports his wife on a



full time basis as well as volunteering at Knowsley Carers Centre where he supports carers with IT issues at the IT Drop In. We are both so passionate in our support for improving services for carers in Knowsley

As the name says, the forum is fully inclusive and we are here for you. We want to give a real voice to carers at a time when our voices have never been more needed. Although in our infancy we have already linked in with Healthwatch Knowsley and we have forum members who will be attending

both the Carers Strategy and Carers Engagement Forums in Knowsley. We have also linked in with Gary Kitchen who is the Carers Lead for Cheshire & Merseyside Carers Strategies with a view to giving a louder collective voice to our carers. Another really positive initiative we're involved with is to link in with Volair with a view to Volair supporting carers of all ages across Knowsley. We have had preliminary meetings with Jan from Volair and she is really keen to support carers and improve their health and wellbeing, this will be great for carers ... watch this space

Are you interested in joining us?

Are you interested in shaping and improving the future for carers across Knowsley? Every carer in Knowsley will have their own story, every carer will have their own set of skills relevant to their caring role and every carer will have thoughts on what is good in Knowsley; what works, what doesn't and what needs improving. Whether you've found services/organisations across Knowsley to be good or bad this is your chance to have your say, share information with others and make a real difference moving forward. This will be a forum run by carers for carers across Knowsley and we will

also be launching on Facebook in the coming weeks

If you would like to be involved or you want to come along to see what the carers forum is all about then pop along to our next meeting at Knowsley Carers Centre , Thurs 9th June from 10am - 12noon. If you can't attend on that date but would like to get involved please call 0151 549 1412 or email us here to register your interest. enquiries@knowsleycarers.co.uk

Carers are stronger together, get yourselves involved and make a real difference to carers support and services in Knowsley

Thanks, Sue and Tony

ID Cards



One of the themes for Carers Week this year is making Carers Visible. The ID card gives Carers recognition that they are making a valuable contribution to society. Without family and friends supporting people in need the care bill would be even higher. During the pandemic the Carers ID card was proof that voluntary carers had the same rights to priority access and earlier vaccinations that emergency service workers had. Thankfully Covid seems to be behind us now but the demand for cards remains high. If you haven't got yours already send your photo to Judy via email judy@knowsleycarers.co.uk, or by text to 07525 638 093, or to Ian via private message on our Facebook page. Once your photo arrives the card takes 10 minutes to make and will be in the post by the next day.

Coffee Group in Kirkby is back!



Next one during Carers Week
10am – 12noon
9th June 2022
and every fortnight after that

Are you a carer or do you rely on the support of a carer?

Hospital Trusts across the Merseyside and Cheshire Region have worked together with Carers and Carer organisations to develop a Carer Passport for use when a person is admitted to hospital for an inpatient stay

The passport;

- Raises awareness of the Carer role
- Provides support to Carers
- Recognises the importance of Carers in patients' lives.
- Provides information to managers and key Healthcare professionals.
- Details a partnership agreement in supporting the care of the patient during their stay in hospital.

Speak to the Ward Manager where you or your loved one are being cared for and ask about the Carer Passport and what can be done to support you at this time.

