

Tuesday 21st February 2017

Present:

Christian Campbell (CC)	Former Unpaid Carer
Kerry Donaghy (KD)	PKAVS Carers Hub
Maureen Donnelly (MD)	Unpaid Carer
Maggie Gordon (MG)	Unpaid Carer
Raymond Jamieson (RJ)	PKAVS Carers Hub
Jemima Lennie (JL)	Cared For
Linda Lennie (LL)	Unpaid Carer
Laura McKenzie (LMcK)	PKAVS Carers Hub
Maureen Summers (MS)	Unpaid Carer

Apologies:

Moira Brock	Former Unpaid Carer
Claire Thomas	Former Unpaid Carer

1) Welcome and Apologies
Everyone was welcomed and apologies were noted.
2) Agree On Notes From Previous Meeting
<ul style="list-style-type: none"> • RJ advised he has received no word back on whether the funding needs to be returned for Carers Voice by March 11th. RJ advised to continue as normal and assume the money stays within the group until otherwise advised. • Meetings that MS had attended were included under “List of meetings/events members have participated in”. <p style="text-align: center;">Notes agreed and added to PKAVS Carers Hub website for viewing http://www.pkavscarershub.org.uk/Have-your-say</p>
3) Carers Issues Brought to The Group for Discussion
<p>MD advised of a family in need of support in relation to multiple caring roles and varying conditions/addictions. LMCK has advised MD signpost them to us and to the Tayside Council on Alcohol for further support.</p> <p>KD brought up an issue brought to her by two carers - one from the Birnam Dementia Carers Support Group, and another from Blairgowrie area regarding how paid carers appear to be resource led, rather than need led. The Birnam carer is finding paid carers are coming to the house too early to provide care to her husband. The Blairgowrie carer expressed her difficulties when it comes to her mother’s care, where she is concerned about the lack of training and</p>

friendliness of the carers that come in. The group discussed whether there is a Home Care Agency forum that meet and whether a representative could come along to a future Carers Voice meeting to discuss these issues and find possible solutions.

Actions:

- KD to research into Home Care Agency forums, and invite to future CV meeting by next meeting in April
- MD to pass on PKAVS and TCA details to family discussed ASAP

4) Integrated Joint Board

MS advised that the difficulties to have their voice heard during IJB meetings are still occurring. They are still unclear on how to add items to the agenda (they showed their latest suggestion to Rob Packham who took it away but didn't state whether he would process it to be added to the agenda).

On discussions around how other areas work, MS advised that many other Local Authority The suggestion was made for Claire Cairns at the Coalition of Carers to be contacted, so she could share the IJB Scotland's representatives report that she collated to show to all the Chief Officers in Scotland to show examples of good working practices.

Actions

- MS to contact Claire Cairns to discuss sending report around Chief Officers by April meeting
- KD to invite Helen MacKinnon to future Carers Voice meeting to discuss how things can be added to the agenda by April meeting

5) Mapping exercise on how to promote group P&K wide

The following tasks were allocated to ensure that more coverage across P&K is being carried out:

- Doing talks at Carers Cafes across P&K: LMck to contact group with future slots for talks
- Leaflets to St Marks and Nazareth churches – MD
- Leaflets to Auchterarder GP, information to local community newsletter – KD
- Add interview with Bernie about Carers Voice to PKAVS and Carers Hub newsletter – LMck
- Information to Quair and Strathallan News – CC
- Information to Scone Destiny News – MD
- Sending leaflets to day care agencies in P&K – KD
- Posters to Blair Atholl shop – LL

Carers Voice have also been allocated a stall at the PKAVS Carers Hub Day Club Open Day on Wednesday 8th March 10am-2pm. The stall will need coverage from Carers Voice members, and there's no-one confirmed their attendance as yet.

Action

- All tasks above to be completed (or for talks to be at least arranged) by next meeting in April
- If anyone else within the group would be able to take leaflets and/or go along to their local groups etc. to promote Carers Voice, please contact KD (no deadline – ongoing).
- Carers Voice members to advise KD by Wednesday 1st May if they can help cover the stall at the Open Day on 8th March.

6) PB Monies review

TOTAL REMAINING: £626.81

Actions:

- Carers Voice members to keep any receipts and claim any travel/accommodation expenses they incur for attending meetings, events etc. associated with Carers Voice (a copy of the expense form to fill out has been attached to these notes) (no deadline – going)

7) List of meetings/events/training members have participated in

- MHO training at Edinburgh University
- “What Do Consultant Psychiatrists Do?” training
- Session on “Discharge to Assess”
- Workshop about Engagement
- Understanding Psychosis training
- Carers Collaborative for IJB representatives
- Third Sector Health and Social Care Strategic Forum
- Courageous Conversations workshop
- IJB development session, pre meeting and meeting.
- Child Protection workshop
- Meeting with Rob Packham & IJB reps

8) Any Other Competent Business

- RJ advised that there is funding within Perth and Kinross Council to fund a service around emergency/crisis services for unpaid carers. RJ thinks it will be beneficial to include Carers Voice in these discussions when they begin, although he expects this to

be part of the Carers Strategy Group which the Carers Voice already attend. RJ will advise the group if discussions are held outwith the CSG to ensure they are included.

- RJ advised of the requirement for all Local Authority areas to have a Local Eligibility Criteria for carers support ready by April 2018. Carers Voice would like to feed into this when discussions begin, so RJ will keep the group involved.
- KD advised that there will be events being held across Perth and Kinross for Carers Week. Areas include Kinross, Crieff, Pitlochry, Blairgowrie and Perth. Details are still being firmed up – Perth’s event will be a Carers Bash, which will be a party at the Lovat with live music. To claim your free tickets, contact KD. It was agreed that Carers Voice will be part of the press coverage around Carers Week to further raise awareness of the group and its purpose. KD will keep in touch to make arrangements on this.
- RJ advised that the Respite Development Worker will begin with PKAVS on 6th March, and will be developing more respite opportunities for carers in Perth and Kinross to access.
- The group expressed interest in having another meeting with Fife, Stirling and Dundee Carer Voice groups. KD will arrange this by April meeting and will be in touch with everyone to advise of date and location.
- MS gave an update on the mental health re-design. MS advised that if anyone has a crisis between 9am-3pm they can go to Murray Royal in Perth, however if it is outwith these times then you need to attend Carseview at Dundee. The Integrated Joint Board have advised that this is a “contingency plan” and not a permanent solution. It is still unclear when a decision on the 4 options will be made with regards to the possible closing down of 2 wards at Murray Royal. MS will keep the group updated on further developments.
- KD has arranged training called “Making A Case for Change” which is hosted by the Scottish Health Council. The workshop helps people to understand how to present a case for change to health and social care professionals in an effective way, be able to present a researched and evidence based issue and recognise the benefits of using Scottish Government, local authority and NHS board documents and statistics to back up their case. This session would be very beneficial to a group like Carers Voice. The session will be on Tuesday 14th March from 11am-1pm at PKAVS office in Perth. Please contact KD by Friday 10th March to book your place.
- There are two spaces for a carers representative on the Health and Social Care Strategic Planning Group – LL has expressed her interest for one of the spaces. If anyone else would like to note their interest in being a carers representative for this group, please contact KD ASAP.
- MD and MG brought up their issues in trying to have their voices being heard through drug and alcohol services. The suggestion was made to source a national organisation to encourage change on local policy – KD will explore this and keep the group updated. MD and MG also advised their frustrations around the need for clearer guidelines on prescribing methadone, including the decisions to lower/increase or take away dosages. It was suggested that they lobby their local MP to encourage this to be addressed – MD and MG will lead on this and keep the group updated.

- MG advised that EPICS are holding their AGM on Friday 17th March at 1pm-3pm in Fairfield Neighbourhood Community. Please contact Maggie on e.p.i.c.s.1@hotmail.co.uk to RSVP.

2017 Dates for Carers' Voice Meetings

All meetings held on Tuesdays from 11am-1pm at The Gateway, North Methven Street, Perth on the following dates:

4th April
16th May
27th June
8th August
19th September
31st October
12th December