

COMMUNICARE

SPRING/SUMMER 2009



DEMENTIA SERVICES: *Single Location* - *New Unity of Purpose*



Groundbreaking new service piloted
across Kelso and Berwickshire

The Alzheimer Scotland office was never very far from Kelso Community Hospital but now the Border Project has joined forces and moved in to be an integral part of the new NHS Borders Poynder View redevelopment.

This groundbreaking new service, being piloted across Kelso and the Berwickshire area, is thought to be the first of its kind in Scotland and will provide support for dementia sufferers and their carers in their homes, day centres, community hospitals and care homes.

Alzheimer Scotland is now co-located and is working closely together with NHS Borders where joint working has become joined up working bringing a unity of purpose with statutory agencies. The beneficiaries of this joint project will, of course, be those individuals with Dementia in the Eastern Borders and those who care for them.

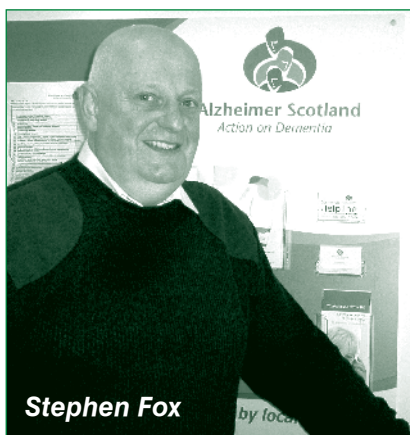
Although the Alzheimer Scotland, Border Project, retains a Borderwide commitment with activities in Peebles, Hawick and Galashiels, events in the Eastern Borders will add value and provide an opportunity to pilot new ways of working at Poynder View eg:

- Fundraising for specific projects
- Joint training initiatives
- Non GP Referral
- Information Packs
- Access to national website
- Volunteer Development
- Community Outreach
- Managed Resource Service
- Carer Support Groups
- Planning & Service Development

In addition Alzheimer Scotland

has successfully delivered a 3 year funding package for a specialist Dementia Nurse, Peter Lerpiniere, who is now in post. Although much of Peter's time will be being spent at the BGH, he is also based in Poynder View and is very much part of the new service. Peter's remit includes development in clinical practice, education and consultation. Other features of this new post include evaluation and research.

Joint working at Poynder View has created new opportunities, for example, the Carer Support Group now includes service user support provided by NHS staff at Poynder View. A newly expanded spring training programme is being planned. If you are interested in the dementia education training programme, including courses on Communication and Reminiscence Skills with people who have dementia, or for any further information on dementia, then please contact Stephen Fox, Alzheimer Scotland Borders Service on 01573 226162 or email bordersservices@alzscot.org



Stephen Fox

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Getting it right for Carers...

'The expertise and quality of care provided by unpaid carers is a vital part of the care workforce.'

THIS PRAISE for unpaid carers was made by the Public Health Minister, Shona Robison, at the National Carers Conference, when she announced that there would be a new National Carers Strategy for Scotland.



This new Strategy should ensure that long term carers get the right support to protect their own mental, emotional and physical health. Amongst a package of measures, she announced an additional £4million to help Councils across Scotland to deliver 10,000 extra weeks of Short Breaks for carers by 2010-11.

Unpaid carers and representatives from local caring organisations in the Borders were linked by satellite to this National Carers Conference hosted by Glasgow Caledonian University. This unique event brought together carers, service providers and policy makers from across Scotland. The

programme included stories and experiences from carers and focussed on sharing of good practice.

Carers attending the Borders satellite, had an opportunity to discuss their experiences, identify gaps in services and highlight areas of good practice. Feedback from the conference will help to shape the new National Carers Strategy and, at a local level, will be considered by the Carers Planning Group. If you are interested in taking part in the Carers Planning Group, which has responsibility for taking forward the local Carers Strategy, please contact the BVCCF.



The Scottish Government

Moving Forward with Short Breaks

In response to the recently published Scottish Government Guidance on Short Breaks, Scottish Borders Council Social Work Services are setting up a joint working group to develop a local Short Breaks Strategy.

A joint working group will help to prepare and produce a Short Breaks Strategy, which will include the appointment of a

Short Breaks brokerage worker to support people to plan individualised breaks that are most appropriate to meet their needs.

The Scottish Government has agreed to provide funding to support a demonstration project which will evaluate different forms of self directed support and its use to provide more flexible breaks for carers.

CITIZEN LEADERSHIP LAUNCH

What is Citizen Leadership?

Citizen Leadership was officially launched in the Borders at a special event held on March 19th in Tweed Horizons. Moira Oakley, Chair of People First Borders, welcomed everyone and Donna Allen, a parent/carer from Heartfelt, provided the keynote address. Speaking from her personal experience as a parent/carer, Donna described how she had become involved in speaking up about the kind of services and support people want and need.

Other presentations included service users and carers talking about their involvement in services and groups such as Community Integrated Care,



the Disability Forum – Deaf and Hard of Hearing, Ability Centre and Calling the Shots and how this participation had led them to having a say about services and volunteering to help others.

Workshops considered how Citizen Leadership opportunities could be rolled out across all groups of service users and carers so that everyone can realise their potential and have more control over services and their own lives.

Citizen Leadership came out of the 'Changing Lives – 21st Century Review of Social Work' and more information about Citizen Leadership is available from Andy Miller - andy.m@sclcd.co.uk

BVCCF KEY ISSUES FOR 2009

THE BVCCF has drawn up its Key Issues for 2009 and has submitted these to Elaine Torrance, Head of Health and Social Care, Social Work Services (SWS) and Karen McNicoll, Head of Public Involvement and Communication, NHS Borders.



The Forum's Key Issues include a wide range of concerns about the current planning and delivery of community care and how this impacts on service users, carers and voluntary organisations:

- Social Work Services only meeting critical levels of need
- Access to assessment and information about how to access services
- Recognising carers as part of the whole picture
- More meaningful involvement of service users and carers
- Rolling out Citizen Leadership across all care groups
- Developing personalised services and enabling people to live more independently
- Mental Health Out-of-Hours support through the joint Crisis Service
- Wider provision of psychological therapies
- Need to invest in preventative services eg befriending and community support projects
- Funding arrangements for the voluntary sector eg full cost recovery
- Opportunities to bid into new funding streams at an early stage

The Forum's Key Issues provide a basis for dialogue and discussion with Health and Social Work Services over the coming year. **A full list of the Key Issues is available from the BVCCF.**

The Voluntary Sector and Single Outcome Agreement

AT THE March meeting of the BVCCF, members received an update from the Community Health and Care Partnership and feedback on how the Partnership will be accountable for delivery of the outcomes for the 'Healthier Borders' within the Single Outcome Agreement.

Liz Walthew, Voluntary Sector Liaison Group, updated members on how the voluntary sector, as a whole, will respond to the Single Outcome Agreement by drawing up a Voluntary Sector Strategy and a document to show how local voluntary organisations contribute to the delivery of the Single Outcome Agreement.

Social Work Inspection Agency (SWIA) – Feedback

ELAINE Torrance, Head of Health and Social Care attended the last Forum meeting to feedback on the SWIA Inspection.

The involvement of service users, carers and voluntary organisations was very much appreciated in the surveys, group discussions and many meetings held by inspectors during their visit to the Scottish Borders.

Overall the report from SWIA

was 'Good' to 'Very Good' and highlighted areas of good practice including the Night Support Service, the Migrant Worker and the Carers Information Handbook. It also highlighted areas for improvement, including speeding up single shared assessments and assessing the needs of young carers.

SWS will draw up an Action Plan and will report back to the Forum.



Elaine Torrance, Head of Health and Social Care

Voluntary Sector Community Support Services...



Community Services – Stroke Groups
Co-ordinator Borders Central
Rosemary Anderson
Tel: 01896 822761 / 07918723786
Email: rosemary.anderson@chss.org.uk
Webpage: www.chss.org.uk

CHEST, HEART AND STROKE SCOTLAND (CHSS)

...aims to improve the quality of life for people in Scotland affected by chest, heart and stroke illness through medical research, advice and information and support in the community

CHSS Volunteer Stroke Service Groups offer support to those who have had a stroke with particular focus on those with communication difficulties, their carers' and families. They are run by staff and aided by a team of volunteers.

Hawick Stroke Group meets on Mondays 10.00 a.m. till 12.00 noon in Teviot Church Hall, Hawick

Galashiels Stroke Group meets on Tuesdays 1.30 p.m. till 3.30 p.m. in Focus Centre, Galashiels

Peebles Stroke Group meets on Wednesdays from 2.30 p.m. till 4.30 p.m. in Hay Lodge Day Hospital, Peebles.

If you would like more information on the services available in your area, or would like to offer your service as a volunteer, please contact the local Co-ordinator.

Beat the Credit Crunch – Come to Soupalunch!

The Soupalunch project at Hawick Congregational Community Church goes from strength to strength! Customers love the delicious food, served by friendly and dedicated volunteers who manage and organise the weekly event on a Wednesday. The volunteers have something to celebrate too, they have all passed their Food Hygiene Course! Everyone is welcome to Soupalunch, which is a volunteer led social enterprise which as well as providing nourishing soup for only one pound, raises funds for the church's Reaching Out community ministry. For more information contact Geraldine Strickland via email: ger.howdenmeadows@tiscali.co.uk



Annette Scobie, BVCCF and Geraldine Strickland, the Development Worker with the church, amongst some happy customers!

SUPPORT FOR PEOPLE WITH PARKINSON'S DISEASE

A NEW SUPPORT SYSTEM has been introduced for people in the Borders who have Parkinson's Disease. Steven Richardson is the information and support worker for the Parkinson's Disease Society and can provide:

- Up to date information on Parkinson's
- Emotional support to you and your family
- Information about benefits and help with the application process
- Information about and links to your local services
- A supporting voice if you need to complain or are having problems

- getting your needs assessed
- Links to other Parkinson's Disease Society services, such as our Helpline, website, information
- Resources and local branch and support groups.

Steven is on hand to offer advice and information to sufferers, their families and carers. The service, which is free, can include home visits, telephone support and assistance with claiming benefits and accessing local services.

Anyone who needs assistance can call Steven on 0844 225 3744
Email: srichardson@parkinsons.org.uk



Neighbourhood Links



GETTING HELP and support to live independently in your own home has become much easier thanks to a new one-stop shop for community information and support in the Borders. The Neighbourhood Links project not only provides people with information about support services, local facilities and community groups in their area but can also offer the help needed to access them.



The project is a partnership between the British Red Cross, Borders Voluntary Community Care Forum, supported by NHS Borders and Social Work Services and is the first time information on all Social Work Services, NHS, voluntary and community organisations in the Borders can be accessed through one place.



Neighbourhood Links co-ordinators, Rachel Miller and Hazel Smith

local support and activity groups where people can get out and about and socialise.

Lindsay added: "Neighbourhood Links isn't just about people calling us up – we visit communities to find out what people want and make sure everyone gets the help and support they need. If we do find out there are services missing in the community, we can feed this

Lindsay Wilson, Red Cross services manager, explains: "The Borders is a very rural area and people can be unsure about what help is available and how to access it – which can lead to them becoming isolated and vulnerable."

back to the statutory services and can even help community groups and organisations to set up new services to meet these needs. Really the project is about making sure all people in the Borders get the help and support they need to live at home and play an active role within their communities."

The Neighbourhood Links project looks at each individual's situation and comes up with information on all the services and support available to them in their local area. This could be anything from help applying for benefits, finding carers and home helps, to details of

To find out more contact: Hazel Smith – Tel: 01890 883673; HSmith@redcross.org.uk or Rachel Miller – Tel: 01896 751888; RMiller@redcross.org.uk

Book a break in THE CARER 'VAN!

BY definition, people with an Autism Spectrum Disorder, require constant attention and, in many cases, close scrutiny. Providing this level of attention is extremely demanding on the individual as well as the family and friends. Many of the regular things the rest of us find commonplace are not available to these families – for example, day trips and holidays.

Borders Asperger and Autism



Group Support (BAAGS) has purchased a caravan on a regular holiday site, Berwick Holiday Park, which is within easy travelling of Scottish Borders, for the use of individuals and the families of those with an Autism Spectrum Disorder to use as short holidays and respite.

For further details/bookings contact BAAGS: Tel: 01896 668961; E-mail: baagsmail@yahoo.co.uk

MORE BVCCF NEWS...

BASED on a strategy for kinship and foster care published by the Scottish Government in December 2007 and research carried out on their behalf, Citizen's Advice Scotland have received funding to provide a service to kinship carers across Scotland.

The term "kinship carer" has no statutory definition but it is taken to mean anyone who cares for the child or children of a relative or close friend on a residential and ongoing basis. However, the legal status of kinship carers varies greatly depending on the level of state involvement in the situation of the child or children and the formality of their placement. This can range from:

- official placement as a "looked after child" under the provisions of the Children (Scotland) Act 1995 the Adoption and Children Act 2007.
- placement under a court order
- informal agreement between parents and kinship carer, with or without statutory involvement.



Kinship Care



This service is based on the provision of five Regional Kinship Care Support Officers who will provide training and support to CAB staff and volunteers. They will provide information about the financial support which may be available for kinship carers and advice about practical support eg support groups and respite care facilities.

It is also the remit of the support officers to promote awareness about kinship carers and build good relationships with local authority staff and other stakeholder groups.

The Kinship Care Support Officer for your area is Gill Westwood, based in Penicuik Citizens' Advice Bureau, in Midlothian and covering Edinburgh, Midlothian, East Lothian, West Lothian, Scottish Borders, Falkirk, Stirling and Clackmannanshire.

For further information please contact:

Gill Westwood
Penicuik CAB
01968 675259
gillwestwood@penicuikcab.casonline.org.uk



PARENT CARER WORKING GROUP: Consultation workshop

PARENT carers of children with additional support needs came together in March for a Consultation Workshop to discuss future options for the services and support they need.

Proposals include ideas around personalised budgets and Self Directed Care which would enable parent carers

to have more individualised support packages.

Parent carers felt that they needed to have more support in their local communities for children with additional support needs to access mainstream activities. A report will be produced and be made available for wider consultation.

For further information please contact the BVCCF or the Princess Royal Trust for Carers on 01896 752431.



The rewards of re-discovery

're:discover has put meaning back into my life.'

'My self esteem and self confidence have greatly increased since being involved with re:discover... I feel that I am wanted and needed and that makes me feel good.'

re:discover is a befriending project supporting adults who have become isolated as a result of experiencing mental health difficulties. We work in the area covered by Kelso and Duns Social Work teams. re:discover supports people using our service to recover a sense of who they are by encouraging them to step outside their illness and discover and rediscover activities and interests which they enjoy. We offer our service for up to one year. During this time volunteers support service users to discover new hobbies and interests and step back out into the world again.



Volunteers get involved in re:discover from all walks of life. Many of our volunteers have their own experience of mental health difficulties. Volunteers can act as role models- people who are also on a journey of recovery... giving belief and hope, empowering others. We offer volunteers training and we pay all out of pocket expenses.



If you are interested in finding out more about getting involved with re:discover, as a volunteer or service user then please do get in touch with Wendy Bates or Kay Race on 01573 228518
kay.race@btconnect.com or
wendy.bates@health-in-mind.org.uk

BORDERS BIPOLAR SELF HELP GROUP

A Bipolar self-help group operates in the Borders for those affected by bipolar disorder/manic depression and their carers. If you feel you are in need of support, please come along.



WHERE – Connections, Back Row, Selkirk TD7 4LP (just off the A7)

WHEN – 3rd Thursday of every month

TIME – 6.30 pm to 8.30 pm

You don't need a referral – just turn up to this friendly meeting!

For further details please contact: Bipolar Fellowship Scotland on 0141 560 2050



A Voice for Service Users and Carers Mental Health & Well-being Forum

IF YOU ARE INTERESTED in getting involved in helping to improve Mental Health Services for service users and carers please get in touch with Dawn Roche, Development Worker, at the BVCCF office.

Hear me 2 - Your Chance to Have Your Say

'see me' is keen to hear from you if you have experienced mental ill-health and would like to contribute to their second survey.

Over 1,200 people took part in their first ever national survey of stigma in 2007 and told 'see me' if and how mental ill-health had affected their lives, where they experienced stigma and whether or not they thought that things were getting better.

see me...

**'see me...'
survey**

Those responses helped shape 'see me's recent campaign work and now they would like know more.

The questionnaire can be filled in online on the www.seemescotland.org by anyone who has had mental ill health/mental illness. If you would like a paper copy please phone 0131 554 0218.

Self Management Fund for Scotland launched

THE Long Term Conditions Alliance Scotland (LTCAS) is delighted to announce that the Self Management Fund for Scotland is now open for applications.

Self Management Fund is available to voluntary organisations and community groups throughout Scotland to support work to encourage people living with long term conditions to learn more about the management of their condition, and become active partners in their own care. The fund is set at £2 million per year over the next 2 years.

The Fund will encourage good practice to be shared and innovative approaches to be

developed. LTCAS will work with those organisations who will receive funding to capture learning gained through the projects and share this widely across Scotland.

Full details including guidance notes, eligibility and criteria for the fund can be found at the LTCAS website: www.ltcas.org.uk where an application pack can also be downloaded.

For more information contact Kevin Geddes, Director of Self Management, Long Term Conditions Alliance Scotland (LTCAS), 349 Bath Street, Glasgow G2 4AA, on 0141 404 0231/ 07545 425 605 or email k.geddes@ltcas.org.uk

BVCCF ANNUAL GENERAL MEETING

**Wednesday
24th June 2009
12 Noon
Old Gala House
Galashiels**

Support for wheelchair users



SERVICES for people who use wheelchairs will now be closer to home and much more flexible, thanks to a new wheelchair action plan launched recently.

Over the next three years, £16 million will be invested in a radical modernisation programme which will bring wheelchair services into the 21st century. For the full story go to: <http://www.scotland.gov.uk/News/Releases/2009/03/03122148>

If you are interested in joining a local Wheelchair Service User and Carer Group please contact the BVCCF.

Disabled parking bay fines become law

A BILL to impose fines on anyone parking incorrectly in a disabled bay became law at the end of February. Transport Minister Stewart Stevenson said the move was "much needed" as fines were the "only real deterrent" to prevent abuses. Fines will be £30, rising to £60 if not paid in 14 days. For the full story go to: <http://news.scotsman.com/politics/60-fine-for-parking-in.5022571.jp>

ADULT SUPPORT AND PROTECTION (SCOTLAND) ACT 2007 An Easy Read Guide to Part 1 of the Act

For further information and copies of this Guide:

Telephone 0131 244 3287 Email: aspunit@scotland.gsi.gov.uk



SMALL GRANTS FOR TRAINING



Any voluntary organisation, which has little or no access to funds for training, can apply for help with the cost of training, as long as it is relevant to community care. This fund can be used to help train staff, volunteers, service users and carers with the cost of fees, travel and subsistence. Training can include short courses, workshops and conferences as well as tailor made training for individual groups and organisations. **Application forms available from the BVCCF**

Every effort is made to ensure that the information in this newsletter is correct. Views and opinions expressed are not necessarily those of the BVCCF. If you would like to make a contribution or require further information contact:

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34 Woodmarket, KELSO TD5 7AX
Tel: 01573 226969 or email: admin@bvccf.org.uk**

PLEASE NOTE

*This newsletter is available on audio cassette on request. It can also be viewed on the BVCCF website:
www.bvccf.org.uk*