



## HEALTH AND SOCIAL CARE INTEGRATION within Glasgow City

Carers Week Special Edition July 2018

Caring can be a hugely rewarding experience, enriching relationships and bringing satisfaction and wellbeing. However, caring for others often comes at a cost to carers' own health and wellbeing as they put their own health needs to the back of the queue.

Carers Week, which took place between 11 and 17 June 2018, provided everyone involved in or supporting caring to celebrate this contribution. It also let people who know little or nothing about carers find out more.

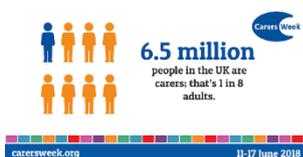
The theme for Carers Week in 2018 was "Supporting carers to be Healthy and Connected." Across the Glasgow City Health and Social Care Partnership a number of events and celebrations took place during the week to recognise and celebrate the importance of our carers.

Carers are more likely to have physical or mental health conditions and often neglect those conditions. 3 in 5 carers have a long term health condition compared with half of non-carers. This pattern is even more pronounced for younger adults providing care with 40% of carers aged 18-24 having a long term health condition compared with 29% of non-carers in the same age group. 8 out of 10 people (78%) said they feel more stressed because of their caring role, and 7 out of 10 (72%) said caring has made them feel more anxious.

Since 2012, Glasgow HSCP has aimed to support Carers as key partners in the delivery of health and social care. Their contribution and experience in providing support and care for the people they have or feel responsibility for is invaluable and underpins the work of many social care agencies, including Glasgow City Health and Social Care Partnership.

Carers Week, provided everyone involved in, or supporting caring to celebrate this contribution as well as raising awareness about the needs of carers. Across the Glasgow City Health and Social Care Partnership a number of events and celebrations took place during the week.

This short bulletin gives a sample of what took place during the week. It also gives an idea of how highly carers are valued by the Partnership and what we do to identify and support them. I'd like to thank all the city's carers for their unstinting support of their loved one, and I'd like to thank all the Partnership's staff and the workforces of those partner organisations who go to extraordinary lengths to support the city's carers.



## **Glasgow Association for Mental Health Carers support showcase event**

14<sup>th</sup> June

Learning about the support provided to carers of people with mental health issues was the purpose of the Glasgow Association of Mental Health (GAMH) showcase event hosted at the Trades Hall.

The event had capacity for 60 people and was attended by carers, service users and professionals, all present heard about services that support carers while also giving them the opportunity to listen to those with experiences of caring provide their thoughts and experiences of using the service.



**Pictured:** Glasgow Association of Mental Health cake which was on display at the event

The benefit of the event was demonstrated by the interest of those present to learn more about the services GAMH offer. Indeed the conversations which took place between attendees and staff will hopefully result in more carers being able to access support that helps them continue in whatever roles they presently have.

If you are interested in finding out more about the assistance GAMH can offer people looking after someone with a mental health issue, please visit [www.gamh.org.uk/project/carers-support/](http://www.gamh.org.uk/project/carers-support/)

**Bridgeton Dementia Resource Centre Pamper and Information Day** 14<sup>th</sup> June  
Carers Week provided an opportunity for carers to enjoy a 'Pamper and Information Day' within their local dementia resource centre.

Those present had the opportunity to enjoy the talents of a number of specialities which included enjoying complimentary therapies from a local beautician and massage therapist along with the chance to enjoy a 'Guided Meditation' virtual reality experience.

Several local organisations were also in attendance and assisted with a host of questions and queries that guests were looking for answers or advice with.

Organisations present included: Carers Centre; Citizens Advice Bureau; Lifelink; Glasgow Life; Glasgow Centre for Inclusive Living; Glasgow's Golden Generation; Home Safety; Epic 360; Dementia Advisors; Bridgeton Carers Technology team

Feedback from carers and organisations on the day highlighted the opportunities which an event like this presented. Particularly welcomed was the atmosphere that a 'Pamper and Information session' creates and the benefits that these relaxed circumstances make possible.

### **South East Carers Centre**

A dry, warm day on Monday 11 June was exactly what South East Carers Centre had hoped for while planning their health and wellbeing event.

With the theme of the session being to **Supporting Carers to be Healthy and Connected**, activities included taking part in either a 1k or 5k walk around the local area. This great opportunity was taken up by around 40 carers who joined one of the walks then heading to the Dixon Centre for a healthy lunch over which everyone had a chance to continue conversations started while pounding the pavements.



**Pictured:** Participants enjoying a walk around the local area

The day was completed by a performance from the Dixon Community Carers Choir who had the audience accompanying them as they performed their repertoire. Singing all types of song from Abba to Adele, the choir was formed in 2014 and is made up of carers and former carers. It practices every week and forms part of the Dixon Community Carers Health and Wellbeing initiatives providing a sense of community, boosting confidence, providing a life outside caring, time to have fun and socialise.

Some carers have reported health benefits from being part of the choir, including reduced stress levels and improved asthma and other breathing conditions.

Annamarie Craig, who is a carer and a member of the choir said:

*“Singing with the choir helps me in so many ways; it gives me a break from my caring responsibilities and the chance to be with others who are or have been carers. Singing makes me feel happy, it has increased my confidence and self-belief.”*



**Pictured:** Choir members on-stage

### **Active Seniors Day in the Park (Victoria Park) 12<sup>th</sup> June**

This was an event held with 47 stalls from both voluntary and statutory services, giving older people access to information on relevant services in their area. The event benefited from the sunshine creating a carnival atmosphere with older people, their carers and families taking part in a range of activities, music and lunch.

There were approximately fifty carers identified and provided with more information and the carers' booklet. This event also created the opportunity to talk to other voluntary services in the area. The event was extremely well organised and the event organisers and volunteers were friendly and helpful.

### **Information Stand at Queen Elizabeth Hospital 14<sup>th</sup> & 15<sup>th</sup> June**

Martin Savage from Glasgow Carer Partnership provided an information stand within the main foyer of Queen Elizabeth Hospital between 9:30am – 4pm. This particular area is possibly the busiest area of the hospital with most services and wards accessible from here. This gave us the opportunity to engage directly both with the patients, their carers' and NHS teams and services within the hospital. In addition to identifying a large number of carers and providing them with information and the carers information booklets, we also had the opportunity to make links with the on-site Social Worker and raise awareness of the services with staff on a number of wards who requested more booklets for their specific area.

### **Support and Information Services**

Glasgow Carers Partnership staff are working with hospital Support and Information Services within Glasgow City to routinely provide carers with the opportunity to connect with services to support them in their caring role.

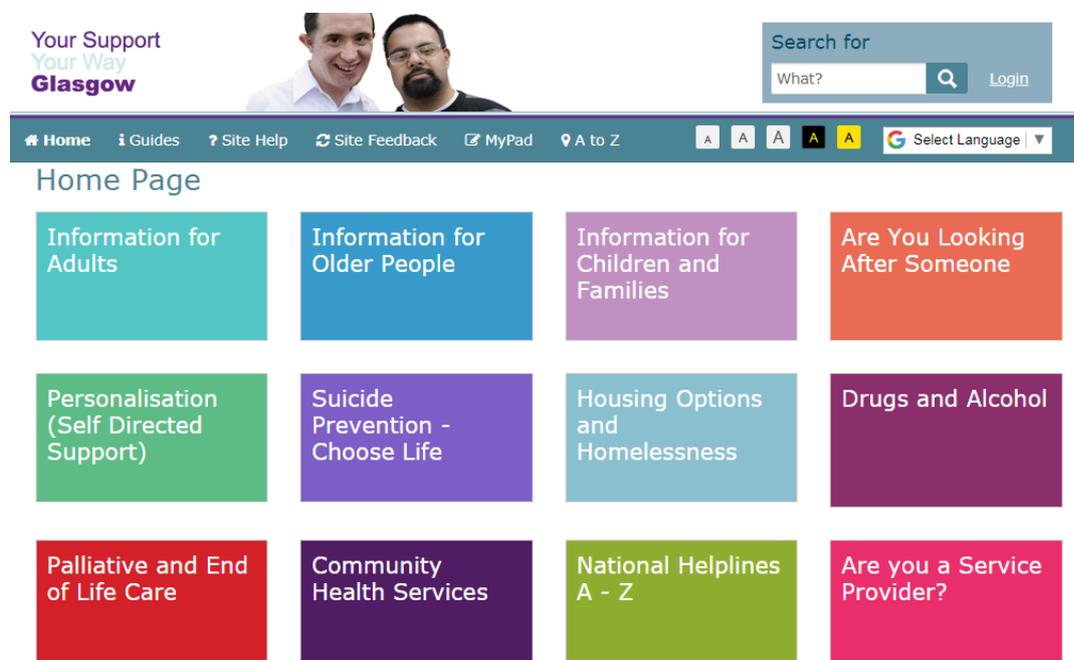
### **SCI Gateway**

By the end of July 2018, it will be possible for Primary Care teams/GPs to refer to our carer's services via SCI Gateway, the electronic referral system primarily used by GPs to refer patients to outpatient services. This new method of referral will mean that carers can connect the right support at the right time. Given the enormous pressure GP practices are under, we hope that this streamlined method of referral will help us all to connect carers with the services that can support them with their caring role.

## Carers Services – Your Support Your Way Glasgow

The Your Support Your Way Glasgow website has been updated and provides carers with the opportunity to find out more about what help and/or support they may be able to access.

The website is easy to navigate around, and packed with useful information. The website holds information and contact details around a wide range of matters relevant to carers, including; services available, accessing a service; information for young carers; the Carers Card and your rights as a carer.



**Pictured:** Your Support Your Way Glasgow website

If you want to find out more and see what it can offer you, then visit [www.yoursupportglasgow.org](http://www.yoursupportglasgow.org)

## Young Carers

During carers week it is also important to remember the many young carers whose lives are affected by having a caring role. All HSCP Partnership Carers Centres across Glasgow have developed comprehensive Summer Programmes for Young Carers to alleviate their caring role.

The overall aim for the summer programme is to assist the young carer and their family to redress the balance between caring and a life outside of caring. Life for young carers can become more difficult during the school break and summer programmes can reduce the social isolation they may experience as well as providing respite from their caring role. This also increases the opportunity to allow the young carers to have positive childhood experiences during this period whilst improving the relationships within the family and their wider community.

Glasgow carer's partnership has dedicated Young Carers Education Worker and Young Carers Workers. The Young Carers Education Workers delivered an awareness raising presentation and activities to representatives of Pupil Support Teams from schools across Glasgow City Council on 5<sup>th</sup> June 2018.

This event included case study activities with the staff to raise awareness of the Carers Act and learn more about Young Carer Statements, and it also gave the

Young Carers Education Workers the opportunity to make links with key contacts within locality schools and find out what awareness raising and support the schools currently offer regarding young carers.

Schools are being supplied with posters and young carer's specific leaflets.

An online resource has been created for teachers about Young Carers and will be made available to Glasgow City Council education staff via Glasgow Online. The online resource contains information about who young carers are, what they do and the impact this has on their lives and education. Guidelines about what schools can implement to help identify and support young carers are also available. We hope that these activities will make the school environment more supportive and inclusive for Glasgow's young carers.

Carers Week 2018 highlighted the importance of working with carers as key partners and of the many supports available for carers in Glasgow. Furthermore it serves to remind us that we all need to play our part in ensuring Glasgow's unpaid carers can connect with the right services at the right time to support them in their caring role.

### Get in Touch...

If you require this newsletter in an alternative format or wish to be added to our distribution list then please email [GCHSCP\\_Communications@glasgow.gov.uk](mailto:GCHSCP_Communications@glasgow.gov.uk)

Find out what is happening across the Partnership and Localities on a daily basis by following us on Twitter [@GCHSCP](https://twitter.com/GCHSCP).

For more information on Glasgow City Health and Social Care Partnership:

- **Our People:** You can view our [Structure Chart](#)
- **Our Papers:** You can read our [Integration Joint Board papers](#)
- **Our Places:** Glasgow City Health and Social Care Partnership (GCHSCP) headquarters at Commonwealth House, 32 Albion Street, Glasgow, G1 1LH.

Glasgow City Health and Social Care Partnership's new website is now live at [www.glasgowcity.hscp.scot](http://www.glasgowcity.hscp.scot)



[www.glasgowcity.hscp.scot](http://www.glasgowcity.hscp.scot)



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