

NEWSLETTER



Rotherham Carers Forum

Welcome from Jayne Price, our Forum Chairperson

Hello and welcome to your August newsletter. I would have liked to say summer but with all the rain we have had if the sun is shining when you are perusing this newsletter, I don't want to jinx it.

We are always busy at the Forum. I'm currently working on listing the 'Changing Places' toilet facilities in Rotherham. Did you know that if you or your loved one need a 'Changing Place' toilet and you are near to the Town Hall, you can go in there and request use of the facility which is free of charge and open to the residents of Rotherham. Please note that the Town Hall is open from Monday to Thursday.

The national 'Carers Week' happened in the second week of June. We were busy out and about with other Carer groups. On the Tuesday, we were in the town centre on All Saints square whilst the market was on. and we had a very productive visit to Rotherham Hospital on the Wednesday. The week was topped off by our own meeting which had a relaxed and wind down feel.

In the next few weeks we will be attending the Making Space summer fayre and in September we will be attending the Rotherham Show in the VAR tent on the Saturday. Please come and say hello.

Have a lovely summer and our next newsletter will be out around the beginning of November just before Carers' Rights Day.



Jayne

Hello and welcome to a new section of the newsletter, This edition Jayne's talks about 'When it comes time to move on'

If you read our last (Spring) newsletter, you may remember me blogging about my daughter's imminent journey as she is nearing the time moving away from her family home to her own home in supported living.

To give you an update, things have been moving very quickly behind the scenes but we are not yet in a position to decorate and personalise my daughter's new room in her new supported living home, and encourage her to try living away from where she is now. Whilst all the background work is being done, the room remains booked out to her so she isn't in danger of losing it. However, our social work person is crazily busy filling in legal forms such as the Mental Capacity Act form including a COP3 (this is a specialist assessment of capacity form used by the Court of Protection.) It's used to establish if a person has the mental capacity to make a specific decision and only a fully qualified Social Worker can complete that so we are currently waiting for this to happen. When it is completed and I have a copy it will be full systems go. The funding has been agreed. I know that the package is expensive as it includes full time care and support by Eden Futures, her own fair share of bills such as tenancy rent and utilities. It will also include a day centre placement and add ons such as transport. I will be taking out something called a Deputyship so I will have full control of her financial affairs. To do this I will need a copy of the COP3.



I am trying to stay level headed but thankfully I've got my husband to do that for me. I am having low moments, very low moments. As I compose this blog, I can hear Alana mumbling her happy chatter in the background. I have had 32 years to understand what she is talking about. This time she is chatting away to Thomas the Tank. She doesn't have the vocabulary and ability to tell me if someone is treating her wrong. My heart is telling me to hold back. On Thursday evening at Gateway Club, a fellow mum/carer who is following how Alana copes (and I cope) with transitioning as she (the mum) feels it could be time for son, told me some bad news. During the week before, her husband suffered a massive stroke and is now in intensive care. My heart goes out to her and she was putting on a very brave face bringing her son to Gateway as he was naturally very concerned about his dad and needed some distraction.

As you may know, I have been unwell over the past 12 months and due to a very thick cataract which has now been removed and ongoing Diabetic Macular Oedema which the consultant is now keeping an eye on (pardon the pun), I have been unable to drive. The isolation and dependency has had an impact on my Mental Health (carers make the worst cared for people, don't you reckon?) One of the worst things to cope with is the fear of not being able to call on my daughter and to have that quality time to take her out. My newfound mobility has partially reduced my concern but I am still apprehensive on how she is going to deal with the move and I am fearful of her thinking I have betrayed her. She has limited communication and when I mention that it's going to be exciting moving to her own little house, she appears to be horrified at the thought. She won't be the first to feel that way and she won't be her last. It of course is up to the individuals when moving is a matter of choice and there is no right or wrong time for a loved one to move away from their family. Alana's 'thoughts' have been captured by an advocate working with her who believes in her case, now is the right time to give it a try. The blog continues...



Meet the team

MEET PAUL ANDREWS - MEMBER OF OUR
MANAGEMENT TEAM



After a long term illness, I gave up a teaching career to become a carer for my mum and my daughter Iona. A lifetime of martial arts also lead me down a different path. Through Qigong and TaiChi practice I have become part of an international team of research fellows (ACHE Research – Ancient Chinese Human Energy) practicing and studying the Internal Daoist medicine branch of TCM (traditional Chinese medicine). I have also worked (pre-Covid) for Citizen’s Advice and I continue to serve as a (original South Yorks) voluntary rider for the Whiteknights Yorkshire Bloodbikes Charity as well as recently joining Rawmarsh and Parkgate Friends of Green Spaces. As a carer, I have continued (seemingly thanklessly at times) to face the challenges of the numerous 999 calls, doctors and hospital appointments, etc associated with the numerous health ailments of both my mum and Iona. Thankfully my Tai Chi practice, etc has not only kept me going in these endeavours, but has also helped me massively in assisting my daughter both with her epilepsy and with her mobility. I am also a published poetry & songwriter. As a member of Rotherham Carers Forum, I was very pleased to write “What a carer may do” which I once sung for a Rotherham Carers Forum meeting and was flattered that Rotherham Council also published it in their Carers strategy. - **P. Andrews BSc, PGCE,**



YOU ASKED? WE DID...

YOU ASKED US:

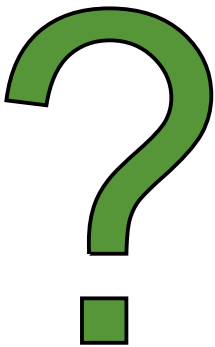


- Can you organise free health checks at a meet-up?
- Can you share resource information?
- Will we get feedback from our sessions?



OUR RESPONSE

- We are pleased to let you know that Judy and members of the team from The Magna Group Practice will be attending our September monthly meet - up offering health advice and checks
- We will share any resource, information, advice, news etc on our Website, Social Media platforms and via Email continually - please do look out for those.
- Feedback will always be shared with members, regular updates are given at our monthly meet and via electronic platforms. Most recently we were joined by Hannah from Patient Experience at the NHS who chatted with members about the Carer/Care Partner Promise, she recently sent over the first draft of this for our thoughts and opinions - we will keep you updated





National Carers Week ran from the 10th to the 16th June this year with many services and groups taking part. We held a stall in the town centre on Tuesday and although the weather was not on our side we still managed to talk with people and hand out information. On Wednesday we had a stall at Rotherham Hospital which proved to be very productive with meeting new to us carers and on Thursday, it was our own monthly meeting when carers were able to catch up with each other whilst listening to Roger, our DJ. We also welcomed Cllr Marnie Havard, the carers' Champion and Cllr Baker Rogers popped in to introduce herself. She is the new Cabinet member for Adult Social Care and Health in Rotherham. Also in attendance was Hannah Hall from Rotherham NHS who asked us what we thought the Rotherham NHS was doing well and what we thought could be done better.



Hello, we have some info to share with you all this month, where possible I had added link addresses for you to learn more:

- **Unpaid Cares Leave:** Employees can take up to one week of leave every 12 months. A 'week' means the length of time they usually work over 7 days. For example, if someone usually works 3 days a week, they can take 3 days of carer's leave.

<https://www.gov.uk/carers-leave>

- **RMBC Carers Directory** - Rotherham Council has now got a special section on its website with pages full of information specifically for unpaid carers. These pages start by going to an information page which then directs you to the directory, you will be able to download the new unpaid Carers Directory which we're sure you will be able to find some very useful information. There is also lots of information on this part of the RMBC website.

<https://www.rotherham.gov.uk/carers/information-carers/14>

Changing Places campaign - There are several changing places rooms available throughout Rotherham including The Town Hall, Grim & co, Rotherham hospital - you can find more details here:

<https://www.changing-places.org/find>

Recent quote from RMBC website:

'A Changing Places facility designed specifically for those with a learning or physical disability has been installed at Clifton Park Museum.

This unique purpose-built facility is designed to support the care needs of disabled visitors and individuals with complex care requirements such as people living with learning disabilities, motor neurone disease, multiple sclerosis, and cerebral palsy when visiting the museum.

Located on the ground floor of the Museum adjacent to the shop and café area, it is the fifth Changing Places facility to be installed across the borough after the Council was awarded almost £500,000 in government funding. Facilities are already in place at Grimm & co, Gullivers, Magna Science and Adventure Park, Rotherham United's New York Stadium and Wentworth Woodhouse, with two further facilities to be installed at Thrybergh Country Park and Rother Valley Country Park later this year.

Rotherham Council's Cabinet Member for Social Inclusion and Neighbourhood Working, Cllr David Sheppard, said: "Installing Changing Places facilities across the borough allows anyone regardless of a disability to enjoy the simple everyday outings and pleasures that most of us take for granted. I am thrilled that more of these incredible facilities are open in the borough."

The installation of these accessible toilets and changing facilities will significantly improve accessibility for disabled visitors with complex care needs enabling them to enjoy their days out knowing any specific requirements they have are met.

Rotherham Council's Museums, Arts and Heritage Manager, Lisa Howarth, said: "It is important to everyone at Clifton Park Museum that everyone has a chance of experiencing and enjoying all that the museum has to offer, regardless of access limitations. We are confident that having these facilities will further improve visitor experience for those who require these amenities."

A spokesperson from Sense said: "This facility is going to be such a good thing for us. We visit the park and the museum and gardens a lot and before we have been restricted to what we have been able to do. Now this facility is here, it means we can visit with more people with complex needs, and it makes things so much easier."

The Changing Places campaign aims to see Changing Places toilets installed in all large public spaces so that people can access their community and use a toilet facility hygienically and with dignity.

The Council successfully applied for £490,000 from the Government's Changing Places Fund, which is one of the largest amounts awarded to any Council.'

Our Monthly Meet-ups

We meet monthly at Rotherham Town Hall to share experiences, learn from each other and enjoy some light refreshments. We often have guest speakers who provide useful information for Carers.

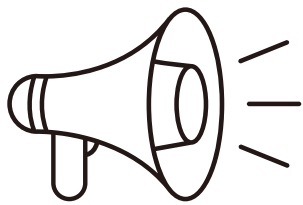
During our April session we were joined by staff from Absolute Advocacy who gave detailed information about the work they do as community advocates.

Our May session was held at the VAR offices this month due to the elections. We were lucky to be joined by the outgoing Mayor - Cllr Robert Taylor who chatted with members of the Fourm.



June was Carers Week and we held our meet-up incorporating a party, disco and we had the pleasure of being joined by Hannah Hall from Rotherham NHS who discussed the Carers/Care Promise with members and listened to their lived experiences.

July saw our very own Jayne lead a activity to discover how we feel about our Town Centre - this information has been handed to VAR as part of a wider consultation based around ease of access, safety and more..



UPCOMING EVENTS

**OUR NEXT MEET-UP THURSDAY
12TH SEPTEMBER 12 NOON - 2
PM ROTHERHAM TOWN HALL**

THIS MONTH'S GUEST

**This month we will be joined by
Judy and members of the team
from the Magna Group Practice -
offering health advice and checks**



Light lunch provided



TO BOOK PLEASE CLICK THE LINK BELOW

<https://www.rotherhamcarersforum.org.uk/joinanevent>

YOU CAN FIND ALL OUR EVENTS ON OUR WEBISTE AND SOCIAL MEDIA PLATFORMS

SUPPORTING OUR FUNDRAISING



**Please consider supporting our fundraising which provides
our meet-ups, events and provides information by
purchasing lottery tickets**

<https://www.rotherhamcommunitylottery.co.uk/support/rotherham-carers-forum>



- Help give our fundraising a boost
- Tickets cost just £1 a week
- Win up to £25,000



BUY TICKETS:
Go to:
<https://www.rotherhamcommunitylottery.co.uk/support/rotherham-carers-forum>
And search for: Carers Forum



GambleAware 18+ Supporters must be 18 years or over

WHAT A CARER MAY DO

**Cooking, ironing, washing, tidying,
If a loved one can't manage a carer then will,
Shopping, lifting, medication giving,
Arranging appointments and paying the bills....**

**Who knows but a carer,
Who cares what a carer goes through,
Who knows but a carer,
Who knows what a carer may do.**

**Prescriptions, supervising and collecting,
Sorting out, administering, And practical tasks,
Hospitals, doctors, dentists appointments,
Answering all the questions that a carer may ask.**

**Who knows but a carer,
Who cares what a carer goes through,
Who knows but a carer,
Who knows what a carer may do.**

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Your opinion matters

Here at RCF we passionately believe that 'your voice matters' please email admin@rotherhamcarersforum.org.uk with your ideas for future events you would like to see, guest speaker suggestions or articles for the newsletter.

THE GALLERY - A FEW PICS FROM EVENTS & MEETINGS



Carers week -deep in discussion - June



Discussing how we feel about our Town Centre - July



Deep in discussion - wellbeing session



Mary deep in thought at our July meet-up

OUR SOCIALS & CONTACTS:
please like, follow & share



ROTHERHAM CARERS FORUM



@ROTHERHAM36283



WWW.ROTHERHAMCARERSFORUM.ORG.UK



admin@rotherhamcarersforum.co.uk



07368 598606