

“Recall”

The Newsletter for Dementia Carers

Autumn 2019

In this newsletter you can find out about some new memory cafés. There is also an update about the investment a health trust is making to community-based Dementia services and a spotlight on organisations providing carers' breaks.

For more information about anything in this newsletter or to find out more about our support for carers of people living with Dementia, contact:

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Or Roma Mills, Carers Policy and
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Making Carers Count

Welcome

As the number of people diagnosed with Dementia in Hertfordshire grows, services are evolving so they best meet the needs of people with Dementia and their family / carers.

Services in Hertfordshire are co-produced with input from people who commission or provide them and those that use them. Through our involvement work we give carers an opportunity to have a voice and shape services they access.

We are currently working with Hertfordshire County Council, Hertfordshire Partnership University NHS Foundation Trust (HPFT), carers and others to co-produce the next Dementia Strategy for Hertfordshire. You can read more about this below. Other joint work includes the commissioning of respite beds and the provision of training sessions for carers.

Our Dementia Carers' Forums that are held at different venues around the county provide a platform for carers to share their views on various issues. You can learn more about the our Forums on the back page. If there are any issues or topics you want covered at our Forums or in our newsletters please let me, Sally Stratford, know. Call me on 01992 58 69 69 or email me at sally.stratford@carersinherts.org.uk



Carers to help shape next Dementia Strategy for Hertfordshire

Hertfordshire County Council is updating the Dementia Strategy for Hertfordshire as the current one was up to the end of March 2019.

The Council is working with people with Dementia, their carers, health and other statutory organisations, and voluntary sector partners including ourselves to co-produce the strategy.

We have already held some sessions to gather carers' thoughts and feedback about what they feel should be included in the next strategy.

We also have a survey you can complete to share your views.

Please return it to us by Friday 15th November 2019. The survey is available online at www.carersinherts.org.uk/have-your-say/dementia or is enclosed with this newsletter if you receive it by post.

You can view Hertfordshire's Dementia Strategy 2015-19 on Hertfordshire County Council's website – www.hertfordshire.gov.uk



Update about Trust's investment into community-based Dementia services

In the last two newsletters we have highlighted Hertfordshire Partnership University NHS Foundation Trust's (HPFT's) plans to invest in community-based Dementia support. This investment was being undertaken using resources available as a result of not refurbishing Prospect House, in Watford - a 16-bed Treatment and Assessment Unit and closing the temporary service at The Stewarts in Harpenden.

The Stewarts site closed at the end of March 2019 and work to improve community-based Dementia services has begun. It has involved:

- Development of a Care Home Liaison Team to support people with Dementia and care home staff in caring for the person with Dementia when they are unwell - trying to avoid admission to hospital. The team is still recruiting, but are working with care homes; and
- A trial of a team to carry out NHS Continuing Healthcare Assessments to decide if people with long-term health conditions are eligible for NHS funded social care. This was reviewed and in June a contract was awarded to CHC Healthcare to deliver the service.

As part of the investment we are to receive funding for two extra Admiral Nurses to support Dementia carers and are finalising contracts. The nurses will work alongside our four other Admiral Nurses.

Sally Stratford, our Involvement and Development Worker for Dementia and Frail Elderly, said: "Carers in Hertfordshire and other partners continue to be involved in the delivery and monitoring of the Trust's investment. Thank you to all carers who were involved in this."

If you wish to discuss any issue related to the changes please contact Sally by sending an email to sally.stratford@carersinherts.org.uk or calling 01992 58 69 69.

More people are now entitled to a Blue Badge

Earlier this year the Government announced that Council's could issue Blue Badges to people with hidden disabilities such as mental health conditions. Hertfordshire County Council is supporting this expansion and the new application criteria came into effect on 30th August 2019. Blue Badge Permits enable people with disabilities to park closer to their destination if they struggle to get from their vehicle to where they are going or meet other criteria. To learn more or apply visit www.hertfordshire.gov.uk/bluebadge or call 0300 123 4040.

New Memory Cafés for people with Dementia and their family carers

Two Memory Cafés have been set up in Hertford and Cheshunt for people with Dementia and those worried about memory loss to meet new people and get advice from GPs, nurses, and other professionals.

The Healthy Memory Café in Cheshunt meets at the Tesco superstore (community room), Brookfield Farm, Cheshunt, the last Friday of the month, 10.30am to 12pm noon.

The Hertford Memory Café, which first met in September 2019, meets monthly at Hertford Theatre before a dementia-friendly screening (11.30am-1.30pm). Upcoming cafés are due to take place on Wednesday 20th November, Friday 27th December 2019, Wednesdays 22nd January and 19th February 2020.

The cafés were set up by a partnership involving GPs, Hertfordshire County Council, community organisations such as the Alzheimer's Society, and others.

Dr Mark Andrews a GP in Hoddesdon and one of the doctors behind the project (*pictured right*), said: "If you're feeling forgetful or you feel anxious about someone who is, please come and see us. There is a lot that can be done to help people manage their memory problems and stay confident and independent for as long as possible."



Spotlight on services giving carers priceless time to themselves

If you need time away from caring for a relative or someone else, but aren't sure how, due to wondering who will look after the person you support in your place, our Care Service and those of Crossroads Care Hertfordshire North could help.

Both organisations have a **Helping You Care – Carers' Breaks** service where a trained support worker will take over the caring role for an agreed amount of time. This gives you time to yourself and helps you feel more resilient. Breaks are provided to suit your needs and can be regular or occasional.



The first 18 hours of Carers' Breaks are usually free to the carer as the service receives funding for this. After this a Carer's Assessment would take place to identify your needs and if you are eligible for funding from Hertfordshire County Council for this service or if you would need to pay privately.

Other ways the charities could help you are outlined below.

Carers in Hertfordshire also offers information and guidance, mentoring, support groups, free training courses and more. Our Care Service, which covers Hertsmere, Three Rivers and Watford, provides:

Homecare Support to people with care needs that live in Hertsmere (the Borehamwood, Elstree, Radlett area) to enable them live independently and remain in their own home. This is a flexible, personalised service to meet the needs of the person requiring care and you as their carer. Support could include assistance with personal care such as washing and dressing, helping around the home with tasks such as meal preparation and light housework, and assistance with shopping.

The Borehamwood Seniors Club for the over 60's living in the Borehamwood area. The Club runs Monday to Friday (excluding Bank Holidays) from 10am to 3pm and provides people who would otherwise be alone somewhere to go and socialise. They can enjoy activities including light exercises, singing, day trips, book club, and have a hot, two-course lunch and refreshments. Free local transport is also available. To book a £5 trial day call 0203 538 3247 or email borehamwoodseniors@carersinherts.org.uk

You can contact our Care Service by calling 020 8905 1158 or emailing admin@carersinherts.org.uk
For advice or details about our services call our Carers Support Advisors on 01992 58 69 69.

Crossroads Care Herts North, which covers Broxbourne, Dacorum, East Herts, North Herts, St Albans, Stevenage, and Welwyn and Hatfield, provides the following:

A Volunteer Service which offers carers an opportunity to stay connected to their community. A fabulous team of volunteers give their time to share their company, hobbies or just chat.

Caring for Life Home Care, which involves more frequent calls to support the needs of someone living with a long-term or life-limiting condition.

Meet-ups held in Bishop's Stortford, Cheshunt, North Herts and Stevenage. These are a good source of help for carers to gain information, support, or just enjoy a friendly chat and a cuppa.

Day Services in Stevenage for people with long-term conditions and Young Onset Dementia. It is a friendly, active welcoming environment.

To find out more please call: 01462 427013,
email info@crossroadshn.org.uk or
visit www.crossroadshn.org.uk

Other useful services include HertsHelp and HPFT (details are on the back page).



Forum dates

Our Dementia Carers' Forums are open to all carers and they provide an opportunity to meet other carers, get information, and share your views and experiences with those who plan or provide local health and care services.

Dementia Carers' Forums 2019

**Wednesday 20th November 2019,
10.30am - 12.30pm.**

At The Stanborough Centre,
609 St Albans Road, **Watford**,
WD25 9JL.

**Tuesday 28th January 2020,
10.30am - 12.30pm.**

At Fairlands Valley Sailing Centre,
Six Hills Way, **Stevenage**, SG2 0BL.

**Wednesday 18th March 2020,
1.30pm - 3.30pm.**

At The Parish Centre (Tennyson
Hall), Station Road, **Bricket Wood**,
AL2 3PJ.

**Thursday 21st May 2020,
1.30pm - 3.30pm.**

At Ware Priory, High Street, **Ware**,
SG12 9AL.

**Young Onset Dementia Carers'
Forums** - For carers of someone
diagnosed with Dementia under the
age of 65.

**Thursday 17th February 2020,
10.30am - 12.30pm,**

**Tuesday 16th June 2020,
1.30pm - 3.30pm, and**

**Tuesday 13th October 2020,
10.30am - 12.30pm.**

At Birchwood Leisure Centre
(Sportsman Room), Longmead,
Hatfield, AL10 0AN.

The sessions are followed by a
sandwich lunch.

To book your place:

☎ **01992 58 69 69**

@ **contact@carersinherts.org.uk**

🌐 **www.carersinherts.org.uk**

Is it time for a change of lifestyle?

When you are caring for someone it can be easy to de-prioritise yourself, however, this can be unhealthy and it is important to get a balance between your self-care and caring role. Here Brian, who cared for his late wife, who had Dementia, shares some tips about little lifestyle changes that helped reduce his stress and free up time for himself as well as quality time to spend with his wife. They may be of use to you too!

“Use technology - If it's difficult to go shopping then consider shopping online for food and home goods. A standard weekly menu can also help to simplify the shop and you can build a list of products you buy on the supermarket website that can be easily used or modified. No more worries about what to eat.

Consider using the freezer and microwave more – you can prepare meals and freeze and reheat them, or use home delivery or supermarket meals - they're not all bad and could reduce the amount of washing up.

Write it down! - Keep a notepad by the kettle or somewhere prominent so you can list items you need or tasks you want to do such as cleaning, food prep, and sorting bills.



Think about the bigger jobs - when the person you care for is 'up and at em', can they help with anything or can the jobs be put off?

Other things that could help are:

- Going out for a walk or exercise;
- Talking to someone; and
- Connecting with friends or family even if it's just a text.

You can speak to one of our Carer Support Advisors (Monday to Friday) by calling 01992 58 69 69 or send an email to contact@carersinherts.org.uk

Other organisations that may be able to help you are **HertsHelp** and **HPFT's Single Point of Access (SPA)**.”

HertsHelp is a network of community organisations in Hertfordshire that provide information and advice about services you may need. Call 0300 123 4044, email info@hertshelp.net or visit www.hertshelp.net

SPA is the service to contact if you or someone you care live in Hertfordshire and need urgent mental health support. Call 0300 777 0808 between 8am and 7pm and 01438 843322 between 5pm and 8am. Alternatively, email hpft.spa@nhs.net or visit www.hpft.nhs.uk

*In the words of poet and philosopher Henry David Thoreau
“Our life is frittered away by detail. Simplify, simplify.”*